

**POOLE HEART SUPPORT
GROUP. *Pacemakers 97***

**WALK
1**

Saturday, 7th April, 10.30a.m.

Holt — The Old Inn ⑦

3 miles

MEET AND PARK AT THE OVERFLOW CAR PARK, OPPOSITE THE INN

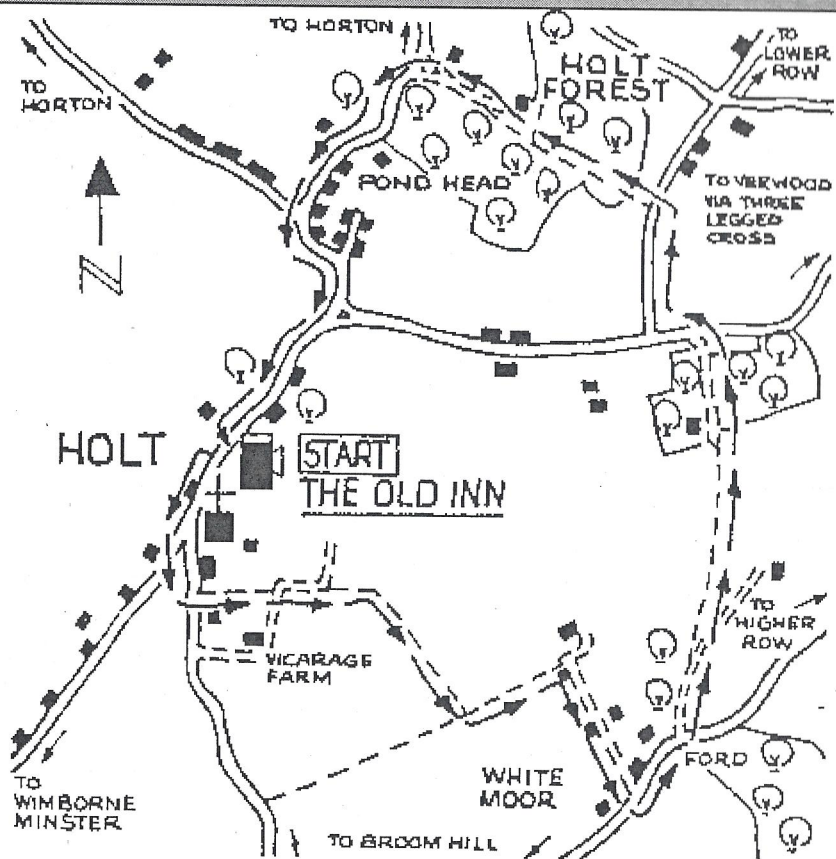
How to get there: Holt is just over 2 miles north of Wimborne Minister. Take the B3078 out of the town and, after 1 mile, you will see a turning signed to Holt on the right. The Old Inn is on your right in the village.

The Walk:

From the Old Inn turn left and walk alongside the church wall. The Church was built in 1834-5 on the site of a former chapel and the wall was added a year later. Where the road forks, turn left, pausing to admire the view on your right over the green to cottages on the Wimborne Road. Look for a stile on your left before you reach a bungalow on the same side. Cross the stile and, keeping the hedge on your left, cross two more stiles before a third leads you out onto a farm track by a large oak tree. Follow the track straight ahead until it bends sharply left. At this point keep straight on into a meadow and head for a stile visible in the right hand hedgerow, just beyond the first oak tree. Pass over the stile and walk obliquely left across another meadow to a metal gate in the far left hand corner. Go through this to cross the stile immediately on the right. Again head obliquely left across another field, keeping to the left of a lone midfield oak tree. You will find a further stile in the hedge a little forward of the left-hand field corner, where your path is joined by another from the right. Cross the stile and then, keeping the hedge on your left, over two more stiles to emerge onto an access track known as Sheepcroft Lane, where you turn right. The lane soon becomes metalled as you pass through the hamlet of White Moor. Look out for the attractive Willow Cottage on the left before you arrive at a lane. Turn left to follow the lane past Whitemoor House to arrive at a ford. Veer left and cross the stream by a footbridge. This stream is one of the feeders to Uddens Water, which joins the Moors River near Trickett's Cross, some 2 miles away. After going over the footbridge, look for a track and a blue bridlemay arrow on your left. Join this to follow a pleasant trackway to where a path angles left just before the track rises up a slight incline. Take the path, which soon narrows to enter woodland and then leads uphill to eventually join a track. Follow this past buildings on the left to meet a road. About 1/2 mile to your right lie the 1,200 acres of Holt Heath, which is one of the largest remaining heathlands in Dorset and became a National Nature Reserve in 1985. As you meet the road, turn left and then immediately right up a lane signed to Lower Row. Walk along it until it swings slightly

**POOLE HEART SUPPORT
GROUP. *Pacemakers 97***

**WALK
1
continued**



right after crossing a little bridge with white side fences. Look for a bridleway sign with a blue arrow on the left. Another sign announces that you are entering Holt Forest, which is another National Nature Reserve and contains some fine oaks. It was referred to in the Domesday Book as part of the Forest of Wimborne. Take the left fork inside the wood to follow a path which is often muddy—this is a poorly drained area. Soon you emerge from the trees to pass to the left of a bungalow and shortly meet the access road to it. Walk left-handed away from the bungalow, with the nursery grounds of Glen Farm on the right. Soon you reach a road after passing a display cabinet, which usually contains self-serve fruit and vegetables. Turn left and follow the road (Pond Head) down into a valley and then steeply - up again past houses to the junction with Lodge Road. Turn left and walk along this road past a junction and then uphill, back to the Old Inn.

**POOLE HEART SUPPORT
GROUP. *Pacemakers 97***

**WALK
2**

Wednesday, 18th April, 10.30a.m.

Longham The Angel Pub ⑨

3½ miles.

MEET IN CAR PARK ON THE LEFT OF THE ANGEL (GR 068991)

How to get there: Longham lies on the A348 Poole to Ferndown road. The Angel will be found to the north of the junction with the B3073

The Walk

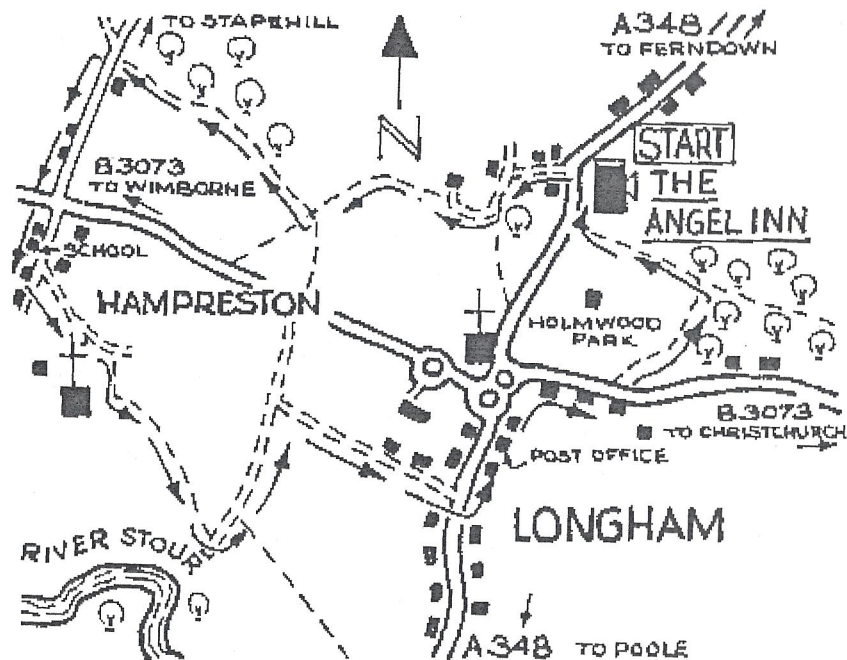
Leave the Inn and carefully cross the main road. Join the gravelled track opposite, named Angel Lane, to walk down to a junction by Greenacres. Turn left along a shady track. As this bends right, cross the stile adjacent to the gate labelled 'Coneygar Farm'. Where the track bears right into the farmyard, go straight ahead along a short, hedged path to a stile. Cross this and go through a facing gate into a meadow. Follow the left-hand hedge as it bends left and proceed to a footbridge, where, you turn right at a junction of paths. A pleasant, right-hand field edge path now takes you alongside woodland. Look for the tower of Hampreston Church peeping out between trees away to your left. Soon the path becomes a track and you join Stapehill Road by the side of Stapehill Lodge. Turn left and walk up to the crossroads, where you go over to enter the lane leading to Hampreston. Watch out for Granville Cottage and the school to your right. Take a track to the left, signed to the church and Longham Bridge. As you approach Hampreston church, veer left to pass on the left of a metal gate.

