

WEB SITE: www.verwoodramblers.org.uk

**GENTLE EXERCISE FRESH AIR GOOD COMPANY AND WONDERFUL SCENERY
“TRY BEFORE YOU BUY” WHY NOT JOIN US FOR A TASTER
JUST TURN UP AT ANY OF THE WALKS AND INTRODUCE YOURSELF
OR ENQUIRE ON 01202 822874**



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 2011

- 01 Wed** M/SONS CP 09:15 or **QUEEN'S HEAD CP BROAD CHALKE 10:00** Exp 130 GR **SU 038 256**
Consider a coffee or drink on return. Car share if possible.
5.0 mls Knighton Hill, Bishopstone Hollow, Crouchestone, Stoke Farthing. Moderate 5 or 6 stiles.
- 03 Fri** M/SONS CP 09:15 or **WINDY CORNER 10:00** Exp118 GR **ST 959 062**
9.0 mls. Tarrant Rushton, Rawston, & Monkton **(parking limited – share cars)**
- 07 Tues** **Walk not submitted**
- 08 Wed** **Walk not submitted**
- 11 Sat** M/SONS CP 09:30 or **WHITE MILL NT CP 10:00** Exp 118 GR **ST 958 007**
10.0 mls Sturminster Marshall, Westley Wood, Spetisbury Rings, Tarrant Abbey, Stour valley way via Shapwick.

- 14 Tues M/SONS CP 09:30 or **MARTIN DOWN CP (off A354) 10:00** Exp 118 GR **SU 037 201**
3.0 mls Bokerley Ditch, Bowling Green Lane Bokerley Farm 1 Slight incline.
- 15 Wed M/SONS CP 09:30 or **FRITHAM CP 10:00** Exp OL22 GR **SU 232 140**
5.5 mls Fritham, Sloden Inclosure, Splash Bridge, Holly Hatch
- 17 Fri M/SONS CP 09:00 or **CATHERINE'S WELL MILTON ABBAS 10:15** Exp117 GR **ST 809 022**
9.5 mls Winterbornes Clenston, Stickland & Houghton 2 Steepish ascents.
- 21 Tues M/SONS CP 09:30 or **BADBURY RINGS CP 10:00 (signed of B3082)** Exp 118 GR **SU 960 031**
2.5 mls Easy walk round the rings and environs. Possibly orchids. 2 NT stiles and gentle inclines.
- 22 Wed M/SONS CP 09:35 or **ALDERHOLT ST JAMES CHURCH CP 10:00** Exp OL22 GR **SU 104 126**
5.5 miles Higher Bull Hill Farm, The Marsh, Alderholt Mill, High Wood . Some stiles and mud.
- 25 Sat M/SONS CP 09:00 or **WALKERS CP CHALLOW HILL CORFE 10:00** Exp OL15 GR **SY 963 821**
Walk 1 Jeanne: 7.0 mls Purbeck Way to Swanage return by train or bus.
Walk 2 Ron : 9.0 mls Purbeck Way, Godlington Manor, New Barn, Ailwood return by lower path
Car Share Limited parking.
- 28 Tues **NOTE: POTTERNE PARK, VERWOOD 10:00 By tennis courts.** Exp OL22 GR **SU 095 075**
3.5 mls Woolsbridge, Three Legged Cross.
- 29 Wed M/SONS CP 09:40 or **WOODLANDS CRICKET FIELD 10:00** Exp 118 GR **SU 051 090**
5.0 mls Bagman's Fm, Chalbury Fm, Horton, Haythorne. Undulating, some stiles.

JULY 2011

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

- 01 Fri M/SONS CP 09:15 or **SETLEY POND CP 10:00** Exp OL 22 GR **SU 302 992**
Off A337 at Cobblers Corner, signed Burley
10.0 mls Roydon Wood, Vicars Hill Farm, Boldre Church, (HMS Hood memorial) and Sandy Down
- 05 Tues M/SONS CP 09:30 or **GODSHILL CP 10:00** Exp OL22 GR **SU 177 161**
3.5 mls Godshill Inclosure, Castle Hill, Woodgreen. Forest tracks (could be muddy), country roads, 2 stiles.
- 06 Wed M/SONS CP 09:30 or **DROVERS CP GUSSAGE ALL SAINTS 10.00** Exp 118 GR **SU 002 106**
(Consider a coffee or drink on return. Car share if possible)
6.0 mls Amen corner, Brockington Lane, Wimborne St Giles, Monkton up Wimborne, Tenantry Down.
- 09 Sat M/SONS CP 09:00 or **TISBURY TITHE BARN 10:00** Exp 118/143 GR **ST 951 299**
9.0 mls Fonthill Bishop, Chilmark, Ashley Wood Farm. Hills, fields and country roads – could be muddy.
- 12 Tues M/SONS CP 09:15 or **ABBOTS WELL 10.00** Exp OL22 GR **SZ 178 129**
3.0 mls New Forest circular walk with 1 steepish incline.
- 13 Wed M/SONS CP 09:40 or **BOND AVE CP WEST MOORS 10:00** Exp OL22 GR **SU 078 034**
5.0 mls Castleman trail, Clayford Farm, Holt Heath and Newmans Lane.

