



WHAT WILL YOU DO WITH YOUR £100?

ENERGETIC

FUELINE FOR FAMILIES 82-22-82

The Foodnet Trust has teamed up with Southern Power Energy People. First to help us all save more money on our energy and water bills.

If we save energy and water we can save money. Follow a few simple tips and show your friends how they can save £100 on their water and energy bills every year.

What will you do with your £100?

- Pamper yourself?
- A day on the mainland?
- Treat the family to a meal out?

Try Nordic Walking
Walking with poles. Burns 20% more calories and uses 90% of muscles. Free training sessions and loan equipment available. Phone 538003 for details.

Wootton
Day Every Thursday Time 2.15pm
Meet Wootton Community Centre, Brannon Way

West Wight
Day Every first and third Wednesday Time 1.30pm
Meet Pumping Station, Esplanade (opposite Cascade)

Ventnor
Day Every Tuesday of the month Time 10.15am
Meet Shorewell Shute opposite Dell Path Centre

Shorwell
Day First Saturday of the month Time 10am
Meet St Blasius Church car park, Church Road

Shanklin
Day Second and fourth Tuesday of the month Time 10.15am
Meet Shanklin Railway Station, Regent Street

Sandown
Day Every Tuesday Time 10.30am
Meet Outside Ryde Superbowl, Esplanade

Ryde
Day Every last Monday of the month Time 10.30am
Meet Parkhurst Forest car park

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Isle of Wight 4 Life
change NHS

Lake
Walk One: beginners/improvers Phone Sylvia 401630
Walk Two: Intermediate/advanced Phone Louise 538003
Day Every Thursday Time 10.15am
Meet By bench on Lake Common NEWPORT

East Cowes
Day Every Monday Time 10.30am
Meet Northwood House small car park off Ward Avenue, Cowes

Brighstone
Day First and third Tuesday of the month Time 1.30pm
Meet Brighstone Library Short health walk

Haylands
Day Every Wednesday Time 10am
Meet The Pavilion, Vectis Road

Intermediate
Day Last Tuesday of the month Time 10.30am
Meet United Reform Church, junction of Upton Road and Corbett Road, Ryde

WELCOME TO WIGHT WINTER WALKS

In this programme of outdoor events and guided activities for all ages, local experts share their knowledge and special understanding of island wildlife, conservation, landscape, history and rural economy.

It's a chance to explore the island's unique countryside and coast during friendly outings in the company of fellow walkers. Hampshire and Isle of Wight Wildlife Trust has brought this programme together and is grateful to all this season's contributors.

Before setting off

For many activities, there's no need to book - just turn up on the day at the stated time. Activities which require a reservation or confirmation beforehand are indicated. Please note that if an event end time is given it is only approximate. Where there is a charge for an event, this is stated; otherwise the event is free. Footpaths and bridleways may be muddy in places, so always be prepared. Good strong shoes or boots, and possibly wellies and a waterproof would be sensible. Organisers have indicated, as far as possible, those events that are strenuous or may pose difficulties. No walk or activity in the programme will be cancelled before it's due to start. Whatever the weather, the leader will be at the start of the walk, but may decide to vary the route or, in extreme weather, may cancel there and then.

Please take your litter home with you. Dogs, where permitted, must be on a lead. Please avoid causing obstructions or damage to verges if you travel by car to the starting point and park considerately.

Thank you and enjoy your walk

Hampshire and Isle of Wight Wildlife Trust
Protecting wildlife. Inspiring people.

CELEBRATING 50 YEARS
Hampshire & Isle of Wight Wildlife Trust

Come and join your local Wildlife Trust as it celebrates its 50th year looking after Island wildlife.

Details of monthly walks and events can be found in this Wight Winter Walks leaflet.

GET OUT AND ABOUT!

October 2011 to March 2012

Wight Winter Walks

Check out the latest countryside walks and events at www.hwt.org.uk or to find out more about countryside sites and your Local Nature Reserves visit www.iwight.com/countryside.