Proceed on a track to where a path soon turns right along a line of trees. Follow this to cross a stile and turn left, keeping a fence on your left. To the right you can see the former river bank quite prominently in the meadow. As you approach a pylon, cross over a stile on your left and then turn right to follow a hedgeside path, descending to a sunken track and turning left. Follow the track to a junction, where you go right to take up a track known as Green Lane, leading to Ringwood Road. Turn left to pass the post office and the White Hart Inn.

The turreted United Reformed Church, which stands at the junction, was built in 1841. Bear right into Christchurch Road and walk past houses and bungalows. Shortly before the road bends left, look for a footpath sign on the left opposite a white bungalow (no 44). Cross the road and follow the path through a narrow defile to a stile. Cross this and go up the left-hand side of a meadow to another

**POOLE HEART SUPPORT
GROUP. *Pacemakers 97***

**WALK
2
continued**



stile. Cross the stile and enter woodland which has been invaded by rhododendrons growing densely beneath the oaks. Continue through this thicket up to a path crossing. Turn left and left again as the path emerges from the wood into a clear grassy area. Your path immediately re-enters the woodland and you bear left at two successive junctions. Both of these junctions are waymarked. Soon a meadow appears on the right. Veer right by gates and right again as you join a track to reach Ringwood Road. The Angel is close by on your right.

**POOLE HEART SUPPORT
GROUP. *Pacemakers 97***

**WALK
3**

Saturday, 28th April, 10.30a.m.

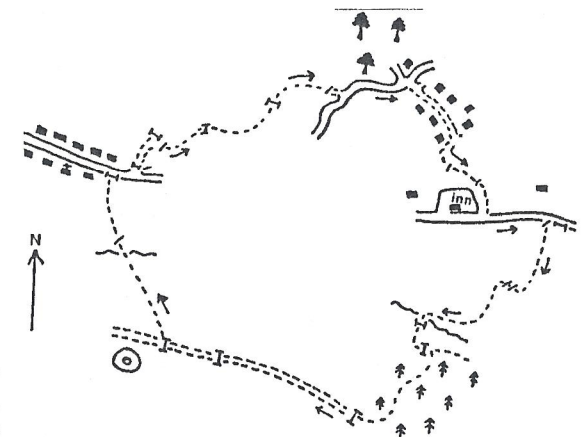
DRUSILLAS INN HORTON, ⑦

2½ miles.

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

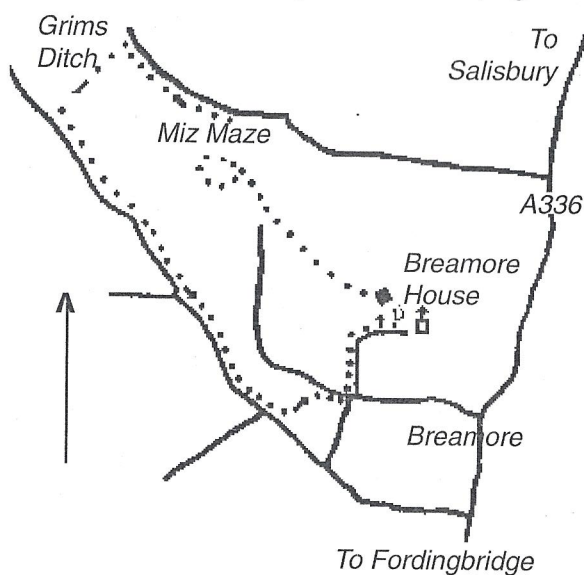
Wednesday, 9th May, 10.30a.m.

Breamore Down & the Miz Maze (8)

5 miles

To reach the start of the walk (GR 152187) take the A338 Fordingbridge to Salisbury road. In Braemore village follow the signs to Braemore House where there is a free car park for visitors. Park and go through the yard to the road, bear right and in a few yards you will see the sign to Braemore House, follow this, passing the house on your right and then the Carriage Museum. During April and May this path will be covered with daffodils and bluebells. This is the public footpath which goes through Braemore Wood for about half a mile and then on to open downland. When leaving the wood you will see ahead of you, in front of a wooded copse at the top of rising downland, a large white notice 'Miz Maze'. Follow the path as indicated and turn left into a clump of yew trees to view the Maze.

If you only want a short walk you can return the way you came but for a longer one, walk down from the Maze on the wooded slope to the right of the entrance where you will see a path some 80 yards ahead and running across in front of you. Walk down to this and follow this path to the left for about three quarters of a mile to Grims Ditch where you turn left over a stile and wall; along the ditch. Keeping the hedge just to your left. At the far end you will cross another stile, turn left here down a track and follow it for about a mile, keeping the Miz Maze hill on your left. At the end keep straight on, ignoring the track to your right, and continue for a further three quarters of a mile until, just before the track comes out at a right hand bend in a lane, there is a footpath on the left taking you to higher ground. Follow this path round a right hand bend and you will reach the entrance to the car park on your left where the walk started.



POOLE HEART SUPPORT GROUP. *Pacemakers 97*

WALK
5

Saturday, 19th May, 10.30a.m.

White Hart, Ringwood (7)

4½ miles.

**PARK IN THE FREE CENTRAL CAR PARK IN STALLARDS LANE
MEET AT THE WHITE HART PUBLIC HOUSE.**

THE WALK

With the tower of Ringwood's Parish Church looming a short distance to your right, follow the road past the short stay car park towards the town centre, then turn right along narrow Meeting House Lane. This brings you to Ringwood High Street, where The Original White Hart, on your right, is just one of many period buildings.

Carry on past the old Market Place, faced on your right by the 19th-century church of St. Peter and St. Paul. Now continue past the Red Lion Hotel along West Street where, on your right, before bridging an arm of the Avon on the western outskirts of Ringwood, you pass a particularly lovely old thatched and timber-framed cottage which now functions as a restaurant.

Directly after crossing the river, below where two scenic channels converge around a public open space with riverside seating, turn left along a road which leads you through a residential caravan park. By a footpath sign and a stile at the end of this you enter a meadow, across which your path angles slightly left, back towards the river you recently crossed, and which you here cross again by a footbridge. Not many yards further on you join and follow right-handed a road flanked on both sides by houses, with an intervening green. Where the houses end turn right to follow a gravel road which bridges the river, you then cross the course of what used to be the Southampton - Dorchester Railway,

a stile now precedes a moist meadow, where a boardwalk eases your way across the wettest stretch to another stile. Here you enter a large, level pasture, A fence at first flanks your path on the left. Where the fence soon bends away to your left you carry straight on across the pasture, the route being plainly evident. The path itself presently angles slightly left to converge with the main channel of the Avon After keeping close company for a short distance, path and river separate as you now head towards a stile, from which point your path becomes a fenced green lane. This leads to a ford parallel with a footbridge where you cross once again the lesser arm of the Avon which you first encountered as you left Ringwood. A secondary footbridge alongside a muddy farm track takes you left-handed for a few yards to a point near the end of a metalled road, where you turn right to follow a gravel lane. Where PTO

**POOLE HEART SUPPORT
GROUP. *Pacemakers 97***

**WALK
5
continued**

this soon divides you leave the Avon Valley Path to follow a left-turning gravel lane. Flanked by trees which encircle a sizeable lake on your right, this lane leads you to the Ringwood Christchurch road, which you cross straight over to follow a signposted footpath along the right-hand edge of an unfenced mark in between two fields.

This path emerges by way of a farm track onto a very narrow lane. Follow this right-ahead to where it very soon bends right and follow Green Lane - a metalled bridleway - straight ahead. Just past where this soon bends left, a green right of way' flanked by trees and hedges leads you right-handed, bridging a railside brook where it joins a lane which you follow to the left. Beyond cottages on your left you take a narrow, right-forking lane. Within a very short distance this joins another lane. on the far side of which a stile precedes a footpath along the left-hand edge of a paddock. On your left is a brook. which you cross by a footbridge preceded by a second stile. With the brook now on your right, you approach and cross a third stile and then go over the course of the old railway again.

Turn left now to follow a footpath separated by a fence from Forest Lake, on your right

Where the lake ends a stile precedes two paddocks, emerging from the second of which across another stile you reach and cross a road to follow, for a few yards, Crow Arch Lane before turning right to take a path along the course of the old railway. Fields flank your approach to Crow Arch itself, after passing through which your path emerges past derelict industrial land onto a road called Embankment Way. This leads ahead to Castleman Way, which you follow left-handed to Christchurch Road. Bear right to follow this into Ringwood, where Mansfield Road soon leads you right-handed back to the Central Car Park. Christchurch Road itself leads on to join High Street, where the White Hart pub is on your right.

Map on page 24

**POOLE HEART SUPPORT
GROUP. *Pacemakers 97***

**WALK
6**

Wednesday, 30th May, 10.30a.m.

THE THREE TUNS, BRANSGORE (8)

3½ miles

How to get there: The A35 East of the Christchurch bypass, turn off at The Cat and Fiddle pub at Hinton. Follow the signs for Bransgore, after 2 miles the Three Tuns will be on your left, just past the brick Church.

