

SOUTH DOWNS NATIONAL PARK

From rolling hills to bustling market towns, the South Downs National Park's landscapes cover 1,600km² 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

 Keep up to date with the latest news and events from the South Downs National Park. southdowns.gov.uk/newsletter



YOUR COUNTRYSIDE CODE: RESPECT. PROTECT. ENJOY.

Respect other people

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

RIVER ITCHEN

Near to Hinton Ampner you'll find a source of the River Itchen.

This beautiful chalk stream flows for approximately 28 miles from mid-Hampshire to Southampton.

The river has international importance and is designated as a Site of Special Scientific Interest (SSSI) due to its high quality habitats which support a range of protected species including the water vole, otter, salmon and white-clawed crayfish.

Look out for buzzard, fork-tailed red kite and kestrel flying overhead, as well as little egret and heron by the river.

During spring the hedgerows and woodlands are alive with wild flowers and butterflies. You may even spot kingfishers, butterflies and dragonflies along the river banks.



© S. Morley

 NATIONAL BYWAY TRUST

This route has been put together in collaboration with the National Byway Trust and has been adopted as the Winchester East Loop. The National Byway Trust is a registered charity facilitating the integration of social, environmental, health, economic and educational benefits from cycling. thenationalbyway.org

SOUTH DOWNS CYCLE RIDES 

RIVER ITCHEN

ALRESFORD INTO THE SOUTH DOWNS

 NATIONAL BYWAY TRUST



SOUTH DOWNS
NATIONAL PARK



Cheriton, Hampshire
© Joe Low

POINTS OF INTEREST

★ NEW ALRESFORD

This small Georgian town is famous for its production of watercress. This commodity increased in importance after the Mid-Hants railway, commonly known as The Watercress Line, was constructed in 1865 to transport locally grown watercress to London and beyond. Today it operates a steam train service between Alresford and Alton with trains carrying traditional guards and providing space for bicycles. Visit watercressline.co.uk for more information.

★ BATTLE OF CHERITON

From Alresford the route passes the site of the Battle of Cheriton at Cheriton Down. In 1644, defeated royalists set fire to New Alresford as they withdrew, so most of the

buildings seen in the town centre today are from the Georgian period despite the town originating in the 12/13th century. Visit visitwinchester.co.uk for the Battle of Cheriton Walk, an informative 5 mile walk around the battle site.

★ CHURCH IN THE WOOD

At Bramdean make a stop at this simple tin chapel erected on Bramdean Common in 1883 for the commoners and charcoal burners who used to work there.

★ CIRCLE OF STONES

Created in the 1830s, these stones were erected by eccentric local landowner Colonel Greenwood as part of a fitness regime after his physician told him to take more exercise. On the opposite side of

the road there is a gravestone to a horse named Melksham owned by Colonel R. Meinertzhagen.

★ HINTON AMPNER

This elegant country manor was lovingly rebuilt by its last owner, Ralph Dutton, after a catastrophic fire in 1960. The beautifully proportioned rooms house his exquisite collection of ceramics and art, while the windows offer undisturbed views across manicured lawns and past borders of colourful roses to the tranquil South Downs National Park countryside beyond. This National Trust property is open to the public most of the year. nationaltrust.org.uk/hinton-ampner



FIND YOUR WAY

Follow the arrows on waymarkers along the route.

Footpath		
Bridleway		
Restricted byway		
Byway		
Open access land		

GETTING HERE

By rail: The route starts from New Alresford heritage railway station, visit watercressline.co.uk

By bike: New Alresford is approximately 10 miles from Winchester and can be reached via the NCN Route 23 (sustrans.org.uk). Use a journey planner to plan your route.

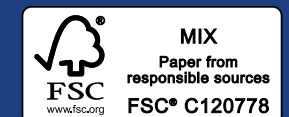
No public parking in any of the villages on this route.

CONTACT

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With thanks to Bramdean and Hinton Ampner, Kilmeston and Cheriton Parish Councils for their assistance with this leaflet.



