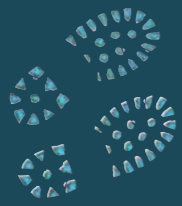


WALKING IN THE GREAT HEATH



Walking is one of the best ways to enjoy everything The Great Heath sites have to offer. From a five minute stroll to a 64 mile hike, discover an amazing wild world of woods, heaths, meadows and shoreline by following one of The Great Heath's waymarked trails or circular routes. Here are some options - just choose where you want to explore and follow the weblinks for more information and maps.

We recommend OS Maps Outdoor Leisure 22 and Explorer 118.

All walks have been graded for accessibility. For details visit dorsetwildlifetrust.org.uk/greathathinfo.

Our top picks for limited mobility options: Holes Bay, Upton Heath easy access trail, Lytchett Bay Shore Lane entrance, Hengistbury Head flat route.



Please help us to look after these special places by following guidance on websites or on-site noticeboards. On heaths, please follow the Heathland Code. dorsetwildlifetrust.org.uk/Heathland-code



For more information for dog owners, see Dorset Dogs dorsetdogs.org.uk



© Nicky Hoar

CORFE BARROWS NATURE PARK

dorsetwildlifetrust.org.uk/corfebarrows

Eight nature sites linked by trails with links to the Castleman Trail and Stour Valley Way. Leaflet available from DWT visitor centres or download our map. Suggested walks include: Corfe Barrows Explorer 3 mile circular walk from Corfe Mullen Recreation Ground (parking and toilets available) or Lambs Green Inn: suggested route: Blandford Rd, Field Place, Cogdean Elms, Rushcombe Bottom, Ashington Cutting, Happy Bottom NR, Pine Road, Wayground Rd and return to Rec. 1 hour. **Easy/moderate with some road crossings and short on-road sections.** Meadow Meander 5 minute stroll visiting Ashington Meadow (easy) and Ashington Cutting (moderate) (limited parking at Ashington Meadow).



© Forestry Commission

MOORS VALLEY COUNTRY PARK

moors-valley.co.uk
Way-marked easy walking routes from 3/4 mile to 5 miles and links to Castleman Trail. Maps available at the Visitor Centre. **Easy/moderate.**



© Tony Bates

FERNDOWN COMMON NATURE RESERVE

Visit thegreathath.org and click on The Great Heath
Footpaths with some challenging terrain including uneven and wet areas on this heathland site. **Moderate/challenging.**



© Tony Bates

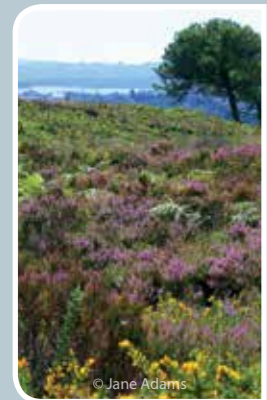
PARLEY COMMON NATURE RESERVE

Visit thegreathath.org and click on The Great Heath
Footpaths with some challenging terrain including uneven and wet areas on this heathland site. **Moderate/challenging.**



AVON HEATH COUNTRY PARK

dorsetforyou.gov.uk/avonheath
Dorset's largest country park, home to internationally important heathland and its rare wildlife Heathland Discovery Centre and trails. **Easy/moderate.**



