

COUNTRY PARKS & NATURE RESERVES

Hampshire has many lovely country parks, woodlands and nature reserves to explore..

⇒ For more ideas check out the Hampshire County Council and New Forest websites:

 www.hants.gov.uk/countryside

 www.thenewforest.co.uk



- | | |
|-------------------------------|---------------------------------------|
| 1. East Park | 9. Royal Victoria Country Park |
| 2. Farley Mount Country Park | 10. Sir Harold Hillier Gardens |
| 3. Hamble Common | 11. Southampton Common |
| 4. Holly Hill Woodland Park | 12. Swanwick Lakes and Nature Reserve |
| 5. Itchen Valley Country Park | 13. Testwood Lakes and Nature Reserve |
| 6. Lakeside Country Park | 14. The Countryside Education Trust |
| 7. Lepe Country Park | |
| 8. Moors Valley Country Park | |





1. East Park


- ⇒ East Park has the highest concentration of trees, shrubs, rose beds, herbaceous plants, spring and summer bulbs, bedding, ferns, grasses and bamboos of the Central Parks
- ⇒ With a rockery, ponds, a commemorative circular mosaic, wisteria pergola (flowers in May), the Titanic engineers memorial, the Queens Peace fountain and plenty places to sit
- ⇒ There is a café in the pavilion, *The Flying Aubergine*, offering a range of delicious hot and cold dishes, including some gluten free options. You can download a copy of the menu (see website). Free WiFi is available in the cafe and patio area
- ⇒ Equipment for use on the miniature golf course is available to hire from the pavilion



Always open to the public
Café: everyday 9am-5pm
Free of charge

 City Centre, Southampton, SO14

 0800 519 1919

 parks@southampton.gov.uk

 [http://www.southampton.gov.uk/s-leisure/parksgreenspaces/citycentreparks/andrews\(east\)park.aspx](http://www.southampton.gov.uk/s-leisure/parksgreenspaces/citycentreparks/andrews(east)park.aspx)





2. Farley Mount Country Park

- ⇒ A large area of beautiful downland and woodland, including West Wood
- ⇒ The Park is ideal for walking and picnicking, with fine views over central Hampshire, particularly from the monument at Beacon Hill
- ⇒ There are cycle trails and guided walks, as well as regular events (see website)
- ⇒ Calling in advance is advised for large groups or if you are travelling any distance to ensure areas are not closed for events



Always open to the public
24hrs a day all year round
Free of charge

 Sarum Road, Winchester, SO22 5QS

 01962 860 948

 centralcountrysidesites@hants.gov.uk


 www.hants.gov.uk/countryside/fmcp.htm




Generally good wheelchair access, may become muddy in wet weather
There are no toilets on site at all


3. Hamble Common

- ⇒ 55 acres of coastal heath at the end of the Hamble Peninsula
- ⇒ The area has a wide range of habitats including coastal heath, woodland, saltmarsh and mudflats, and is a popular site for bird watching
- ⇒ It also has some interesting history, with the remains of WWII weaponry, a Tudor castle and Iron-age settlements
- ⇒ Activities run throughout the year (see website for calendar of events)

 School Lane, Hamble-le-Rice,
Hampshire, SO31 4NB

 02380 688 068

 countryside@hants.gov.uk

 www.hants.gov.uk/countryside/hamble-common.htm

Always open to the public

Free of charge





Some wheelchair access,
varied terrain




4. Holly Hill Woodland Park

- ⇒ A historical area of parkland which has been awarded a Green Flag for sustainable biodiversity
- ⇒ Over 70 acres of woodland and 5 acres of lakes
- ⇒ Situated on the banks of the River Hamble, there are picturesque views across the valley. There are Victorian landscaped gardens with lakes, islands, waterfalls, many exotic plants and natural woodland which is rich with wildlife
- ⇒ A lovely area for walks and picnics, with plenty of picnic tables and benches