Park by the side of the Pub.

The Walk: Cross the road in front of the inn and turn right to pass the 100 year old village school and the Victorian brick church of St. Mary the Virgin. Keep on the footway to cross the river Mude by a concrete footbridge and soon go left then right over a staggered crossroads. Proceed around a 'S' bend and over another crossroads at the hamlet of Godwincroft. Continue along the road on the wide right-hand verge, past the entrance to New Close Farm. After a slight right-hand bend. Take the gravelled track on the right, signed as a bridleway, and pass through the small metal gate to the left of a larger one.

The track now leads attractively towards distant pine woodland and as you reach this, the gravelled surface is left behind. A more extensive area of pines begins to show up ahead and there is a particularly fine row of mature trees on the right as you enter this, guarding the track like dark sentinels. Pass through another small metal gate adjacent to a larger double one to meet a further track. Turn right to join a narrow metalled lane which bends to the left by a house called Mellow- Ridge. Go down past cottages on the right to a road junction, where you turn right.

You have now reached the pleasant little hamlet of Waterditch, a nice mix of old and new. Soon you are confronted by a 'Ford' sign, which also offers a delightful prospect of adventure ahead. The anticipation of this will not let you down as it is one of the prettiest little fords I have encountered, with a glinting brook gliding over the tree-shaded lane by Brook Cottage, walk across the footbridge to the right, or wade—I recommend the latter if you have wellies on. Continue on up the leafy lane to reach eventually a triangular junction. Turn left and follow this lane to cross the river Mude again at a railed bridge. Shortly after this, you turn right by a prominent metal footpath sign.

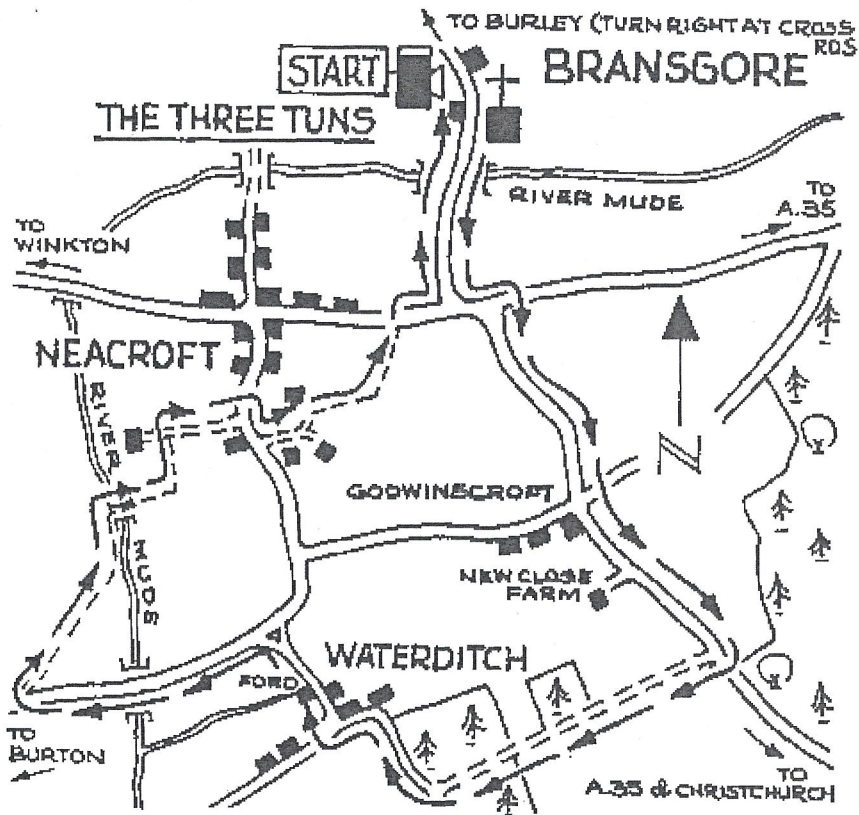
You might hear the whistle of trains on the distant Bournemouth line as you go up a fenced, green trackway which ends as you enter a field. Keep the hedge on your right as you walk up the right-hand side of the field on a fairly well-defined path. As you bend right, pass through a waymarked gap at the field corner to walk along a low bank on the right-hand side margin of the next field. A gap in the hedge reveals the rippling river Mude, which you cross by way of a disappointing concrete slab footbridge when your path bends sharply right. Follow the

POOLE HEART SUPPORT GROUP. *Pacemakers 97*

WALK
6
Continued

well-defined path up along the left-hand side of a meadow, turning left to pass a ruined building. Shortly join a farm access track where you turn right to soon join a lane.

Turn to the right and then almost immediately go left into the gravelled Chisels Lane. Houses in this area form part of the hamlet of Neacroft, which lies mainly to the north. Where the track forks, go left past a house called Chisels, the name displayed in mosaic tiles above the double garage. Cross the fence ahead by way of a gap or over a low waymarked stile and go directly ahead into a large arable field along a defined path well to the right of an electricity post. This brings you to a midway mark post, where the path changes direction and goes obliquely left to a visible stile in the far hedgerow. Cross this to meet a lane and turn right. At a junction, go left and walk back to the pub.



POOLE HEART SUPPORT GROUP. *Pacemakers 97*

WALK
7

Saturday, 9th June, 10.30a.m.

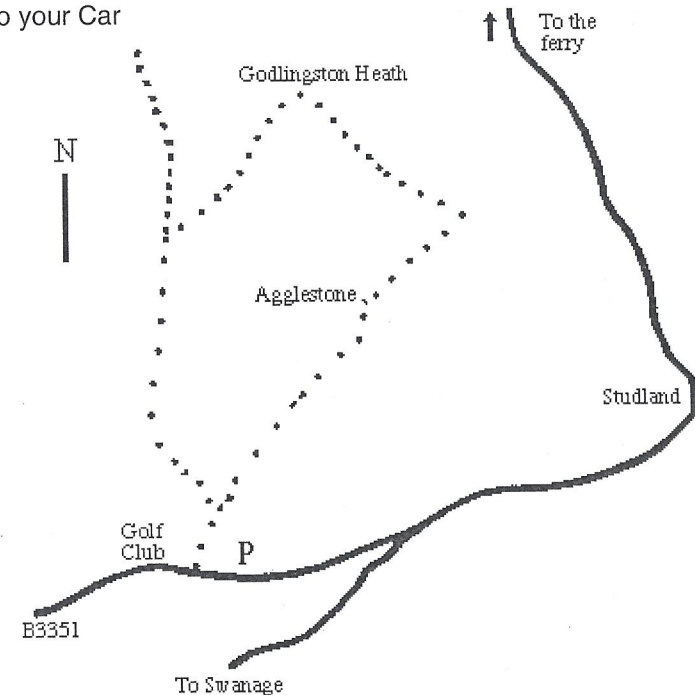
Godlingston Heath & the Agglestone ⑨

3 miles

The Agglestone is reached by a footpath across Codlingston Heath just off the B3351 Corfe Castle to Studland road.

On the left hand side of the road, about a quarter of a mile past the Golf Club entrance, there is a lay-by with room for four cars (GR 0178199). Park and go through the gateway with a stone marker 'Agglestone 1 mile', the path is well marked and crosses a small section of the golf course before going round the outside edge. There are several minor paths branching off but the main one is marked.

For a longer circular walk continue downhill on the path, it may be boggy in places but passable. When you reach a T junction turn left to a crossing of tracks (red water notice). Turn left, the path crosses the heath and bears left uphill. Continue until you reach another T junction where you bear left and at the top of the rise bear left again. You will soon reach your outward path where you bear right and walk back to your Car



**POOLE HEART SUPPORT
GROUP. *Pacemakers 97***

**WALK
8**

Saturday, 20th June, 10.30a.m.

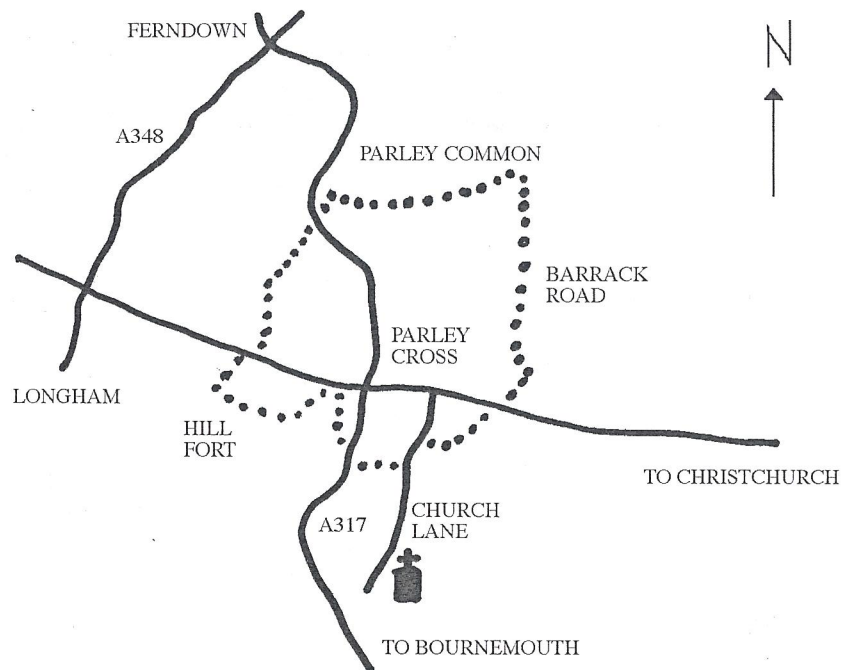
West Parley Parish Walk ⑨

4 miles

MEET AND PARK AT THE SOUTHERN END OF DUDSBURY ROAD.