SOUTHDOWNS.GOV.UK

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Explore the traditional Hampshire villages of the picturesque Upper Itchen valley

1 Heading north from Alresford railway station, turn right onto West Street which continues into East Street. Turn right onto Sun Lane uphill, pass the school and near the end turn left on Whitehill Road towards Bishops Sutton.

2 Take the first right to Appledown Lane under the bypass. Follow the road round to the right and then left where it turns into a restricted byway (partially tarmaced).

ON ROAD ALTERNATIVE: Pass the solar farm on your left and continue over the hill. Turn right at the T-junction then continue straight over the roundabout (take care) on to Old Park Road and proceed south to Bramdean Common. Turn left at the fork towards 'Woodlands', rejoining at route point five.

3 At the end of the byway turn left onto the road (Cheriton Lane) and ride on passing a junction with a civil war memorial stone, plaque and view point.

4 Follow the road into Cheriton Wood. At the sharp left bend leave the road and continue straight on to the restricted byway for 1.5km (keeping left after 300m) until you reach the road at Bramdean Common.

ON ROAD ALTERNATIVE: If Cheriton Wood is too muddy, continue on the road to Manor House Farm, then turn right into Old Park Road and take the second left at Bramdean Common signed 'Woodlands' to continue the route at point 5.) The track will open out onto Bramdean Common before arriving at a T-junction with a road. Turn left towards a black & white signpost. At the signpost take a right towards 'Woodlands'.

5 As you pass Bramdean Common look left for signs to the 'Church in the Woods', which is well worth a visit.

6 Bear left at the fork in the road signposted 'Woodlands'. Pass Wolfhanger Farm and after 1.5km turn sharp right opposite Stable Cottage. Continue downhill to the A272 and the nearby Circle of Stones.



Church in the Wood,
Bramdean Common
© Winchester City Council

THE UPPER RIVER ITCHEN VALLEY

DISTANCE:

Main route:
16 miles/26km
(some off-road sections)
or 17 miles/27km
(full on-road route)

ALLOW:

2.5–3.5 hours

ROUTE:

There are three off-road sections (restricted byways) but all have on-road alternatives.

GRADIENT:

Undulating 231 metres total climb. The steepest climb is from the crossing of the A272 to Brockwood Park – approximately 50m climb in less than one km.

KEY:

- ★ Point of interest
- ☕ Pub
- 🍷 Refreshments
- 🚻 Toilets
- P Parking
- 🚌 Bus stop
- 🛍 Shop
- 🏌 Golf course
- 3 Route point
- 🚂 Railway station
- 🚊 Heritage railway

- Route
- On-road only route (optional)
- A Road
- B Road
- Restricted byway
- Long Distance Path
- Bridleway
- Footpath
- Woodland
- Buildings
- Open access land (in shaded area)

7 Take care crossing the A272, ride uphill past Brockwood Park School and keep right at the next fork, passing the Krishnamurti Foundation.

8 Turn right at the next road junction, then bear right at the next fork signposted Hinton Ampner and continue between the hedgerows.

9 Where the road bends round to the right, after two cottages on the right hand side, leave the road and continue straight ahead along a restricted byway, crossing a tarmac road and passing south of Hinton Ampner House. At the small woodland designated as "source of the Itchen" take a right at the road.

ON ROAD ALTERNATIVE: Follow the road as it swings round to the right beside two cottages. Go uphill and at the next junction turn left, heading south. Continue into the village of Kilmeston and turn right at the village junction heading north to an 'S' bend near where a source of the River Itchen rises.

10 Continue north to the junction with the A272. Take care crossing the road and continue ahead on the B3046 passing through the picturesque village of Cheriton.

11 Turn left at the junction signed Tichborne and continue through the village. (Take a detour to visit St Andrew's church for scenic views.)

12 Leaving Tichborne, head north and take the first right after the bypass (National Cycle Network (NCN) route 23) crossing over the ford. Continue through the watercress beds, turn left at the junction and take the fifth right on to South Road. Take the right after the bend on to Grange Road (NCN route 23), at the end of the road turn left and continue under the railway bridge. Take the first right after the bridge and continue to Alresford railway station.



Open Access Land

Wherever you see this symbol you are free to walk and picnic within the mapped area. Please be aware of livestock and wildlife.