 Barnes Lane, Sarisbury Green,
Hampshire, SO31 7BH

 01329 236 100

 [contact form on website](#)

 www.visit-hampshire.co.uk/things-to-do/holly-hill-woodland-park-p46393



Always open to the public
all year round

Free of charge



Large car park at Barnes Lane
with disabled bays



5. Itchen Valley Country Park

- ⇒ 440 acres of beautiful water meadows, woodland and meadows
- ⇒ Visitor Centre with nature-based displays, two play areas, a shop, toilets and café
- ⇒ Several marked trails around the Park.
- ⇒ The Play Trail and new Totem Trail for children, with play equipment to climb on along the way. Two play areas; a small one for the younger children near the Visitor Centre and a larger adventure play area on High Hill Field.
- ⇒ Throughout the year there are activities including campfire cooking, den-building, pond dipping and natural crafts (see website for calendar of events)
- ⇒ Picnics are encouraged and there are many tables throughout the Park.

Car Park

8.30am-7pm (Winter)
8.30am-9.30pm (Summer)

Visitor Centre & Café

April-August:
Everyday 10.30am-5pm
September:
Tues/Wed/Fri/Sat/Sun 10.30am-5pm
October-March:
Weekends & holidays 10.30am-4pm

Free of charge



- ⇒ Pay and Display parking but free to blue badge holders
- ⇒ 1 mile forest trail has the best wheelchair access
- ⇒ Electric scooter available for hire if needed



Allington Lane, West End, Southampton, SO30 3HQ



02380 466 091 (General Enquiries) or 02380 475 080 (Events)



ivcp@eastleigh.gov.uk



www.eastleigh.gov.uk/ivcp



6. Lakeside Country Park

- ⇒ Restored gravel works, with wildlife including birds, insects, small mammals and the occasional fox and deer
- ⇒ A popular fishing site, with designated trails and picnic sites
- ⇒ There's a café which sells hot and cold food and drinks, and Eastleigh Lakeside Railway



Wide Lane, Eastleigh, SO50 5PE



02380 617 882



lakeside@eastleigh.gov.uk



www.eastleigh.gov.uk/leisure-and-culture/countryside/lakeside-country-park.aspx



Always open to the public

Café
 Tuesday-Saturday 7.30am-4pm
 Sunday 9am-4pm
 (open Mondays in school holidays)

Railway
 Open all weekends & daily in summer
 10am-4.30pm (Summer)
 10am-4pm (Winter)

Free of charge



- ⇒ Toilets are RADAR key operated
- ⇒ Parking free all day weekends, free 4 hours weekdays

7. Lepe Country Park

- ⇒ Coastal Country Park in the New Forest with views across the Solent to the Isle of Wight
- ⇒ Over a mile of beach, pine fringed cliffs, historic D-Day remains and meadows
- ⇒ The park is popular for walking, swimming, fishing, windsurfing and bird or boat watching.
- ⇒ Play area, picnic & barbecue areas, Lepe Beach Café and gift shop
- ⇒ Wildlife activities and events for children (see website for current details)
- ⇒ Family Fun Events: nature detectives, craft events, guided walks



Lepe Road, Exbury, Hampshire, SO45 1AD



02380 899 108



lepe.enquiries@hants.gov.uk



www.hants.gov.uk/lepe



Open daily 7.30am-dusk

Café
 Daily 9am-5pm (April-Oct)
 Opening times vary in winter months

Free of charge



- ⇒ Limited wheelchair access, mostly shingle, access ramp to beach
- ⇒ 1 landeez wheelchair available to borrow free of charge for more access
- ⇒ Parking if free for blue badge holders

8. Moors Valley Country Park

- ⇒ Many play areas, walking trails, cycle routes, visitor centre, nature trails, feed the ducks
- ⇒ Moors Valley Steam Railway, the South's longest fully signalled narrow gauge railway (adult return £3.55, child return £2.35)
- ⇒ *Seasons Restaurant* serving a wide range of food, ice cream kiosk, picnics & BBQs are welcomed
- ⇒ Check website for visitor centre and steam train operating times as they slightly vary



- ⇒ Tarmac walkways and accessible fishing platforms
- ⇒ Free parking for tax exempt disabled
- ⇒ Disabled and 1 'changing places' standard toilet



