

VERWOOD & DISTRICT RAMBLING CLUB
PROGRAMME: JUNE, JULY & AUGUST 2010

WEB SITE: www.verwoodramblers.org.uk

DEADLINES FOR WALKS FOR THE NEXT PROGRAMME

It would be helpful to receive walk details as early as possible so that obvious gaps can be notified to contacts in the 3 groups. To allow for printing and distribution, deadlines have to be imposed.

**PREFERRED before and by FRIDAY 16 th JULY 2010: FINAL by FRIDAY 23 rd JULY 2010
TO STEVE NEW**

Please also include the relevant two letters in your Grid Reference, eg G.R. SY 904 816 Thank you.

NB 1: Meeting at Morrison's Car Park, Verwood is an opportunity for car sharing, but it cannot be guaranteed that anyone will be there. ("Leader at start" means the leader/s will not be at Morrison's.) The time given is the latest departure time; please arrive at least a few minutes before. **All mileages are approximate**

NB 2: CANCELLED WALKS Please be aware that if you have any doubts, for whatever reason, that a walk may not go ahead as published, **it is your responsibility to confirm by contacting the Leader before going to the starting point.**

JUNE 2010

- 01 Tues Walk not submitted**
- 02 Wed** M/SONS CP 09.30 or **BURBUSH HILL CP 10.00.** Exp OL22 GR **SU 202 017**
5 mls Castleman Trail, Turf Hill, Burley, Burley Hill, Church Moor.
Leaders at Start
- 05 Sat** M/SONS CP 09.30 or **MARTIN DOWN CP (OFF A354) 10.00** Exp 118 GR **SU 037201**
9 mls Vernditch Chase, Marleycombe, Bower Chalke, Broad Chalke, Knighton Hill, Roman Road,.Hilly in parts, and a few stiles.
Leaders at Start
- 08 Tues NOTE :POTTERNE PARK CP 10:00** Exp OL22 GR **SU 095 076**
3 mls Catch No. 36 bus at approx. 10.15 to entrance to Moors Valley Park, Horton Road. Walk back with coffee stop. **Don't forget Bus Passes**
- 09 Wed** M/SONS CP 09:30 or **WHITE MILL NT CP 10:00** Exp 118 GR **ST 958 007**
5.5 mls Stour Valley Way to Kingston Lacy; track and roads to Shapwick; return along river path. Stiles, mostly level walking. Leader at start
- 11 Fri** M/SONS CP 09:30 or **WHITE SHEET PLANTATION CP 10:00** Exp 118 GR **SU 048 036**
8.5 mls Holt Wood Horton and Knobs Crook.
Leader at Start
- 15 Tues** M/SONS CP 09:30 or **BADBURY RINGS CP 10.00** Exp118 GR **SU 960 031**
2.5mls Easy walk round the rings and environs. 2 NT stiles and gentle inclines. Hopefully orchids. (CP Well signed off the B3082)
- 16 Wed** M/SONS CP 09.15 or **RIVERLANDS CP Wick Lane B'mouth10:00** Exp OL22 GR **SZ152 921**
5 mls Circular walk from Tuckton to Hengistbury Head and back,(**NB Parking Charge.**)
Leaders at start
- 19 Sat** M/SONS CP 09:00 or **SUNNYSIDE FARM (Stoborough)CP 10:00** Exp OL15 GR **SY 938 862**
9.5 mls Stoborough Heath, Hartland Moor; Roads to Arne woodland paths. Lunch on beach and return via road. Leader at start

- 22 **Tues** M/SONS CP 09:45 or **THE CHASE CP 10:00** Exp OL22 GR **SU 103 085**
3 mls. Circular walk through Ringwood Forest. No Stiles. Could be muddy.
- 23 **Wed** M/SONS CP 09:15 or **BEACHERN WOOD CP 10:00** Exp OL22 GR **SU 284 026**
5 mls. Level forest walk Queen Bower and Brockenhurst. No Stiles. Could be muddy.
- 25 **Fri** M/SONS CP 09:15 or **PAMPHILL CP 10:00** Exp 118 GR **ST 990 007**
8mls Kings Down, Hemsworth, High Wood Cottage
Leader at Start
- 29 **Tues** M/SONS CP 09:30 or **BADBURY RINGS NT 10:00 CP** Exp 118 GR **ST 959 031**
3.3 mls Easy walk 1 or 2 stiles
Leaders at Start
- 30 **Wed** M/SONS CP 09:15 or **SHAPWICK CP 10:00** EXP GR **ST 937 016**
5.5 mls Tarrant Crawford, Bishop's Court Dairy
Leader at Start

JULY 2010

??? WALKS PLEASE FOR THE NEXT PROGRAMME ???

