



St. Catherine's Hill Fort & Twyford Down

A strenuous walk over high downland with some steep climbs.
The route incorporates extensive, exhilarating views

Essential Facts

- | | |
|-------------------------|----------------------|
| ▪ Route distance: | 16.5 km (10.3 miles) |
| ▪ Approximate time: | 4 hours 20 mins |
| ▪ Approx. total ascent: | 370 metres |
| ▪ Start point Grid Ref: | SU 483 280 |
| ▪ GPS Ref: | SU 48388 28043 |
| ▪ Recommended O.S. Map: | Explorer 132 |
| ▪ Toughness Rating | Hampshire 3 |

Please see the notes on Toughness Ratings at the end of this report

Up For A
CHALLENGE ?

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An Individual Walk
A Team Effort

Full Info from the Great Walks web site

THE ROUTE

Caution: Part of this route passes the perimeter of a Firing Range. Take care to observe safety notices.

The walk starts from the Tun Bridge car park, just outside Winchester. From the car park, **S**, walk away from the road and follow the disused Itchen Navigation at the foot of St. Catherine's Hill.

Leaving this track after about 700 metres, take the marked Pilgrims Trail on your left, **A**. Continue ahead, passing through two gates, with access to St. Catherine's Hill. Steps take you to the top of the hill fort, with its magnificent views over Winchester. The maze is at the far side.

After visiting the hill fort return down the steps and turn left. Continue to follow the track as it climbs uphill, then passes through a gate, to cross the footbridge over the M3. The Pilgrims Trail turns right, through another gate at the far side, and veers away from the road as it continues to climb over Twyford Down. Views over this 'Area of Outstanding Natural Beauty' can be enjoyed.

The chalky path, slippery when wet, descends, meeting a crossing track at **B**. Turn left, leaving the Pilgrims Trail, and continue ahead. Just before the height barrier, turn right into the trees at the finger post.

The bridleway emerges through a gate onto Morestead Road, **C**. Turn right and continue along the Roman Road for 900 metres, until you reach a lay-by on your right. Taking the footpath opposite, turn right, veering away from the road. The grassy path enters a wood beside an M.O.D. firing range, on your left. The path becomes overgrown for a short distance, before a finger post, directs you left, into an open field. Follow the waymarked route ahead to a double stile. Cross, and continue along the marked path, keeping the hedge to your right.

Emerge onto Fawley Lane and turn left. The lane becomes a track, at Hydes Cottages where you bear left. Continue to the top of Fawley Down and on towards Cheesefoot Head. The views are spectacular as you climb to join the South Downs Way 100 metres before reaching the A272. Turn left at the finger post, **D**

If you wish to see where Eisenhower addressed the troops before D-Day, continue to the road, cross, and turn left. The natural amphitheatre is to your right

Follow the South Downs Way through beautiful downland to **E**. Turning left at the path junction; continue ahead to Little Golders. The route now turns right along a lane to Chilcomb. Follow the road through the village as it turns north at Chilcomb Manor. The virtually unaltered Norman Church of St Andrews, is worth a visit.

At the junction with Kings Lane and Chilcomb Lane, climb the steps into a field; the fingerpost is hidden in the hedge at **F**. Your route continues for about 1 km. then crosses a bridge over the M3. At the far side, bear right along a path for 200 metres. At the junction, turn left towards Winchester, Continuing to follow the South Downs Way.

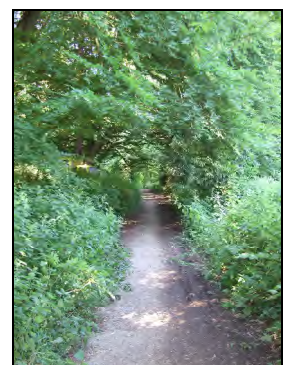
The path emerges at a road, Chalk Ridge. Continue ahead to the junction with Canute Road, then ahead along Petersfield Road, and East Hill. With the Black Rat restaurant, in front of you, cross the road junction, then continue ahead onto Wharf Hill. Follow the road as it bears left, then turn onto Domum Road at the junction with College Walk. College Walk will take you into Winchester for refreshments and sightseeing.