This edition of Wight Walks has been produced with kind support from:

- Hampshire and Isle of Wight Wildlife Trust
- Isle of Wight Health Promotion
- Isle of Wight Council
- West Wight Landscape Partnership
- Isle of Wight AONB Partnership
- People's Trust for Endangered Species

Design: pinkeyegraphics.co.uk

ACTIVITIES FOR EVERYONE!



Disclaimer

Whilst every care has been taken in compiling this information, no responsibility can be accepted for any change that may subsequently occur. Those attending any of the events in this programme do so at their own risk.

If you have any queries regarding this leaflet please phone (01983) 760016.

Cover picture Sweet chestnuts © pinkeyegraphics.co.uk

Sweet chestnuts are traditionally grown in south-east England for their wood and nuts. These nuts were photographed in Borthwood Copse. On the Isle of Wight, sweet chestnuts are excellent food for dormice, red squirrels and humans!

Explore the Island's countryside and coast with local experts as your guides

OCTOBER

SHORWELL WALK

A five mile walk, as published in the Isle of Wight County Press. Excellent views from up on the Downs.

Day Sunday **Date** 2 October **Time** 10.30am **Distance** 5 miles
Meet Shorwell Parish Hall, Russell Road car park SZ 457 825
Leader David Howarth 01983 759823

RED SQUIRRELS AT BOULDNOR

A walk through the woodland at Bouldnor Forest to look at the wildlife and management of this woodland for red squirrels. Part of the West Wight Landscape Partnership initiative.

Day Wednesday **Date** 5 October **Time** 10.30am to 12.30pm
Meet Entrance to Bouldnor Forest off Yarmouth Road SZ 378 896
Cost Donation to Wildlife Trust
Leader Richard Grogan 01983 760018

CELEBRATE NATIONAL 'RED SQUIRREL WEEK'

Enjoy watching red squirrels within the extensive grounds of the Priory Bay Hotel and learn more about these rare and beautiful creatures as they play and forage for food in their natural habit. Follow with a leisurely lunch in the Priory Oyster Restaurant at Priory Bay Hotel from 1pm to 3pm.

Day Wednesday **Date** 5 October **Time** 12 noon followed by lunch
Meet Priory Bay Hotel **Cost** From £15 for walk and two course lunch
Leader Helen Butler 01983 611003 **Booking essential** To book a place on the walk and make a lunch reservation, please call hotel reception on 01983 613146 and quote 'Red squirrel walk and lunch'.

FRESHWATER SQUIRREL WALK

Short walk followed by squirrel-watching and a cream tea.

Day Friday **Date** 7 October **Time** 2pm **Distance** Half a mile
Meet Freshwater Fruit Farm, Wilmingham Lane, Freshwater SZ 357 868
Cost £4.50 including cream tea. All proceeds to Red Squirrel Trust.
Leader Helen Butler 01983 611003 **Booking essential** Numbers limited so please ring Helen to book your place.

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Enjoy watching red squirrels within the extensive grounds of the Priory Bay Hotel and learn more about these rare and beautiful creatures as they play and forage for food in their natural habit. Follow with a leisurely lunch in the Priory Oyster Restaurant at Priory Bay Hotel from 1pm to 3pm.

Day Sunday **Date** 9 October **Time** 11am followed by lunch
Meet Priory Bay Hotel **Cost** From £15 for walk and two course lunch
Leader Helen Butler 01983 611003 **Booking essential** To book a place on the walk and make a lunch reservation, please call hotel reception on 01983 613146 and quote 'Red squirrel walk and lunch'.

BEHIND THE SCENES AT YARMOUTH HARBOUR

Find out more about the workings of Yarmouth Harbour and the surrounding landscape on this guided walk.

Day Wednesday **Date** 12 October **Time** 10am
Meet Details given on booking **Cost** Donations to Toe in the Water
Leader Yarmouth Harbour Commissioners
Booking essential To book a place please phone 01983 760321

WALKS FROM RAILS: CLIP-CLOP & CLATTER

Follow the route of the Victorian horse tramway through the streets of Ryde on an undemanding circular morning walk packed with historical interest and fascination.