- 03 **Sat** M/SONS CP 09:15 or **GARSTON WOOD CP 10:00** Exp118 GR **SU 004 195**
9.5 mls Shermel Gate West End, Ebbesborne Wake, Hill Farm, Dank Wood Corner
Could be muddy. Leaders at start
- 06 **Tues** M/SONS CP09:40 or **WEST MOORS CP 10:00** Behind Elephant & Castle Exp OL22 GR **SU 080 027**
3mls Flat walk, pavements forest tracks Café and pubs in village.
Leader at start
- 07 **Wed** M/SONS CP 09:30 or **ASHLEY WALK CP Godshill 10:00** Exp OL22 GR **SU 186156**
5 mls Forest Circular Hills and Streams. Leader at start
- 10 **Sat** M/SONS CP 09:00 or **TYNEHAM 10:15** Exp OL15 GR **SY 888 811**
NB **NOTE Viewpoint car park on ridge overlooking Tyneham**
Day change **8.5 mls** Strenuous in parts. Tyneham Cap, Kimmeridge Bay, Gold Down, Worbarrow Bay, Flowers
Fri To Sat Barrow. Leader at start
- 13 **Tues** M/SONS CP 09:30 or **ABBOTTS WELL CP 10.00** Exp OL22.GR **SZ 178129**
3 mls New Forest circular walk with 1 steepish incline.
- 14 **Wed** M/SONS CP 09:15 or **FRITHAM CP 10:00** Exp OI 22 GR **SU 230 141**
5 mls New Forest circular via Gorly Bushes, Amber Wood, Sloden inclosure, and Anses Wood.
Leaders at start
- 17 **Sat** M/SONS CP 09:30 or **WHITE MILL NT.C.P. 10:00** Exp 118 GR **SY 958 007**
9 mls New Barn Farm, Shapwick, Bishop's Court Dairy. Stiles and Mud.
- 20 **Tues** M/SONS CP 09:30 or **HURN FOREST Boundary Lane free CP 10:00** Exp OL22 GR **SU 105 023**
3 mls Forest paths. Leader at start
- 21 **Wed** M/SONS CP 09:15 or **WIN GREEN CP 10:00** Exp 118 GR **ST 923 205**
5.5mls 80% Easy but Steep Finish: Ox Drove, Rotherley Wood, Tollard Royal, Ashcombe Bottom
Leader at start
- 23 **Fri** M/SONS CP 09:00 or **LANGTON HERRING 10:15** Exp OL15 GR **SY 614 825**
NB Meet at Elm Tree Inn Car Park - Paddock area for walkers, adjoining the Pub.
9mls Langton Hive Point, East Fleet, Chickerell, Chikerell Hive Point
Leaders at start

- 27 **Tues** M/SONS CP 09:30 or **PAMPHILL CP(Near Church) 10:00** Exp 118 GR **SU 990 007**
3.5 mls Meadows, River Stour, NT stiles
 Leader at start
- 28 **Wed** M/SONS CP 09.30 or **ANDERWOOD CP 10:00** Exp OL22 GR **SU 248 058**
5.5 mls Anderwood Inclosure, North Oakley Inclosure, Wooson's Hill, Knightwood Inclosure.
 Leaders at start
- 31 **Sat** M/SONS CP 09:00 or **TURNWORTH CP 10:00** Exp 117 GR **ST 813 094**
10 mls A walk over hills & valleys
 Leaders at start