The Walk

Turn right into Christchurch Road and cross it to enter the lane by the Girl Guide Camp sign. Head straight on through the gate or stile, and bend to the left at the top into the Girl Guide Camp, keeping to the public footpath and preventing dogs from fouling this area. You are on the site of the Iron Age hill-fort. Climb the stile opposite and go through the small wood before following the path past a brick wall to the signpost to Parley Cross. Cross the drive and go through the kissing gate, PTO



**POOLE HEART SUPPORT
GROUP. *Pacemakers 97***

**WALK
8
Continued**

on a clear day you can see the Isle of Wight, from here) and keep to the path which curves left downhill, this is the only right of way in this field. Climb the stile and walk the short distance to Christchurch Road, turn right and right again into Ridgeway. Take the second road on the left and walk to the main road; cross it and to the right you will see a stile into the field. Climb it and follow the path to Church Lane, which comes out by the white building opposite, this is Osborne House, the Multiple Sclerosis Day Centre. Turn right here to view All Saints Church.

To continue the walk turn left and at the bend there is a stile in the right hand hedge, take this path marked 'Woodtown Farm and Christchurch Road'. Look out for another stile in the left hand hedge, cross into the field to Woodtown Farm, turn left and walk to the main road, passing the pond which is the site of the Iron Age pit dwelling. Cross to the road by Golden Acres Nurseries, sign posted 'Tricketts Cross and Parley Common' and after about a mile up this road are two house signs 'Pinecroft' & 'Heather Croft'. Opposite these is a track over the stream and across Parley Common, take it, heading west until you come to the bungalows of Lone Pine Drive. Keep straight on past Aldridge Road to Golf Links Road, cross with care (blind corner) to the footpath opposite sign posted to New Road. At New Road turn left and on reaching the traffic islands cross into the northern end of Dudsbury Road. Head Up Dudsbury Road, which bends before taking a sharp left at the junction with Ellesfield Drive, and up the hill back to your car.

POOLE HEART SUPPORT GROUP. *Pacemakers 97*

WALK
9

Saturday, 30th June, 10.30a.m.

Wimborne St. Giles (10)

4 miles

HOW TO GET THERE From Wimborne take the B3078 to Cranborne, take the first or second road sign for Wimborne St. Giles (The second is best) on your left. park and meet at the Church.

St. Giles Church is well worth a visit. It is light and colourful and a grand prelude to our walk. Return to the road, passing the Jacobean alms houses, and turn left to the school and the village sign, Then turn right.

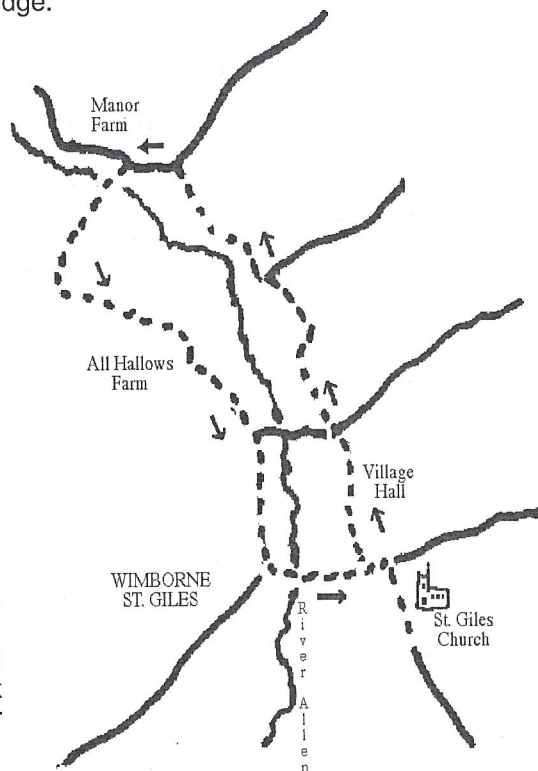
Follow the lane passed the village hall and keep straight onto a T-junction. Turn left and immediately go up the footpath-signed steps in the right verge. This path skirts around "Mainsail Haul". At the end, slightly to your left, go through the farm gate which is facing you. Follow the footpath arrow's direction across the right corner of the field to the opening in the top hedge.

Don't go through into the next field but follow the top hedge all the way to the stile in the bottom corner. Climb over onto a track. Turn left down to another lane and turn right. Follow the lane, with lane, with the river Allen alongside you for a while, until you reach Manor Farm, with chequered chimney breast over on your right.

Turn left onto the bridleway, cross the river bridge and follow the ascending chalk and flint track for 1/4 mile, passing an ancient yew tree on the way.

Take the right bridleway and follow the track down, past All Hallows Farm, to its junction with the lower lane, Keep straight on for 1/2 mile, passing cottages and the Bull Inn on the way.

Turn left at the end of the lane and cross Bull Bridge. The fine red brick and stone mullioned house on your left is the old mill.



POOLE HEART SUPPORT GROUP. *Pacemakers 97*

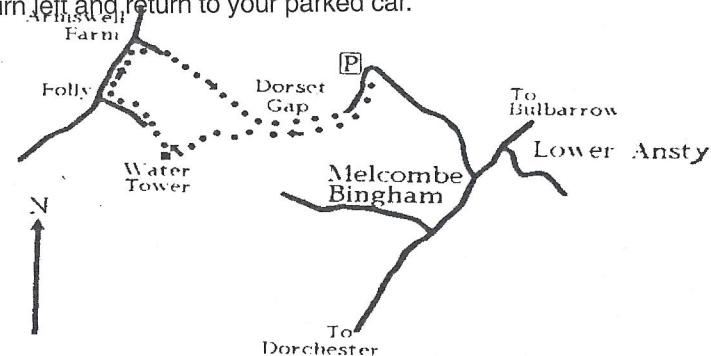
WALK
10

Wednesday, 11th July, 10.30a.m.

THE DORSET GAP (8)

4 miles

To get to the Dorset Gap take the road from Bulbarrow to Ansty Cross and Melcombe Bingham. Just past the Fox Inn at Ansty there is a turning to the right signposted Upper Melcombe Farm with cottages on the corner. Follow this road for about one mile, it takes a sharp left into a lane with wide grass verges and room to park. (GR 752036). Walk up the lane to the farm and go straight through the farmyard (ducking under the string barrier and avoiding the cows if necessary). There is no objection from the farmer. Go through the righthand gate into the field and bear right by the side of the wood. At the end of the field are earthworks and the path goes downhill to meet the other tracks. Here, on the right by the bank, is the box containing the visitor's book. You are now at the Gap. Take the path straight ahead to 'Folly' and continue in a straight line along high ground for half a mile, during which you will have to pass under a two strand barbed wire fence, and walk along a short path between barbed wire fences, finally to pass under another two- strand fence before reaching open ground once more. You will come to a Water Tower supported on blocks, where there is a footpath on the right leading downhill between a double hedgerow. This will bring you out to a lane going down to the hamlet of Folly at a road junction. In the field on the left-hand corner of this junction are a number of chicken runs, each housing a different variety of chicken, some of which are quite unusual. Turn right at this junction and follow the lane for about half a mile to Armswell Farm which is approached up a concrete road on your right. Go round, keeping the buildings on your left and follow the path straight ahead along the hedge and up the slope. Go through the double set of gateways at the top and follow the path across and round the top of a further field, taking you back across the Gap at a lower level. This is a clear path to follow and at the end a new diversion has been cut through the trees to the left, avoiding going through the farm buildings again. On reaching the farm turn left and return to your parked car.



**POOLE HEART SUPPORT
GROUP. *Pacemakers 97***

**WALK
11**

Saturday, 21st July, 10.30a.m.

The Langton Arms, Tarrant Monkton (8)

4 miles

From the A350 Blandford to Poole Road and at Tarrant Keystone, take the turning to Tarrant Monkton; the Inn is next to the Church.

There is plenty of parking space, including a field in front of the Inn.

