

Key to symbols Parking Limited wheelchair access Refreshments Shop Picnic areas

1 Abbotstone Down

OS grid ref SU 585 362

Downland and woodland picnic site with earthworks of an Iron Age hillfort.

2 Avington Park

OS grid ref SU 527 322

Parkland picnic site overlooking Avington Lake near Winchester.

3 Ashford Hangers National Nature Reserve

OS grid ref SU 735 265

Beautiful and varied 'hanger' woodland of beech, ash and yew on steep slopes with small areas of chalk grassland, ideal for walking.

4 Basingstoke Canal

OS grid ref SU 894 551

Fully restored waterway and towpath from Greywell to Byfleet in Surrey. Managed for conservation and recreation including boating and fishing. www.basingstoke-canal.co.uk

5 Beacon Hill

OS grid ref SU 463 575

An impressive Iron Age Hillfort on chalk downland with superb views over the North Wessex Downs.

6 Bishop's Waltham Railway Path

OS grid ref SU 550 174

Surfaced footpath following the route of the old railway line. Access off Corhampton roundabout near Bishop's Palace.

7 Blackwater Valley Countryside

OS grid ref SU 860 590

River valley on the borders of Hampshire, Surrey and Berkshire and a haven for wildlife. Features a linear 23 mile long riverside path following the River Blackwater through woodland and green spaces. Facilities include angling and water sports. www.blackwater-valley.org.uk

8 Broxhead Common Nature Reserve

OS grid ref SU 806 370

Area of open dry heathland which is of national importance for its bird and insect life. Near Bordon.

9 Buckland Rings

OS grid ref SZ 314 969

Iron Age hillfort with woodland and grassland. North of Lymington.

10 Calshot Marshes Nature Reserve

OS grid ref SU 486 017

Saltmarsh and inter-tidal mudland lying in the shelter of Calshot Spit near Fawley. Car park charges apply.

11 Castle Bottom National Nature Reserve

OS grid ref SU 795 596

Area of heath, woodland and valley mire important for its wildlife. Close to Yateley Common.

12 Cheesefoot Head

OS grid ref SU 529 278

Downland viewpoint on the A272 east of Winchester.

13 Chilling Coastal Area

OS grid ref SU 529 038

Coastal farmland and woodland with attractive walks and horse riding access. Between Titchfield and Warsash.

14 Claylands Nature Reserve

OS grid ref SU 548 180

Area of grassland, scrub and woodland supporting a remarkable variety of wildlife including the great crested newt at Bishop's Waltham. Walking routes and events.

15 Danebury Iron Age Hillfort

OS grid ref SU 329 378

Spectacular Iron Age hillfort enclosed by high ramparts in a beautiful downland setting. Site is of national importance for both archaeology and nature conservation.

16 Dundridge Nature Reserve

OS grid ref SU 564 182

Chalk down, ancient woodland and hay meadows.

17 Farley Mount Country Park

OS grid ref SU 420 293

A large area of beautiful downland and woodland with miles of paths and trails. Ideal for walking and picnicking. Near Winchester.

18 Fort Nelson Downland

OS grid ref SU 607 070

Downland picnic area with panoramic views over Portsmouth Harbour. Car park opposite Royal Armouries Fort Nelson.

19 Hayling Billy Coastal Path

OS grid ref SU 717 030

Coastal footpath, bridleway and off-road cycleway providing excellent views over Langstone Harbour and its wildlife.

20 Herbert Plantation Nature Reserve

OS grid ref SU 474 622

Mixed woodland of oak, birch, alder and pine. Access from Burghclere village.

21 Hook-with-Warsash Local Nature Reserve

OS grid ref SU 493 051

Varied coastal habitats of shingle, grassland, wetland and woodland at the mouth of the Hamble River. Scenic walks and good bird watching. Public car park in Warsash. Guided walks available.

22 Johnston's Coppice Nature Reserve

OS grid ref SU 689 077

Woodland nature reserve and environmental study area. Access by footpath.

23 The Kench Nature Reserve

OS grid ref SZ 693 997

Tidal inlet of Langstone Harbour, providing sheltered feeding and roosting areas for birds.

24 Kite's Croft Local Nature Reserve

OS grid ref SU 528 066

Old woodland with circular paths and boardwalk alongside Brownwich stream at Titchfield Common.

25 Lepe Country Park

OS grid ref SZ 456 985

Attractive beaches and coastal walks with superb views over the Solent and the Isle of Wight. Visitor information point, toilets, cafeteria and shop. Car parking charges apply.

26 Lymington-Keyhaven Nature Reserve

OS grid ref SZ 325 922

Coastal marshland and lagoons on site of former saltworks. Nationally important for its birdlife, plants and insects. A seawall footpath runs from Lymington to Keyhaven.

27 Manor Farm Country Park

OS grid ref SU 497 110

Farmland and ancient woodland beside the River Hamble, with an historic working farm at its centre. Wide range of attractions for all the family including a shop, tearooms and events. Extensive riverside and woodland walks. Picnic meadow and children's play area. BBQs for hire. Schools pack for educational activities. Car park charges refunded for Farm visitors.

