

<u>Episode 3 – Show Notes</u>

Dr Nathaniel Erb-Satullo on: "Cycling to Archaeology!"

What to bring?

- Water and snacks
- Sunscreen
- Camera
- Phone for directions/emergencies
- Money for pubs/bus fare in case of a breakdown
- Wet weather gear if weather looks rainy.
- Extra layer of clothing you can put on while walking around sites so as not to get cold.
- The routes are mostly along roads that any bike could travel along, though there are a few sections where a road bike with thin tires would struggle.
- Optional: For extra-long rides, I bring a few basic tools that would allow me to fix a broken chain, a flat tire, or adjust my brakes/seat height.

<u>Safety considerations</u>

- Remember to check the weather before you go, and take extra caution when riding on wet roads.
- Remember to always ride defensively, keep your speed under control, and watch out for vehicular traffic. While I have chosen routes to avoid high traffic roads where possible, some unavoidable sections may have significant traffic.
- Always wear a helmet.
- Bring your bike lights if you will be riding at times close to dusk, especially at times of
 year when the sun sets early. Bringing lights is particularly recommended on longer
 rides that may take longer than you think.

Godstow Nunnery

http://www.gmap-pedometer.com/?r=7519019

- Be cautious of traffic where the route intersects with the Western bypass
- An alternative route to Godstow goes up the Thames path, which permits cyclists on this section. While this is a very pleasant walking route, it is not paved, so it can be very muddy at certain times of year. There are also a number of gates to navigate around.

St. Mary's at Iffley

http://www.gmap-pedometer.com/?r=7519020

- Could return along the river as well or continue on the route if a loop is preferred.
- Watch out for walkers on the section along the Thames—there are often many on nice days.

North Leigh Roman Villa

http://www.gmap-pedometer.com/?r=7519024

- Alternative to path along Oxford canal north of Upper Wolvercote is to keep on Woodstock Rd—traffic is heavier, but there is a bike path, and you avoid a narrow canal path that is not ideal for cycling and social distancing. (See Rollright Stones route.)
- Section from miles 13 to 19 is hilly, but very nice countryside along roads with minimal traffic. An alternative is return the way you came.
- Section along road through Long Hanborough can have traffic.

Devil's Quoits

http://www.gmap-pedometer.com/?r=7519072

• There can be traffic between Botley and Swinford, as the Swinford bridge is one of the few over the Thames in this area.

Cherbury Camp

http://www.qmap-pedometer.com/?r=7519076

- You will need to walk from the village of Charney Basset to the fort, as there is only a footpath.
- There is a significant hill between Botley and Cumnor, but most of the rest of the route is flat.

Rollright Stones

http://qmap-pedometer.com?r=7519085

- Note that this route passes very close to North Leigh Roman Villa on the way out.
- As an alternative, one can take the canal path from Upper Wolvercote to where it intersects with Woodstock Rd—the path is narrow and not ideal for cycling, but it avoid several large roundabouts. (See North Leigh Roman Villa route.)
- Sections beyond Chipping Norton have significant hills.
- Section between Dean and Chalford Green is particularly nice.

<u>Uffington White Horse/Uffington Castle/Wayland's Smithy</u>

http://www.gmap-pedometer.com/?r=7531592

- To reach Uffington castle, a steep climb up to the ridgeline is unavoidable. The route I took—through Kingston Lyle—avoided the direct road which can have lot of visitor car traffic. This route follows the Ridgeway trail for a couple miles, which is not an ideal cycling trail. It is not suitable for road bikes, but manageable for a hybrid. It may be preferable to walk the bike for this section.
- The section just after mile 24 is a very steep downhill. When approaching the right turn, be careful to go slow and not speed into traffic on the road you are turning onto.
- Watch out for traffic when travelling on the main road for a short section just after mile 35.