The Ramparts Of St Catherine's Hill Fort



The Quiet River Itchen



Path At St Catherine's Hill

Continue along Domum Road, turning right beside 2 New Barge Cottage. Take the narrow footpath to the 'Itchen Navigation', then turn left to follow the path beside this spectacular stretch of water. Emerging onto the road, cross to the car park and the finish. **S**.

Refreshment

The Wykeham Arms
Public House
75 Kingsgate Street,
Winchester
Tel: 01962 853834
Upmarket character pub.
Quality meals. Fresh
ingredients. Real Ale

Café Nero
Cafe
107 High Street,
Winchester
Tel: 01962 868889
Sandwiches.
Beverages. Pastries.
Soups. Pasta.

The Black Boy
Public House
1 Wharf Hill, Winchester
Tel: 01962 861754
Good food. Sandwiches
and light lunches. Real
Ale. Outside area.

Café Monde
Cafe
22 The Square,
Winchester
Tel: 01962 877177
Breakfasts. Light
lunches. Beverages.

The Old Market Inn
Public House
34 The Square,
Winchester
Tel: 01962 627341
Italian influenced, quality
food. Real Ale



The Wykeham Arms

LOCAL INFO

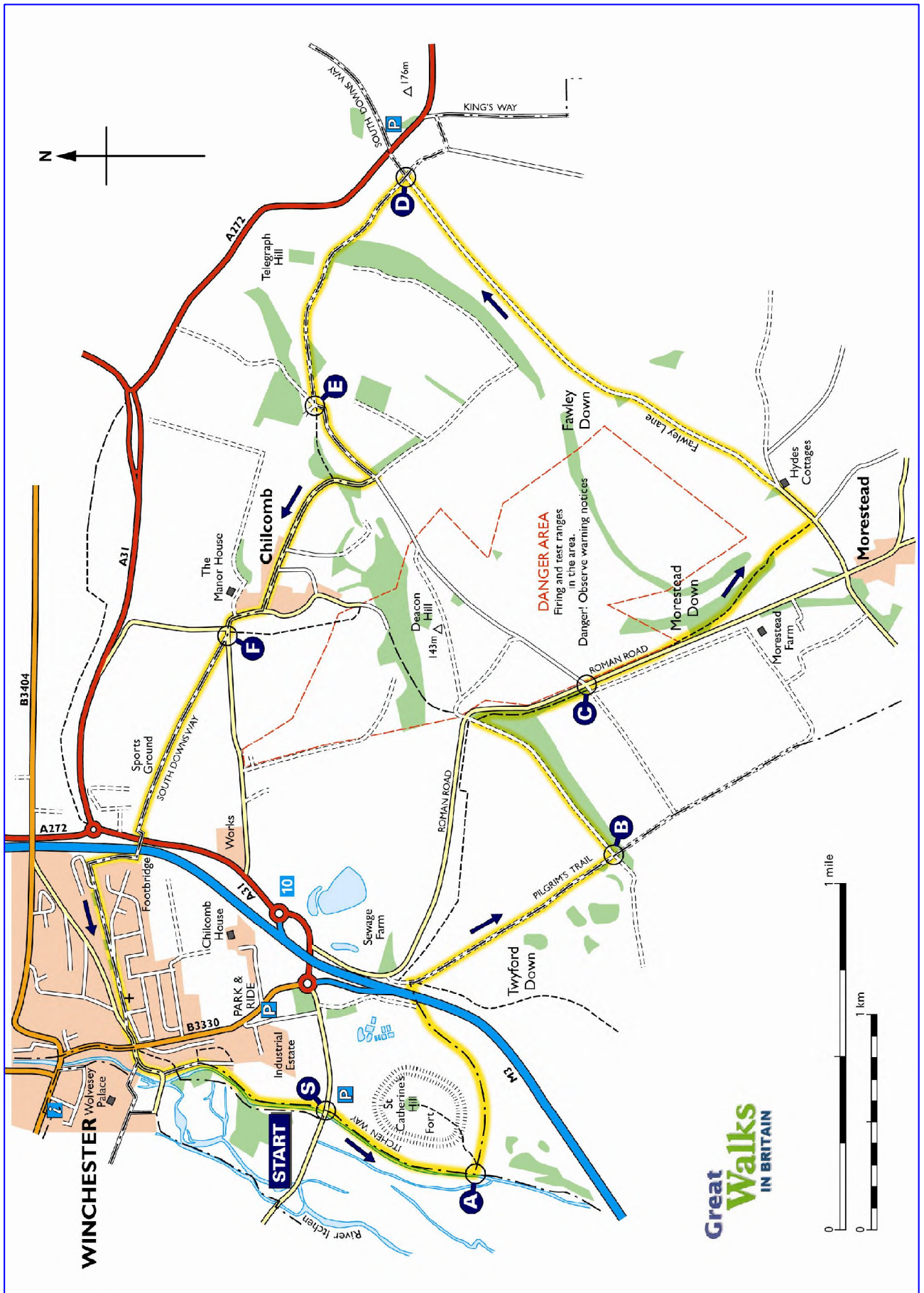
The Pilgrims Trail from Winchester to Portsmouth, passes St. Catherine's Hill which was the site of Winchester's first settlement. The ramparts and ditches of the Iron Age fort can still be seen today. Also on the site was the Norman, 'St. Catherine's Chapel'; nothing remains, however, a 17th century turf cut maze can be seen at the far side of the hill. From the fort, the walk then passes 'plague pits', burial pits used in the 14th century. 'The Black Death' had killed two thirds of the population of Winchester.

