

A Health Promoting University Initiative



Health Walk Scheme

Wheatley



Welcome to Oxford Brookes Health Walks

Three walks have been developed at Headington, Wheatley and Harcourt Hill. They have been specifically designed to promote the physical and mental wellbeing of all our staff and students. They provide an opportunity to enjoy a break away from the University during the working day. They range from 15 to 40 minutes during which you can enjoy the landscape, flora and fauna of your local environment or just chat with a colleague or friend.

Walking is an excellent way in which people of all ages can get fit and stay active. It is important for a lot of reasons.

People who walk have reported:

- higher energy levels
- higher stamina levels
- reduced stress levels
- decreased levels of illness
- improved feeling of wellbeing

In particular walking helps:

- prevent osteoporosis
- reduce risk of heart disease
- reduce risk of certain cancers

If you are not used to exercise or unsure about your present fitness level, please discuss your health with Occupational Health or your GP.

Remember to wear comfortable shoes.

Walking Speed

Time to complete (minutes)	61.8	49.4	41.2	35.3	30.9	27.5	24.7
Walking speed mph (kph)	2 (3.2)	2.5 (4.0)	3 (4.8)	3.5 (5.6)	4 (6.4)	4.5 (7.2)	5 (8.1)

Calorie Calculator

Body weight (kg)	50.0	60.0	70.0	80.0	90.0	100.0	110.0
Body weight (st)	8.0	9.5	11.0	12.5	14.0	15.5	17.0

Average Kcal used	121.0	145.0	169.0	193.0	217.0	242.0	266.0
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Total distance 3.315 kilometres (2.05 miles)

