

# SOUTH DOWNS NATIONAL PARK

From rolling hills to bustling market towns, the South Downs National Park's landscapes cover 1,600km<sup>2</sup> of breathtaking views, hidden gems and quintessentially English scenery. A rich tapestry of wildlife, landscapes, tranquillity and visitor attractions, weave together a story of people and place in harmony.

For your guide to everything there is to see and do in the National Park visit [southdowns.gov.uk/discovery-map](https://southdowns.gov.uk/discovery-map)



## RESPECT. PROTECT. ENJOY.

### Respect other people

- Leave gates and property as you find them
- Keep to the paths unless on Access Land

### Protect the natural environment

- Take your litter home
- Keep dogs under effective control

### Enjoy the outdoors

- Plan ahead and be prepared
- Follow advice and local signs
- If cycling, take a puncture repair kit and pump

## NEARBY LONG DISTANCE ROUTES

### MONARCH'S WAY

This mighty 615-mile path from Worcester to Shoreham-on-Sea is based on the route taken by King Charles II when he escaped after his defeat in the final battle of the Civil War in 1615.

### PILGRIMS' TRAIL

Follow the medieval footsteps of the Miquelots; pilgrims who took the epic 155 mile journey to worship St Michael in Normandy. Starting at the shrine of St Swithun at Winchester Cathedral, you'll pass through Bishop's Waltham and Southwick, and end on English soil at Portsmouth harbour. The route continues over the border at the sanctuary of Mont St Michel.

### SOUTH DOWNS WAY

This stunning 100 mile long trail begins in the ancient cathedral city of Winchester, and continues to the white chalky cliffs of the Seven Sisters and Beachy Head at Eastbourne. It is one of 15 National Trails in England and Wales, it was the first bridleway National Trail in England and it is also the only National Trail to lie entirely within a National Park.

### WAYFARER'S WALK

Following the tracks used by shepherds driving their sheep to fairs, Wayfarer's Walk links the mudflats along the coast, with the highest downland in southern England. Highlights on the route include the National Trust owned Hinton Ampner stately home with its wonderful gardens and Watership Down – the delightful setting for Richard Adams' 1972 novel.



## MEON VALLEY WEST MEON TO WICKHAM



SOUTH DOWNS  
NATIONAL PARK



# POINTS OF INTEREST

## ★ THE RIVER MEON

This chalk stream is a rare and precious habitat and a hidden gem of the English countryside. The river rises upstream from the chalk downs near East Meon village and flows through nine villages before it reaches the Solent at Titchfield Haven.

Though smaller than the Rivers Test and Itchen, it is a more 'natural' river, less altered by man and with more energy because of its steep journey to the sea. Shallow and crystal clear, its alkaline waters are pure due to the constant filtering through the chalk for thousands of years.

Combined with a stable water temperature, steady flow and lack of sediment, this river boasts a wealth of wildlife including otter, water voles, brown trout, kingfisher and plants like the water crowfoot.

## ★ WEST MEON

This Hampshire village has a rich history dating back to the Iron and Bronze Ages, with evidence of the Meonwara tribe and remains of a substantial Roman Villa. The village churchyard is also the resting place for some well known figures in English history, including the founder of Lord's Cricket Ground and spy,

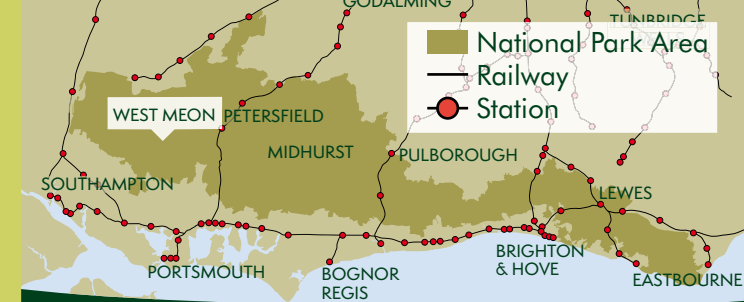
Guy Burgess. Today, despite its modest size, it is a thriving community with a bustling high street and beautiful surroundings.

## ★ WICKHAM

Boasting one of the largest squares in the country, covering almost two acres, the charming village of Wickham combines ancient history, beautiful countryside and miles of walks and cycle rides. St Nicholas' Church is one of the village's most impressive buildings, dating back to 1120, it sits on a large sacred mound.

## ★ OLD WINCHESTER HILL

Just a slight detour from the Meon Valley Trail sits Old Winchester Hill. This popular beauty spot has been famous since the Victorian times. Boasting stunning views across the valley to Beacon Hill and down to the sea, it is the perfect place to take part in some bird watching. There is always a good chance of spotting a red kite or buzzard overhead but please be aware that there are sheep grazing so keep any dogs under close control.



## FIND YOUR WAY

Follow the arrows on waymarkers along the route.

Footpath		
Bridleway		
Restricted byway		
Byway		
Open access land		National Trail Acorn

## TAKE THE LEAD

For a safe and fun visit with your dog please remember to keep them on a lead around livestock and wildlife. Always bag and bin your dog poo – any public bin will do!

## GETTING HERE

**By bus:** There are regular services to West Meon and Wickham, visit [traveline.info/se](http://traveline.info/se) to plan your journey.

**By rail:** The nearest railway station is Fareham, visit [nationalrail.co.uk](http://nationalrail.co.uk) to plan your journey.

## CONTACT

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@SDNPA /SDNPA

[hants.gov.uk/meonvalleytrail](http://hants.gov.uk/meonvalleytrail)

@TheMVT

Hampshire County Council

## SOUTHDOWNS.GOV.UK

Details correct at time of print. Please be aware that routes are shared with other users (vehicles, pedestrians, dogs, horses etc.) and users of this route do so at their own risk. We do not accept any responsibility for loss, damage or injury, however caused, arising directly or indirectly from use of this leaflet. Contains Ordnance Survey data © Crown copyright and database right 2013.



