

## Traveling, facilities and accessibility

There are multiple **access points** to the route, with a few main '**gateways**' with public carparking and buses:

- Sutton Scotney
- Kings Worthy
- Wonston
- South Wonston
- Itchen Abbas- Couch Green
- New Alresford

There are many **pubs** directly on the route or a short distance away: The Cart and Horses (Kings Worthy), The Wonston Arms (Wonston), Chestnut Horse (Easton), The Bush (Ovington).

Some also offer **B & B**: The Plough (Itchen Abbas), and Cricketers (Easton), Coach and Horses (Sutton Scotney)

**New Alresford** town has many pubs, restaurants and shops and accommodation.

You are advised to use **Ordnance Survey Map OL32** for Winchester when following the route.



Watercress Wayfarers code:

**respect-protect-enjoy!**

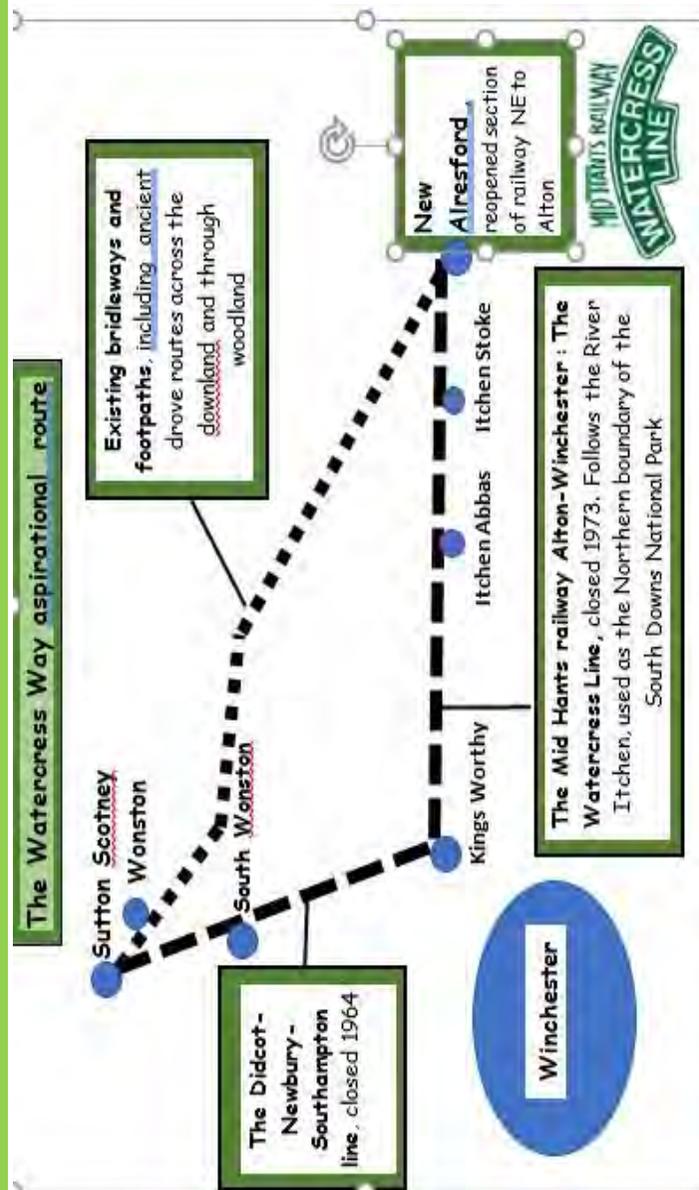
- **Respect** neighbours, keep to the route and please do not trespass
- **Protect** the flora and fauna by avoiding trampling and removing all litter.



**Dogs are welcome**, but keep under control especially during bird nesting, and please clear up dog mess

- **Enjoy the Watercress Way!!**

See the website for a detailed map



Designed by the Trustees with help from many users of the Watercress Way 2017

## The Watercress Way

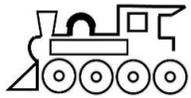


A 26 mile circular walking route North East of Winchester. Many sections are open for cyclists and horse riders.



Registered Charity Number 1167675

## What is The Watercress Way?



The Watercress Way is named after one of the disused railway lines the route follows.

It passes through beautiful rolling Hampshire down lands and the upper Itchen Valley.

At the Northern boundary of the South Downs National Park, the route has a wealth of heritage and wildlife along the 'corridors' offered by two abandoned railways and ancient sheep droves.



There are many **shorter route options** and you can link to several other trails including: The Itchen Way, Wayfarers Walk and St Swithun's Way, The Millennium and the Arle Valley trail.

See our website for more information including maps, shorter routes and options for cyclists and horse riders  
[www.thewatercressway.org.uk](http://www.thewatercressway.org.uk)  
and Facebook page.

Contact the Trustees at  
[info@thewatercressway.org.uk](mailto:info@thewatercressway.org.uk)

## Railways, droves, sheep and wildlife!



The two **railways** opened in the late 19<sup>th</sup> Century and intersected in Kings Worthy. They have a fascinating history steeped in politics, and dramatically changed the rolling chalk down land through which they passed. The Mid Hants line put Alresford on the map as a centre for watercress production nationally. Both lines were important for troop movements in World War 2. The rise of motorised transport and rationalisation of railways in the 1960s led to their abandonment, although steam trains still run east from Alresford to Alton (The Watercress Line).



The **droves**, such as the Oxdrove, run mainly west to east, some dating back 6000 years. They were vital people and livestock routes to access markets. Some droves are now metaled and used by motor vehicles, but place name evidence points to their past use. Look out for: 'Hutt', 'Woolpack', 'Drove' and 'Downs' Lanes and 'Clump'.



**Wildlife** : Despite intensive use of this whole area for millennia, biodiversity is high. Much of the area has conservation status, such as the upper Itchen Valley which the Watercress line follows. The old railway cuttings and embankments offer natural corridors for wildlife including badgers. The Worthy Down platforms are particularly rich in wild flowers and butterflies. Buzzards abound and you may be lucky enough to see a red kite or a brown trout in The Itchen.

## Become a friend, volunteer and sponsor!



The Trustees

We are a volunteer local charity with little official funding. **New volunteers** are welcome and we aim to set up our own conservation group shortly to assist in the maintenance of the route. Our website has regular updates on the Watercress Way progress. There is a **My Donate link** (with a **Gift Aid** option) if you feel able to help sponsor the project.

### Sponsors

Our sponsors already include

- The Councils of Hampshire County, Winchester, Kings Worthy, South Wonston, Wonston, Headbourne Worthy Itchen Stoke, Itchen Valley and New Alresford
- The South Downs National Park, The Gratton Trust, Winchester Ramblers, Worthy Conservation Volunteers
- The Plough Inn, The Wonston Arms and The Chestnut Horse.