Horton Road, Ashley Heath,
Ringwood, BH24 2ET



01425 470 721



rangers@moors-valley.co.uk



www.moors-valley.co.uk



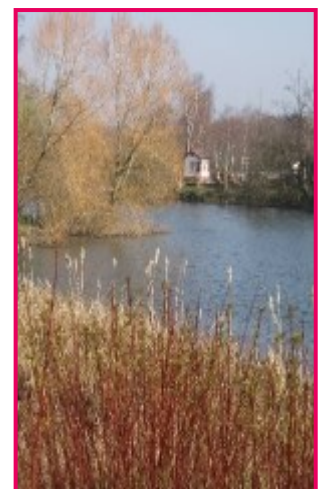
Daily 8am-5pm (Sept-March)

Daily 8am-8pm (June-August)

Restaurant

Daily 9am-4pm (later in summer)

Free of charge



9. Royal Victoria Country Park

- ⇒ Playgrounds suitable for all levels of ability and are wheelchair accessible
- ⇒ Sensory Garden with smooth paths, raised flower beds, a fountain, woodland, duck pond and tree trail
- ⇒ Cedar Tea Rooms and BBQ area
- ⇒ Trails and woodland walks with accessible paths, seashore activities, concerts and events (see website)
- ⇒ Shingle/sand beach with passing boats and ships (good for playing on)
- ⇒ *Netley Chapel*: the last remaining part of the Royal Victoria Military Hospital, contains historical exhibitions and a heritage centre.
- ⇒ *Royal Victoria Railway*: miniature steam and diesel trains run along a 1 mile scenic route. Various events (see website)







Open all year
Car Park
 8am-9pm (March-October)
 8am-5pm (November-February)

<u>Prices</u>	
Park Entry:	FRree
Chapel, Adult:	£1
Chapel, Child/Concession:	75p
Railway, Adult:	£1.50
Railway, Child/Concession:	£1
Carer (with ID):	Free



- ⇒ Parking is free to blue badge holders
- ⇒ Central area is wheelchair accessible (ramp to beach),
- ⇒ Limited accessibility in far corners of the park

 Netley Abbey, Southampton, SO31 5GA
 02380 455 157
 rvcp.enquiries@hants.gov.uk
 www.hants.gov.uk/rvcp



10. Sir Harold Hillier Gardens

- ⇒ The 180 acre gardens with over 42,000 plants are a lovely place to visit in all seasons
- ⇒ World famous Gardens, Azalea Woodlands, The Pond, Hydrangea Walk, Himalayan Valley, the 250m Centenary Border and much more
- ⇒ Children will enjoy the Tree House, Bamboo Tunnel, Flying Carpet swing, visiting the pigs and exploring the Education Garden.
- ⇒ Self-guided activity trails, exhibitions and events such as the popular Art in the Garden sculpture exhibition running throughout the summer
- ⇒ Children's activities are held throughout the year such as Bushcraft, Pond Dipping, Tree Climbing as well as Craft Activities
- ⇒ Restaurant and summer tea rooms



- ⇒ These Gardens contain a series of all-ability paths
- ⇒ Wheelchairs and Mobility Scooter available to hire, call 01794 36918 to reserve one

 Sir Harold Hillier Gardens, Jermyns Lane, Romsey, Hampshire, SO51 0QA
 01794 369 317
 info@hilliergardens.org.uk
 www.hants.gov.uk/hilliergardens



10am-6pm April to October
 10am-5pm November to March
 Open everyday except Christmas and boxing day
 Last entry 1 hour before closing

<u>Prices</u>		£
Membership:	£28.50	
Adult:	£9.30	
Child (under 17):	Free	
Seniors/ Job Seekers/ Students/ Adults with disabilities:	£8.40	
Gift Aid Prices		