The South Downs Way follows the Downs from Eastbourne to Winchester. Today's walk joins the route at the highest point in the area, Cheesefoot Head. In 1944 thousands of American and British troops lined the slopes of this huge natural amphitheatre to see Joe Louis, the heavyweight boxing champion of the world, fight.

Chilcomb village, through which your route passes, is proud of its connection to George Washington, the first president of the United States. John Washington, a relative, was the rector here between 1803 and 1812.

**ST CATHERINES HILL FORT
AND TWYFORD DOWN
G.P.S. WAYPOINTS**

WAYPOINT NAME	MAP REF		CO-ORDINATES		ELEVATION: Metres
STC S	S	SU	48388	28043	37
STC A	A	SU	48093	27366	32
STC B	B	SU	49563	26723	77
STC C	C	SU	50352	26859	121
STC D	D	SU	52713	27695	163
STC E	E	SU	51645	28109	131
STC F	F	SU	50595	28523	66



MAP LEGEND					
	Great Walks route		Church with tower		Spot height - metres
	M6 Motorway		Church with spire		Information centre
	A23 Main road		Other place of worship		Parking
	B2116 Secondary road		Cathedral / Abbey		Public convenience
	Minor road		Building		Public house
	Other road		Built up area		Picnic site
	Track		Woodland		Camp site
	Footpath		Sand, shingle or mud		Major tourist feature
	Bridleway		Water feature		Other tourist feature
	National trail				
	Railway				

Safety First

Safety should always be your first priority in planning and undertaking a walk, whether on your own or leading a group. Please read these Safety First and Walking Our Routes notes.

Lead a group of other walkers only if you have leadership and navigational experience adequate for the 'worst case' conditions which may be encountered on the particular walk, bearing in mind the terrain, possible weather and navigational demands.

Weigh up the capabilities of your party, in terms of fitness and walking speed. Adjust your time expectations accordingly.

