

POOLE HEART SUPPORT GROUP. *Pacemakers 97*

WALK
1

Saturday, 15th April, 10.30a.m.

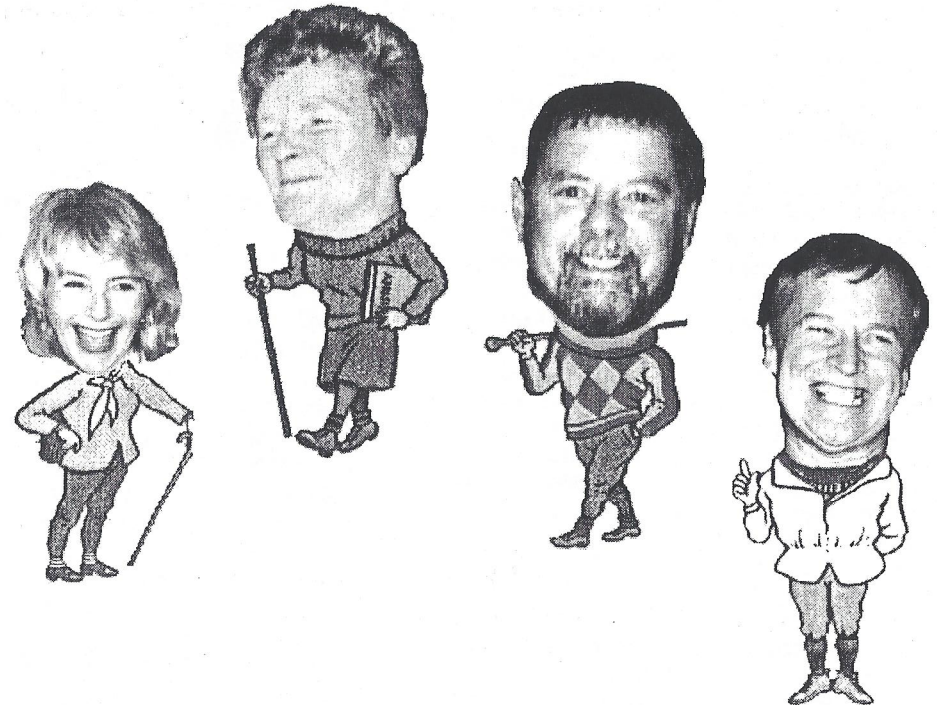
COY POND BOURNEMOUTH ⑤

3 miles

SYMBOLS	
— — — —	ROAD
— — — —	TRACK
- - - - -	UNDEFINED ROAD
T	TREE
■	BUILDING
()	BRIDGE

How to get there: Along Branksome Wood Road to Coy Pond, meet at the duck pond, (please bring some bread for the ducks).

The Walk: No need for a map for this walk just follow the stream through Bournemouth Gardens to the Square and return on the other side of the stream back to Coy pond. It is surprising how different the return journey can be.



*I say that it is this way, and I'm the boss and that's final
(If you can't take the micky out of your friends, who can you take it out of - Ed.)*

POOLE HEART SUPPORT GROUP. *Pacemakers 97*

WALK
2

Wednesday, 26th April, 10.30a.m.
HARDY'S MONUMENT,
PORTESHAM ⑤ 3 1/2 miles

SYMBOLS	
	ROAD
	TRACK
	UNDEFINED ROAD
T	TREE
	BUILDING
	BRIDGE

How to get there: After the A35 Dorchester bypass continue on the A35 West. Left B3195 for Martinstown. Hardy's Monument is between Martinstown and Portesham. Park below the monument.

The walk: With your back to the monument and the sea in front of you, bear left along a distinct path through the heather down to conifers. Descend through the trees to a level path. Turn right along this. Look for a blue arrow waymark where you fork left to a forest track.

This track bears right uphill. Look for a waymarked path through the trees on your left just before the track bears left. Follow the waymarked path to rejoin the track.

Stick to the waymarked track, ignoring a path which forks right. Go ahead at a cross track at the edge of the forest to descend to a signpost.

Turn left and go through a gate uphill with a fence on your left and a wall on your right. Pass a gate and trees on your right and go ahead through a gate. Continue with a fence on your left and a wall on your right.

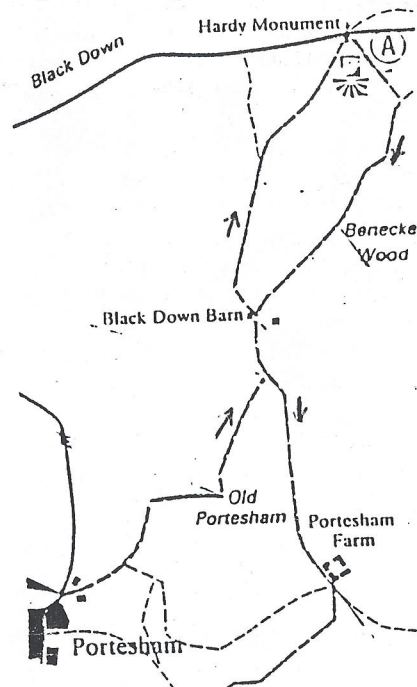
Pass a farm on your left, go through a gate ahead to follow a track which bends left downhill to a road. Turn right to reach Portesham.

Your way is on the right, up the road signposted to Hardy's Monument. First, however, visit Portesham church on your left. Bear right past Portesham stores.

Fork right along the bridleway signposted 'Hardy Monument 1 1/2'. Go along a hedged track to a gate then keep to the left of a field. Follow the distinct track as it swings ahead. Turn left along the walled track at the top of the field. Soon bear right to a gate where the Hardy's Monument can be seen ahead. Continue with the wall on your right to a gate in the corner of the field.

Turn left along the walled track at you followed on your outward journey. This time however, fork left at the bottom gate to a second signpost.

Bear right along the uphill path through the trees, ignoring tracks on your right until a right fork is signposted 'Hardy Monument 1/2'. Go ahead to the monument and car park.



