In aid of the Lawrence Home Nursing Team

SPONSORSHIP FORM: RUNNERS

Runner's name

Length of RUN

Sponsors (continue on back page of necessary)

SPONSOR	EMAIL	GIFT AID? (tick)	AMOUNT SPONSORED	TOTAL PAID	DATE PAID

TOTAL DONATIONS THIS PAGE: _____

TOTAL GIFT AID DONATION THIS PAGE: _____

Registered Charity No: 1189565. Company No: 12460725.
Lawrence Home Nursing Team Limited trading as LHNT and Lawrence Home Nursing Team

In aid of the Lawrence Home Nursing Team

SPONSORSHIP FORM: WALKERS

Walker's name

Length of WALK

Sponsors (continue on back page of necessary)

SPONSOR	EMAIL	GIFT AID? (tick)	AMOUNT SPONSORED	TOTAL PAID	DATE PAID

TOTAL DONATIONS THIS PAGE: _____

TOTAL GIFT AID DONATION THIS PAGE: _____

Registered Charity No: 1189565. Company No: 12460725.
Lawrence Home Nursing Team Limited trading as LHNT and Lawrence Home Nursing Team

Sponsors (continued from front page)

SPONSOR	EMAIL	GIFT AID? (tick)	AMOUNT SPONSORED	TOTAL PAID	DATE PAID

TOTAL DONATIONS THIS PAGE: _____

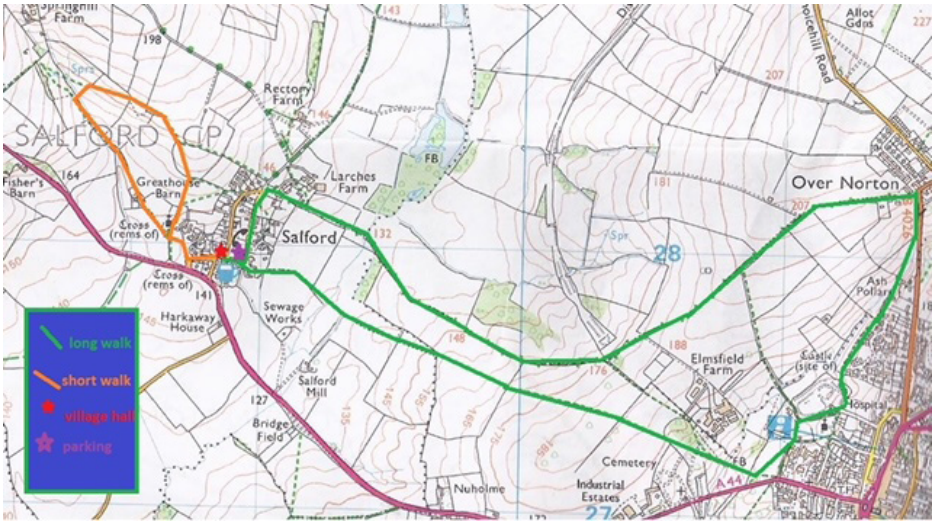
TOTAL GIFT AID DONATION THIS PAGE: _____

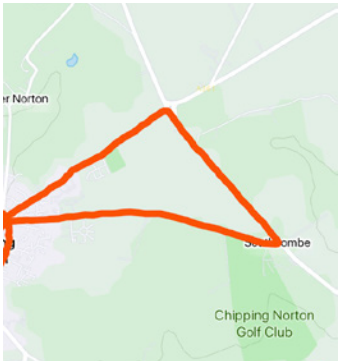
Here are just a few suggested routes for either walking or running for the Lawrence Home Nursing Team.

It's really up to you! If you need more inspiration why not visit https://www.cotswolds.com/things-to-do/chipping-norton-walks-p2108923 where you will find more downloadable walking routes around Chipping Norton.

We've included a 5 km running route for consideration, elite runners may like to run two loops of this route. But again you may have a preferred running route of your own. Just remember to send us your completed sponsorship forms and photos after your walk or run. We would like to share your photos on our website.

Thank you for your support.





