

WALK 1

Wednesday 11th April

THE BANKES ARMS, STUDLAND -

Distance $3\frac{3}{4}$ MILES — 10am

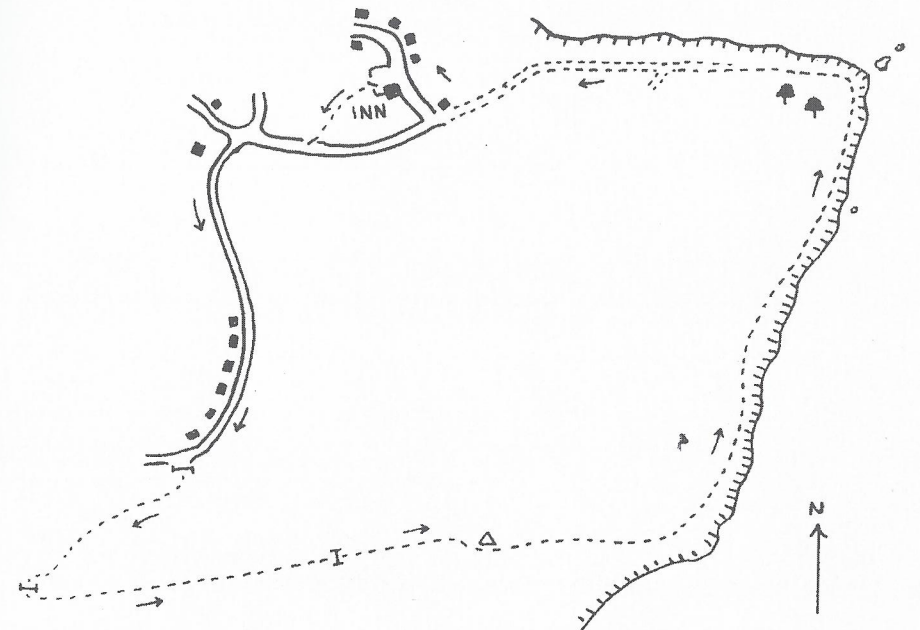
Studland is reached either from Sandbanks, using the car ferry, or by taking the A351 from Wareham to Corfe and the B3351. The inn is on the right on the road down to the beach.

There is a large car park beside the inn, but a very high charge is levied by the National Trust, so if you wish, park in the area and meet in the car park. This walk is best done in reverse, to avoid a steep climb. An easy, very popular coastal walk, fairly hilly, but quite dry and often breezy. The scenery is stunning, with magnificent views over Dorset.

From the car park go behind the inn to a stile set in the fence on the left. Go across the field, over a stile in the hedge opposite, and out into the road. Turn right, walking up the road for a short distance, turning left at the War Memorial onto the bridleway, it is signed "Swanage $1\frac{3}{4}$ miles". Walk along and up the hill past several houses on the right. Near the top the road bears round to the right and on the left is a wooden gate. Go through and follow the track up onto Ballard Down.

When you reach the top there is a wooden gate ahead of you, go through and turn left, following the Swanage Coastal Path, taking

time as you go to admire the magnificent panoramic views. Continue on this path, through another gate following the sign for Old Harry Rocks. When you eventually reach the triangulation point there are three paths, take the centre one down to Handfast Point and the rocks. Turn left. From here the track leads back to Studland. At one point it passes through a small wooded area which, in late April, is covered in a dense carpet of wild flowering garlic. Just past a hedge of blackthorn the path divides, take the right fork, continuing ahead back down to the road. Turn right, back up the hill to the inn.



WALK 2

Saturday, 21st April

AROUND PORTLAND BILL

Distance 4 miles — 10.00a.m.

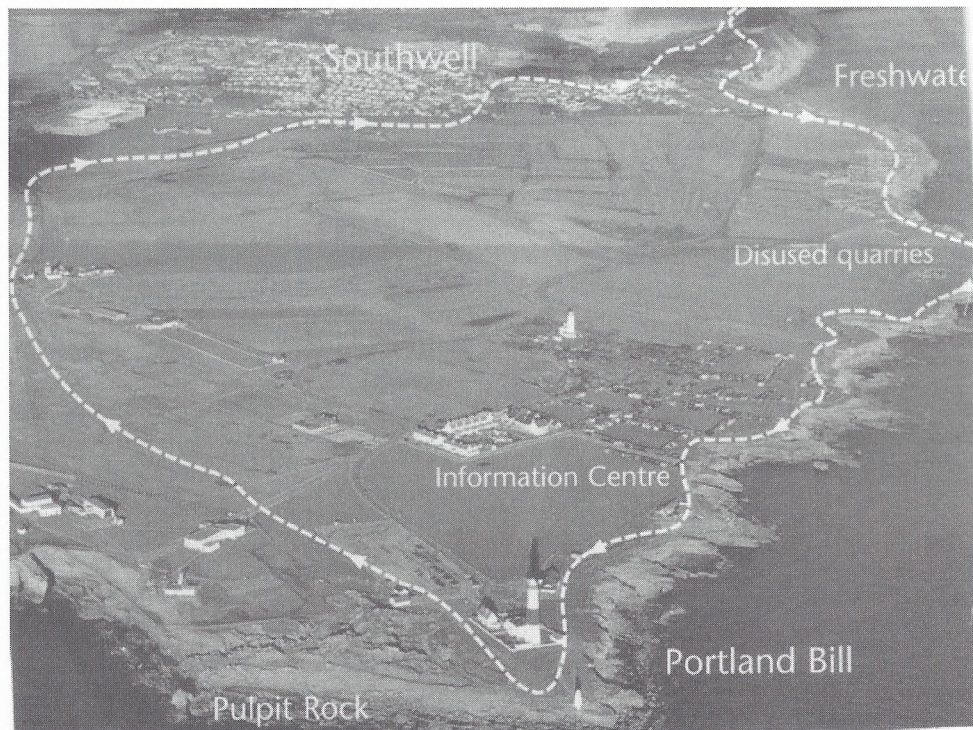
Take the main road towards the Bill, when you come to the Coast (approx 1 1/2 before the Bill) You will find Cheyne Weare car park on your left.