- 15 Fri** M/SONS C.P 09:00 or **VIEWPOINT LAY-BY on B3551 10:15** Exp OL15 GR **SZ 006 819**
9.5 mls Godlington Heath, Old Harry Rocks, Ballard Down, Nine Barrow Down. Hills
- 19 Tues** M/SONS CP 09:30 or **PAMPHILL CP near school.10:00** Exp 118 GR **ST 993 005**
3.5 mls Meadows, River Stour, Farmland.
- 20 Wed** M/SONS CP 09:15 or **SHAPWICK CP 10:00** Exp 118. GR **ST 937 016**
5.5 mls Tarrant Crawford, Bishops Court Dairy.
- 23 Sat** M/SONS CP 09:30 or **CRANBORNE GARDEN CTR (at top end) 10:00** Exp 118 GR **SU 056 132**
(Consider a coffee or drink on return. Car share if possible)
9.5 mls Burwood, Boveridge Cranborne Fm, Monkton up Wimborne, Wimborne St Giles, Creech Hill. Moderate undulating
- 26 Tues** M/SONS CP 09:30 or **MANSWOOD PLAY AREA 10:00** Exp 118GR **ST 983 080**
3.5 mls Country tracks
- 27 Wed** M/SONS CP 09:30 or **FERNDOWN 10:00.** Exp OL22 GR **SU 065 008**
Wimborne Rd parking area opp Bracken Rd.
4.5 mls Ferndown Common, Knoll, Hampreston, Longham, 2 stiles.
- 29 Fri** M/SONS CP 09:30 or **BROAD CHALKE CHURCH CP 10:05** Exp 130 GR **SU 041 254**
10.5 mls Stoke Down, Drove Road Salisbury Race Course, Stratford Tony, Throope Bottom Cottage, Ebbles Valley

AUGUST 2011

- 02 Tues** M/SONS CP 09:15 or **RUFUS STONE CP 10:00** Exp OL22 GR **SU 270 126**
3.5 mls Forest walk via. Kings Green Gutter Enclosure, returning near The Sir Walter Tyrrell pub. Usual forest conditions.
- 03 Wed** M/SONS CP 09:30 or **LINFORD BOTTOM CP 10:00** Exp OL22 GR **SU 181 072**
5.0 mls Forest circular usual conditions
- 06 Sat** M/SONS CP 09:30 or **GARSTON WOOD CP 10:00** Exp 118 GR **SU 004 195**
9.0 mls Middle Chase Farm, Ox Drove Track, Hut Farmhouse, West Woodyates Manor.
- 09 Tues** M/SONS CP 09:30 or **BREAMORE CHURCH (Close to wall) 10:00** Exp OL 22 GR **SU 154 188**
3.5 mls tracks & woods
- 10 Wed** M/SONS CP 09:30 or **MARTIN DOWN CP 10:00** Exp 118 GR **SU 037 201**
5.0mls Brokerley Ditch, Pentridge Down. Hills no styles, may be some mud.
- 12 Fri** M/SONS CP 09:30 or **CHILD OKEFORD COMMUNITY CTR CP 10.00** Exp 118 GR **ST 833 123**
9.5 mls Melway Farm, Trailway to Stourpaine, Durweston, the Folly, Bonsley Common, Eastcombe Wood, Shillingstone. 1 easy hill, 1 steep down hill.

- 16 Tues** M/SONS CP 09:30 or **PAMPHILL CP 10:00** Exp 118 GR **SU 990 007**
3.5 mls Cowgrove and Pamphill. Could be some mud. 2 easy styles.
- 17 Wed** M/SONS CP 09:30 **ASHLEY WALK CP 10:00** Exp OL22 GR **SU 186 156**
5.0 mls Forest circular usual conditions
- 20 Sat** M/SONS CP 09:00 or **OLD SARUM CASTLE CP Salisbury 10:00** Exp130 GR **SU 139 326**
9.5 mls Keepers Cottage, Netton, Woodford Bridge, Mid' Woodford, Avon Fm.
 To Be Recce'd but appears easy, undulating with some stiles and some Country Roads.
- 23 Tues** **Walk not submitted**
- 24 Wed** **Walk not submitted**
- 27 Sat** M/SONS CP 09:40 **FISHERMENS' CP RINGWOOD 10:00** Exp OL22 GR **SU139 049**
NB **CP at top of Hurn Lane to Matchams Limited space, Car share advised.**
8.5 mls Castleman Trail, Sandford ,Bisterne returning via Avon Valley path.Flat walk ,some lane walking involved.
 Not Friday.
 Out of sequence
- 30 Tues** M/SONS CP 09:30 or **HIGH CORNER CP 10.00** Exp OL 22 GR **SU 200 019**
3 mls Forest walk. No stiles, slight inclines.
- 31 Wed** **Walk not submitted**

GENERAL INFORMATION

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 (01202 874347), David Lanigan (01202 893981), John Wadge, (01202 822874) or Graham Jakes (01202 825653) 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.

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

A WORD OF WARNING SUMMER SEASON BRINGS OUT THE WORST IN SOME CREATURES

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.

The link below may be of interest to those with internet access.

<http://www.nhs.uk/Conditions/Lyme-disease/Pages/Introduction.aspx>