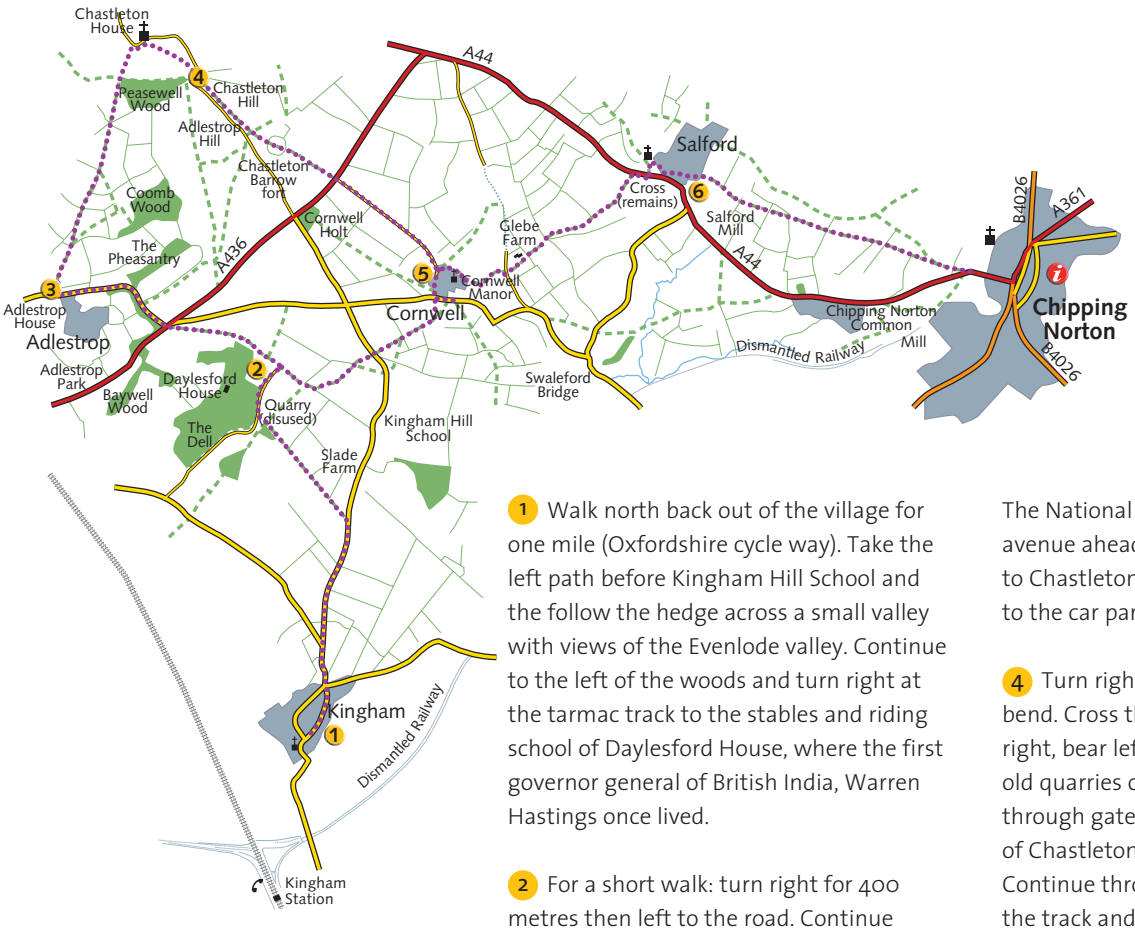
PTO.

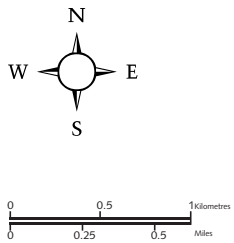
Cotswold Walk

Walk Six

Kingham to Chipping Norton

Cotswolds
Area of Outstanding Natural Beauty





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A walk from Kingham to Oxfordshire's highest town, Chipping Norton- including Adlestrop, Chastleton and Cornwell.

This is number six in a series of walks from the Cotswolds Conservation Board designed to allow people to make their way to the start point using public transport.

Distance:	15km/9 miles and a shorter route: 6 miles
Time:	allow 5 hrs for long route 3 hrs for short route
Buses:	take X8 from Chipping Norton, West Street or Kingham Station and ask for Kingham Village.
Trains:	Rail Enquiries 08457 484950
OS Ref:	SP258237, Explorer Sheet OL45

1 Walk north back out of the village for one mile (Oxfordshire cycle way). Take the left path before Kingham Hill School and the follow the hedge across a small valley with views of the Evenlode valley. Continue to the left of the woods and turn right at the tarmac track to the stables and riding school of Daylesford House, where the first governor general of British India, Warren Hastings once lived.

2 For a short walk: turn right for 400 metres then left to the road. Continue ahead through Top Farm and down left to Cornwell (turn right to view the Manor House). Go down past the phone box and up to rejoin the walk at route point five.

For the long walk- turn left past stables and paddocks. After the bridge, the fences and path have recently been changed so follow the waymarked route along the track until you reach the tarmac drive. Follow this drive around the edge of the paddock through the trees to the road. Turn left at the road and after 50 metres turn right through the woods, then left down to visit Adlestrop.

3 Take the path by the village hall. At the first gate bear left up the valley to a stile in the top corner, then across arable land to The National Trust sign. Follow the avenue ahead and turn right at the road to Chastleton House. Follow the signs up to the car park and on onto the road.

4 Turn right and walk 150 metres to a bend. Cross the Cattle grid, turn sharp right, bear left across the field, keeping old quarries on the right. Continue ahead through gates to the wooded ramparts of Chastleton Camp - an Iron Age fort. Continue through the ramparts down the track and lane to Cornwell.

5 At the top of the hamlet turn left then right following signs to the church. Continue to the right around the church to a gate down to the stream. Cross the track and turn through Glebe Farm. Follow the bridle way to Salford Church ahead. Go right then left at the main road, then right at the church gates and down past the pub. Keep right at the phone box.

6 At Village Farm a waymarked path leads up through field to the top where there is a view of Bliss Mill down to the right. Descend across access roads, past the cemetery and through the common to New Street and up to the town centre.

For more public transport information pick up a copy of Explore the Cotswolds by Public Transport and accompanying timetable booklets, available at Tourist Information Centres and from www.cotswoldsaonb.org.uk.
Alternatively contact the Cotswolds Conservation Board on 01451 862000