From the car park at Cheyne Weare follow the coast path south toward Portland Bill. You will have to follow the road for a short while before branching off on a track to the left marked 'coast path'. Follow this all the way to Portland Bill, past a number of old quarry sites on the cliffs.

After exploring Portland Bill go round the lighthouse and follow the coast path to the west. Go across the grassy area next to the MoD buildings and then take the path that follows the coast.

At a stone marker just before the large buildings take the path to the right signed 'East Cliff'. Follow this path, keeping left when it appears to split (follow the footpath signs). You will reach a road where you should bear right and then right again after a short while.

At the Eight Kings pub turn left at the mini-roundabout and follow the road back to the starting point.



WALK 3

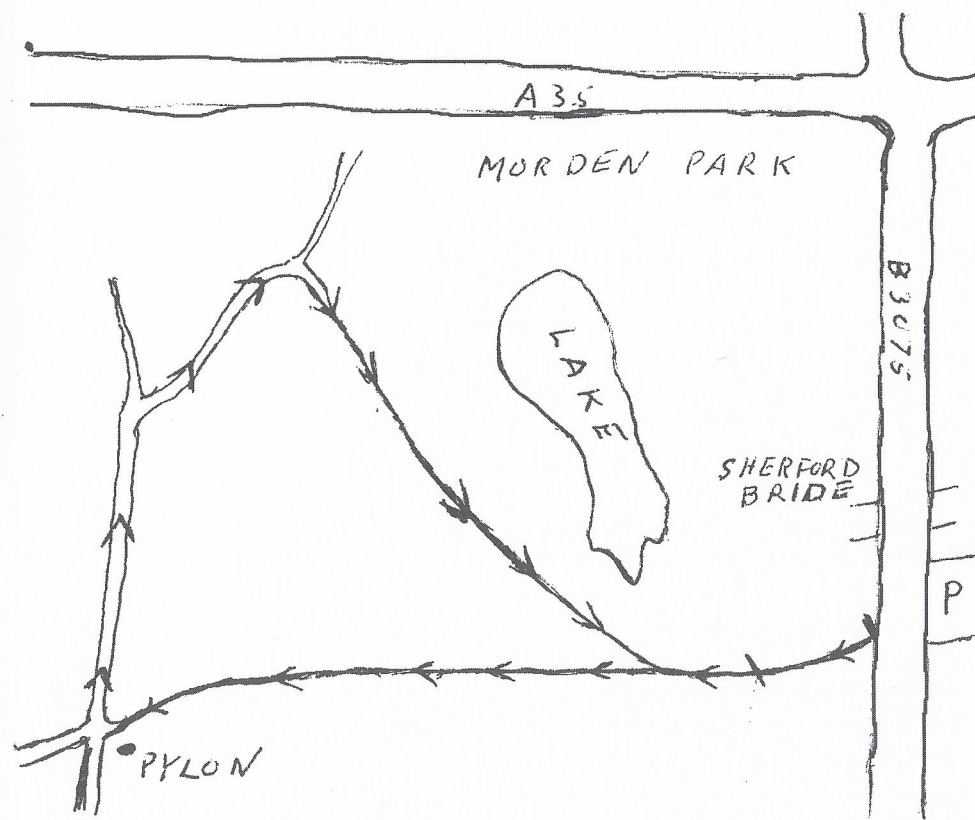
Wednesday 2nd May

Morden Forest

Distance 4 miles 10.00 a.m.

Take the A35 towards Dorchester, turn left at Morden Park Crossroads onto the B3075 signed Wareham and Sandford. After 3/4 mile you will see a large pull-in on your left, park and meet here.

Cross the road, go through the gate, across the field to another gate, go through on to a track, follow this for approx 1 1/2 miles. Under a pylon you will find crossroads. Turn right. Bear right after 1/2 mile. Follow on a further 1/3 mile when two tracks merge, turn right back on yourself, follow this back to join the original track back to the cars



WALK 4

Saturday, 12th May

BERE REGIS & TURNERS PUDDLE

Distance 3-4-5 miles — 10.00a.m.

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

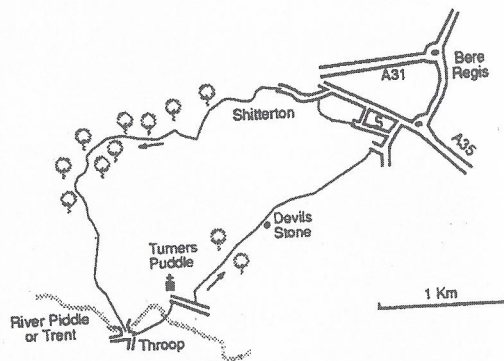
Walk: Leave the Bere Regis car park by the approach road and turn left. At the bottom cross the road and the cut grass and turn right along the delightful stream-side boardwalk Continue on gravel where this ends, ignoring a footbridge to the left. On reaching a road, turn left over the bridge into and through Shitterton with its many charming cottages.

Beyond the dwellings, go up a private road marked with a blue bridleyway 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 wriggles 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 bridleyway 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.



WALK 5

NEW

Wednesday, 23rd May

AROUND HINTON ST. MARY

Distance 3 $\frac{1}{4}$ miles — 10.00a.m.