www.brookes.ac.uk/student/services/health/walktowork/html

www.brookes.ac.uk/services/environment

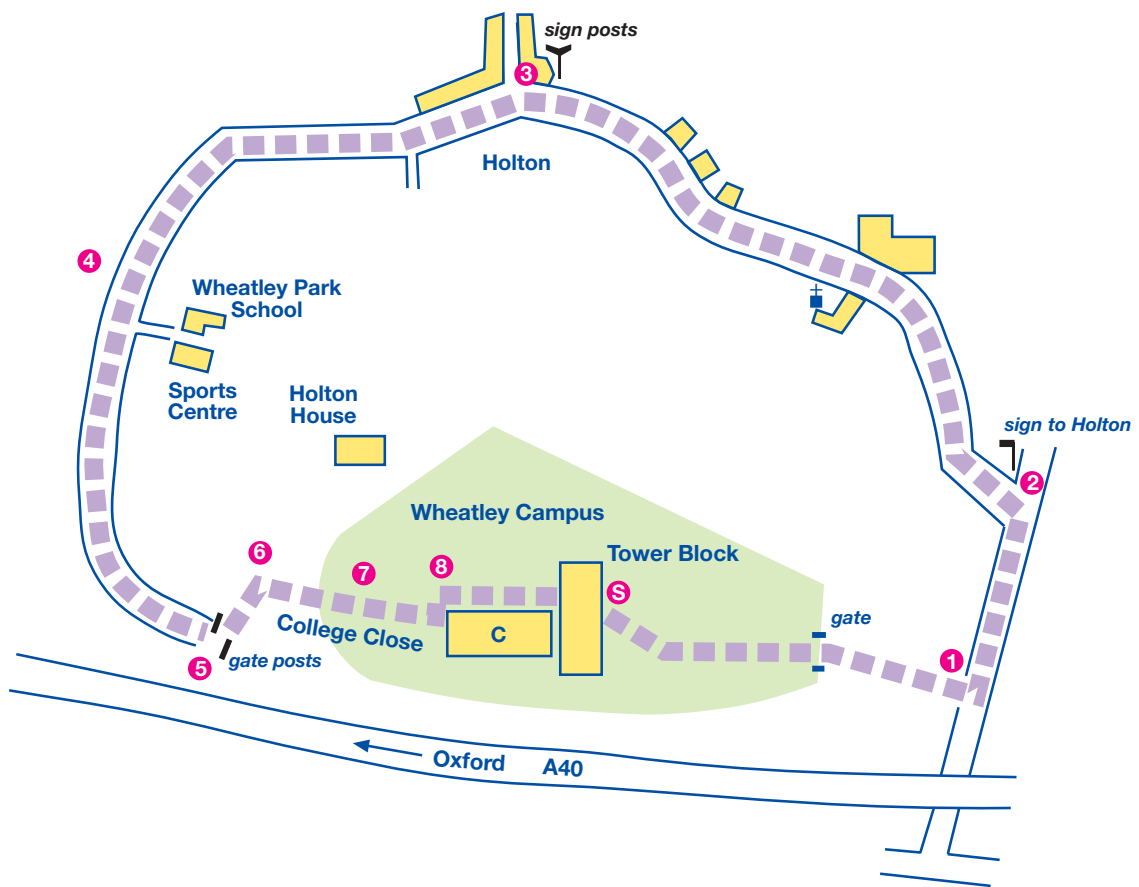
www.brookes.ac.uk/services/travel

Funded by:
www.whi.org.uk



Designed by: [Media Workshop](#) 4/03

- S - Start under **tower** and walk out main entrance to end off road into campus
- 1 - turn **left** keep to path up to sign for Holton
- 2 - turn **left** and follow road through village (no path)
- 3 - at sign posts in village, **veer left** following road
- 4 - **cross** over road after **Wheatley Park School**, follow road as it sweeps to the **left** and continue past the **bus stop**
- 5 - take next **left** off road through gate posts
- 6 - take path to **right** and continue onto campus
- 7 - walk through **College Close**, car park and on to paved path
- 8 - **veer right** along **C building** under cover towards tower block



A Healthy Alliance between Occupational Health • The Medical Centre •
 School of Biological & Molecular Sciences • The Environmental Forum •

Landscape and Wildlife notes

This route takes you along quiet country roads to Holton village and then through the old parkland of Holton House back to Brookes.



Point 1 Most of the hedges along the road are hawthorn, with white flowers in May and red berries in autumn, providing food for birds and small mammals.

Point 2 Stone, probably quarried at Wheatley, is used in roadside walls as well as farm buildings and houses. Several different types of limestone occur in the hills of Shotover and the Oxford Heights, which surround Oxford and extend around Otmoor to the north. In the Jurassic period, about 160 million years ago, an extensive coral reef lay

to the east and west of what is now the Thames near Oxford. This became a type of limestone called Coral Rag and with other deposits, forms the present line of hills.

Some old farm buildings have been converted into houses and offices so conserving vernacular buildings which otherwise would fall into ruin or be replaced with modern structures unsympathetic to the local landscape in materials or design. Other old buildings but are commemorated in the house name. Notice Holton Cottage and the Rectory on the right, near the church; both have old established gardens containing large specimen trees such as redwoods. These must have been planted in the 19th century as both these buildings and gardens appear on a map of 1886.



Point 3 Some modern gardens have less grand trees and plants but there is an interesting variety. Look for variegated species with leaves that are partly yellow or white. These forms are mutations from the normal plant, but have been bred for their attractive appearance. Another variation to look out for is contorted hazel or willow, more obvious in winter when the branches are bare. Many garden plants originated from around the world, such as yucca from Mexico, budleia (butterfly bush) from China and hebe from New Zealand. Budleia is unrelated to any British plant, yet remarkably provides food for a range of British butterflies and caterpillars, which usually feed only on native plants species.



Point 4 As you approach the A40 look up to Shotover to the south-west. The original road to Oxford from London was on this high ground, away from the valley, which would have been very muddy in wet weather. This route can be traced from prehistoric and Roman times to the

18th century. A new turnpike road was built through Wheatley in about 1790 when materials and techniques allowed a better surface. The current A40 was built in the mid 20th century taking the traffic away from Wheatley village.

Point 6 The site of Holton Manor has been occupied since the Middle Ages, although the village predates the Norman Conquest in 1066. The first building was a castle, followed by a manor house. The present house was built in 1808 for the Biscoe family, but since 1910 has had several owners and uses and is now part of Wheatley Park School. In the Middle Ages, Holton Park was a deer park for hunting, but now is typical ornamental parkland with specimen trees such as oak, plane and beech. The trees grow to their full size and shape in these spacious surroundings. The mown grass gives good feeding grounds for rooks and gulls, particularly in winter, although you may also see them in fields as well along this walk.

