

The Watercress Way Quiz Answers

Local history

1. How long is the trail? **26 miles**
2. Why is it called the watercress way? **Named after Mid-Hants railway, important for taking watercress to London from Hants**
3. What is the name of the disused railway linking Sutton Scotney to Kings Worthy? **Didcot- Southampton railway**
4. How much of the disused railways have been opened for public access? **Approximately 20%**
5. How many landowners own the disused railway sections of the watercress way trail? **26**

Local history

1. Why is a shell and 2 croziers chosen to waymark the pilgrimage route the watercress way partly follows? **Shell used as food bowl food, croziers represent Thomas a Beckett & St Swithun**
2. What is the link between Avington park, one of the watercress way sponsors, and Nell Gwyn? **Location of secret trysts with Charles II the River Itchen was diverted for their heated bathhouse**
3. Who used to have a second home by the Itchen river between Itchen Abbas & Chilland, famed for saying 'the lights will go out over Europe'? **Foreign secretary Sir Edward Grey's retreat, took Britain into WW2**
4. Which author stayed in one of our sponsor pubs: the plough in the 1860s, supposed to have been inspired to write the novel the water babies? **Charles Kingsley**

Downland and rivers

1. What is the dominant geology along the trail? **Chalk**
2. What are flints thought to be made from? **Sea sponges**
3. Where is the source and mouth of the river Itchen? **Cheriton and Southampton ocean village. 28 mls 45 km**
4. Why are there so many dry valleys, tributaries of the Itchen, needing viaducts such as in Itchen Abbas, or embankments **carved by higher rainfall and frozen ground (permafrost) in last ice age 1.5m-10,000 yrs ago**
 - Which is the odd one out? **Rainbow trout farmed fish**
5. What is a drove? **Ancient trackway for livestock, started 6000 years ago. many in medieval times, heyday in 18th c. Railways meant fell into disuse, and often have become roads**
6. What are some common names for droves? **Oxdrove, , Drove rd, Stockbridge, Leckford hutt, Clump...**
7. Why do droves run mainly west-east in Hampshire? **Main market route S Wales and west country to London & SE markets**
8. Name some other long distance routes the watercress way partly uses or intersects: **Itchen, St Swithuns, Three Castles, Wayfarers walk**

What is watercress?

1. What type of plant is watercress? **Mustard perennial**
2. Where can it grow apart from in a stream? **Gardens in waterlogged pots**
3. When was watercress first used? **Hippocrates first hospital on Kos to cure blood disorders**
4. What is the link between watercress and the old railway lines? **Important for fast transport of perishable crop to main market London**
5. Why was watercress called 'poor man's bread'? **Cheaper, source of iron, sold in paper cones in Victorian London**
6. Why is it dangerous to eat wild watercress? **Liverfluke**
7. Why is watercress now branded a superfood? **Nutrient 7 vitamin rich low in saturated fat & cholesterol**

Heritage and landscape

1. How many miles of disused railway lines are now open to the public in Britain? **4,000**
2. Why was the watercress line closed later than the Didcot-Southampton line in 1973? **Public opposition**
3. Why is a house at station hill Itchen Abbas called 'Beeching'? **Named after minister responsible for recommending cuts in 1960s**
4. Name 4 railway artefacts along the disused tracks Photos of Martyr Worthy to Itchen Abbas **sleeper ballast telegraph pole, railway track**



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