

30  
for 30



# Ideas for your own summer of wellness walking

## Short Walks in Winchester

### Sunset trail (but you can do it anytime!)

Approx 1.25 miles starting at King Alfred statue. A circular trail through the historic eastern part of Winchester, encompassing St Giles Hill, The Weirs and Abbey Gardens.

### High Street and Cathedral area

Easy, fully accessible, 1 mile walk.

### Winnall Moors Nature Reserve

Includes maps for The Adventure Trail and the Water Vole trail.

### The Weirs – King Alfred Statue loop

Approximately 2.7 miles, an easy hike, great for any fitness level. Easily accessible paths.

### Falldon Nature Reserve loop

Approximately 3.15 miles, an easy hike, great for any fitness level. Easily accessible paths.

## Top 5 Walks In Winchester

Remember to let us know what you are up to by dropping us an email on [fundraising@fotfwinchester.org](mailto:fundraising@fotfwinchester.org) Jo or Jane will be happy to have a natter and share some ideas and add your walk to our mileometer!



If your walk is also a fundraising activity please use the link below for donations. THANK YOU!

[www.justgiving.com/campaign/FOTF30years](http://www.justgiving.com/campaign/FOTF30years)

Charity Commission Number 1143462 and Company Number 7577875



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## Longer walks in the area

### Farley Mount Country Park

The views all around the Hampshire landscape are stunning, and the monument can also be seen from many distant places, particularly when the sun is reflected from the white walls.

### Old Winchester Hill

From the top of the hill enjoy views across the rolling hills as far as Portsmouth, Southampton and on a clear day, the Isle

### The Itchen Way

A 30 mile walk following the River Itchen and passing through historic Winchester. Follow the river as far as you dare roam!

### South Downs National Park

We live in a beautiful part of the country with numerous trails of varying distance on our doorstep.

### Clarendon Way

27 mile route between Winchester and Salisbury – not for the feint hearted!

Finally, on behalf of all our team and those we support **thank you**. We simply could not exist without the passion and belief of all of our supporters and we are very grateful.



**Please note that all walks are undertaken at your own risk.**

**Please ensure that you are prepared, have good company to walk with, appropriate footwear and supplies.**

**More tips on walking safely can be found here:**  
**[Ordnance Survey](#)**  
**[Ramblers](#)**