ISLE OF WIGHT
WALKING FESTIVAL
2015

AUTUMN WALKING WEEKEND
23 TO 26
OCTOBER 2015

WWW.ISLEOFWIGHTWALKINGFESTIVAL.CO.UK

isleofwightwalkingfestival @iwwalkingfest
### Walk pace

- **1** Leisurly
- **2** Gentle
- **3** Moderate
- **4** Brisk

### Walk difficulty

- **A** Easy: Mainly flat walking, on paths with good surfaces. No stiles, no (or few) steps.
- **B** Fairly easy: Gentle rolling landscape, walking on paths with average to good surfaces. Some walking on gentle inclines, some stiles or steps to be expected en route.
- **C** Moderate: Varying landscape with more challenging slopes. Stiles and steps to be expected en route. Suitable for keen walkers and anyone who is reasonably active.
- **D** Fairly strenuous: A challenging walk for fit walkers with some experience. Steep gradients, stiles and steps and uneven surfaces to be expected.
- **E** Strenuous: Long walk with terrain suitable for fit, experienced walkers

### For walkers with disabilities

- **Mobility 1** Suitable for a person with sufficient mobility to climb a flight of steps but would benefit from fixtures and fittings to aid balance.
- **Mobility 2** Suitable for a person with restricted walking ability and for those that may need to use a wheelchair some of the time.
- **Mobility 3** Suitable for a person who depends on the use of a wheelchair and transfers un-aided to and from a wheelchair in a seated position.
- **Mobility 4** Typically suitable for a person who depends on the use of a wheelchair and transfers to and from the wheelchair in a seated position. They also require personal/mechanical assistance to aid transfer (eg, carer/hoist).

### Booking requirements

- **BA** Booking advised
- **BE** Booking essential
- **BN** Booking not necessary
THANK YOU – TO ALL OUR SUPPORTERS

Once again, a big thank you to all our sponsors, partners supporters and walk leaders for contributing to the great success of the Autumn Walking Weekend, which continues to be a source of curiosity for walkers returning from May to encounter the beautiful autumnal scenery of the Island.

The Isle of Wight Walking Festival is organised by the Isle of Wight Council events team. Programme designed by Isle of Wight Council publications department. Images supplied by Patrick Eden and the Isle of Wight Council publications department.

IMPORTANT NOTES FOR PARTICIPATING WALKERS

1 Walks – all those indicated with BE require booking.
2 Walkers – please ensure that if you have any medical problems that you alert the walk leader of your condition and advise leader of any medication you are carrying (information required in case of an incident).
3 Risk – all walkers walk at their own risk and neither the Isle of Wight Council nor their appointed agents and guides can take responsibility for personal injury.
4 Timings – of walks are approximate and will depend on group abilities and size.
5 Dogs – please note that dogs on extendable leads are not accepted on walks.
6 Car parks – please ensure that your car park ticket is sufficient should the walk run over time.
7 Bus timetable – please log onto www.islandbuses.info for the latest updated bus timetable. Bus times are correct at time of print (but are subject to change).
8 Walk leaders – leaders reserve the right to refuse participation to any walker if they are not suitably attired or in the leader’s opinion feel they would be unsuitable to undertake the walk. Please wear walking boots or stout shoes with good grips.
9 Walk difficulty – grading is given to help you to choose walks that you can enjoy based on your knowledge of your own fitness and agility levels. Walk leaders have given the grade of their routes taking into account the length of the walk, the terrain, any obstacles that will be encountered and the intended pace that will allow the walk to be completed within the time stated. Please ensure that you choose walks that best suit you, so that you and your fellow walkers can fully enjoy them in the way in which the walk leaders have planned.
10 Photography – On occasions a photographer will be sent out to document walks for the use in future promotion of the walking festival. If you do not wish to be included in these photographs, please indicated this to the photographer, who will ensure that you are not in any of the pictures used.
11 Ability – Please ensure that you check the key, and only take part in walks that are suitable for your walking ability.
WELCOME
The Isle of Wight is truly a walker’s dream, being located just a few miles from the mainland and two hours from London. The island offers over 500 miles of well-maintained footpaths meandering through spectacular breathtaking scenery and terrain making it the perfect place for a walking holiday or break.