The Walk

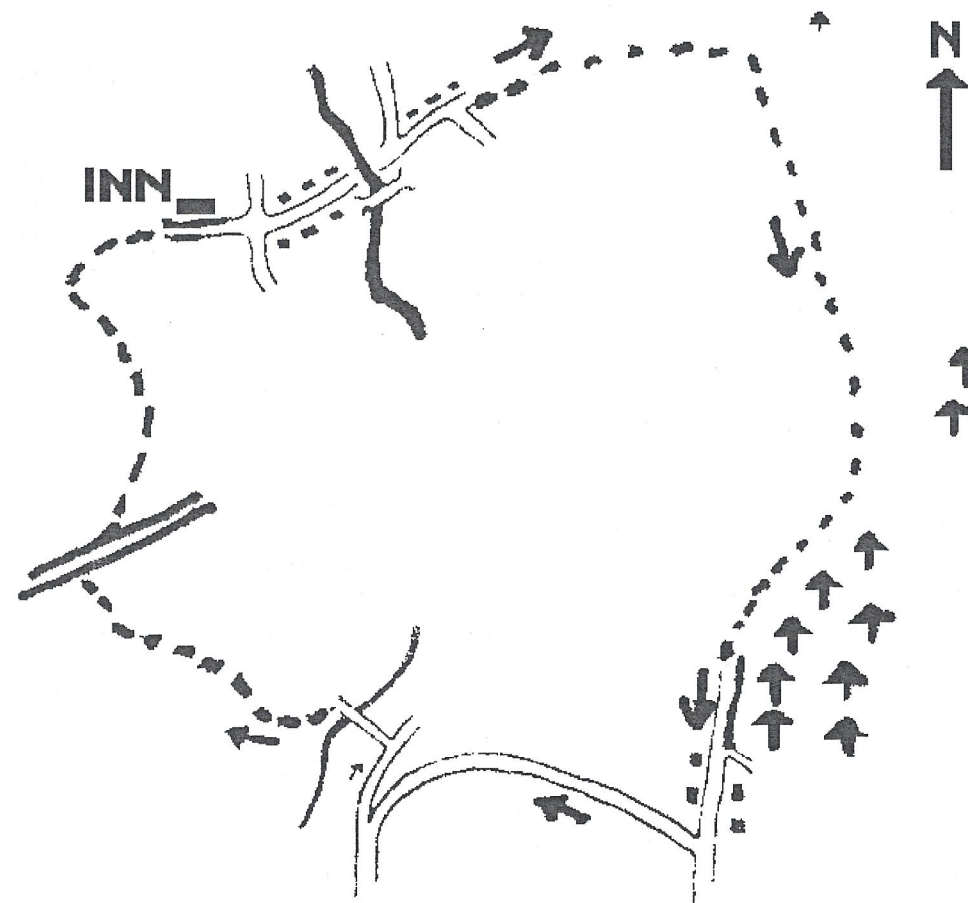
From the Inn take the road opposite, past the War Memorial, through the village, When you reach the ford go across, by means of a small bridge, and follow the road ahead. After a very short distance the road swings round to the right; at this point a lane continues ahead (Turners Lane). Take this lane to the top of the hill. When you meet a track crossing, turn right. Continue along this grassy track (ignoring a turning off to the right) until you eventually reach another track crossing. Turn right past woodland on your left until you come to a gravel road. Turn left walking down to Hogstock, past a farm and several houses (ignore the turning off to the left). When you eventually reach the main road, turn right go round and down Hogstock Hill. (there is a good grass verge all the way to the bottom).

Turn right at the hairpin bend and walk up the road for about 100 yards (taking care as you go), until you come to a farm turning on the left. Walk up to the farm and go round to the left. After passing through three farm gates, you reach a field on the right. Turn in here and walk across to the bottom right-hand corner. Go over the fence, and then the stile, into the field ahead. Walk across, slightly to the left, to a stile in the hedge opposite. Once over the stile continue across again in the same direction, slightly to the left, making for a crossing point in the fence opposite (it is marked). It brings you out in yet another field. Again go across, in the same direction, up to wards a metal farm gate in the hedge.

You will come out into a minor road, turn right and after a few steps you will come to two metal farm gates beside a barn. Turn left here and after a short distance, go through the gate on the right into the field and walk diagonally across to the left, making for a metal farm gate in the bottom corner. Go through into another field and after a short distance you will see a stile set in the hedge on the right. Go across walking towards the Church, bear left round the back of a cottage, and finally over a stile beside a farm gate which will bring you back into the car park.

**POOLE HEART SUPPORT
GROUP. *Pacemakers 97***

**WALK
11
continued**



POOLE HEART SUPPORT GROUP. *Pacemakers 97*

WALK
12

Wednesday, 1st August, 10.30a.m.

SHAPWICK ⑨

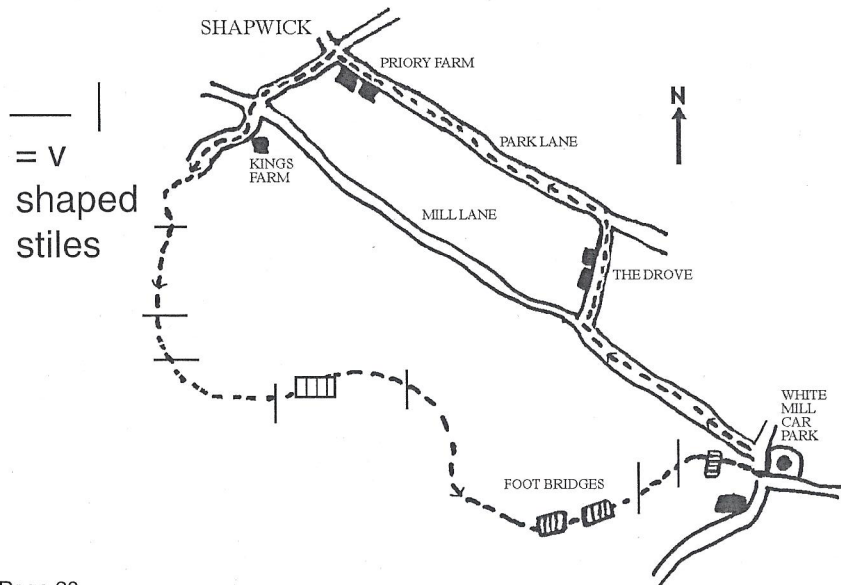
4 miles

How to get there; Take the A35 towards Dorchester, turn right on A350 towards Blandford Cross A31, first right at Bailey gate through the village for approximately 1 mile (Shapwick Road) White Mill Car Park will be found just over the Bridge on the right.

Park in the new Car park at the White Mill on the Kingston Lacy Estate (Grid Ref. 958007) and take the stile opposite.

After the wide gate, the path bears left to follow the river bank. After two footbridges and a v-stile, the path bears right past a grown in bridge, Avoid this and follow path to find a v-stile going west. After Copsey foot-bridge (see Shapwick Church in distance, and then another v-stile, keep the river close to you on the left. The wildlife around here is lovely.

Bear north to the Church and car park. Continue up the lane to the village, war memorial and pub. Take the lane at the side of the pub (north) passing a post office and a lane on the right. Continue to the next right turn passing Priory Farm and Park Lane for three-quarters of a mile to turn right at the blue arrow down the drove to join Mill Lane back to White Mill.



POOLE HEART SUPPORT GROUP. *Pacemakers 97*

WALK
13

Saturday, 11th August, 10.30a.m.

Stanpit Marsh Nature Reserve and Old Christchurch ⑨

3¼ miles

How to get there: Take the bypass from Christchurch to Lymington take the third entrance off the roundabout for Purewell Cross Road take the next roundabout into Stanpit Lane Recreation Ground and the Car Park is on your right.

On the left of this is a scout hut, which calls itself the training ship "Orestes". Next to this building is a gravel path which leads to a gate The path continues on the other side, passing to the left of an information board and a hedge which separates the marsh from the recreation ground, continue along the path which soon passes an information point.

Just past the information point the path bends to the left and heads towards open ground Keep to this clear path which is often higher than the surrounding land However do take the chance to head left early on during the trip round the marsh for a short detour to a seat which has been erected on the only high point on this spit of land The views from the seat are as good as any from the marsh, with Mudeford standing out the little resort to the left of the harbour entrance

Back on the main path, continue along the gravel to reach the tiny beach Wick reedbeds are directly opposite and you can see Southbourne beyond Turn right at the beach and follow the water's edge, where there is a path which later goes up and to the right of a line of blackberry bushes.

The path and its bridges continue away from the shore and head to the left of a long line of willows to complete the trip around the marsh Reaching a block of scrub, the path narrows and passes through the bushes Beyond this greenery, go through a kissing gate, then continue ahead with a ditch to the left and stay out of the recreation ground.