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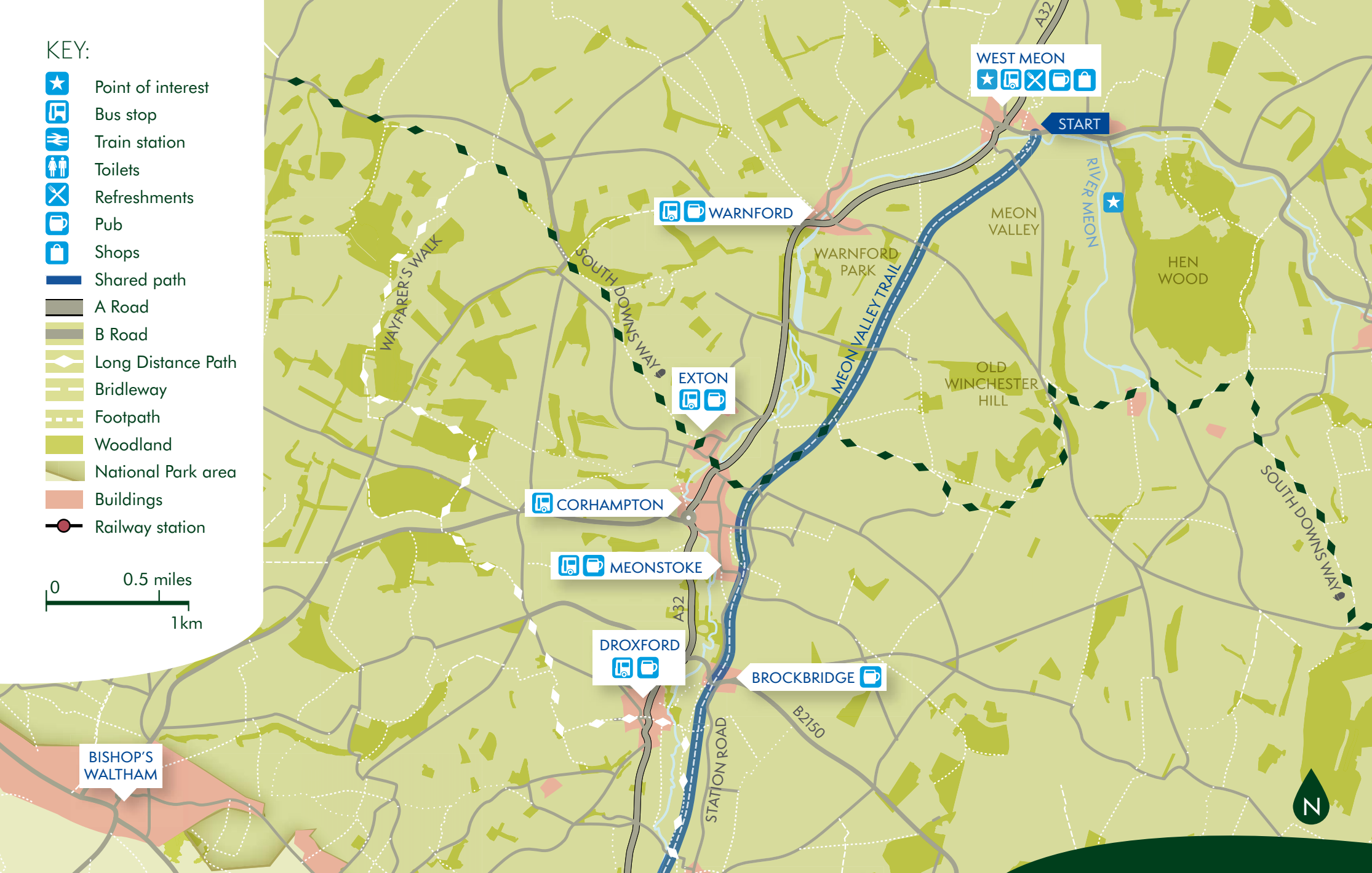


Old Winchester Hill © SDNPA

KEY:

- ★ Point of interest
- Bus stop
- Train station
- Toilets
- Refreshments
- Pub
- Shops
- Shared path
- A Road
- B Road
- Long Distance Path
- Bridleway
- Footpath
- Woodland
- National Park area
- Buildings
- Railway station

0 0.5 miles 1 km







# THE MEON VALLEY TRAIL

Discover a trail that leads you through English history. Once a railway line running from Fareham to Alton transporting local livestock and agricultural produce, the trail now spans 11 miles through picturesque countryside, from West Meon in the north to Wickham in the south.

**DISTANCE:**  
11 miles (17.7km)

**ALLOW:**  
2 hours cycling /  
6 hours walking  
(non-circular)

**MAP:**  
Explorer OL3

**ROUTE:**  
Disused railway.  
No stiles. Suitable for  
cyclists, walkers and  
horse riders (carriages  
are only permitted  
north of West Walk).

**GRADIENT:**  
Mostly flat and  
wide path, suitable  
for pushchairs and  
mobility scooters.

## Start from West Meon:

- 1 Head east along the main high street – join on to the Meon Valley Trail on your right, from High Street road; you will cross a slated bridge over the river.
- 2 Continue south along the trail for 10 miles to Wickham.

## End at Wickham:

- 3 To access Wickham town centre, exit the trail into the car park on your right. Leave the car park, turn left onto Mill Lane and continue until you reach the town centre.
- 4 If you wish to proceed along the trail without stopping in Wickham, the path continues for another mile.