Ensure all your party are adequately clothed for the weather and conditions. Footwear is particularly important. Clothing must protect against cold, wet or strong sun according to the time of year.

Emergencies are quite rare, but it is essential to think ahead about what to do if someone in your party sustains an injury. Will you have a First Aid kit? Is there a qualified First Aider in the party? How could help be summoned in a serious eventuality?

Refreshment, particularly water, can be vital. Dehydration in hot summer conditions can be rapid, and frequent intake of fluids is essential.

On tougher walks it is a good idea to tell someone where you are planning to go – and when you expect to be back. Remember - mobile phones often lose reception in mountainous or isolated areas.

All our walks use legitimate routes: Public Rights of Way, Public Footpaths, Bridleways, Permissive Paths, Access Land, Byways and Roads.

Road walking calls for particular care. When there is no defined footpath or verge wide enough for safe walking it is usually best to walk on the right – facing oncoming traffic. An exception may be a tight bend, where walkers would be more visible on the left.

Occasionally you may find a public footpath blocked or unuseable. It is perfectly in order to take the shortest available diversion without damaging crops, perhaps around a field margin.

It is courteous to close gates after passing through, sometimes even if the gate was open when you arrived – particularly if it is obvious livestock may escape.

Mutual respect for farm animals is to be encouraged! Don't frighten or annoy them, but equally don't put your party members in danger or discomfort. You certainly wouldn't be the first walkers to go round the outside of a field of frisky bullocks.

Dogs should always be kept on a lead anywhere near farm animals, and under close supervision elsewhere in the countryside.

Walking Our Routes

Our walks are designed to be negotiated using the route directions in conjunction with the map section provided. We suggest walkers also take the Ordnance Survey Explorer or Outdoor Leisure map recommended for each walk.

On mountain, moorland and open heathland walks it is **ESSENTIAL** to have navigational expertise and tools, including the recommended Ordnance Survey map(s).

Take care to observe any cautions in the route description; exposed paths, areas liable to flooding etc.

Consider conditions before setting off. Will heavy rain have made a water meadow impassable? Will frost or snow make a path slippery?

When navigating the route look for clues to confirm you are in the right place. Are map features where you would expect on the ground? Are features mentioned in the text where expected? If you suspect you may have taken a wrong turn, take action sooner rather than later. It is better to re-trace to a known point rather than carry on regardless with the possibility of becoming increasingly confused.

All our routes are carefully checked before publication, but features can change on the ground – sometimes surprisingly quickly. Footpaths may be re-routed, buildings can appear or change significantly and these days pub names seem to change frequently.

The approximate time given for each walk is based on an average walking speed of 2.5 miles per hour (4 km/hour), plus an allowance for ascent, descent and any difficult terrain.

Total ascent is the approximate total ascent over the whole walk.

GPS users can enter in the waypoints provided in each of our walk reports. It is important to read our guide **Introducing GPS for Walkers**, available as a PDF file from the Great Walks in Britain web site.

Remember that GPS is a great navigational tool, but only one of those available to the navigator. Never dispense with conventional map and compass – and the training and skills to use them, especially on mountain, moorland or open heathland walks.

TOUGHNESS RATINGS

All our **Hampshire & New Forest** routes can be undertaken by reasonably fit walkers able to utilise our map segments, together with the route guidance notes. Always consider recent and forecast weather.

Each walk has been allocated a **Toughness Rating**:

1. Easier walks with modest ascent and generally on well defined paths. There may be stiles or narrow gateways to negotiate.
2. Routes which are more demanding. They may include more ascent and possibly paths which are looser or more difficult underfoot.
3. More strenuous walks with some steep sections, higher paths or places which may be wet and boggy.
4. The most demanding walks in this edition. There may be prolonged steep ascents. Conditions may be challenging underfoot.

Toughness Ratings are allocated in the context of the terrain in the edition area. For example a walk rated as demanding in Hampshire may be equivalent to an easier or moderate route in the Brecon Beacons..