In 30 yards you reach a much wider track at a T-junction. Turn left here, cross a small bridge, then follow the track along the edge of the new pitch and putt course and athletics track. After about 200 yards the track ends in the leisure centre car park.

Pass through the main parking area, then head between the sports hall and the gasometers to reach the far side of the car park by the council offices and the new flood defence wall. Follow this wall to the right, past the council buildings, to emerge into another car park. A path now takes you past some toilets to end at Castle Street

Cross the road very carefully, then turn left and follow the pavement over the bridge. Castle Street ends at a roundabout where you should turn left to head towards the Priory In about 50 yards the road curves to the right Do not follow it however but carry on ahead through a pedestrian zone, which ends at the gates to the Priory Enter the churchyard and head diagonally right admiring the Priory as you go.

Continue along the road ahead This swings immediately right, then 30 yards PTO

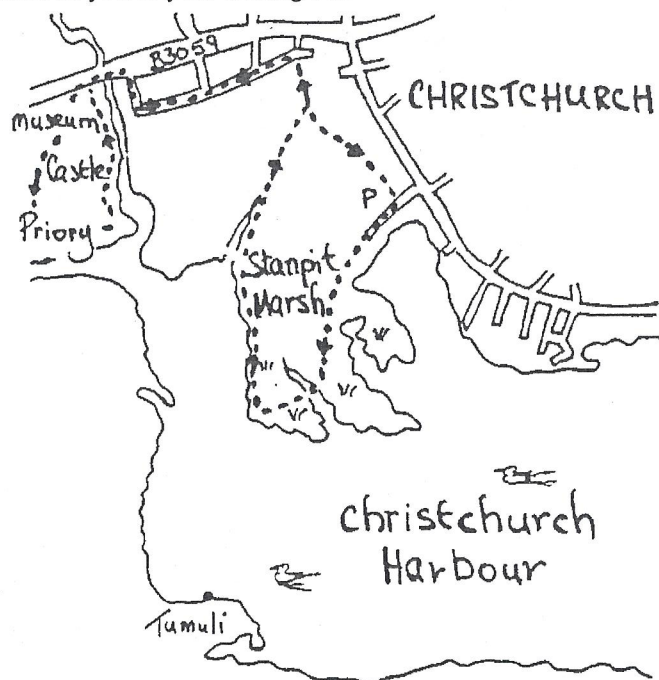
POOLE HEART SUPPORT GROUP. *Pacemakers 97*

WALK
13
continued

later to the left before ending at the Quay where there is a large area of open land called The Quomps Follow the road as it swings left by the tea rooms passes the recently restored Place Mill on the right, then leave it 10 yards later to enter a small park Walk past the pond ahead then go right to follow the stream-side path with its new angle on the Priory.

Following the bend of the stream to the left, you start to climb along a narrow path, bordered by walls on either side and which passes through a small area of trees to emerge immediately below the Priory Continue ahead under a natural tunnel, at the end of which you enter a small area of formal gardens, The path beyond winds its way through the gardens, narrows, then passes under an arch. before continuing ahead below the ruined 12th century castle.

Back on Castle Street, turn right to pass the bowling green and Constable's House. Retrace your original route from here, but do not head back past the council offices. Instead continue along Castle Street for a further 200 yards then turn right at the cross-roads by the traffic lights. Head down Stony Lane South, back to the sports centre car park, then continue straight ahead to rejoin the path running alongside the pitch and putt course and athletics track Follow this into the recreation ground and ignore the route back onto the marsh. Instead, continue ahead for a further 200 yards along the track, which returns you to your waiting car.



POOLE HEART SUPPORT GROUP. *Pacemakers 97*

WALK
14

Wednesday, 22nd August, 10.30a.m.

Bere Regis and Turners Puddle (8)

5 miles

How to get there: The A35 from Poole or the A31 from Wimborne to the Car Park in the centre of Bere Regis.

Walk: Leave the Bere Regis car park by the approach road and turn left. At the bottom cross the road and the cut grass and turn right along the delightful streamside boardwalk Continue on gravel where this ends, ignoring a footbridge to the left. On reaching a road, turn left over the bridge into and through Shitterton with its many charming cottages. (At this point Brian has said if they are not on holiday, coffee and biscuits will be provided)

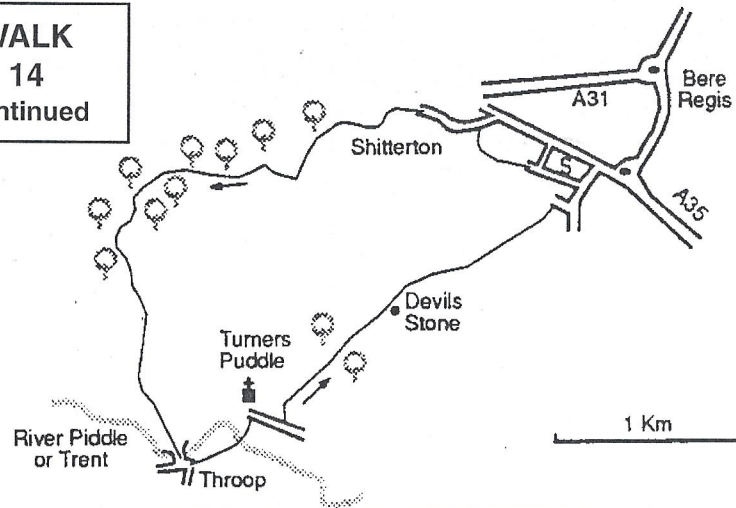
Beyond the dwellings, go up a private road marked with a blue brideway arrow. This rises by a series of square turns, the traffic noise soon yielding to the peace of the slopes above.

Turn right on a crossing track. With farm buildings on the right, go left through a small steel gate. Cross the field, keeping to the right to find a small wooden gate in a damp corner. Join the main woodland track ahead. This runs along a ridge at first and then wiggles a bit, going generally to the left and eventually downhill. Free from trees, the track passes a chalkpit and goes on through fields. Turn left at a junction, then right 100 yards further on. This path by the river meadows crosses the River Piddle at Throop.

Here, turn left on the road and immediately left again up a farm track. Re-cross the river by footbridge or ford (twice) to reach Turners Puddle and the now redundant 16th-century church. Turn right, then left at the end of the farm. Bend left with the brideway and turn right through a gate. The track rises slowly between hedges and enters a wood. In the open again, the way becomes steeper as it crosses slopes of heather, gorse and bracken - part of Hardy's Egdon Heath.

Go straight over at a gravel crossing and, after only 20 yards, the Devil's Stone is on the right. Continue on this path, now grass and level, and cross another track. Ignore a small left fork and carry on ahead. The path narrows as it drops down to a grassless clearing under trees. Go half-left on a sheltered path between fields. Level at first, this then freewheels down beside a cemetery. Walk through housing to the main road and turn left to cross the Bere stream - note the watercress farm. Beyond Elder Road, turn left to visit the churchyard and excellent Church with the wooden figures in the ceiling depicting Christ and the Disciples (Well worth a visit). Paths from there lead to the car park or to Bere's traffic-calmed main street and the inns.

WALK
14
continued



POOLE HEART SUPPORT GROUP. Pacemakers 97

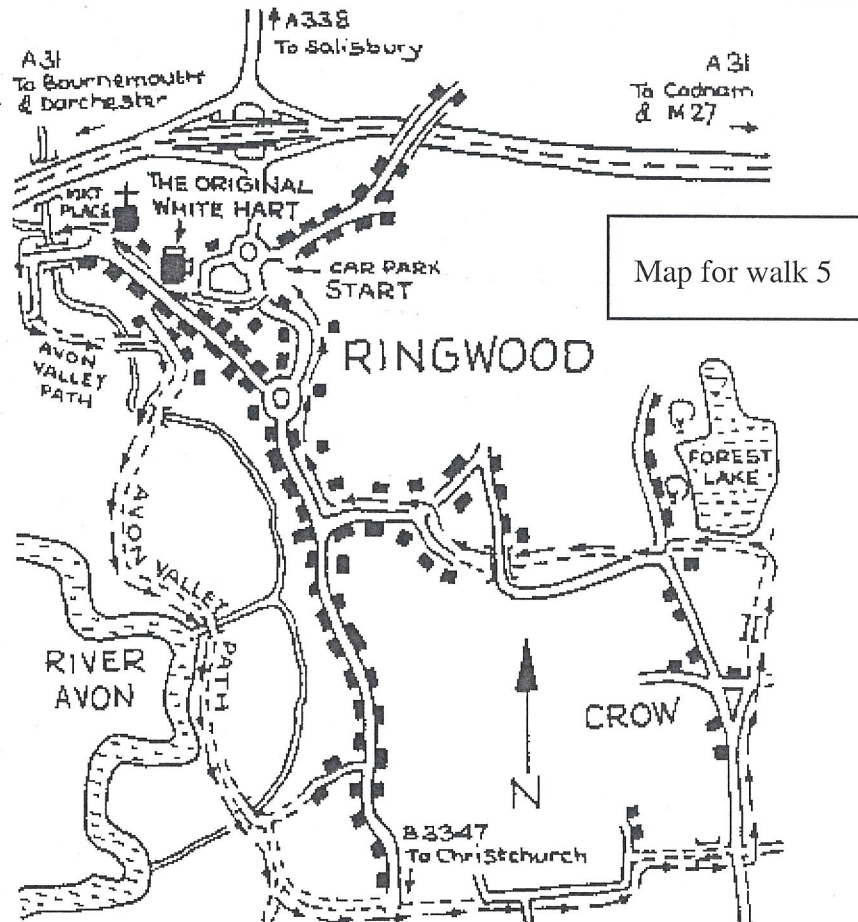
WALK
15

Saturday, 1st September, 10.30a.m.