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WALK
3

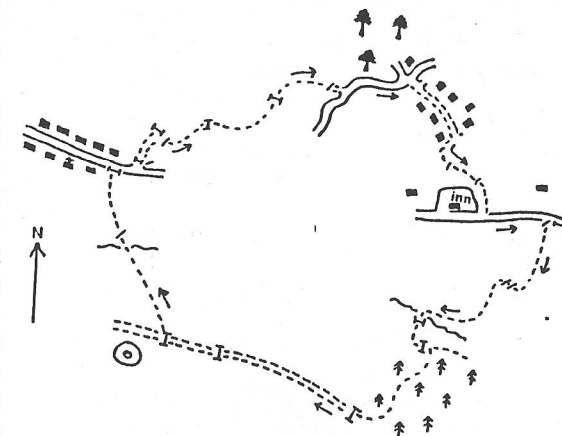
Saturday, 6th May, 10.30a.m.
DRUSILLAS INN HORTON, ⑥
2 1/2 miles.

SYMBOLS	
	ROAD
	TRACK
	UNDEFINED ROAD
T	TREE
	BUILDING
	BRIDGE

How to get there: A3078 Wimborne to Cranborne Road. Turn right at the Horton Inn for Horton and park in Drusillas car park.

The Walk: Leave the inn, turn left and walk up the road for a short distance until you reach a stile on the right. Go into the field and keeping close to the hedge on the right proceed straight ahead to a stile. Over the stile, continue down the field until you reach a stile in the hedge on the right. Cross into the field and turn left. Continue ahead keeping close to the hedge on the left. After walking round you come to a metal farm gate, go through and a short distance ahead you will see a small wooden gate leading into woods on the left. Go through the gate into the woods and after a very short distance you will see a path on the right leading down into a bluebell wood indicated by a yellow path marker on the left. Follow this path through the woods until it meets another coming from the left. Turn right here and follow the path out of the woods onto a track and up across the field to the Horton Tower. The tower was built in the 18th century by Humphrey Sturt in order that he might watch the local deer hunt. Continue the walk past the tower on your left and down the slope to a metal gate and stile. Cross the stile and continue down the track between the houses until you reach the road. Turn right and continue past the church to the main road. Turn right and after a short distance take the vineyard

track signposted to Haythorn. There is a stile beside a gate on the right - cross this and walk up the field to a gate in the hedge on the far side. Continue through the gate into the wood and out into the road at Haythorn. Turn left and go up the road for about 100 yards until you see a gravel track on the right. Turn right onto this track and follow it past houses until you reach a wire fence at the bottom between two houses. A path goes off to the right, round the field. Turn right and follow the path over a couple of fences and a stile until you come back to the side of the inn.



POOLE HEART SUPPORT GROUP. *Pacemakers 97*

WALK
4

Wednesday, 17th May, 10.30a.m.

CASTLE INN, WEST LULWORTH (4)

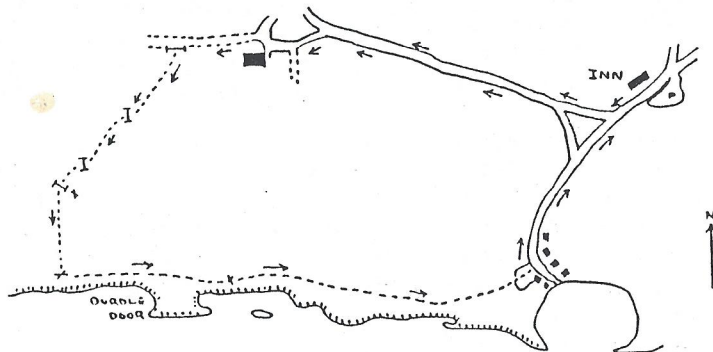
4 miles

SYMBOLS	
	ROAD
	TRACK
	UNDEFINED ROAD
T	TREE
	BUILDING
	BRIDGE

How to get there: A352 west of Wareham, left B3070 to east and west Lulworth, park in the road opposite the Inn.

The walk: From the inn walk down the hill and take the turning on the right into West Street. Go past the church and up to the T junction. Go across the road and turn right, up the hill. At the top a road leads off to the left, it is signed to Durdle Door. Turn here following it down towards a farm (ignore the turning left to the caravan park). Go to the right when you reach the farmhouse onto the track, and turn left, following it up to a metal gate. There is a sign to Scratchy Bottom. Go through the gate and walk down across the field to the right. In the bottom right-hand corner is a gate; go through and follow the track, down the hill, through another gate and up to a stile. Follow the track ahead, skirting a field on the right down towards the sea. Go over the stile and turn left along the Dorset Coastal Path it is advisable to keep well away from the edge due to the erosion of the cliff. As you proceed along you get a magnificent view of Durdle Door. When the path divides, go right, following the sign to Lulworth Cove (again there is stunning scenery as you walk down towards the car park). At the bottom go across the road and follow the footpath, left, back up the hill to the inn.

Whilst you are here, it's well worth a visit to the Cove itself - The walk back up to the inn will only increase your thirst!



POOLE HEART SUPPORT GROUP. *Pacemakers 97*

WALK
5

Saturday, 27th May, 10.30a.m.

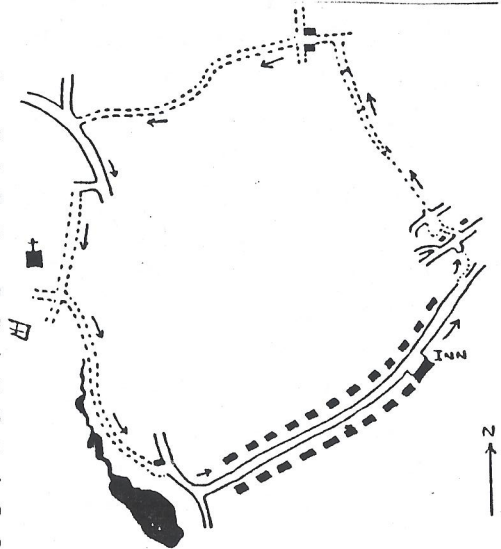
THE HAMBRO ARMS,
MILTON ABBAS (6)

2 1/2 miles.

SYMBOLS	
	ROAD
	TRACK
	UNDEFINED ROAD
T	TREE
	BUILDING
	BRIDGE

How to get there: A354 Blandford to Dorchester Road, at Winterborne Whitechurch turn right to Milton Abbas. The Inn is at the top of the hill, park in road.