11. Southampton Common

- ⇒ The Community Award winning Southampton Common is a much loved and well used green space and is also a Site of Special Scientific Interest.
- ⇒ Lakes and wildlife
- ⇒ Lots of space for football, games, cycling picnics and BBQ's
- ⇒ A playground for children, near The Cowherds pub
- ⇒ Also the home of a historical site, Southampton's Old Cemetery
- ⇒ Hawthorn Urban Wildlife Centre is situated on the south east corner of Southampton Common and provides information about Southampton's abundant wildlife (see 'animals' for more info on this)
- ⇒ There is a Paddling Pool on the common on occasion in the summer months -for more information about the paddling pool, please contact The Quays Swimming and Diving Complex on 023 8072 0900



Southampton Common, The Avenue, Highfield
Southampton, SO15 7NN



02380 671 921



hawthorns.wildlife.centre@southampton.gov.uk



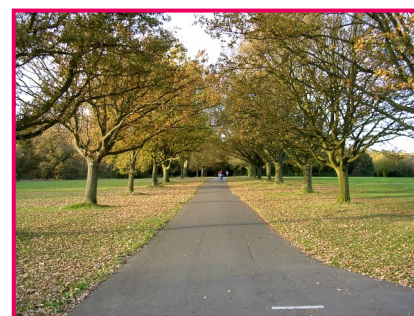
www.southampton.gov.uk/s-leisure/parksgreenspaces/thecommon

Always open to the public

Free of Charge



- ⇒ Disabled toilets at the Cowherds Pub and Hawthorne Wildlife Centre
- ⇒ Parking on surrounding streets
- ⇒ Accessible paths



12. Swanwick Lake Nature Reserve

- ⇒ An 86 acre site with a mix of lakes, woodlands and meadows rich in wildlife
- ⇒ There is a study centre on site and events for all ages run throughout the year, hands on nature activities in school holidays for all abilities (more info at www.hiwwt.org.uk/whats-on)



Sopwith Way, Swanwick Lake,
Southampton, SO31 7AY



01489 570 240



swanwicklakes@hiwwt.org.uk



<http://www.hiwwt.org.uk/reserves/swanwick-lakes>



Dawn until dusk everyday

Free of Charge



- ⇒ Surfaced path network accessible by RADAR key
- ⇒ Firm stoney pathways but some steep slopes
- ⇒ Clay soil in some places may become slippery in wet weather
- ⇒ Study centre fully accessible when open

13. Testwood Lake Nature Reserve

- ⇒ A 150 acre site with lots of wildlife, grassland, woodland, lakes and walks
- ⇒ There is a study centre, 2 bird hides half a mile from the centre and events run throughout the year
- ⇒ They can provide expectation sheets and tactile Makaton wildlife sheets



- ⇒ Parking 8am-6pm Summer, 8am-4pm Winter
- ⇒ Gates are accessible by RADAR key
- ⇒ 1 RADAR key available to borrow
- ⇒ All-terrain wheelchair available to borrow (suggested £5 donation) Mon-Fri 9am-5pm, Sat-Sun 1pm-4pm, call ahead as the centre is not always staffed



Brunel Road, Totton, SO40 3XP



02380 667 929 (Centre)



testwoodlakes@hiwwt.org.uk



<http://www.hiwwt.org.uk/reserves/testwood-lakes>

Gate to the Reserve

8am-6pm Summer
8am-4pm Winter

Study Centre

Summer:

Monday to Friday 9am-4pm
Sunday & most Saturdays
1pm-4pm

Winter:

Monday to Friday 9am-4pm
Sunday & most Saturdays
1pm-3pm

Bird Hides

10am-4pm everyday

Free of Charge



14. The Countryside Education Trust

- ⇒ Situated in the beautiful surroundings of the New Forest, close to the Beaulieu river and 10 minutes drive from the beach
- ⇒ They provide residential and day visit facilities in an idyllic setting, offering activities for all ages and abilities. It is a special place with a unique atmosphere, which is apparent from the moment you arrive
- ⇒ There's a tree house where children can have a picnic, arts and crafts as well as pond dipping, bush craft, outdoor cooking and other activities. They can cater for specific groups

Prices and times vary
Contact for details



Contact for accessibility information for various activities



Out of Town Centre, Palace Lane, Beaulieu, SO42 7YG



01590 612 401



mail@cet.org.uk



www.cet.org.uk