COLEHILL ⑧

4 miles

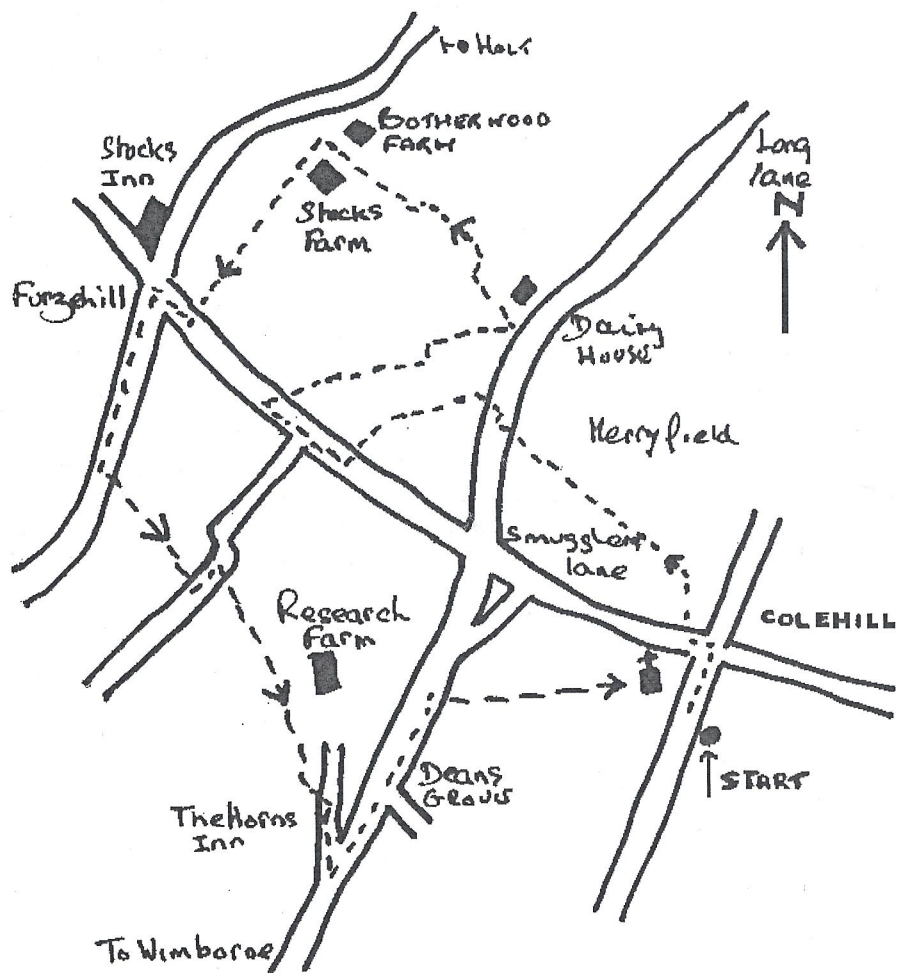
How to get there; Take the B3037 Leigh Road towards Little Canford approximately $\frac{3}{4}$ mile, turn left into the North Leigh Lane, $\frac{3}{4}$ miles approximate to the junction, straight across to Colehill Lane. St. Michael's Church is on the left at the next cross roads. Park on the verge at St. Michael's Church, Colehill (Grid Reference 025 012). Turn left at the crossroads into Smugglers Lane - a few yards west take Footpath 1 right through Merryfield. At Long Lane take Fp. 35 opposite, following left over stile and down field to the road. Head right up road 500 yards to take Fp. 34 right cross fields towards Dairy House Farm. Just before the farm stile, turn sharp left by wooden fence down to the field corner - over stream to walk north through two fields to Bothenwood Farm. Leaving the little pond-paddock go left to continue straight on - F.36 - coming to the road at Furzehill. These paths run through farms and gardens and it's good to see them marked so well. At the crossroads turn left. 500 yards down the road find Fp.31 left (yellow mark by tall evergreen hedge). At the lane, turn left and then right up Fp.32, passing Research Farm on left. At the field top left corner, turn right down lane and then left at road junction, to pass The Horns Inn (they serve excellent food here). A few yards on down the lane you'll see an attractive cottage with lovely new thatched roof turn right here. Up the hill, notice an extra path right - both paths come out near your starting point.



Map for walk 5

**POOLE HEART SUPPORT
GROUP. *Pacemakers 97***

**WALK
15
continued**



**POOLE HEART SUPPORT
GROUP. *Pacemakers 97***

**WALK
16**

Wednesday, 12th September, 10.30a.m.

Kingston Arms, Langton Matravers ⑨

3½ miles

How to get there; Take the A351 from Wareham to Corfe Castle, turn right on to the B3069 through Kingston to the Kings Arms. Park in the village.

The walk: Leave the front of the Kings Arms on your left and walk up the village past the Church on your right. Turn left along Durnford Drove, signed for Dancing Ledge. Pass the last of the houses and turn right over a stile and small footbridge to follow a meadow path with a hedge on the left (ignore narrow paths on the right). When you come to a crosstrack turn left, signed for "Dancing ledge and the Coast". Keep to the main grassy path as it runs gently up the field ahead to a gate and stile.

Cross a stile to meet a crosstrack and turn right for Worth, it is known as Priest's Way, keep straight on past a path on the left, signed "Dancing Ledge".

Just before you reach Eastington farm on the left, turn left over a stile by a National Trust sign and footpath marker for Seacombe and the Coast path. A wide white track leads down the hillside to wind through the lovely Seacombe valley. Keep to this main track as it makes its way past old quarry-working still ringed by a wall, vital in times past to exclude animals. The track traces the valley floor past joining tracks on the right. A stone Coast Path sign indicates the point where our route meets the Coast path.

Continue to a gate not far from the cliff edge. Do not go through the gate, but turn left to climb the grassy slope of the cliff to cross a stile at the top.

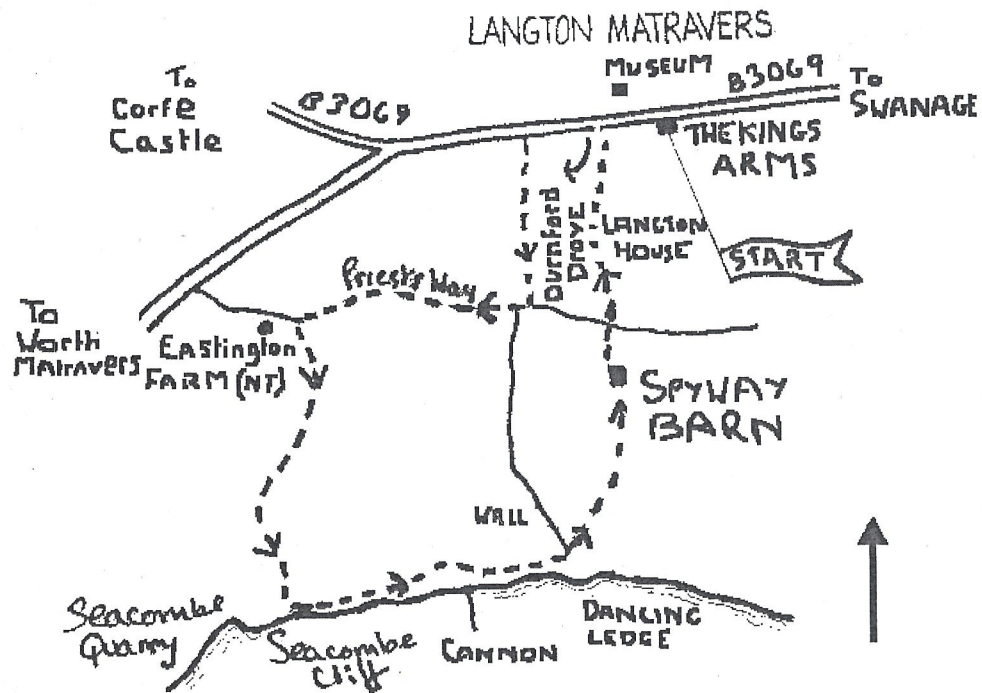
Follow the clifftop path over the turf, cropped short by ponies. The path curves round the top of Headbury quarry.

