Walk the Heath Week 18–24th August 2018

Find Your Way
Follow the Acorn symbol for the South Downs Way. For other rights of way use the arrows on waymarkers to pick your route.

Take the Lead
The Take The Lead campaign is a celebration of responsible dog owners in the South Downs. Here is how you and your dog can take the lead:
- Always bag and bin your dog poo
- Keep dogs on a lead around livestock
- Protect ground nesting birds. Stick to the paths, especially between 1 March – 15 September
- Do not enter Ministry of Defence (MDO) danger areas when the red flags are flying

78% OF VISITORS USE HEATHLAND TO...
Walk their dog

Follow the Acorn symbol for the South Downs Way. For other rights of way use the arrows on waymarkers to pick your route.

Accessibility:
Suitable for pushchairs and trampers, but not wheelchair accessible. The ground is uneven underfoot.

Facilities:
No public toilets within Ambersham common. Free Car Park

Description of Walk: A circular walk passing through some beautiful heathland areas and countryside at the foot of the downs. Finishing at the pub.

Accessibility:
Suitable for pushchairs and trampers, but not wheelchair accessible. The ground is uneven underfoot.

Facilities:
Toilets and Car Park at the Greyhound Inn for patrons only

Description of Walk: A gentle circular walk providing a variety of wildlife, with views of the open heaths and rolling downland landscapes.

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The Walks

Please wear sturdy footwear with good grip and dress according to the weather conditions. Bring plenty of water and snacks to keep you going. Book using the contact details at back of leaflet.

About the project

Healthland covers just one per cent of the South Downs National Park, mostly separated into ‘islands’ where isolated plants and animals are far more vulnerable to local extinction. Heathland is rare as rainforest and home to all 12 of our native reptiles and amphibians.

The Heathlands Reunited project, is a partnership of 11 like-minded organisations, led by the South Downs National Park Authority. The project runs for 5 years from 2016-2021 with an area covering 41 heathland sites.

Our aim is to recreate, reconnect, and re-store existing heathland to cover an area greater than 1,200 football pitches.

The project also aims to re-engage and inspire communities to visit their heathlands, learn more about them and work together to look after them so they can be enjoyed for generations to come.

FOR FURTHER DETAILS VISIT: south-downs.gov.uk/heathlands-reunited

Navigating Healthlands

SATURDAY 18 AUGUST. DETAILS CONFIRMED ON BOOKING

Ludshott Common - Headley Road, Nr Headley Down, Hampshire, GU26 6JG

Heady Down/Headley Lane Stagecoach 18 from Alderholt and Haslemere

Confirmed on booking

Gentle/Leisurely

SU 85260 35815 (Car Park)

Booking Required

Walk Leader: Kirstie Betts

ACCESSIBILITY: The paths are easy to walk along. There are gentle gradients.

FACILITIES: No public toilets within Ludshott Common. Free Car Park.

DESCRIPTION OF WALK: This interactive event will teach or build on existing knowledge of orienteering and navigation. You will gain skills and confidence in using maps and accessing heathland. All maps and instructions provided.

Woolbeding Common Health Walk

MONDAY 20 AUGUST, 10.00 – 13:00

Woolbeding Countryside, National Trust Old Hill Car Park, Woolbeding, West Sussex, GU29 0QQ

Confirmed on booking

Gentle Pace

SU 86967 26033 (Car Park)

Booking required

Walk Leader: Fiona Scully

Fiona.scully@nationaltrust.org.uk

ACCESSIBILITY: The paths are easy going underfoot, there is a steady uphill on the way back. It is not push chair or wheelchair friendly. There are no stiles. Well behaved dogs on leads welcome.

FACILITIES: No public toilets

DESCRIPTION OF WALK: Starting at Old Hill, Heading across Woolbeding Common and then down to the River Rother to make a circuit. Slightly longer than the average Health walk.

Heritage Walk

TUESDAY 21 AUGUST, 10.30 – 12.30

Chapel Common, Liss, West Sussex, GU33 7JN

ACCESSIBILITY: Paths are rough in places the route is not suitable for pushchairs; there are no stiles. Well behaved dogs on a lead welcome.

FACILITIES: No toilets. Forest Road car park. From the A3 exit onto the B3006 then right onto Forest Road. Approx. 1 mile to the car park.

DESCRIPTION OF WALK: Find out about the cultural history of heaths, how they are maintained today to ensure their survival. We’ll also look at historical features.

Wildlife Dog Walk

TUESDAY 21 AUGUST, 08.45

Pine Walk Stagecoach 30 from Alton and Petersfield

3 miles. 1.5 hours

Moderate

SU 78701 29904

Booking required

Leader: Guy Mason

ACCESSIBILITY: Tracks with a slight incline in places. Some good shade for over half of the walk. Bring water, for you and your dog!

FACILITIES: No toilets. Forest Road car park. From the A3 exit onto the B3006 then right onto Forest Road. Approx. 1 mile to the car park.

DESCRIPTION OF WALK: Meet the dog ambassador and join us with your dog as we tell you all about the importance of wildlife and how you and your pooch can help us protect it on your every day walk. We might even see the cows.