With footpaths that wind through fields and forests, and 64 miles of coastal paths that travel along some of the Isle of Wight’s most dramatic coastline and beaches, the Autumn Walking Weekend signifies the end of a wonderful summer season, and gives you the opportunity to breathe in the beautiful scenery, autumnal colours and fresh crisp air which the Island has to offer.

We have walks suitable for all ages and abilities, led by friendly and knowledgeable leaders who will take you on a journey of mystery, intrigue and exploration as you traverse the countryside, visiting the woodland, pastures, meadows and footpaths of the island.

The Isle of Wight has long been a source of inspiration to visitors, and for a taste of this, step back in time and follow in the footsteps of the Poet Laureate Alfred Lord Tennyson, Scientists Robert Hooke and John Milne, or musician Jimi Hendrix. Or simply step out on our children’s walks, alpaca walks, walks from rails, Ramblers walks, exploration walks, history walks, nature walks, speed dating, foodie walks, fossil walks, Nordic walking, adventures and much more.
Do you want to enjoy your walks without the hassle of taking your bags with you? Wight Wanders are an Isle of Wight based luggage moving solution, is reliable and secure, offering a quality and value for money service, starting from less than £5 per bag. At all times the security and safety of your luggage is priority.

**WIGHT WANDERS**
Tel: 01983 281662
Email: info@wight-walks.co.uk

**LEAVE YOUR CAR BEHIND AND ‘DRIVE LESS AND SEE MORE’!**
Following the resounding success of the Workplace Walking Challenge in May, as we continue into the autumn season, we are organising an alternative Walking Challenge! The challenge will start on Monday 21 September through to Sunday 1 November and will be open for individual participation. Each walker will participate for six weeks, and have the opportunity of getting out and about on the Island experiencing the autumnal beauty and of course the taking part in the Autumn Walking Weekend.

The walking challenge will map participants daily steps over a period of six weeks, the aim is for individuals to increase their daily steps over this period, and the winner will be the individual with the greatest percentage increase in steps taken. The winner will receive a pair of Hi-Tec walking boots and a Silver One Card membership for the use in the Isle of Wight Council leisure centres and facilities.

Your fitness journey is your own, and our challenge is to help and encourage you to live a healthier more active life. We have a limited amount of pedometers available if required (although many of you will still have your pedometer from May which can be used).

To register, email: elaine.cesar@iow.gov.uk and we will send you full instructions on the Workplace Challenge. Notes will also give you outline details on how the challenge works.

**Facts from the May 2015 Challenge**

- **Winners:** Menzies Distribution
- **Number of teams:** 51
- **Number of walkers:** 209
- **Total steps taken:** 95,357,404
- **Total miles covered:** 45,150
- **Enthusiasm:** 100%

In addition to these results we have had some great feedback from some of our teams. Des Jackman, from winning team Menzies Distribution, says: “Since starting the challenge, we have all benefited from feeling a little fitter. Since one of the team acquired a new dog, we have been dog walking together, so not only have team members been socialising outside of work, our dogs have too!”

“As a diabetic, I have had my medication reduced because I’ve lost over a stone in weight since the start of the challenge, and achieved it in a most enjoyable way”. Winning the Silver One Card will assist Des losing the additional half stone to reach his target.
**FRIDAY 23 OCTOBER**

1 **FOSSIL HUNTING GUIDED TOUR**
A thoroughly interesting guided trip to see dinosaur footprints and fossil trees. A great exploration walk. Please call for start time as it will be tide dependant.

**Start location**: Brook Chine car park  
**Grid ref**: 385 835  
**Bus**: 12, Brook Bay  
**Duration**: 2 hours, 1½ miles  
**Cost**: £4 per adult, £3 per child/senior, £12 family ticket (Two adults and up to three children)  
**Contact**: Felicity Hawthorn Tel: (01983) 740493  
Mob: 07880 986637

2 **BEACHES BARS AND BLISTERS: THREE-DAY ROUND THE ISLAND WALK – DAY ONE**
Walkers will meet up at the East Cowes Medina Ferry and set off at 8.30am, aiming to reach Ventnor paddling pool by 6.30pm. Please make sure that you arrive in plenty of time, as a short briefing will be given before departure.  
**Starts**: 8.30am  
**Start location**: East Cowes Chain Ferry  
**Bus**: 5, East Cowes Town Hall  
**Duration**: 10 hours, 27 miles  
**Cost**: Free  
**Contact**: David Yates Tel: 07718 685936