The Walk: Leave the inn, go across the road, and walk back up the hill. Just past Wyvern House there is a bridle path. Go up this path, through the woods, and out into a cul-de-sac. Walk round to the left, up to the road and turn right. Go across the road and up the grassy path between two houses. It emerges into a playing field. Go across and out into an estate road, turn left and then go right, through the small wooden gate and into the field. Walk across, through the gap in the hedge opposite and into the field ahead. Go across until you reach a wall on the left. A few steps later you will see a small wooden gate; go through and follow the path, round to the right, between a private garden and a hedge. Continue ahead, through two more wooden gates, and a metal one, before coming out onto a gravel lane. Turn left and go through the gate- house onto a track. Ahead of you is a path leading down between high laurel bushes. Take this path and go down through the woods until you eventually reach the road at the bottom. Turn left, go up the hill and then take the turning on the right to the Abbey. Follow the path round to the left by the pay booth. Continue ahead, through the grounds, past the school and Abbey, turning left onto a narrow path just before you reach the tennis courts. The path goes between fields, passes a trout stream and a large ornamental lake, before emerging back out onto the road. Turn right, go round the bend and then left, back up through the village to the inn.



POOLE HEART SUPPORT GROUP. *Pacemakers 97*

WALK
6

Wednesday, 7th June, 10.30a.m.

HOD HILL STOURPAINE ⑥

3 miles

SYMBOLS	
	ROAD
	TRACK
	UNDEFINED ROAD
	TREE
	BUILDING
	BRIDGE

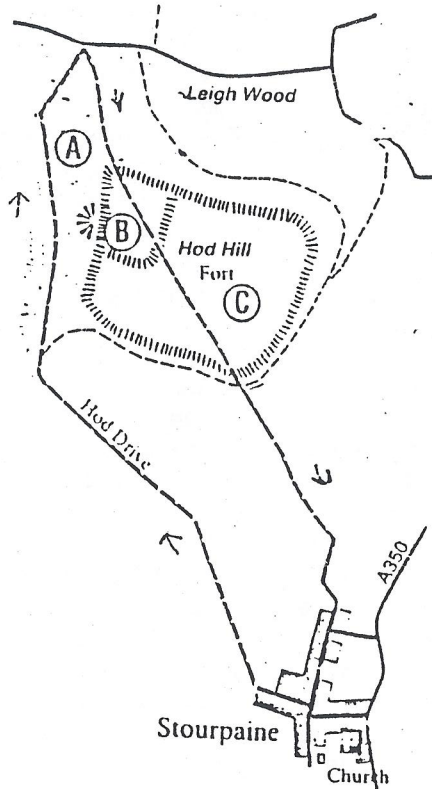
How to get there: Stourpaine is 2 miles north-west of Blandford on the A350, park beside the White Horse Inn or in the village.

The walk: Turn left from the White Horse and left again down South Holme, go ahead across manor Road to Havelins, the road opposite, which crosses the river Iwerne.

Turn right up Hod Drive, the track signposted "Bridleway to Hanford".

Pass beneath Hod Hill on your right and beside the river Stour on your left. Bear right with the track through trees to a road. Turn right just before the road to climb up to a gate signposted 'Hod Hill'. Walk uphill with the trees on your right. Cross the style beside a gate ahead to enter a hill fort at the corner used by the Romans. Explore all of the fort as you make for the bottom left-hand corner.

Descend along the hedged track back to Stourpaine, walking beside the river Iwerne at the foot of the hill. Turn right along manor Road and retrace your steps to your car.



POOLE HEART SUPPORT GROUP. *Pacemakers 97*

WALK
7

Saturday, 17th June, 10.30a.m.

THE FOX INN, CORFE CASTLE ④

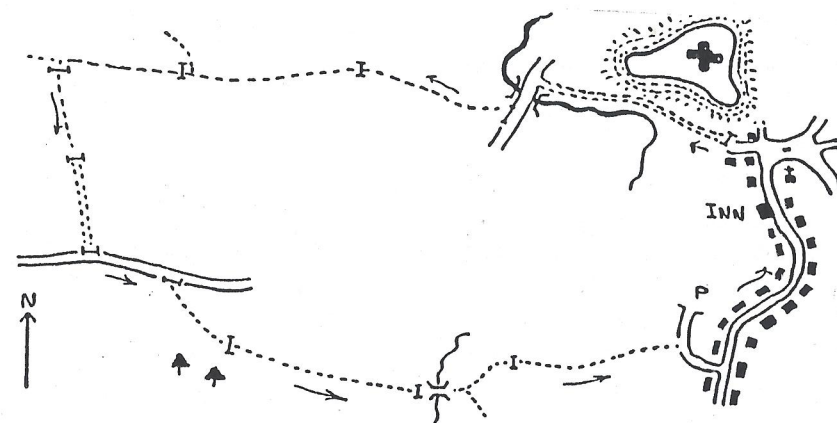
2 1/4 miles.

SYMBOLS	
	ROAD
	TRACK
	UNDEFINED ROAD
	TREE
	BUILDING
	BRIDGE

How to get there: Take the A351 Wareham to Swanage Road, as you reach the village centre turn right by the church and then left. Meet at the Fox Inn.

The walk: From the inn walk back to the centre towards the castle. At the castle tea rooms bear left, into a cul-de-sac, and go through the gate in the bottom right-hand corner. This path skirts the castle and eventually emerges onto a minor road. Turn left, cross over the river bridge and turn right into the field onto the Bridleway signed Bare Cross 13 miles. Bear left and follow the track up the hill and through a wooden gate.

A short distance later the track divides; go left, through the metal gate and after a couple of hundred yards take the metal gate in the left into a field. Keeping close to the hedge on the left, go across and through another gate on the far side. It brings you onto a farm track. Follow this track until you reach the road. Go through the farm gate and turn left. After about 50 yards you will see a gate on the right leading into a field. Go in and bear to the left making for another gate in the hedge on the left. Go through into this much larger field and head straight across to a small gate on the far side. Go through, over a small wooden bridge and onto a path. Where it divides take the left fork, up the hill, into a thicket. There is a gate set in a brick wall. Go through into a field and straight across to the car park opposite. If you follow the track, right, back to the main road, and then turn left it will take you through a pretty part of the village back to this quaint old inn.



POOLE HEART SUPPORT GROUP. *Pacemakers 97*

WALK
8

Wednesday, 28th June, 10.30a.m.