© Jane Adams

UPTON HEATH NATURE RESERVE

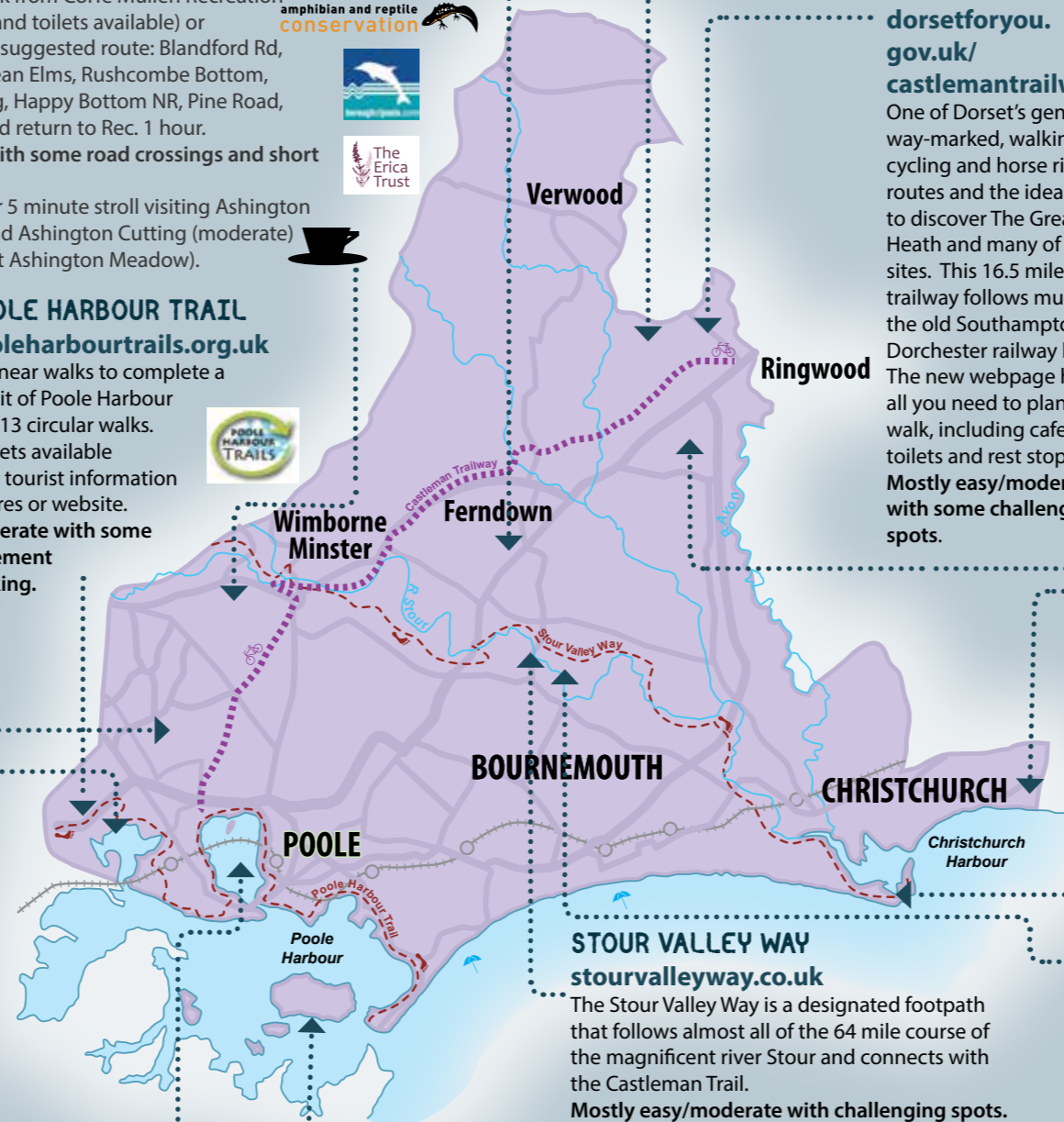
dorsetwildlifetrust.org.uk/uptonheath
Four waymarked nature trails, circular loops of the central and south heath possible. Several bridleways cross the site. Part of the Castleman Trail. **Easy/moderate and some challenging options.**



Upton Country Park, a Trail starting point
© Jake Moore Photography

POOLE HARBOUR TRAIL

pooleharbourtrails.org.uk
Six linear walks to complete a circuit of Poole Harbour plus 13 circular walks. Leaflets available from tourist information centres or website. **Moderate with some pavement walking.**



CASTLEMAN TRAIL

dorsetforyou.gov.uk/castlemanrailway
One of Dorset's gentlest way-marked, walking, cycling and horse riding routes and the ideal way to discover The Great Heath and many of its sites. This 16.5 mile railway follows much of the old Southampton to Dorchester railway line. The new webpage has all you need to plan your walk, including cafes, toilets and rest stops. **Mostly easy/moderate with some challenging spots.**



STEAMER POINT NATURE RESERVE

<http://bit.ly/2IbQqfP>
Footpaths with some challenging terrain including uneven and wet areas on this heathland site. **Moderate/challenging.**



© Phil Taylor

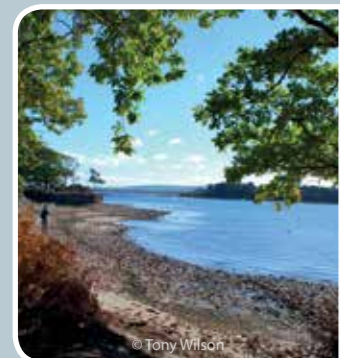
HENGISTBURY HEAD NATURE RESERVE

Visit visithengistburyhead.co.uk
Flat riverside road shared between pedestrians, the land train and cyclists. Many paths winding across the reserve with spectacular views. Visitor Centre **Easy/moderate options.**



STOUR VALLEY NATURE RESERVE

<http://bit.ly/2IbQq78>
Two mile stretch of riverside footpath, meadows, hedgerows and woodland, on the Stour Valley Way. Kingfisher Barn Visitor Centre, trails and arboretum. **Easy/moderate.**



© Tony Wilson

BROWNSEA ISLAND NATURE RESERVE

dorsetwildlifetrust.org.uk/Brownsea
Easy walking to visit the lagoon hides for spectacular wildlife views. A system of paths & boardwalks give access to most of the habitats. Optional nature trail through the woods has some steep slopes and steps. Toilets at the DWT Villa Visitor Centre and at the Quay. Accessible boat bookable from National Trust. **Easy/moderate with some challenging options.**



© I Julian

HOLES BAY NATURE PARK

Visit thegreathath.org and click on The Great Heath
Accessible shoreline cycle/footpath from Poole to Upton Country Park on Castleman Trail and Poole Harbour Trail. Spectacular wildlife viewing. Upton Country Park has footpaths around parkland, shoreline and formal gardens; kissing gates accessible with a RADAR key www.uptoncountrypark.com **Easy.**



Map shows The Great Heath boundary
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