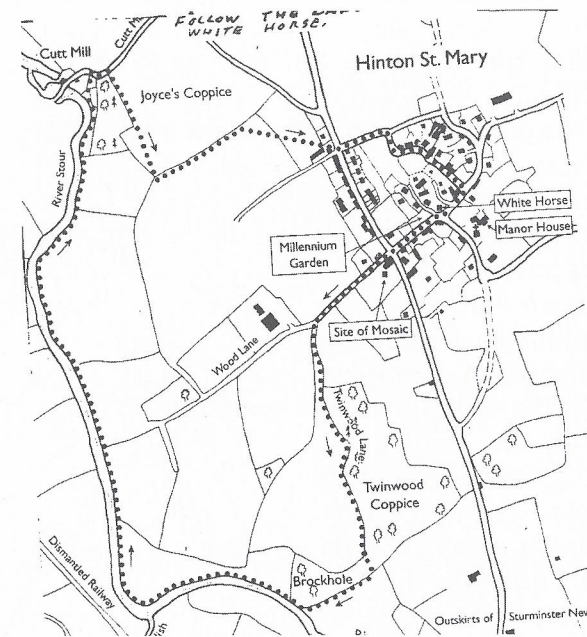
Leave Blandford on the A355 after approx 7 miles turn right on the B3092 to Sturminster Newton, go straight through keep on same road and after 2 miles you will reach Hinton St. Mary. Turn first right, park along the side of the church, if full there is plenty of parking in the village main street.

Meet at church.

From the church, walk back to the main road, cross with care, continue down Wood Lane, turn left after 200 yards, signed Sturminster Newton 1 $\frac{1}{4}$ miles. The path leads you into woods, cross a little stream, over a stile, turn right on a path to the river, when you reach the river turn right over a stile, follow the path beside the river, cross a stile, two sleeper bridges and another stile, cross out of the field onto the path between the river and wood continue a few paces uphill to follow the sign "Bridleway Wood Lane $\frac{3}{4}$ mile, pass through the hunting gate. Continue on straight ahead, keeping the new tree

planting on your left, to another hunting gate where you turn left and leave the bridlepath. Keep the hedge on your left and head up the hill and you will soon see Hinton St. Mary on the skyline to your right.

Turn right, 30m before the hedge ahead, by a gap in the hedge you have been following. Go over the stile and diagonally left across the corner of the field to a double stile in the hedge. Cross the next field diagonally right to a metal gate below the barn to join the Marnhull Road by Turk's Garage. Cross with care and walk up the lane opposite. Turn right follow the lane to the White Horse.



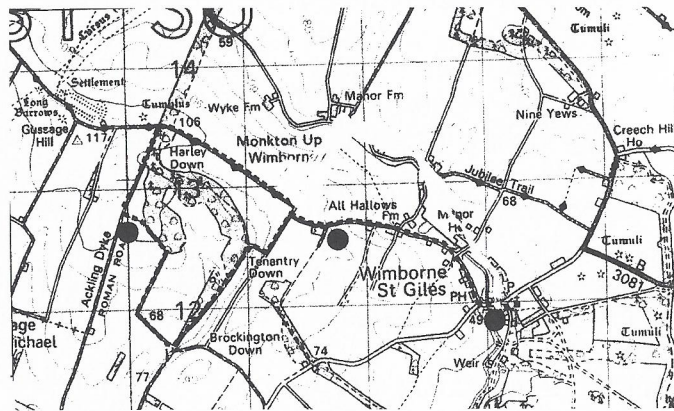
WALK 6 NEW Saturday, 2nd June
WIMBORNE ST. GILES & TENANTRY DOWN
Distance 4 miles — 10.00a.m.

From Wimborne take the B3078 towards Cranborne, after approx 8 miles the Wimborne St. Giles turning is on the left, Park in village opposite school by the side of brick wall.

Walk down the lane from St Giles' church, passing the right lane with the village sign, and the stone-mullion windowed house that was a 17th-century paper mill and a 19th-century inn. The stocks are 18th century. Over the River Allen, turn right into the 'Monkton Up Wimborne' lane with water meadows on your right.

Continue past The Bull Inn and past the right turning. Rising towards a right bend, keep straight on into the gently-climbing concrete bridleway track past St Giles Farms' All Hallows Grain Store and into the meandering, hedged track. Past a left grass track, emerge alongside a high left field. Levelling out to a T-junction. turn left onto "bridleway track over Tenantry Down, with super views. The track bends right down to Harley Wood, then left along the wood's edge for 3/4 mile, with one long field on your left. Ignore all right turns until the left field ends. Now, turn right onto the wide, grassy bridleway. After the track bends right, you're parallel with Ackling Dyke over to your left. Still rising gently, the track bends left to follow Harley Wood's edge, with long views.

Emerging into a high field, follow the left hedge to the bridleway gate onto a grass track alongside Ackling Dyke. Turn right. Soon, Harley Wood rejoins you. Keep straight on up through coppiced hazel to a bridleway-pointered crossing. After admiring the view to Salisbury Plain and Win Green, the highest point on Cranborne Chase, turn right onto the bridleway through the wood. Emerge onto a pebble track over Harley Down, with hedge left, open field right and lovely views to Pentridge Hill through the hedge gaps. One mile later, you reach a T-junction just 100 yards from your earlier turning for Tenantry Down. Back to cars.