THE SMUGGLERS INN,
OSMINGTON ④

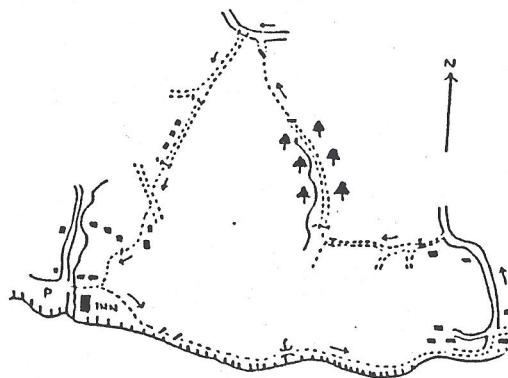
3¼ miles

How to get there: From the A352 Dorchester to Wareham, turn south at the Warmwell roundabout on to the A353 and take the turning on the left to Osmington. Park at the Inn.

The Walk: Start from the cliff-top car park and go down the steps to the inn. Bear left, and go round behind the inn, up a short path, over the stile, and into the field. Following the well-trodden path ahead, go up to the cliff top, through a thicket and over a couple of stiles. Continue ahead, keeping close to the wire fence on the right. The path is easy to follow, it is well marked and needs little explanation. At one point it dips down through a valley and eventually comes out onto a gravel drive and passes through Ringstead village.

Keep on the drive round to the left until it merges with a tarred road. Continue ahead, up the hill, round a left, and then a right-hand bend, turning left onto a gravel drive. Go past the house, through the wooden gate, and take the right fork up into the woods. When the path divides, take the right fork and, further on, go through a gate and turn right, following the sign for Upton. Go over the stile beside the gate, and up the track through a lush wooded valley. At the top a stile leads into a field. Keeping close to the hedge on the right, walk down to the bottom, over the stile, and turn left through the metal gate, it is signed to Osmington Mills. Go up the track, over a stile at the top and ahead, over a second stile onto a stony path. When you reach a tarred road, turn left and almost immediately take the path on the right, through the holiday park, and out over the stile on the far side into the field. Follow the path across, turning right when you reach the cottages, back down to the inn.

SYMBOLS	
	ROAD
	TRACK
	UNDEFINED ROAD
T	TREE
	BUILDING
	BRIDGE



POOLE HEART SUPPORT GROUP. *Pacemakers 97*

WALK
9

Saturday, 9th July, 10.30a.m.

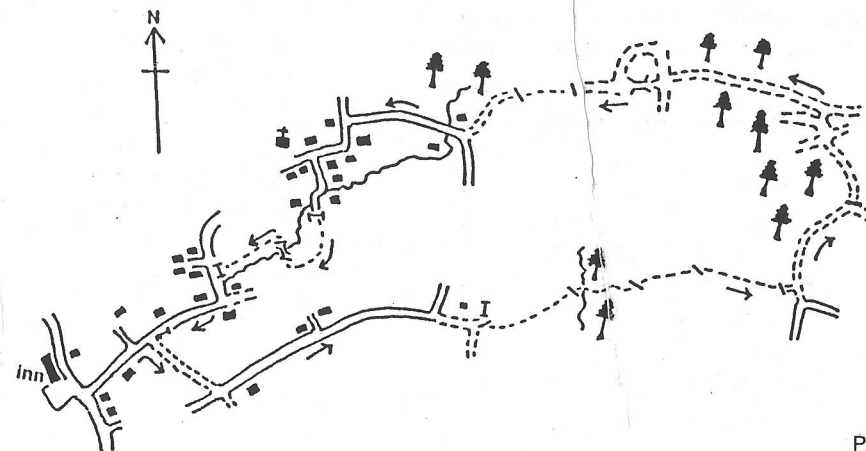
THE LAMBS INN, WINKTON ⑤

2½ miles

How to get there: Take the B3347 Ringwood to Christchurch Road and take the turning left to Winkton.

The Walk: Travel back along the road towards Winkton. After a few yards look for a stone path marker in the bank on the right (it is almost opposite a gravel track). When you find it, go up the bank, into the field and straight across to meet the hedge on the right-hand side. Follow the hedge until you reach a metal gate on the right. Go through, into the lane and across onto the grassy track opposite. Follow this track round to the right and out into the road. Turn left and walk along the road, past a farm and several houses, until you find a grassy track on the right. Follow this track, between two fields, and out to a road junction. Go straight across into Hawthorn Roar' (it is signed "S. Brockhampton"); follow the road until you come to a metal farm gate on the right, just before reaching a house. Go into the field, across to a gap in the far left-hand corner, and over the lane into the field ahead. Continue across through a gap in the hedge and down, to meet a path beside the stream. Turn right and follow the path until it brings you out into the road, turn left, over the bridge, back to the inn.

SYMBOLS	
	ROAD
	TRACK
	UNDEFINED ROAD
T	TREE
	BUILDING
	BRIDGE



POOLE HEART SUPPORT GROUP. Pacemakers 97

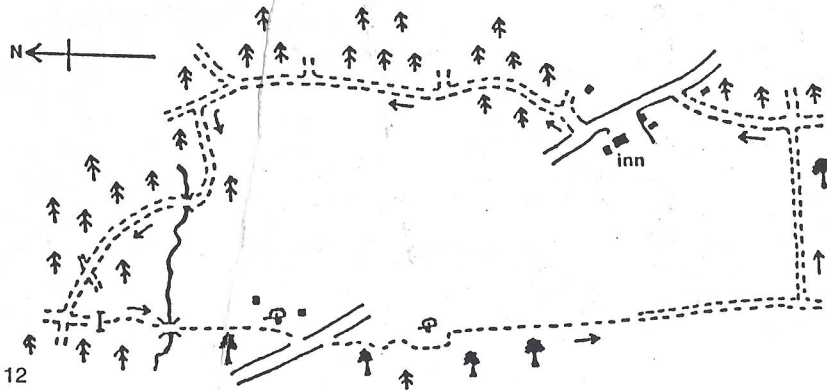
WALK
10

Wednesday, 19th July, 10.30a.m.
THE SILENT WOMAN,
COLDHARBOUR ⑧
3¾ miles.

SYMBOLS	
— — — — —	ROAD
— — — — —	TRACK
- - - - -	UNDEFINED ROAD
T	TREE
■	BUILDING
()	BRIDGE

How to get there: On the A3075 Wareham to Blandford Road. Two miles north of Wareham.

