

The Watercress Way Walks – Railway Route 3

Summary: A route of 9 miles, from Itchen Abbas via the railway, Wayfarer's Walk and water cress beds to Alresford. Return either by bus or complete the walk via the most stunning parts of the Itchen Valley.

At Alresford take a trip on the preserved steam part of the railway line to Alton.

Alternatively enjoy the many coffee shops, interesting pubs and restaurants.



OS Map: OL 32 (start point: grid ref. 536 328)

http://gb.mapometer.com/running/route_4165208.html

Suitable for walking and running

1. **Start:** The Plough, Itchen Abbas (free parking available at nearby Community Centre)
 2. Turn right from the Plough, after 50 yds turn up Northington Road, immediately after going under viaduct turn right along the side of the railway (Watercress Line). After ½ mile cross over to the other side of the old railway, there is a gap in the wire and a crude fence type style. Turn left when the old railway is crossed and continue for ¼ mile to Rectory Lane.
 3. Turn right then after 50 yds turn left along Baring's Close. Join footpath at end and follow close to fence, turning right at the end of the fence and follow down to B3047. Immediately turn left up the marked Bridleway.
 4. Continue along bridleway for 1 mile. Then turn right onto The Wayfarers Walk and continue for 1 ½ miles. Turn right along road and after 100 yds rejoin Wayfarer's Walk to right. Follow for a further ¾ mile and enter Alresford by Ladywell Lane and Mill Hill.
 5. * At junction with East Street/West Street, take footpath alongside Barclays, keep right of church and after 150 yds turn right to join Station Road.
- * To shorten the walk the No. 67 bus may be taken from Alresford directly back to the Plough.

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6. Turn left , then right through station car park and continue along road. At T junction turn right. After 150 yds turn left along Pound Hill Road, which becomes The Avenue, Winchester Road and Alresford Road
7. After 1 ¼ miles bear right along a country lane just before a roundabout for the A31. Continue along this lane for ½ mile, almost to the Bush pub, then turn right on a footpath which crosses the River Itchen. Look for wild trout and herons whilst walking along this path between rivers. After 1/3 mile turn right up towards Itchen Stoke, just before the first cottage take permissive footpath to left, follow through meadows, firstly alongside the cottages gardens' then bear left following track across meadows to footbridge over the River Itchen. Turn immediately right after footbridge along footpath and join Lovington Lane (turn right).
8. Walk past Yavington Farm then after 150 yds take footpath to the left through meadow up the side of the hill. After 150 yds turn right along Itchen Way footpath which goes through woods, and after 1/3 mile will follow a track along the top edge of the Avington golf course. Turn right after the car park at end of this track.

9. Join road to left, and after 50 yds turn right along road. After almost ½ mile you will return to the Plough for a well earned rest.



Points of Interest:

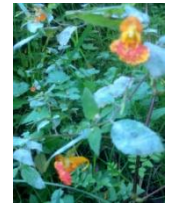


Railway:

Viaduct on Northington Lane
Follow Watercress Line for ½ mile
Alresford to Alton preserved steam railway.

Eco:

Watercress beds just before Alresford
River Itchen especially the section from
the Bush to Itchen Stoke.



Buildings:

Avington House, near Itchen Abbas

Inns and Pubs:

The Plough, Itchen Abbas
The Bush, Ovington