AUGUST 2010

- 03 **Tues** **NOTE: ALBION INN LAYBY 10:00 (do not use Pub parking)** Exp OL22 GR **SU 077 094**
3 mls Mount Pleasant Farm, Crane Valley GC. Could be muddy after rain. 1 stile.
 Leader at start
- 04 **Wed** M/SONS CP 09:30 or **LINFORD BOTTOM CP 10:00** OL 22 GR **SU 181 072**
5 mls Linford Bottom, Roe Inclosure, Amen Corner, Red Shoot Plain.
 Leader at Start
- 06 **Fri** M/SONS CP 09:30 or **SPRING BUSHES CP 10.00** Exp OL22 GR **SU 202 102**
9 mls New Forest circular walk to Fritham
- 10 **Tues** M/SONS CP 09:15 or **MANSWOOD PLAY AREA 10:00** Exp 118 GR **ST 983 080**
3.5 mls Tracks Leader at start
- 11 **Wed** M/SONS C.P. 09.15 **ASDA CAR PARK, Canford Heath 10.00** Landranger195 GR **SZ 024 946**
5 mls Undulating – another walk exploring Canford Heath.
 Leaders at the start.
- 14 **Sat** M/SONS CP 09:00 or **ABBOTTSBURY CP 10:15 (small charge)** Exp OL15 GR **SY 578 853**
9.5 mls Strenuous: MacMillan Way (400m ascent) Littlebredy, Hardy Monument, SW Coast Path,
 White Hill
 Leader at start
- 17 **Tues** M/SONS CP 09:40 or **WEST MOORS VILLAGE CP10:00** Exp OL22 GR **SU 080 027**
3 mls West Moors plantation, flat walk on pavements and forest paths.
 Leader at start
- 18 **Wed** M/SONS CP09:30 or **ALDERHOLT SPORTS CLUB 10:00** Exp OL22 GR **SU 122 122**
Ringwood Rd.
5 mls. Stiles, slopes mud. Midgham Farm, Harbridge Green.
- 20 **Fri** M/SONS CP 09:15 or **DURWESTON CHURCH 10:00 (road parking)** Exp117 GR **ST 858 085**
10.5 mls (3 Hills) Okeford Hill to Okeford Fitzpaine, railway path to Hambledon Hill, Hod Hill
 Leader at start
- 24 **Tues** M/SONS CP 09:45 or **BAKER'S HANGING CORNER CP 10:00** Exp OL22 **SU 130 058**
(opposite Alderholt turning on Ringwood-Verwood road)
4 mls Ringwood Forest tracks. Leader at start.
- 25 **Wed** M/SONS CP 09:15 or **ASHMORE POND 10:00** Exp118 GR **ST 913 180**
5.5 mls Benchs Lane, Tollard Royal/Park/Green, Gallops and Wiltshire Copse
 Leader at start
- 28 **Sat** M/SONS CP 09:15 or **GARSTON WOOD CP 10:00** Exp118 GR **SU 004 195**
9mls Rushmore Estate ,Ox Drove Leader at start

Half mile West of Martin village green along Sillens Lane

3.5 mls Tracks.

Leader at start

All leaders should carry a First Aid Kit when leading a walk. These kits are the property of the club (one for each walk day). Leaders can get First Aid Kits from Geoff Batts David Lanigan, John Wadge, or Graham Jakes and return them after their walk.

DISCLAIMER: Walking is inherently safe but people should be aware of their own fitness levels and ability to complete a walk before they start out. Walkers should be appropriately dressed and prepared for a wide variety of terrain and weather conditions.

A gentle reminder of information given to you when you joined the club:

A third party Insurance is held by the Club which does not cover personal indemnity. The Club or any of its agents acting on behalf of the Club shall not be held responsible for the death, injury, accident or damage, etc to the person or property of any member, guest or any other person occurring during and arising from participation in any of the activities advertised in the Club's programme. Damage by dogs is not covered by the Club's insurance policy. This is the owner's responsibility. Accidents to any person on a walk should be reported immediately to the Club's secretary.

Many thanks to all leaders for another full programme. It's you who keep the Club "on the move". Well done.

Regards from Steven.

***** CLUB NOTICES *****

IMPORTANT NOTICE

Please remember that your membership fee (now £4) is due for renewal.

To avoid our treasurer handling large amounts of cash, he would prefer that you would pay by cheque - payable to Verwood & District Rambling Club. Please put your cheque in a sealed envelope with the member(s) name(s), *email address**, postal address and telephone number on the outside. (*Email addresses will be used solely for sending out programmes, advising dates still available for the next walks' programme, subsequent changes to programme entries and other such Verwood Ramblers matters.)

Send to John Wadge:- 8, Crescent Road, Verwood, BH31 6DA.

AGM

Thank you to all who attended the AGM and in particular Pam Smith for her well received presentation. Pam received a number of donations during the evening and your committee are pleased to announce that a donation has also been made, from club funds, through Pam to the Macmillan Nurses' Charity

A REMINDER AS SUMMER APPROACHES

LYME DISEASE is caused by bacteria which can be passed to humans if an infected tick bites them. Symptoms start about a week after such a bite: a red blotch around the bite followed by flu-like symptoms. In more serious cases complications can occur, the most long term being arthritis. If any symptoms do develop, see a doctor straight away. The disease is more common in summer when ticks are more active. In grassy, bushy or woodland areas wear long trousers tucking the bottoms into your socks, a long-sleeved shirt with sleeves rolled down and cuffs fastened, and wear shoes not sandals. Any ticks can then be picked off the clothes. If a tick does get on to the skin, *carefully* remove it as soon as possible, ensuring both the body and mouth parts are removed. If available, covering the tick with cooking oil or butter, or a drop of methylated spirit, alcohol, TCP or nail polish remover on its body make it remove its grip from the skin. You may need tweezers

A useful web site that you may wish to explore

Walking in England. Thousands of **FREE** walks to download, details of all the books, maps and walking groups in the country. **www.walkinginengland.co.uk**