The walk: The first half of the walk takes you through a pine forest. As the land is privately owned by the Morden Estates Company, and only let to The Forestry Commission, it is kindly requested that you keep to the marked paths. Bear left from the pub, cross the road and go into the woods. Follow the marked drive to the left. It skirts close to the edge of the wood before joining with a larger track on the right. Keep straight ahead, past farm land on the left, until you reach a wide forestry track on the left, one side of which has recently been planted with young fir trees. Turn left here. The track is fairly long; at this point it crosses a small bridge, after which it bears left. When you reach the crossing point of a smaller track, turn left making your way past the watch tower, and through the metal gate on to the bridlepath through the woods. It is signed and easy to follow. Cross the bridge and continue along the path between woods and the caravan site, eventually meeting the road. Walk straight across, turn left, then immediately right on to the bridlepath, it is signed. The path through the trees is easy to follow, blue arrows painted at intervals marking the way. At one point, when you reach a clearing, turn left making for the corner of the caravan site and then turn right, look for the blue arrow. Keep close to the wire fence on the left. The path is easy to follow. But does require a little care as the surface is very uneven in places. Before reaching the overhead power cable you will. See a signed footpath on the left. Turn here walking until you reach the forest, then take the wide track on the left, after a while the path bears right, into the woods, and down to meet the road. Turn left back to the pub.



POOLE HEART SUPPORT GROUP. Pacemakers 97

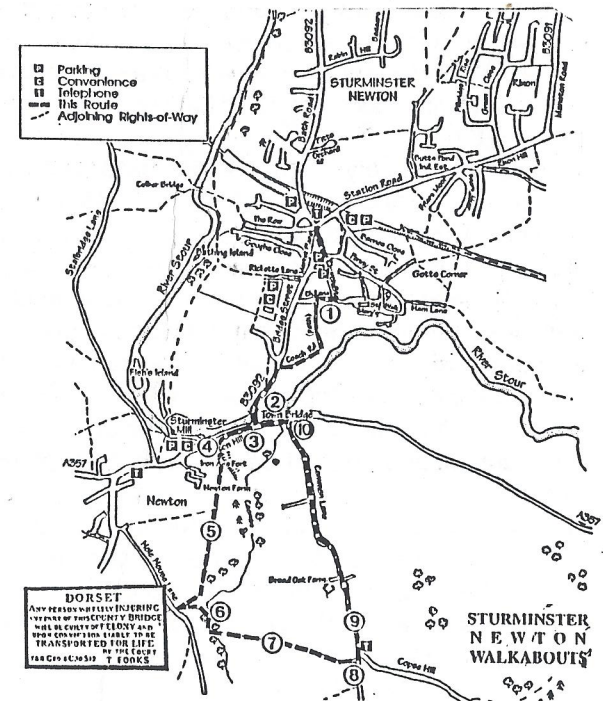
WALK
11

Saturday, 29th July, 10-30a.m.
STURMINSTER NEWTON MILL
2½ miles.

SYMBOLS	
— — — — —	ROAD
— — — — —	TRACK
- - - - -	UNDEFINED ROAD
T	TREE
■	BUILDING
()	BRIDGE

How to get there: Take the A357 to Sturminster Newton, turn right at townbridge traffic lights, park in one of three car parks, meet in Church Street.

The walk: Turn right into Church Lane, and Left onto the Coach Road (1). At the main road, CROSS WITH CARE, and turn Left to cross the Town Bridge (2). Cross the Road, turn right then bear left to walk up the slope beside the methodist Youth centre (3). Continue up the slope, and beyond the buildings go up the steps to the Left and cross the stile (4). Follow the left hedgeline. Walk straight on through the gates, still following the Left hedgeline (5)until you reach the stile onto the narrow path alongside Hole House Cottage. As you emerge onto Hole House Lane, almost immediately descend Left into the Coombe valley (6). Cross the footbridge in the valley bottom, and climb the kissing gate, bear left along the hedgeline (7). Make your way towards the gate at the top of the field (8). Continue through the gate and turn left to walk down Common Lane (9). Descend to the Bull Inn (10).....and turn left towards the town bridge.



POOLE HEART SUPPORT GROUP. *Pacemakers 97*

WALK
12

Wednesday, 9th August, 10.30a.m.

THE COCK AND BOTTLE ,
MORDON (8)

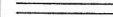

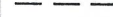



3 1/2 miles

How to get there: Take the A35 poole to Bere Regis Road, past Slepe turn right on the B3075 for Mordon. The Pub is on the left, park in a lay-by opposite some houses.

The walk: Go up the lane, opposite the pub, towards East Mordon. Before reaching the village there is a signed footpath on the right next to the farm gate. Follow the path up beside the woods, out into the lane and turn left. At the top of the lane, where the road bears left, continue ahead onto the bridleway, it is signed 'Dolmans Hill 1 mile'. Go only as far as the stile, then into the field and bear left. At the bottom, behind a row of large oaks, is a stile set in the fence. Go over and cross the bridge following the well signed path up through the woods, over the stile at the top and into the field.

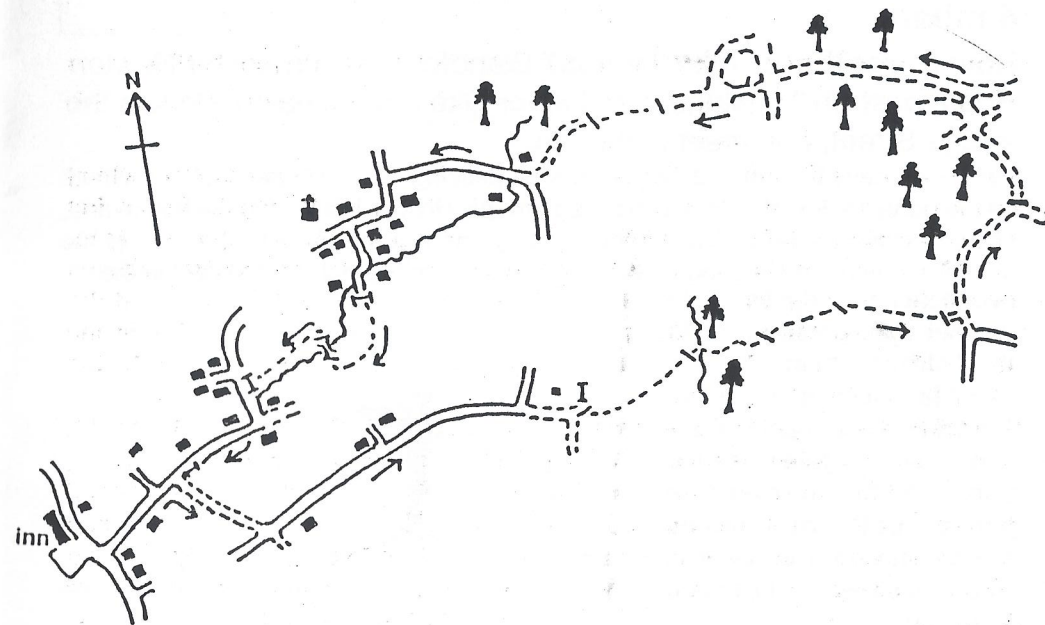
Turn left and make your way across towards the large electricity pylon. Bear right, over to the stile and cross the field to the stile at the top. Turn left onto the bridleway, it is signed 'Goodwin's Lane i'. Take care as you go it can become quite muddy and slippery. At the bottom a footpath joins with the bridleway. Go over the stile and through the woods until you reach a gravel track close to the pylon. To rejoin the path keep straight ahead into the woods opposite and turn left. The path follows the perimeter of the woods before re-emerging on to the track. Walk straight across, through the narrow strip of woodland and over the bridge to rejoin the track. Walk down the hill to the bottom, go over the stile and up the field to another stile at the top. Turn left and follow the path down, through the edge of the wood, to meet the lane.

