

MILES WITHOUT STILES

# WEST WALK

FOREST OF BERE



SOUTH DOWNS  
NATIONAL PARK



## FOREST BATHING

As you explore West Walk take some time to try 'forest bathing' – the Japanese use the term *shinrin-yoku* but the concept at the heart of the practice is not new. Many cultures have long recognised the importance of nature to human health.

Forest bathing in its most simple form is being in any natural environment and consciously connecting with what's around you.

### TIPS FOR BEGINNERS:

- Turn off your electronic devices
- Breathe in deeply to your abdomen – try to make your exhalation twice the length of your inhalation
- Slow down – tune in to the sights, sounds and smells around you
- Be observant, keep your eyes open – you'll be surprised at the number of wild forest inhabitants you might see using this process
- Stay as long as you can and build up the time as you practice.

For further details visit [forestryengland.uk/blog/forest-bathing](https://forestryengland.uk/blog/forest-bathing)

## Explore the remnants of a former Royal hunting ground at West Walk, Forest of Bere

Discover the beauty and tranquillity of the South Downs National Park within easy reach of the charming market town of Wickham. Covering 350 hectares, West Walk is the largest remaining fragment of the former medieval hunting ground, the Forest of Bere.

This route has been designed as a Miles Without Stiles route suitable for people with restricted mobility, including wheelchair users and families with pushchairs.

Throughout West Walk, small areas of nineteenth century oak remain from a time when oak trees were planted to supply the navy with timber for ship building. Today, these trees have rare lichens growing on them, and are home to bats and nesting woodland birds.

### DISCOVER WILDLIFE

Keep an eye out for tracks and signs of wildlife; they can be secretive, but if you look closely, you'll find evidence of their whereabouts. Roe and muntjac deer, foxes, rabbits and many species of bird, including tawny owls, buzzards and kestrels all live here.



 disabled  
ramblers

Disabled Ramblers is a small charity which was set up around 20 years ago to encourage disabled people to access the countryside on their mobility scooters. Visit [disabledramblers.co.uk](https://disabledramblers.co.uk) for more information.

# MILES WITHOUT STILES

## WEST WALK

### FOREST OF BERE

**Routes:** There are no steps or barriers on these routes of gravel tracks and footpaths. Suitable for off-road specific motorised wheelchairs / trampers as well as push-chairs and off-road bikes.

**Gradient:** Gently undulating.

**Surface:** Unbound tracks, gravel and stone combined.

#### WEST WALK LOOP

**Distance:** 1.6 miles (2.6km)

**Allow:** 1 hour, 15 mins

**1** Starting at the noticeboard in the main car park simply follow the left hand track down between the two play areas.

**2** At the fork go left and continue for 450m until you reach a 5-way junction where you bear right.

**3** Continue on the track for 700m, taking the right hand fork, going past a bench and over the river.

**4** Take the first right track, leaving the main path.

**5** At the triangle take the left hand track back up the slope to the car park.

#### MINI LOOP

**Distance:** 1 mile (1.6km)

**Allow:** 45 mins

**1** Starting at the noticeboard in the main car park simply follow the left hand track down between the two play areas.