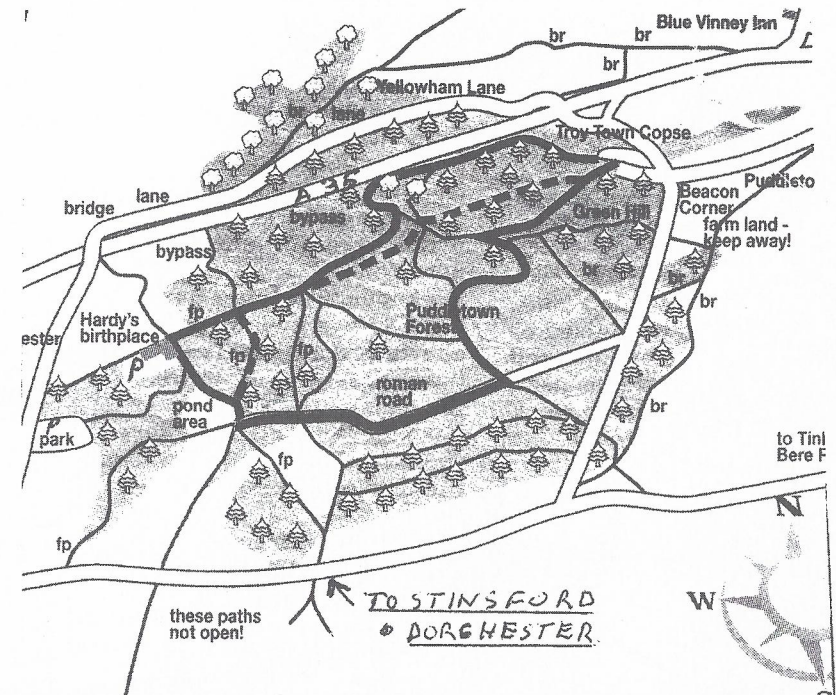


Back to cars.
 Page 8

Walk 7 Wednesday 13th June
Puddletown Forest
Distance 4 1/4 miles. 10.00 a.m.
(One Steep Hill)

Take the A35 towards Dorchester. Turn left off main road just after Puddletown to Higher Bockhampton. Park and meet at Thomas Hardy's cottage main car park on the left.

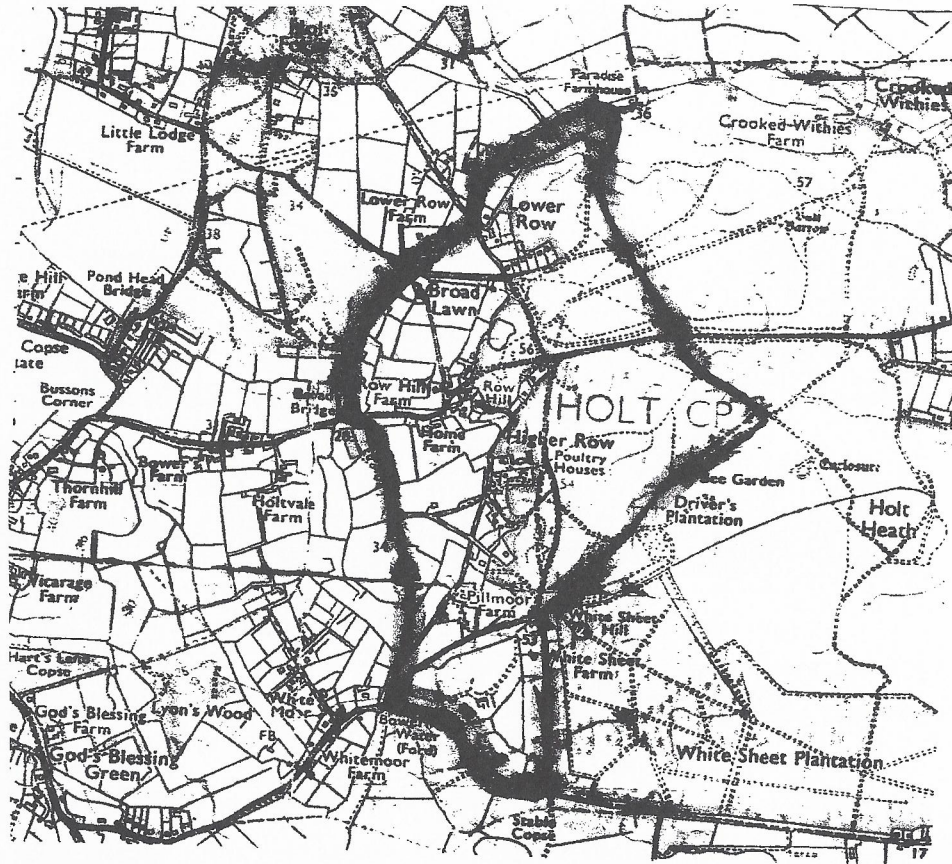
From the car park take the track to Hardy's cottage. Go straight on for approx 1 mile ignoring the first crossroad. When you reach the second, bear left, follow this track until it turns right down hill. At the next junction turn right back on yourself on a well-made track downhill for approx 1 1/4 miles. Turn right up a steep hill, right again at the top. Follow this path back to Hardy's cottage. Turn left through the woods to car park.



Walk 8 **NEW** **Saturday 23rd June**
Around Higher Row
Distance 3 3/4 miles 10a.m.

From Wimborne take the Cranborne road. Just outside Wimborne take the first right (Burts Hill) follow this to the T junction, turn left, then immediately right past the Barley Mow, bear left straight over the cross roads, at the top of the hill turn right into Whitesheet car park.

From the car park take small track on right along a fence, on reaching bridleyway turn left after 1/2 mile at two green gates, turn right down a small track to a road, straight over this track up hill to road approx 1 mile. Turn left then immediately right down a road at the bottom, straight over to the bridleyway to Paradise Farm, turn right through gate, keep to the track for 3/4 mile to road, go straight over, after 1/4 mile at cross tracks turn right, follow this back to car park.