Bear right and walk down the lane turning left at the road junction towards East Mordon. Just before reaching the church turn left down the 'no through' lane, past several houses, over the stream and up the short grass track to the gate. Go into the field and turn right. Walk round keeping close to the right-hand hedge. About halfway across you come to a stile either side of a small bridge. Go across into the field on the right and turn left. Keeping close to the hedge on the left, continuing ahead to the gate in the far corner of the field. Go out into the lane and turn left following the lane back to the pub.

SYMBOLS	
	ROAD
	TRACK
	UNDEFINED ROAD
	TREE
	BUILDING
	BRIDGE

POOLE HEART SUPPORT GROUP. *Pacemakers 97*

MAP
12



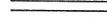





POOLE HEART SUPPORT GROUP. *Pacemakers 97*

WALK
13

Saturday, 19th August, 10.30a.m.

THE ROYAL OAK,
OKEFORD FITZPAINE (5)

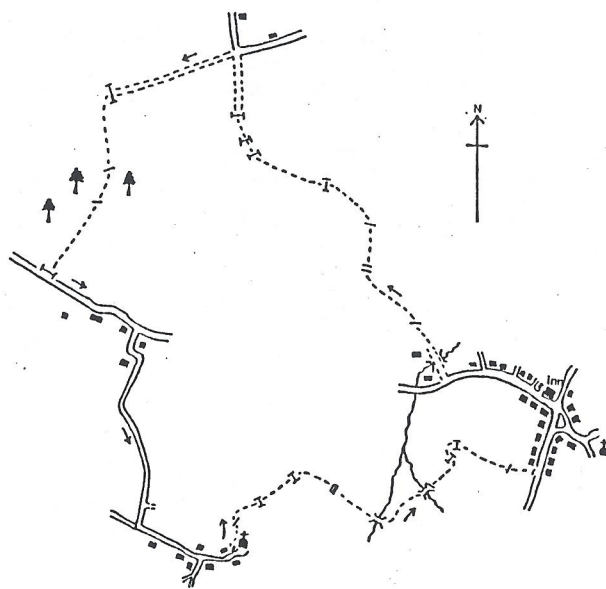
4 miles.

SYMBOLS	
	ROAD
	TRACK
	UNDEFINED ROAD
	TREE
	BUILDING
	BRIDGE

How to get there: Take the A357 Blandford to Sturminster Newton Road, past Shillingstone, turn left for Okeford Fitzpaine. Park in the village Street, and meet at the Inn.

The walk: Leave the inn and turn right. After passing Parknoll Lane look for a track on the right, it is just past a house called Sleeply Hollow. Walk up to the house and, keeping close to the hedge on the right, go across the lawn to the stile in the hedge. Go into the field and make your way over to the pair of stiles set in the hedge then bear right down to another stile. Cross over into the field and bear left to a metal farm gate in the hedge. Continue in the same direction, through a gate in the top right-hand hedge, over to a similar gate, and finally straight ahead leaving the field by the small gate in the hedge opposite.

The track rises slightly before dipping down to meet the lane. On the left is a signed bridleway. Turn left here. When you reach the field go through the gate and bear left, down across to the stile. Follow the short path through the wood, and cross over the stile into the field ahead walking up to the gate at the top, go out into the lane and turn left.



POOLE HEART SUPPORT GROUP. *Pacemakers 97*

NOTES

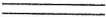





POOLE HEART SUPPORT GROUP. *Pacemakers 97*

WALK
14

Wednesday, 30th August, 10.30a.m.

THE DRAX ARMS, SPETTISBURY ⑥

3½ miles

SYMBOLS	
	ROAD
	TRACK
	UNDEFINED ROAD
	TREE
	BUILDING
	BRIDGE

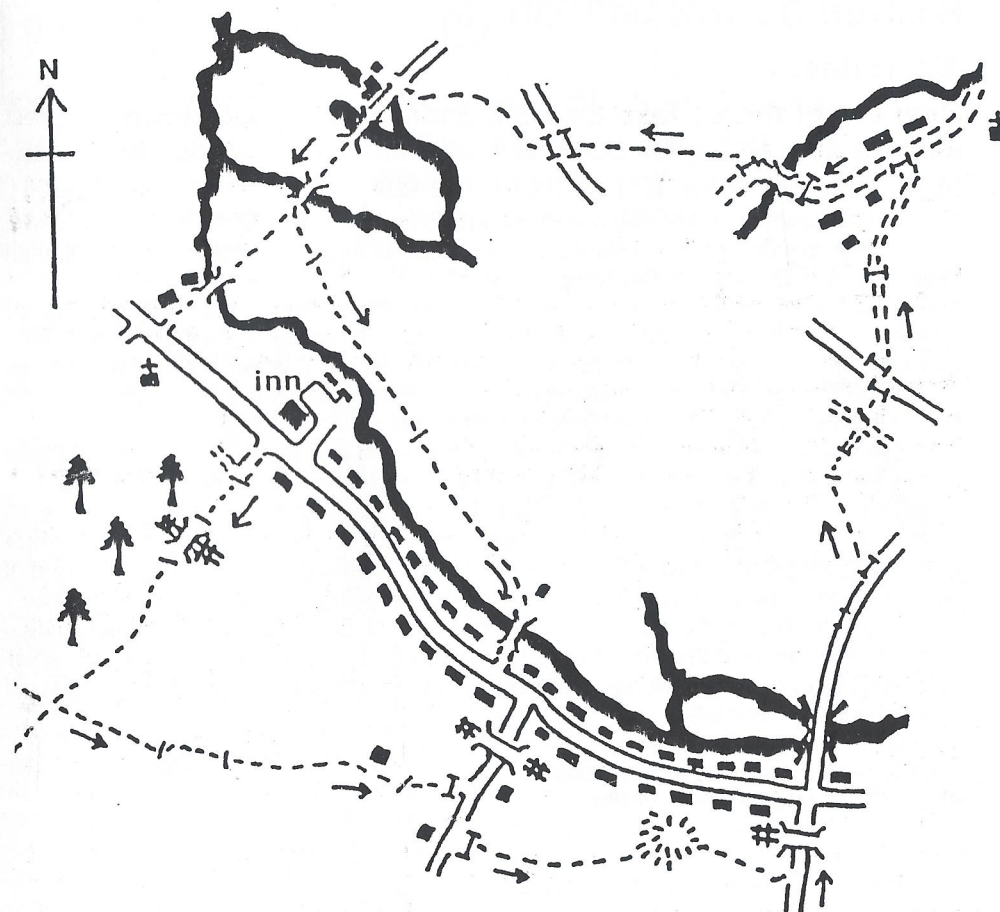
How to get there: A350 Poole to Blandford Forum Road, park in Pub car park on the right.