3 **NEWTOWN CREEK RETREAT SKETCH AND WALK**
A walk in an area of outstanding natural beauty including beautiful Newtown Creek and views of the Solent and surrounding farmland. Stopping for sketching en route. Non-sketchers welcome. This circular route offers vistas of farmland, sea and woodland. A few brief stops along the way may just be the required jump start for the re-igniting of the flow of your creative juices!  
**Starts**: 10am  
**Start location**: Newtown Creek Retreat  
**Grid ref**: 399 913  
**Bus**: 7, Hamstead  
**Duration**: 3 hours, 3 miles  
**Cost**: Donations to Cystic Fibrosis Research  
**Contact**: Brenda & Peter Spink Tel: (01983) 760878

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**ROUND THE ISLAND WALKS**

**Walk around the coastal path with David Yates**

**Friday 23 October**
- East Cowes to Ventnor (27 miles)

**Saturday 24 October**
- Ventnor to Totland Pier (25 miles)

**Sunday 25 October**
- Totland Pier to West Cowes (21 miles)

The Round the Island walk may present some fairly tough physical and mental challenges for those of you who are not used to regularly walking long distances. Walkers are free to make their own accommodation arrangements, but in order to stay in a group, are urged not to carry excessive camping gear. A suggested kit list will be issued. Please call David for more details (07718 685936).
4 ST MARTIN’S DOWN CIRCULAR
Walk from Shanklin Railway Station through America Wood on to St Martin’s Down returning by St Blasius Church. **Starts:** 10am  **Start location:** Shanklin Railway Station  
**Grid ref:** 580 819  **Bus:** 3, Shanklin Railway Station  
**Duration:** 2½ hours, 6 miles  
**Cost:** Donation to the Wildlife Trust  
**Contact:** Jon and Jill Buck Tel: 07875 050521

5 BOWCOMBE VALLEY WANDER
A pleasant walk around and through the countryside of the Bowcombe Valley, offering an introduction to this beautiful part of the Island’s AONB, with some great views.  
**Starts:** 10am  
**Start location:** Car park opposite Carisbrooke Priory, Whitcombe Road  
**Grid ref:** 489 875  **Bus:** 6, Carisbrooke Priory, Nunnery Lane  
**Duration:** 3 hours, 7 miles  
**Cost:** Free  
**Contact:** Margaret Spencer Tel: (01983) 823855

6 SCENIC SHORWELL AND DISTRICT
An undulating walk using mainly country footpaths during which most of the Island’s scenery can be seen.  
**Starts:** 10.30am  
**Start location:** Shorwell Shute  
**Grid ref:** 458 835  **Bus:** 12, North Court Manor  
**Duration:** 4½ hours, 9 miles  
**Cost:** Voluntary donation to Gift to Nature  
**Contact:** Keith Wendes Tel: (01983) 740206 Mob: 07528 254180

7 DISCOVER CULVER DOWN
An interesting circular walk exploring some of the local history and Island heritage, with some stunning views along the way.  
**Starts:** 10.30am  
**Start location:** Bembridge Windmill  
**Grid ref:** 639 874  **Bus:** 8, Bembridge Village or Steyne Crossroads  
**Duration:** 2½ hours, 3½ miles  
**Cost:** Donation to the National Trust  
**Contact:** Jim Hayden Tel: (01983) 741020

8 NEWPORT HEALTH WALK
A circular walk along Shide Lane to the Priory at the rear of Carisbooke Castle. Take in the historical views before tea and biscuits at the Priory.  
**Starts:** 10.30am  
**Start location:** Downside Community Centre  
**Bus:** 8, Downside Community Centre, Pan Estate  
**Duration:** 2½ hours, 4 miles  
**Cost:** Free  
**Contact:** Steven Spellman Tel: (01983) 526539
FRIDAY 23 OCTOBER

9 DLW EXPLORER NO.1 – THE GOOD REVEREND
A fully narrated fascinating discovery walk of a world renowned writer of the 1800’s, with some great local history thrown in. (Please leave message on phone but no call back available). Starts: 11am Start location: Brading Church Grid ref: 606 873 Bus: 2,3, Brading Church Duration: 1¾ hours, 2½ miles Cost: Suggested donation £3.50 Contact: David L. White Tel: 07598 782520