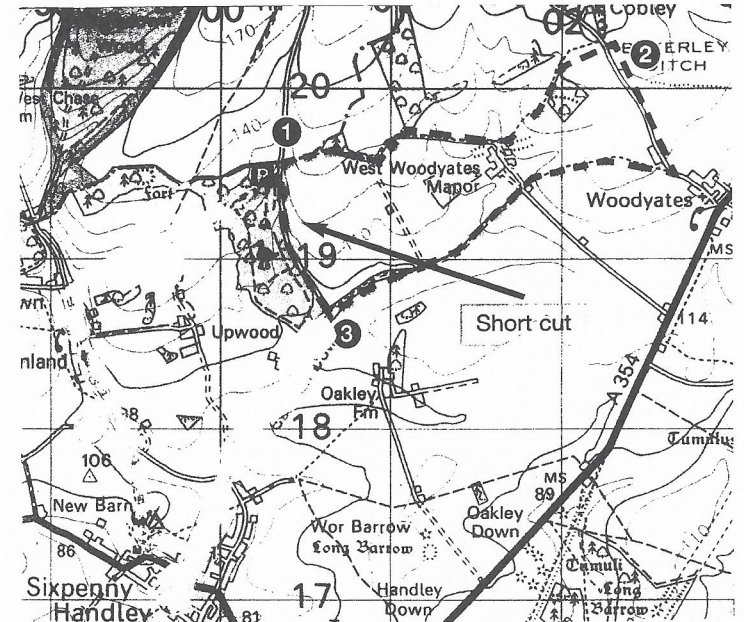
WALK 9 **NEW** **Wednesday, 4th July**
Garston Down
Distance 3 3/4 miles 10a.m.

Leave Wimborne on the B3078 towards Cranborne. Approx 1 mile before Cranborne turn left on the B3081 to Sixpenny Handley, on reaching the village take the first right, keep to the right, after approx 3 miles the car park is on the left.

Leaving the car park, turn left along the lane. In 100 yards, take the right 'Cobley' signed footpath half-gate. Follow the field's left edge up and over on a meandering grass track alongside the left wood. At a vague T-junction, turn left onto the footpath-track through coppice and along the deer fence. When it ends, keep following the track down to West Woodyates Manor. Don't go in! Take the left 'Cobley 3/4' track up against the right hedge, meandering alongside the narrow wood and passing another, arrow-post. At the very end of the wood, go through the footpath arrowed gap and follow the fields left hedge to the roadside half-gate.

Turn right down the lane with Pentridge Hill ahead. Into 'Woodyates', pass several right houses. At the left bend after Primrose Cottage, turn right into the signed footpath along garden fences. Through the end half-gate, follow the right hedge to a footpath-arrowed junction. Take the left grass track down the wide field. Zig-zag left-right past left Bailiff's House straight onto the tarmac track alongside right West Woodyates Manor's grounds. Enjoy this easy track descending the shallow valley for one mile.

Reaching the road, signed back 'Woodyates', with Garston Wood opposite, turn right for the short route back to your starting point.



WALK 12

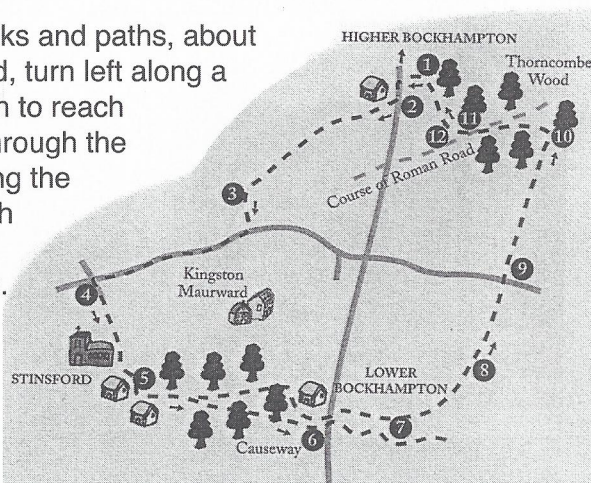
Saturday 4th August

STINSFORD AND KINGSTON MAURWARD

Distance 4 $\frac{1}{2}$ miles — 10.00a.m.

Take the A35 towards Dorchester, turn left off the main road just after Puddletown to Higher Bockhampton. Park and meet at Hardy's cottage main car park on the left.

- (1) From the car park, walk back to the minor road and turn left. Go past two bungalows, on the left, then turn right along a farm track.
- (2) Go past a house, on the left, and farm buildings, on the right, following the track to its end. Go through the gate ahead and follow a path downhill across two fields to reach a broad clear track. (3) Turn left along the track, following it to a road. Ahead is the entrance to Kingston Maurward Park.
- (4) Turn right along the road for $\frac{1}{2}$ mile to reach a signed lane, on the left, for Stinsford Church. Take this, following it through the hamlet and past the church (which is to your right).
- (5) The track becomes a narrow, tree-lined path: continue along it to reach a T junction of paths. Turn left to follow a causewayed, tree-lined path above water meadows. This is one of the best sections of the walk, with streams on both sides of the path and, in winter, Kingston Maurward visible through the trees to the left.
- (6) Follow the path to a minor road and turn left into Lower Bockhampton. Now turn first right along a track between farm buildings.
- (7) Where the track bears right, go through the waymarked gate ahead and cross the field beyond, with the River Frome now close on the right. Go over a stile and go half-left across the field beyond, aiming to the left side of a house to reach a gate.
- (8) Go through and turn left along (9) a track, following it to a road. Go straight across, continuing along the track through several gates.
- (10) At the cross roads of tracks and paths, about 800 yards from the minor road, turn left along a path which edges Black Heath to reach Thorncombe Wood (11) Go through the wood: the path is now following the course of a Roman road which went north-eastwards from Dorchester to Badbury Rings.
- (12) Bear right at a path fork, following a path downhill into woodland again. When the path reaches a track, turn left and follow it back to the start.