The walk: From the pub turn right, walk across the road and up the short track signed to 'North Farm 1¼'. Cross the stile and head up the field. Go over another stile and cross the old railway bridge. After negotiating a second stile, the path rises to the top of the field. Keep close to the woods on the right, taking time as you go to look back and enjoy the view. When you reach a stile leading off to the right, turn immediately left, into the field and walk across, bearing left, to a stile in the far corner. Go over, turn right, over another and bear left down the field making for the right-hand corner of a walled garden. Ahead of you is a stile and beyond a gate which brings you out onto a farm lane.

Turn right and go through the gate on the left, it is signed to 'Spettisbury Ring & Middle Buildings 1'. Go up the slope to the top of the earthwork and walk round past the triangulation point. Follow the path down, and into the field, walking round beside the hedge, until you reach the stile which brings you out into the lane.

Turn left down to the crossroads and straight ahead, over the bridge' walking until you reach a small gate on the left. It is between two concrete posts and marked with a yellow arrow. Bear right across the field making for the electricity pylon. Go through both gates, under the pylon on to the track, over the stile and up the field ahead, then out through the gate into the road. Walk straight across, through the gate and on to the bridleway. After a second gate the track leads down to meet the tarred lane at the bottom. Go through the small gate and turn left past farm buildings and Tarrant Abbey House. After crossing the small bridge, just beyond the entrance to the house, there is a farm gate on the right, it is waymarked. Go through into the field and bear left, over to the gate in the far hedge. Cross the road, go through the gate opposite and turn right, walking through the market garden leaving the field opposite the farm shop and then turn left.

The footpath passes close to a house before a picturesque bridge takes you across the river into the field. Keep straight ahead over another bridge. From here two routes take you back to the pub. You can either continue ahead, turning left when you reach the main road, or follow the route I prefer by turning left here and make for the wooden crossing point in the fence then bear right across the meadow. As you approach the river you will see a large yellow arrow on the distant telegraph pole marking the route. Keep walking in the same direction, over another crossing point, and make for a building close to the river. Go round to the right, then over the bridge, up the track to the main road and turn right along the pavement back to the pub. It is a fairly busy road so take care.



POOLE HEART SUPPORT GROUP. *Pacemakers 97*

WALK
15

Saturday, 9th September, 10.30a.m.

HARDYS COTTAGE,
HIGHER BOCKHAMPTON ⑤

3½ miles.

SYMBOLS	
	ROAD
	TRACK
	UNDEFINED ROAD
	TREE
	BUILDING
	BRIDGE

How to get there: Take the A35. 3 miles past Puddletown turn left along a lane to higher Bockhampton, turn left towards Hardy's cottage, turn right after 100 yards for the car park.

The walk: Follow the signposted woodland path to Hardy's cottage, bearing left uphill from the car park. Ignore a path on your right but continue to a signpost where you turn left, then bear right. Turn left down to Hardy's cottage.

Turn left around Hardy's cottage to walk down Bockhampton Lane, pass the turn for the car park on your left and go ahead to the road (Cuckoo Lane). Turn left along it for 50 yards then turn right up the waymarked, hedge track. (Hardy's "drong"). When it bears right, keep straight on through a small waymarked gate into a field to walk with a hedge on your right. Notice the monument to Admiral Hardy straight ahead on the horizon.

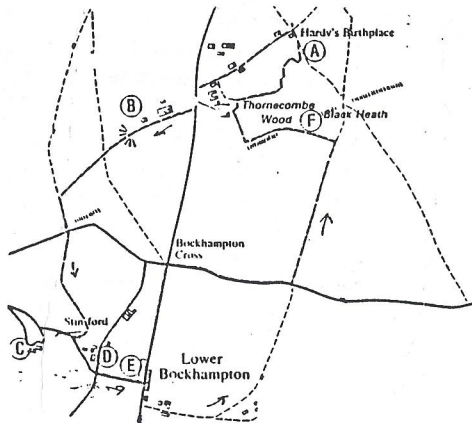
Go through a waymarked gate and follow the well-trodden path straight ahead across the middle of the field to a track where you turn left to reach a minor road.

Cross the road and continue along the waymarked bridleway ahead. Keep the fence on your right until you go ahead through a gate to walk with the fence on your left, whilst overlooking Kingston Maurward manor on your right. Go through a gate to cross a corner of a field to a gate ahead on your left. Follow a track to a gate which gives access to a lane.

Turn right to walk past the old Tudor manor on your left. Continue past the demonstration orchard and garden of the Dorset College of agriculture on your left. Go through a small gate beside a cattle grid. Walk past the bungalows of Knapwater on your left to reach the old school house on your left.

Turn left to follow the road through Lower Bockhampton. Go ahead to a crossroads, where you turn right towards Tincton. Turn left after half a mile along the track to pine Lodge Farm.

Pass Pine Lodge farm on your left and go ahead through a waymarked gate. Walk with the hedge on your left to the wood ahead, where you turn left along a path around its edge. Descend to a gap in a iron fence and bear left along a track. Pass waymark no 10 but bear right when you reach picnic tables. Pass waymark no 3 to reach the car park.



