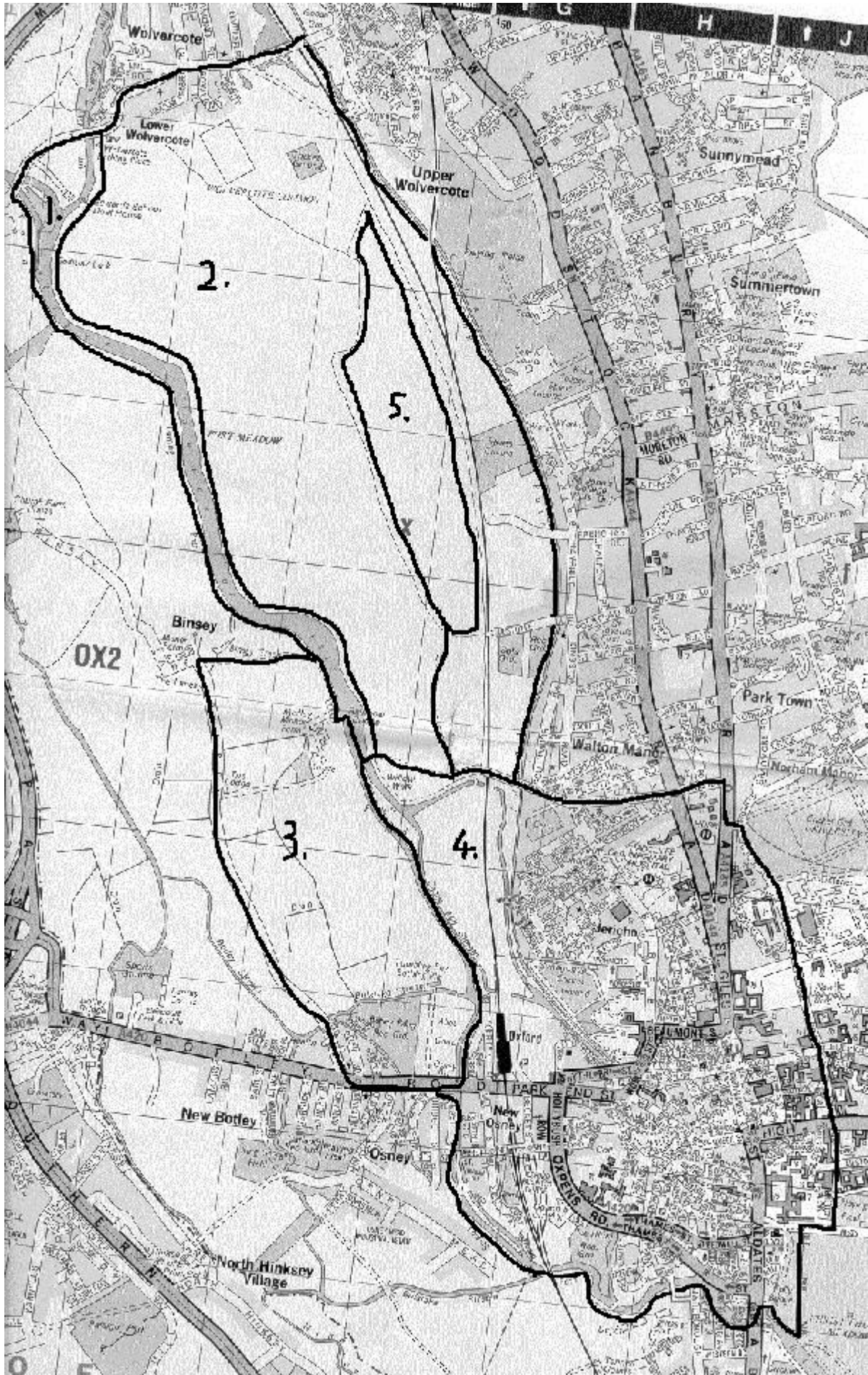


Port Meadow



There are lots of different loops you can do involving Port Meadow. Details of the commonly used ones are given below.

- 1. “Freshers’ Run” – this is always used as the “long” route on the Freshers’ run – it involves starting and finishing with the Southern loop along the river, and going up the western side of the river and down the east side in Port Meadow. About 9 miles.**
- 2. Port Meadow + Canal – go up Port Meadow along the river (either side), then through Wolvercote to the canal, and down the canal path. With no extra loops, this is about 6 miles.**
- 3. Binsey Lane – go straight into Port Meadow, go up the western side of the river, and turn left into Binsey Lane. Come home following the southern loop. A little under 5 miles.**
- 4. For a short fast loop, you can just go into Port Meadow, across the bottom, and round the southern loop. This is less than 4 miles and very flat.**
- 5. On entering the Meadow, if you take the path that veers off to the right, you will come to a gate & small footbridge after about half a mile. If you cross / go through, you will find a footpath that runs in a loop of about 2 miles, which is not marked on any maps (except this one!) – in dry weather, it is really flat fast running. Total distance – 5 miles if you run the loop once, 7 miles if you do it twice.**