WALK 13

Wednesday, 15th August

LINWOOD AND PICNIC

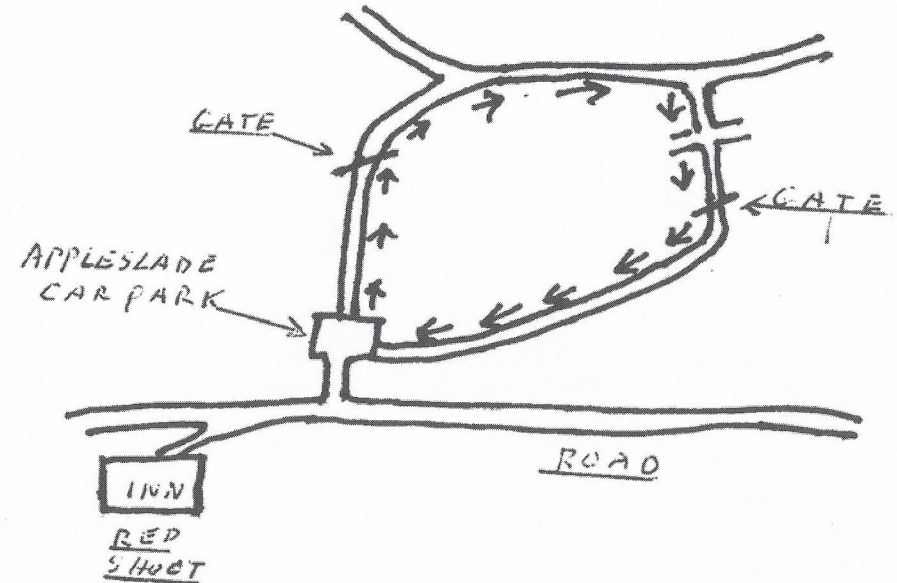
Distance 3 miles

10.00a.m.

We managed it last year so lets try again, bring along any outside games and maybe a bottle or two.

From Ringwood take the A338 towards Fordingbridge, just through Blashford turn right signed Moyles Court and Red Shoot Inn. After approx 2 miles Appleslade Car Park is on the right. (This is about 200 yards before the Red Shoot Inn) park and meet here.

Walk through the Car Park straight up the hill for approx $\frac{3}{4}$ mile, go through the gate and straight on, the track turns right around a high fence, follow this for approx $\frac{3}{4}$ mile. At the junction turn right up the hill to the gate, go through, turn right onto open moorland, follow the track for about $1\frac{1}{4}$ miles back to Car park



WALK 14

Saturday 25th August

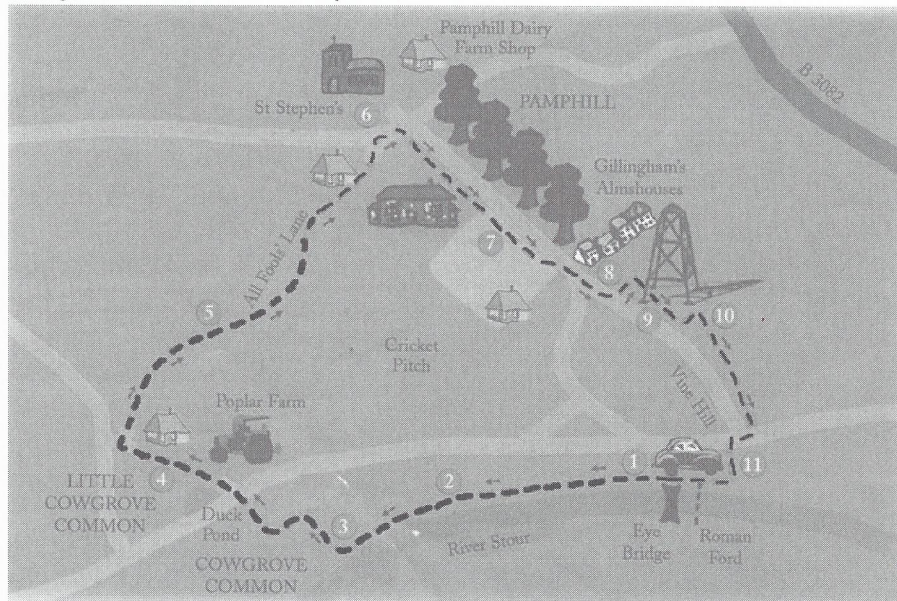
PAMPHILL & COWGROVE

Distance 3 miles — 10.00a.m.

To make parking easier, park and meet at no. 7 on the map opposite the cricket pitch.

Take the B3082 out of Wimborne, turn left shortly after passing the school, signed to Pamphill, take the next left and the car park is on the left.

In the car park, walk to the 1. River Stour and turn right, past Eye Bridge steps. Go over the stile onto the riverside path. The Roman ford is just downstream from the bridge. 2. Follow the meandering riverside path for $\frac{1}{2}$ mile, crossing stiles when they appear. 3. When the path turns right, away from the river, it follows the edge of a deep hollow-way between fenced fields. Eventually, the path drops into the hollow-way and, a little later, it emerges over a bridge and stile onto Cowgrove Common. Follow the path across another small bridge and past a footpath sign. 4. Cross Cowgrove road and walk between three poplars and a lovely duck pond. Follow the left track past Poplar Farm. After a bridleway-arrowed farm gate, follow the track for $\frac{1}{4}$ mile to Little Cowgrove Common. Near the end of the track you will find a single brick cottage on your right. 5. Immediately after the cottage, turn right onto a shady, rising hollow-way called 'All Fools' Lane'. Walk steadily up this $\frac{1}{2}$ mile long, gravelled and verdant path with harts-tongue ferns and then turn right at the end for car park.