The small swimming pool was made for the boys of Durnford School. Follow the Coast Path to a wall, here the walk leaves the route of the Coast path. Before the wall a marker indicates a path on the left to Langton. Do not take this but, following a sign for Spyway Barn, cross the stile and, bearing a little to the left walk diagonally up the hillside to continue up a clear white path to the top. Go through the gate and keep straight on over the fields for the Spyway Barn. A small gate admits you to the farm buildings, immediately after the gate turn left into a covered area where the National Trust has a placed information board covering the wildlife and history of the area.

Pass the barn and keep straight on for Langton. Cross the Priest's Way and keep ahead along the track, which becomes a metalled lane leading past Langton House, once a school. The lane leads to the foot of Durnford Drove. Retrace your steps up the road to meet the B3069 and turn right for the Kings Arms.

**POOLE HEART SUPPORT
GROUP. Pacemakers 97**

**WALK
16
continued**



**POOLE HEART SUPPORT
GROUP. Pacemakers 97**

**WALK
17**

Saturday, 19th September, 10.30a.m.

Avon — The New Queen Pub ⑦

3½ miles

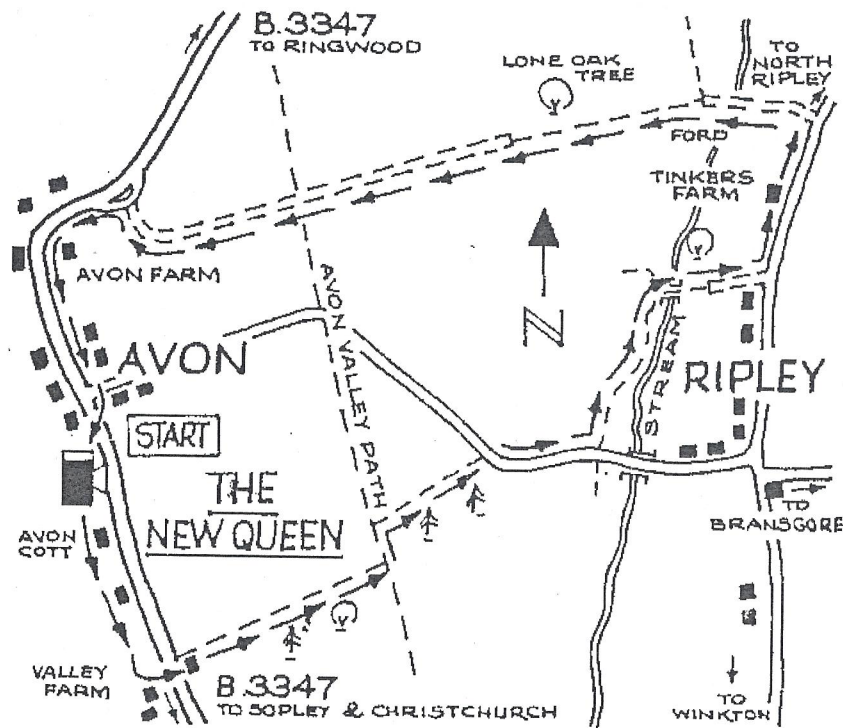
MEET IN CAR PARK AT THE SIDE OF THE NEW QUEEN

How to get there: The hamlet of Avon lies on the B3347 Christchurch to Ringwood Road, about 1/2 miles north of Sopley

THE WALK: Leave the pub and turn right along the main road. There are delightful views over the Avon valley to the right as you walk past the fine, thatched Avon Cottage on the same side. After passing a quaint brick farmhouse, also on the right, look for a stile and footpath sign on the left-hand side, adjacent to a pink-washed cottage. Cross the stile and proceed down the right-hand margin of a field, ignoring a gap to the right. Your route veers inwards to avoid three pine trees before you cross another stile to maintain your course down the right-hand edge of the next field. Continue over another stile before reaching a narrow strip of woodland, which you cross by two further stiles to meet the Avon Valley Path, which wends its way along the Avon valley between Christchurch and Salisbury. Your acquaintance with this long-distance path is brief. Turn left onto it and pass over a stile, through another woodland strip and over yet another stile. Here you turn right alongside woodland, and leave the Avon Valley Path. Proceed down the right-hand field edge, with Hackthorn Plantation to your right. The path soon takes you over a stile to join a quiet country lane, which you follow to the right around a left-hand bend. As the lane soon swings right, you will see a two-armed footpath sign just before a bridge. Turn left here to pass through a gate or over the adjacent waymarked stile. This is a particularly attractive part of the walk as you follow the path alongside another woodland strip, with a stream gliding through the trees as your companion on the right. Away, further to the right, are the cottages comprising the hamlet of Ripley. Salway's Plantation is the name of the wooded strip you are following. As you approach the field corner, your path goes sharply right to enter the woodland. Go right again over a single railed footbridge over the stream you have been accompanying. Soon your path becomes a track and meets a lane, where you turn left. Walk along this rural lane, past Tinkers Farm to where the lane swings left by a white-rendered house. On the left, you will see a track leading to two gates, one of which warns of 'Minimal Pig Disease' in the field beyond. Take the left of the two gates and follow the track to a ford, which you cross by means of a footbridge. Where the main track bends right to a gate, continue ahead on a lesser track to the edge of a vast arable field. Take the defined path ahead, aiming to the left of a half dead oak tree, to join a straight track over flat farmland. Near a chunky oak tree you cross over the Avon Valley Path. Follow the track as it bends right to meet the main road. Turn left and walk back to the pub, pausing to admire the Avon Farm house on the right.

POOLE HEART SUPPORT
GROUP. *Pacemakers 97*

WALK
17
continued



POOLE HEART SUPPORT
GROUP. *Pacemakers 97*

WALK
18

Wednesday, 3rd October, 10.30a.m.

St. Catherines Hill (10)

3 1/2 miles

How to get there;

Take the A338 Bournemouth - Ringwood Spur Road, turn left B3073 for Christchurch. Takes you over the Spur Road onto Hurn road. Straight across small roundabout, 2nd left after Hillside Drive is Sandy Lane, Park and meet here not at the Fairmile Pub.

The walk;

Take the left fork, called St. Catherine's Hill Lane and signed as a bridleway to Avon Causeway. The track climbs gently past a white bungalow on the right to enter woodland of birch and oak. As you reach the gate leading to Christchurch Gun Club, veer right and pass by a gate signed 'No motor cycles'. The track now steepens and winds its way up the flank of St. Catherine's Hill. Ignore all lesser side tracks and paths as you go up the hill. There are glimpses of extensive views to the right over the Avon valley and towards the New Forest. The track curves left and goes through a cluster of pines before levelling out.

There are many side paths hearabouts marked with the 'No Cycling' logo, but you ignore these and maintain your northerly course on the main track. After passing an open area of heathland on the left, the woodland becomes, predominantly pine and you walk on a soft bed of pine needles. This is the summit of St. Catherine's Hill. Pass a covered reservoir on the left and an information panel to the right overlooking an old sand and gravel extraction pit. Your track now gently descends through pine woodland into a cleared valley and rises again fairly sharply. Blue bridleway signs on posts keep you on the correct route. There is a further shallow drop and rise in the track.

Once more you go sharply down, turning half-left at the bottom to go briefly uphill and then plunge down through a sandy gully framed by pines. The sand is quite deep as you descend steeply, going right where the path forks by a silver birch tree. Continue the descent through rhododendrons, picking your way through much erosion under electricity transmission lines. Go over a small path crossing as your path, becomes stony.

Soon you arrive at a big crossing of paths, where you turn right past a sign saying 'Permissive bridleway. Oct 20-April 20th- please'. This restriction does not apply to walkers and you proceed as the path widens and crosses a low hill under the same transmission lines as you encountered earlier. You descend again. With heath ponds

POOLE HEART SUPPORT GROUP. *Pacemakers 97*

WALK
18
continued

to the left and the flanks of the St. Catherine's Hill ridge to the right. After veering right to avoid a boggy area, you meet another path and go left. Pass another 'permissive bridleway' sign and keep ahead at a path crossing, still following the base of the ridge on your right. Walk past a 'No horses or bikes' sign and soon you share your path with a little stream. Over this section, the path narrows to a minimum through heather and moor grass, but you soon bend left to meet a gravel road opposite to the entrance to Dudmoor Farm. Turn right here to follow the route of the old Ringwood to Christchurch railway, built in 1862. Several properties have access to this well-used track, including Cresswell, which has a nature information panel at its entrance. Trees shade the route of the former railway, which is raised on a low embankment above wetlands.

Soon you join Dudmoor Farm Road and turn right and then quickly left along a well-used gravel track. Ignore all side turnings as you follow the track back to Fairmile Road - a distance of about $\frac{1}{2}$ mile. Turn left past the shops, back to the pub.

