

TREK IT – Source To Spires



Duration: 3 days

Our weekend challenge sees us following the Thames Path, which takes us through this beautiful area on the edge of the Cotswolds. Our route follows the river throughout, and we can appreciate its changing scenery and history as we walk. We camp along the way.

DETAILED ITINERARY

Day 1: Meet Campsite We meet at our campsite late afternoon for a trek briefing, and get to know the rest of the group over dinner and an evening in camp.

Day 2: Lechlade – Newbridge The growing Thames begins its working life in Lechlade, and it's a fitting place to start our weekend challenge. We set off, crossing 18th-century Halfpenny Bridge (so-named for the toll that the old toll bridge) and head towards St John's Lock, the highest navigable point of the river. Here we pass the statue of Old Father Thames, sending us on our way. We pass old buildings and bridges frequently, reminding us of the importance of the river in the region's history. Lechlade used the river for trade and Cotswold stone from the quarries of nearby Taynton was shipped downriver to London to rebuild St Paul's Cathedral. From here, the path passes the villages of Radcot and Kelmscot as it twists through the open countryside of Oxfordshire to reach Tadpole Bridge, the river widening all the while. After replenishing our energy at our scenic lunch-stop, we set off from Tadpole Bridge. Although our route is predominantly flat, we'll all be feeling the effort of this long day now! The scenery will take our minds off our aches as we follow our route through Shifford Lock Cut, a beautiful area surrounded by Chimney Meadows Nature Reserve. This reserve of water-meadows is home to a wide range of wildlife including otters, kingfishers and curlews. We leave the Thames as it passes under Newbridge, one of the oldest bridges on the Thames dating from the 13th century, and head for our campsite. Here we take a well-earned rest before supper and a relaxing evening socialising. Trek approx 16 miles

Day 3: Newbridge- Oxford After a hearty breakfast, we re-join the Thames again at Newbridge and

continue on to Northmoor Lock and beyond to the village of Swinford, with its lovely bridge – one of the few remaining toll bridges on the Thames. The river twists around many bends – getting wider at every turn – before passing the picturesque remains of Godstow Abbey, which dates back to the 12th Century. Our final stretch leads from the open meadows along the riverside into the spectacular university city of Oxford – the first city along the river's length and the end of our challenge. After some celebratory photos we transfer back to the campsite where we say our final farewells before heading home, possibly aching but definitely glowing in the satisfaction of completing the challenge. Trek approx 13.5 miles

WHAT'S INCLUDED

- All food, accommodation and camping equipment
- Transfers within trek
- Lunch, water stops & snacks
- Discover Adventure leaders; cooks and drivers
- Full vehicle support

WHAT'S EXCLUDED

- Travel insurance (optional)
- Personal items such as drinks, snacks and souvenirs
- Sleeping bag and sleeping mat
- Transport to/from the event
- Entry to any optional sites or activities
- Any applicable surcharges as per Terms and Conditions



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Discover Adventure reserves the right to change the route or itinerary for safety reasons should local conditions dictate.

Please note: This document was downloaded on 11 Jul 2025, and the challenge is subject to change.