WALK 15

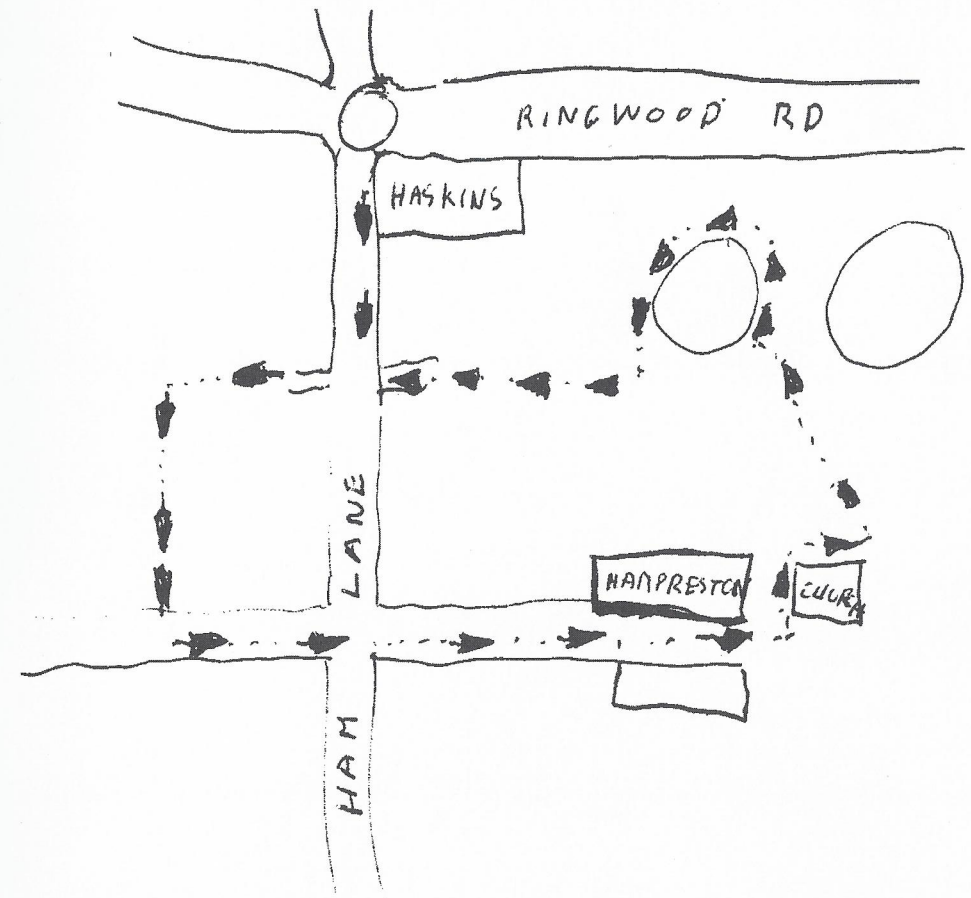
Wednesday, 5th September

Longham & Hampreston

Distance $3\frac{3}{4}$ miles — 10.00a.m.

Park in Haskins garden centre at Longham. Meet on the road outside as we do not have permission to park.

Walk up Ham Lane a short way, at the end of the bungalows turn right to a footpath through woods to fields. Cross the field and follow the path onto road, turn left and go through Hampreston village to the church. Turn left up the footpath and follow on to lakes, go round small lake and back to the cars.