Day Friday **Date** 21 October **Time** 10am **Distance** 3 miles
Meet Ryde Pier Head railway station **Cost** Donation to Missing Abroad fund
Leader Adrian Searle 01983 615636

EAST DOWN EXPLORER

A circular walk in the IW Area of Outstanding Natural Beauty enjoying some of its spectacular downland, woods and landscapes. Moderate pace, but strenuous walking. Binoculars, study footwear and packed lunch suggested. Dogs on leads welcome.

Day Friday **Date** 21 October **Time** 10am **Duration** 5.5 miles/4 hours
Meet Brading Downs car park SZ 597 869
Cost Free, donations to IW conservation organisations welcome
Leader Joel Bateman, AONB Communication Officer
Booking essential To book a place please phone 01983 823855



£2 from shops throughout the West Wight.

Part of a series of heritage trail booklets being produced by the West Wight Landscape Partnership with funding support from the Heritage Lottery Fund.

Also available

Walk the Forts
A fascinating walking guide to the fortifications of the Freshwater peninsula.

Robert Hooke Trail
A scenic circular walk around locations in the West Wight associated with the life of the great 17th century scientist Robert Hooke.

Taste the View
Three beautiful walks through the West Wight exploring the relationship between food and the landscape.



West Wight
Landscape
Partnership



Heritage
Lottery Fund



BRIGHSTONE FOREST SAFARI

A walk through the habitats of Brighstone Forest to look at the management of this wonderful wildlife haven. Part of the West Wight Landscape Partnership initiative.

Day Friday **Date** 21 October **Time** 10.30am to 12.30pm
Meet Jubilee car park SZ 420 845 **Cost** Donation to Wildlife Trust
Leader Richard Grogan 01983 760018

WALKS FROM RAILS: A QUEEN ON THE LINE

Retracing the old rail route from Wootton to Newport (and back) via the royal station of Whippingham, with 'off the track' stretches along riverbank and through countryside.

Day Saturday **Date** 22 October **Time** 10am **Distance** 6.5 miles
Meet Wootton railway station **Cost** Donation to Missing Abroad fund
Leader Adrian Searle 01983 615636

DORMICE IN BRIDDLESFORD WOODS

Join experts from People's Trust for Endangered Species (PTES) for a rare chance to see dormice in their natural habitat. Help check some of the 400 nest boxes and learn about the management of the woodland for wildlife. Suitable for children aged 12 and over.

Day Saturday **Date** 22 October **Time** 10am to 1pm
Meet Briddlesford Woods, nr Wootton Bridge.
Cost £12 PTES supporter, £16 non-supporter
Leader Ian White, Dormouse Officer, PTES
Booking essential To book a place visit www.ptes.org/events or call 020 7498 4533

DORMOUSE EXPLORERS

Bring the family to explore Briddlesford Woods in search of woodland creatures. Learn how to look for signs of dormice and make or decorate a dormouse house. Children must be accompanied by an adult. Suitable for children over five years old.

Day Saturday **Date** 22 October **Time** 2pm to 4pm
Meet Briddlesford Woods, nr Wootton Bridge
Cost £8 PTES supporter, £12 non-supporter
Leaders Ian White and Emily Jones, PTES
Booking essential To book a place visit www.ptes.org/events or call 020 7498 4533

WALKS FROM RAILS: BEYOND THE BUFFERS

A walk down the old railway track to Wroxall then cross-country via Appuldurcombe, Sandford, Newchurch and Alverstone to Sandown station. Train back to Shanklin.

Day Monday **Date** 24 October **Time** 9.45am **Distance** 9 miles
Meet Shanklin railway station **Cost** Donation to Missing Abroad fund
Leader Adrian Searle 01983 615636

AUTUMN EARTH WALK

A walk through the countryside of Cranmore to experience the autumn sights, sounds and smells of the Wildlife Trust's reserve at Ningwood Common. Please note: wellies are recommended and there are five stiles to negotiate.

