

Green Spaces in Jericho



Port Meadow



Known as the lungs of Oxford, Port Meadow covers a large area between Jericho and Wolvercote. Port Meadow is an active grazing site that has never been ploughed, creating a rich home for plants such as the rare creeping marshwort, strawberry clover, meadow coral fungi and buttercups. The site is popular among bird-watchers for its flocks of waders, such as lapwings and golden plovers. Geese and ducks can also be seen along the banks of the River Thames, which flows through the west side of the meadow. For access details visit oxford.gov.uk/info/20003/parks_and_open_spaces/823/port_meadow

Aristotle Lane Recreation Ground



An open green space including two basketball nets, a table tennis table and two playgrounds. The recreation ground provides easy access to the Oxford Canal, which includes a beautiful walking route through Jericho.

Trap Grounds Nature Reserve

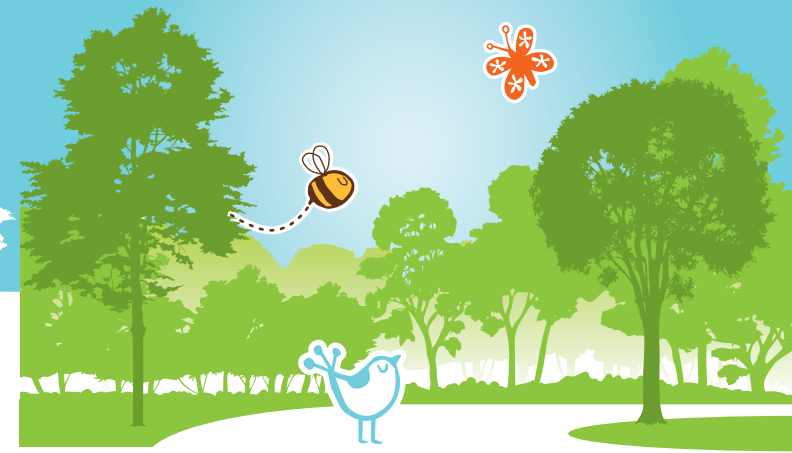


Located along the Oxford Canal, this nature reserve is a mix of woodland, grassland and a rare reed bed wetland. Here you can spot birds such as green woodpeckers and robins and mammals such as water voles and muntjac deer. Hairy dragonflies and brown hairstreak butterflies can also be seen around the site. For more wildlife information visit trap-grounds.org.uk

University Parks



Purchased by the University of Oxford in the 1850s, University Parks is open year-round for the enjoyment of all. The site offers beautiful walks and plenty of space for physical activity and sport. Enjoy magnolia, Japanese pagoda, wellingtonia and tulip trees. In spring spot flowers such as daffodils, quamash and bluebells. For more information visit parks.ox.ac.uk



Jericho Health Routes

Get to know your green spaces!

This map helps you locate local green spaces and suggests walking routes from Jericho Health Centre to parks, meadows and woodlands.

For the times of local group walks visit getoxfordshireactive.org

Simply by spending time in nature you can reduce anxiety and improve your mood! Physical activity, including walking, can reduce your risk of

diabetes by 35-50%,
depression and dementia by 20-30%
and cardiovascular diseases by 20-35%

It can also reduce your risk of conditions such as cancer and Alzheimer's disease. Exercising outdoors has been shown to be more beneficial than indoor activities.

Go for a walk!

It is free, fun and as challenging as you want it to be!

www.sustainablehealthcare.org.uk



Please use your own judgement about when and where you feel safe to walk.

The Centre for Sustainable Healthcare is registered as a charity no: 1143189



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Supported by players of



Awarded funds from



Artwork by Debbie Kelsey Design