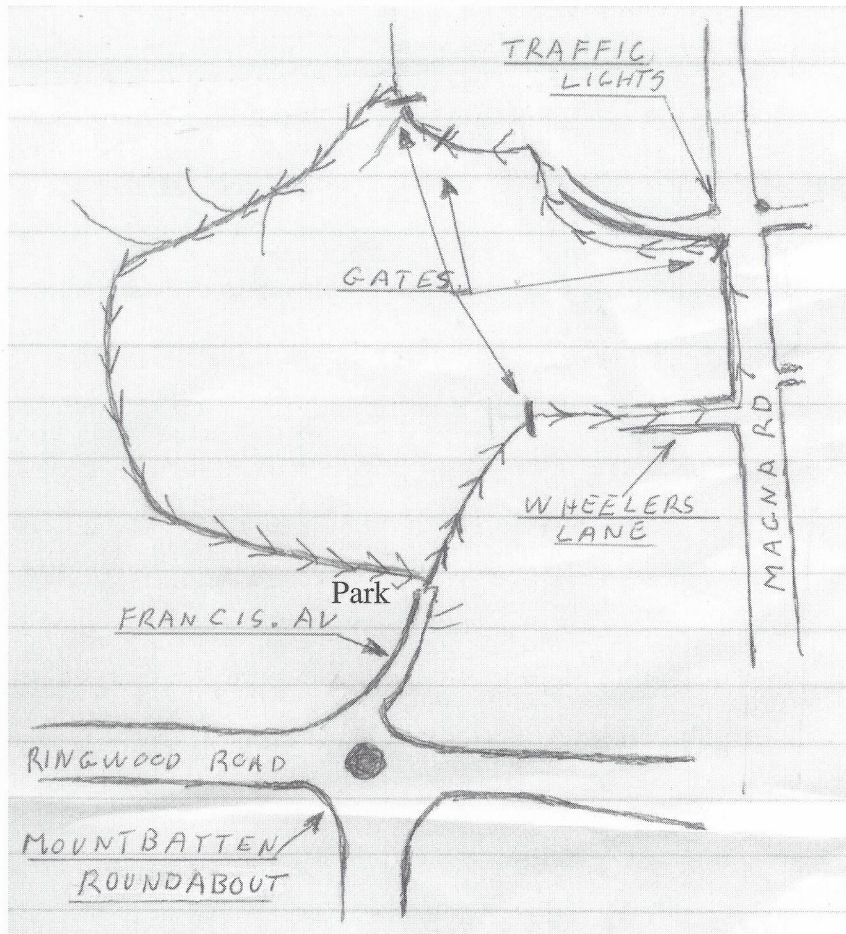
WALK 16

Saturday 15th September

EAST CANFORD HEATH

Distance 4 miles —10.00am

Take Francis Avenue, off Mountbatten Roundabout. Drive to the end and park on the left, just before the entrance to Northbourne Golf Course. Follow the footpath across the golf course down the hill until you reach a set of gates. Take the right fork and follow this into Wheelers Lane. At Magna Road, turn left until you reach the traffic lights. There is a gate on the left. Go through and circle round the field until you see a signpost. Turn left. Follow this through one gate. At the next gate on the left go through and turn sharp left. Follow this for approximately 1½ miles bearing left on the main track. This takes you back to the parked cars.



WALK 17

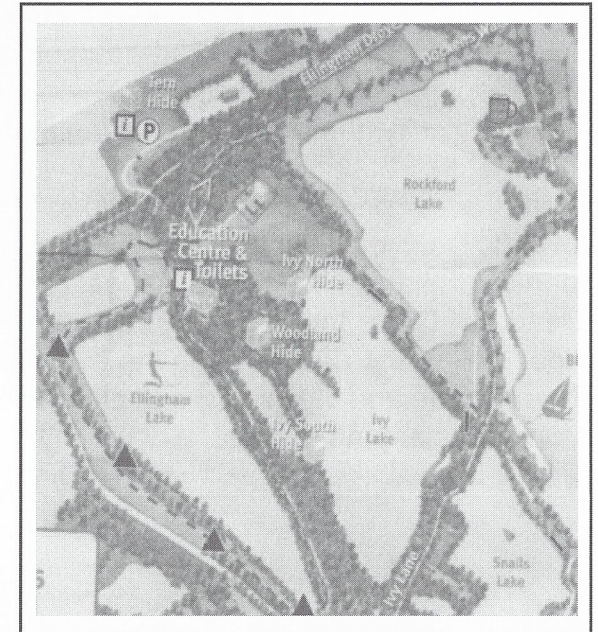
Wednesday 26th September

BLASHFORD LAKES

Distance - 4 miles — 10am.

From Ringwood, take the A338 towards Salisbury and after approximately 2 miles, you will see a brown sign marked Moyles Court and The Red Shoot. Turn right here. The car park is approximately 200 yards on the right.

From the car park, follow the red sign, round Ellingham Lake. When back to the car park, carry on, on the Red Route, past Wessex Water Works. At the cross tracks, turn right and proceed round Rockford Lake, back to the car park.



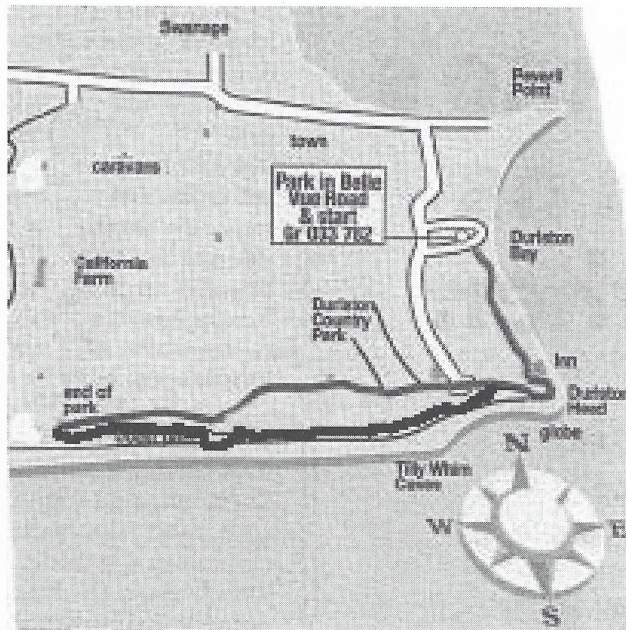
Walk 18

Saturday, 6th October DURLSTON HEAD 4 miles 10.00am

This walk has been modified at the request of Smiley (Alan Robinson)

Take the Durlston Country Park road out of Swanage, take a left turn at the top of the hill into Belle Vue Road. Park and meet here. If there is any difficulty, there is good parking in Bon Accord Road, opposite.

From the car park take the main road for a further quarter of a mile towards Durlston Country Park. At the sign turn right through the gate, then left up the side of the hedge to the next gate into Sopworth Meadow. Cross the field diagonally to the gate. Go through into the wood, follow the path through the fields for approx $1\frac{1}{4}$ miles, turn left through gate and then right back along the ridge to the castle, turn left along coastal path to cars.



WALKING

1. Walking can add minutes to your life. This enables you at 85 years old to spend an additional 5 months in a nursing home at £5000 per month.
2. My grandmother started walking five miles a day when she was 60. Now she's 97 years old and we don't know where the hell she is.
3. I joined a rambling Club last year. Haven't lost a pound. Apparently you have to actually meet up with other members at some unearthly hour in some car park at the back of beyond and walk!
4. I have to take my walk early in the morning before my brain figures out what I'm doing.
5. The advantage of walking and exercising every day is that you die healthier.
6. I like long walks, especially when taken by people who annoy me.
7. If you are going to try cross-country walking, start with a small country.
8. If you walk to work the exercise will do you good but the exhaust fumes won't.