POOLE HEART SUPPORT GROUP. *Pacemakers 97*

WALK
16

Wednesday, 20th Sept, 10.30a.m.

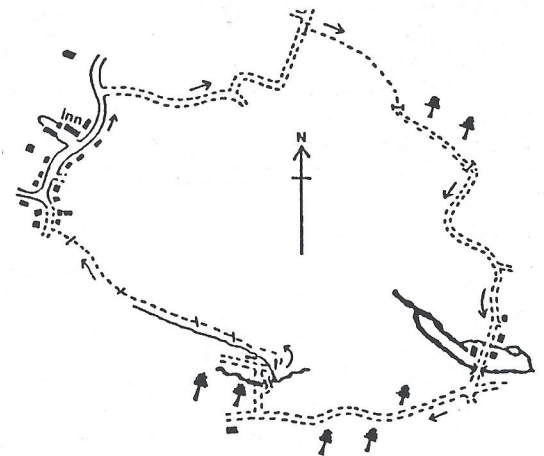
THE NEW INN, WEST KNIGHTON ⑥

4 miles.

SYMBOLS	
	ROAD
	TRACK
	UNDEFINED ROAD
	TREE
	BUILDING
	BRIDGE

How to get there: The A353 between Wool and Dorchester, turn right at Broadmayne for West Knighton. Park near telephone box, or in the small lay-by at the bottom of the hill.

The Walk: Leave the inn and turn left. At the bottom of the hill turn right on to the concrete drive leading to Empool Pumping Station. Bear left at the top, the drive ahead leads to the pumping station and is not a public right of way. Continue round a couple of bends until the track dips towards the quarry entrance. On the right is a farm gate. Go through, and straight ahead following the track past the old barn and along the valley bottom. As you approach the wood bear right up to the gate, go through, and turn left. The path runs between the edge of the wood and the field to the corner by the pylon. Go through the gate and turn right. The narrow track skirts the top of the quarry before dividing in two directions. Take the right fork down to the watercress farm, walk between the buildings, cross the stream and go up the gravel track ahead. A short distance ahead a track crosses at right angles, turn right here. The track passes through woodland before reaching a short track on the right leading down to the stream. Take this track then cross the stream turning right by the thatched cottage. The path is signed to West Knighton. Climb over the wooden crossing point, cross the ditch, which can be tricky if the water level is high, go into the field and turn left. Keeping close to the hedge, walk round the field, over a couple of crossing points, and across two more fields until you reach a double crossing point. Here bear right up the field following the waymarkers in the centre. Leave the field at the far top corner and turn left along the track and straight ahead into the field. Continue in the same direction still following the waymarks, towards the stile in the far hedge. The little path runs between two private dwellings down to a cul-de-sac. Turn right following the path between the stone cottages, turning right again when you reach the village centre, back to the pub.



POOLE HEART SUPPORT GROUP. *Pacemakers 97*

WALK
17

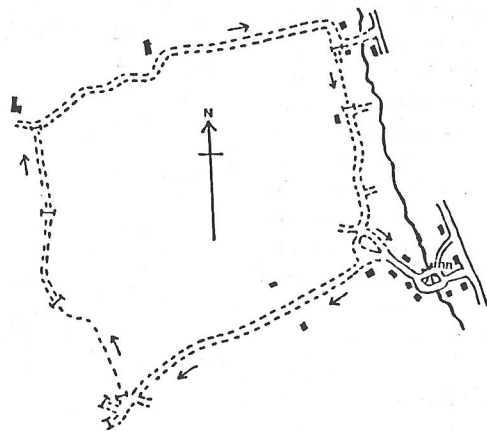
Saturday, 30th September, 10.30a.m.
EUROPEAN INN,
PIDDLTRENTHIDE ④
4 miles.

SYMBOLS	
	ROAD
	TRACK
	UNDEFINED ROAD
	TREE
	BUILDING
	BRIDGE

How to get there: Follow the A35 to Dorchester and approx. 1 mile before Dorchester turn right to the B3143 the village of Piddletrenthide is 5 miles to the north. Park in lane at the side of the Inn.

The walk: Leave the inn and turn right. Go down the lane at the side turning right again along the track behind the inn. Turn left at the junction and follow the lane up round past the houses and on to the bridle path. Keep going until you reach three gates, ahead of you and to the right. Go through the first one into the field on the right and follow the hedge round to meet another gate. Go through and straight across the field keeping to the track as it bears right, down through another gate, towards the farm buildings at the bottom.

Go through the farm gate and, turn right. Continue up the concrete farm track, past the farm buildings and down towards the valley. As you round the second bend, just past a private dwelling, continue ahead through the farm gate and walk straight across the field to the gate on the far side, go through, out onto the track and keep straight ahead. Ignore the track back to the road but keep walking until you reach the junction of four tracks then take the one on the left, through the hamlet and back to the pub.



POOLE HEART SUPPORT GROUP. *Pacemakers 97*

WALK
18

Wednesday, 11th October, 10.30a.m.
QUAY INN, WAREHAM ④
4 miles

SYMBOLS	
	ROAD
	TRACK
	UNDEFINED ROAD
	TREE
	BUILDING
	BRIDGE

How to get there: Take the A351 on the Quay in Wareham. Park on the Quay or in the town, meters only. Meet at the Quay Inn, Bring some bread for the mallard ducks.

The Walk: Turn left from the pub and go through the gap between the houses up to the church. Walk past the front of the church, and the entrance to the graveyard, and along the lane turning right when you reach Wyatts Lane. Go down to the bottom, then round to the left and up the bank onto Town Walls. Further on the path dips down to meet a road from the left. At this point turn right across the lane and go up the concrete farm entrance, the path is signed, go through the farm gate and straight ahead along the track.

It is quite long and eventually merges with a footpath. After crossing three stiles you reach Swineham Point. Simply follow the raised river bank footpath as it snakes its way through the reeds round the headland and back along the river edge to wards the town. As you near the church the path veers right down some steps and through the reed beds.

Continue following the path round, past a house and over a stile onto a well established footpath. At the end of the path go over the stile turning left through the gate and up to the road.

Turn left. When you reach the crossroads, go up the grass bank onto East Walls, along the top and down to the lane. Keep straight ahead taking the right turn through the cemetery, round to the church and back to the pub.