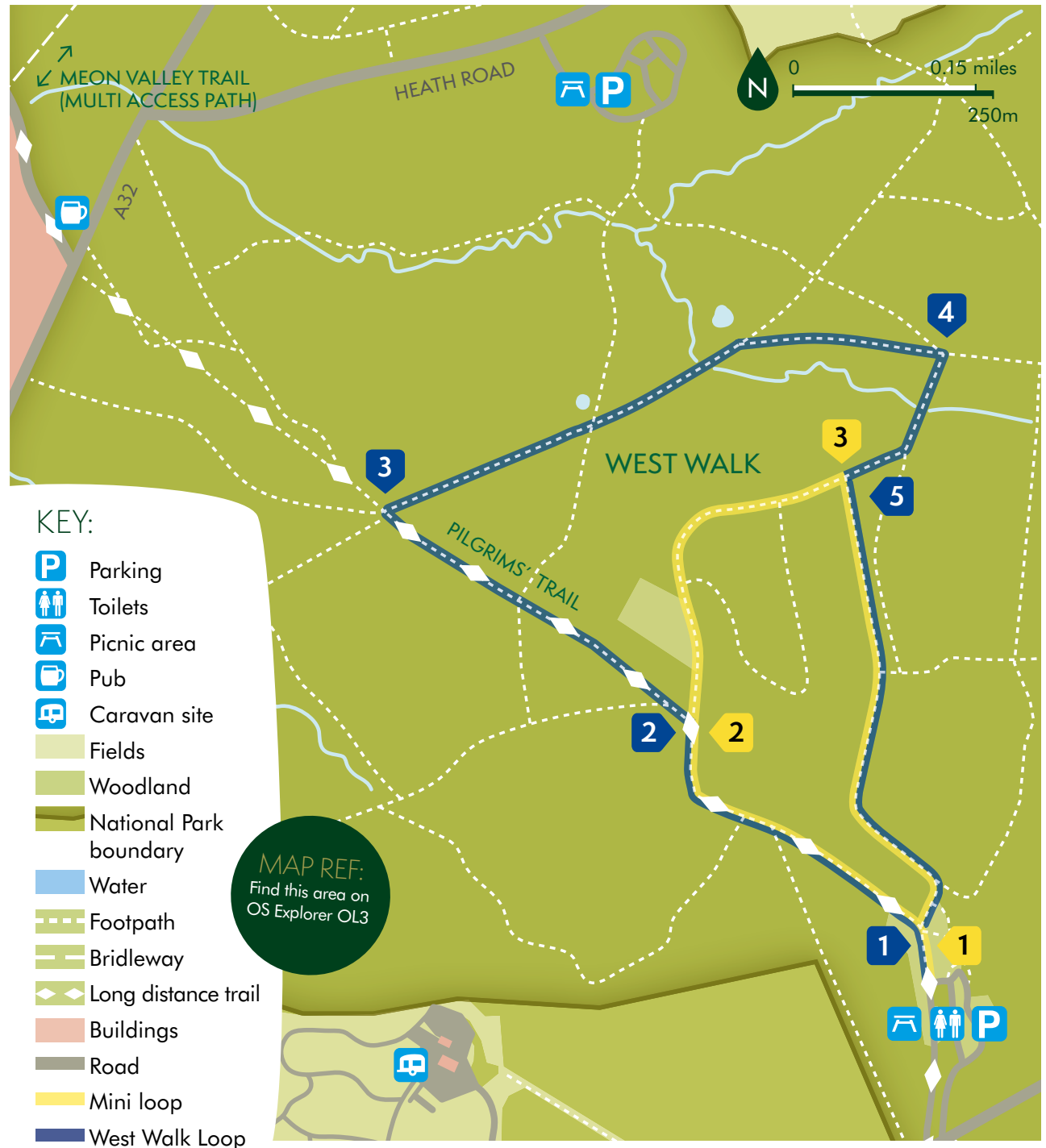
**2** At the fork go right and follow the path around the bend until you reach a path on the right.

**3** At the triangle take the right hand track back up the slope to the car park.

#### YOU CAN FIND THIS ROUTE ON VIEWRANGER



Download the free ViewRanger app from your app store. Once registered you can search for South Downs National Park to view all of our routes. All our routes on ViewRanger are available for FREE – you do not need to buy any maps to view our walks and rides.





# 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)



Keep up to date with the latest news events from the South Downs National Park. Sign up to our monthly e-newsletter, [southdowns.gov.uk/newsletter](https://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