28 Martin Down National Nature Reserve

OS grid ref SU 057 192

Chalk grassland rich in wild flowers, butterflies and birdlife. Owned and managed in partnership with Natural England.

29 Meon Valley Trail

OS grid ref SU 642 237

Footpath, bridleway and cycleway following the route of the former railway line. Variety of circular routes available from the trail linking local villages, pubs and places of interest.

30 Mercury Marshes Nature Reserve

OS grid ref SU 485 076

Local Nature Reserve on River Hamble with riverside views.

31 The Moors Local Nature Reserve

OS grid ref SU 558 169

Nationally important wetland and main source of the Hamble River. Wet meadows and fen surroundings springs and a mill pond. Rich in wildlife. Access by footpath from Bishop's Waltham and B2177.

32 Netley Common

OS grid ref SU 478 118

Heathland and woodland. Even paths and RADAR gates provide full accessibility. Access from A27 west of Hedge End.

33 Odiham Castle

OS grid ref SU 725 518

Historic ruin of 12th century royal hunting lodge alongside the Basingstoke Canal. Follow towpath just west of North Warnborough.

34 Queen Elizabeth Country Park

OS grid ref SU 718 185

Ideal location for a wide range of outdoor activities. It has extensive network of trails for walking, cycling and horse riding. There is a large adventure play trail and a tots play trail. BBQ sites are available for hire. There are many picnic areas through the park. Shop and café. Full events programme. Entry FREE. Car park charges apply.

35 Royal Victoria Country Park

OS grid ref SU 457 080

Once the site of Britain's largest military hospital. Heritage Visitor Centre with shop, exhibition and guided tours to the top of the tower. There is something for everyone including panoramic sea views, tea room, miniature railway, children's play-areas, sensory garden, BBQ areas, function rooms and event fields for hire, picnic areas, easy access walks/trails, full events programme and educational activities. Car park charges apply.

36 Shawford Down

OS grid ref SU 558 169

Chalk downland with ancient strip lynchets. Access from Shawford village south of Winchester.

37 Shortheath Common Nature Reserve

OS grid ref SU 775 369

Heath and woodland with an important valley mire. Near Bordon.

38 Staunton Country Park

OS grid ref SU 722 087

Historic parkland, woodland, gardens and ornamental farm. Meet friendly animals on the farm. There are tropical glasshouses, beautiful formal gardens, a children's play area, a café and a shop. Full programme of events. Facilities available for business meetings and private functions hire. Special services available for schools. Entry charge for the farm and gardens only. Free car parking. Access from A27 or A3 and the B2149.

39 Titchfield Haven National Nature Reserve

OS grid ref SU 535 023

Two visitors routes using paths and boardwalks provide close up views of wildlife especially birds. Admission charge with tickets from the Haven House visitor centre which has a shop, tearoom, toilets and children's activities. Events programme. School visits. Free parking.

40 Western Commons

OS grid ref SU 165 115

Extensive New Forest Commons comprising open heathland adjacent to the villages of Hyde and Gorley.

41 Westwood Woodland Park

OS grid ref SU 447 094

Local Nature Reserve with mix of ancient woodland, wildflower meadow, streams and wetland with panoramic views overlooking Southampton Water. Trails/paths, cycle track, picnic areas, events programme and activities. Horse riding by permit only. Access from free car parks at Weston Shore between Woolston and Netley and off Grange Road.

42 Whitehill

OS grid ref SU 517 565

Viewpoint on the North Hampshire Downs. Car park off B3051 between Overton and Kingsclere.

43 Whiteley Coppices

OS grid ref SU 525 094

Berry, Gull and Round Coppices. Quiet woodland walks.

44 Wickham Common

OS grid ref SU 591 109

Open grassland, heathland and woodland, important for wildlife. Walking and horse riding. Access from B2177 south east of Wickham.

45 Yateley Common Country Park

OS grid ref SU 820 595

Extensive heathland with open heather areas, gorse, birch and oak woodland. One pond is open for fishing by day ticket. Miles of walks and trails. Regular guided walks available. Free parking.

46 Zebon Copse

OS grid ref SU 798 518

Mixed broad leaved woodland with mire habitats adjoining Basingstoke Canal.

Long distance trails

- 1 **Avon Valley Path**
Distance 34 miles
- 2 **Clarendon Way**
Distance 26 miles
- 3 **Solent Way**
Distance 60 miles
- 4 **Test Way**
Distance 46 miles
- 5 **Hampshire Millennium Pilgrims' Trail**
Distance 28 miles
- 6 **Oxdrove Way**
Distance 25 miles
- 7 **Wayfarer's Walk**
Distance 70 miles
- 8 **South Downs Way National Trail**
Distance 100 miles
- 9 **Staunton Way**
Distance 12 miles
- 10 **Hangers Way**
Distance 17 miles
- 11 **St Swithun's Way**
Distance 34 miles