Day Monday **Date** 24 October **Time** 2pm to 5pm
Meet Ningwood Recycling Centre SZ 401 892
Cost Donation to Wildlife Trust **Leader** Kathy Grogan 01983 760016

NOVEMBER

AN AUTUMN WALK

Ramble at a leisurely pace through farms and fields. Coffee stop at Thompson's Garden Centre.

Day Thursday **Date** 17 November **Time** 10.30am **Distance** 6 miles
Meet Godshill car park SZ 530 817 **Leader** Leda 07891 573498

ESTUARY BIRDS

A walk to look at the winter residents of the mud and salt marshes along the western river Yar, including wading birds and wildfowl.

Day Thursday **Date** 17 November **Time** 2pm **Meet** IW Council River Road car park SZ 355 895. Charges apply. **Cost** Donations to the Wildlife Trust **Leader** Richard Grogan 01983 760016

WIGHT LORE: THE ST HELENS WALK

Discover the origins of St Helens and its dramatic religious past. Hear of the legends, ghostly tales and superstitions linked with the old Duver church and the incredible story of the notorious Sophie Dawes. A coastal and country ramble. Pub lunch.

Day Saturday **Date** 20 November **Time** 10.30am **Duration** 6.5 miles/5 hours **Meet** Vine Inn, St Helens **Cost** Donation to Missing Abroad fund **Leader** Adrian Searle 01983 615636

DECEMBER

RURAL AND FOREST

A late autumn stroll with a gradual climb of more than 600 feet to Newbridge, Shalcombe, Chessell Down and Westover. Why not stop for lunch or a drink in the pub after the walk?

Day Thursday **Date** 1 December **Time** 10.30am **Distance** 6 miles
Meet The Sun Inn, Calbourne, car park SZ 424 868
Leader Carol Hamilton 01983 566463

WIGHT LORE: THE NORMAN FORTRESS WALK

See out the year on this annual walk from the Norman fortress of Carisbrooke. Walk ancient highways and ridge paths and visit the idyllic 13th church at Gatcombe. Back in time for a pub lunch.

Day Saturday **Date** 31 December **Time** 9.30am **Distance** 6 miles
Meet Carisbrooke Castle car park **Cost** Donation to Missing Abroad fund **Leader** Adrian Searle 01983 615636

JANUARY

NEW YEAR, NEW YOU

A walk over the downs to Whitwell.

Day Monday **Date** 2 January **Time** 11am **Distance** 4 miles
Meet Youth Club car park, Niton SZ 506 767
Leader David Howarth 01983 759823

WIGHT LORE: THE PINE RAFT WALK

Travel back in time to deepest pre-history on this short walk in the Back of the Wight. Combines spectacular cliff-top walking above Brook Bay with a rural inland ramble and features the Island's primeval fossilised forest at Hanover Point.

Day Sunday **Date** 22 January **Time** 10.30am **Distance** 2.5 miles
Meet Brook Chine car park/bus stop **Cost** Donation to Missing Abroad fund **Leader** Adrian Searle 01983 615636

FEBRUARY

WIGHT LORE: THE ROMAN WALK

Visit the Island's outstanding reminder of Roman occupation, the villa at Morton, on this ramble. It's very much a walk of two halves: the outward leg climbing to the summit of the local downs; the return leg bringing you back down again!

Day Sunday **Date** 19 February **Time** 10.30am **Distance** 3.5 miles
Meet Brading railway station **Cost** Donation to Missing Abroad fund **Leader** Adrian Searle 01983 615636

MARCH

WIGHT LORE: THE BEMBRIDGE WALK

Explore the Island's eastern-most village and its coastline on an historically-rich walk. Includes the windmill, lifeboat station, Whitecliff Bay, Culver Down and some relics of World War Two. Bring a picnic lunch or eat at the nearby café or pub.

Day Sunday **Date** 12 March **Time** 10.30am **Distance** 5 miles
Meet Toll Gate, Embankment Road, Bembridge **Cost** Donation to Missing Abroad fund **Leader** Adrian Searle 01983 615636