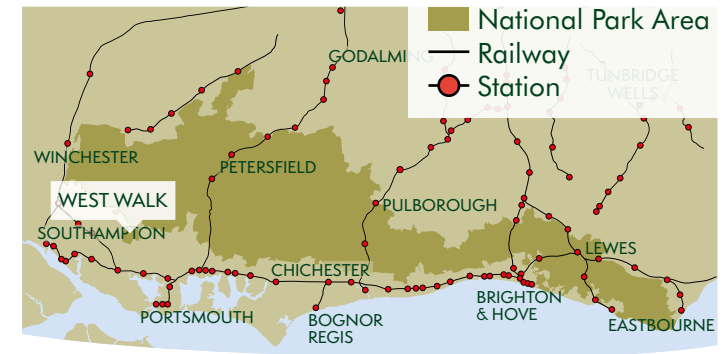


### Protect the natural environment

- Take your litter home
- Keep dogs under effective control

### Enjoy the outdoors

- Plan ahead and be prepared
- Follow advice and local signs



## FACILITIES

Toilets are located in the car park. Set within the trees there are two play areas for children and a picnic area. A mobile cafe operates from the car park, [thegreatbigfoodcompany.com](https://thegreatbigfoodcompany.com)

## GETTING THERE

**By bus:** Catch the No. 69 bus that runs between Winchester and Wickham Square. The nearest stop is a 2.2 mile walk from West Walk.

**By car:** West Walk car park (Forestry England) Hundred Acres Road, Wickham, Hampshire PO17 6JD. Parking fees apply.

## 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!

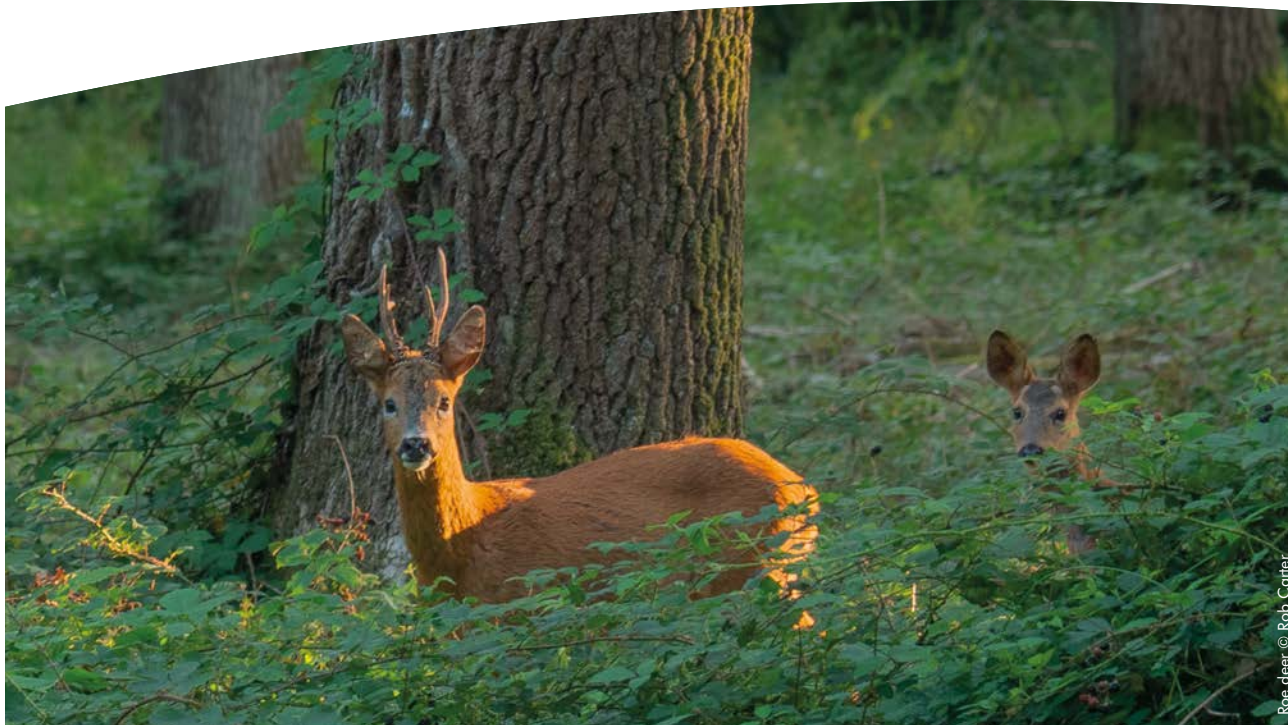
## CONTACT

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@SDNPA /SDNPA southdownsnp

## SOUTH DOWNS.GOV.UK

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Roe deer © Rob Carter