

my ride. There is parking here to enable you to do this if you wish, as well as food, beer and coffee.

2. WHARF INN TO BANBURY (11 MILES)

Head south from the Wharf Inn. Conditions are a bit better than the first part of the ride, but the first mile has many potholes, a collapsed towpath, stones and roots.

Soon you are in Fenny Compton "tunnel", built in 1777 and demolished in 1868-70, when it became a cutting. Here the canal itself is considerably narrower.

The towpath continues as earth or grass, mainly rideable but with a few sections where you will need to walk.

At Cropredy you have the luxury of a compacted earth and gravel section through the village, popular with moored boats (and Fairport Convention fans).

The towpath then worsens again approaching Banbury, and it is only the final section through the Castle Key Shopping Centre which is metalled. End your ride at Bridge 166, Albion Bridge, where Bridge Street crosses from the town centre to the station.

Either head back to the station car park, or cross the canal, cross the A4260 to Market Place, and follow the one-way system up past St. Mary's Church. Cross West Bar Street to People's Park, walk through the park, and then to Queens Road and Car 1.

On your way back to Car 2, stop off either at The Folly, CV47 8NZ, which you passed earlier at the foot of Napton Locks, or the nearby Napton Cidery, CV47 8NY. Based on a farm, the cidery serves a range of excellent ciders brewed on the premises, as well as food, in a lovely, spacious modern building. There is also outside seating, and a large car park.