10 WALKING WITH ALPACAS
A scenic walk around our farm in Wellow with your own alpaca. Learn all things alpaca with our friendly endearing creatures. Starts: 11am Start location: West Wight Alpacas Wellow Alpaca Stud Grid ref: 384 882 Bus: 7 Wellow Rook Mead Duration: 1 hour Cost: £15 per person with alpaca, £2 for extra walker Contact: Michelle and Neil Payne Tel: (01983) 760900 Mob: 07595 725255

TOP HEALTH BENEFITS OF WALKING
Can walking really be the way to weight loss? Can walking be a route to improved fitness? All the evidence says yes – regular walking can help you lose excess body fat and keep it off, reduce your risk of heart disease, diabetes and stroke, keep your joints and muscles mobile and supple and give you a more positive outlook.

If you get involved in a regular walking routine, you can expect the following positive changes to your body:

• It can have a positive effect on your mental wellbeing.
• Less body fat.
• Greater muscle tone in the hips, thighs, calves and buttocks.
• Less risk of back pain.
• Greater efficiency to burn fat.
• Fewer aches and pains due to increased mobility.
• Better digestion.
• Improved circulation.
• Greater resilience to stress.
• Less anxiety and depression.
• Improved cholesterol profile.
• Better control of insulin.
• Stronger bones and more mobile joints.
• A heart that can pump out more blood with every beat.
• Walking gives you space to think.
• You can walk just about anywhere.
• Walking can be done at any time.
• Can lower blood pressure.
• Improved sleep.
• Fewer colds and other infections.
• Stronger respiratory system, so you can take in or expel more air with fewer breaths.
• Enhanced posture.
• Walking is cost-effective. You’ll shed pounds while saving cash.

@iwwalkingfest
11 THE GARLIC FARM WALKING TOUR
What is at The Garlic Farm? 60,000 years of man on site – flora, fauna, archaeology, history, highland cattle and more! Walk includes some steps. **Starts:** 11am
**Start location:** The Garlic Farm Shop Grid ref: 566 869 **Bus:** 23, Three Gates Corner
**Duration:** 2 hours, 3 miles **Cost:** £12 per person to include The Garlic Farm special sandwich lunch
**Contact:** Colin Boswell and Linda Applegate Tel: (01983) 865378

12 MIDDAY MILE
This walk is to help ‘Workplace Walking Challengers’ increase their day’s steps with a lunchtime stroll. All welcome though! If you don’t work in Newport you can always organise your own walk!
**Starts:** 12.30pm **Start location:** The propeller at the entrance to Newport Quay **Bus:** Newport Bus Station
**Duration:** ½ hour, 1 miles **Cost:** Free
**Contact:** Mari-Louise White Tel: 07970 009989

13 GUIDED FOSSIL WALK – YAVERLAND BEACH WITH DINOSAUR ISLE
Walk on cretaceous rocks along Yaverland beach with a guide from Dinosaur Isle. Explore the sand for a variety of fossils from the time of the dinosaurs. Children bring a plastic bucket or strong plastic bag for carrying finds.
**Starts:** 1pm **Start location:** Dinosaur Isle, Sandown
**Bus:** 2, 3, 8, Sandown Library
**Duration:** 2 hours, 2 miles **Cost:** Adults £5, Children (ages 3-15), £4, Family (2+2) £16.50, Family (2+3) £19.50, Concession £4
**Contact:** Trevor Price Tel: (01983) 404344

The special qualities of the Isle of Wight areas of outstanding natural beauty (AONB) are many, contrasting, varied and inspiring. They contribute greatly to the quality of life and well-being of local communities and visitors.
From majestic sea cliffs and sweeping beaches to the quiet solitude of ancient woodland; the ever changing patchwork of worked fields to the timeless and enduring presence of the downs; the intricate inlets of tranquil creeks to the long distance views from coastal heath...
FOSSIL HUNTING GUIDED TOUR
A thoroughly interesting guided trip to see dinosaur footprints and fossil trees. A great exploration walk. Please call for start time as it will be tide dependant.
Start location: Brook Chine car park Grid ref: 385 835 Bus: 12, Brook Bay
Duration: 2 hours, 1½ miles Cost: £4 per adult, £3 per child/senior, £12 family ticket (Two adults and up to three children) Contact: Felicity Hawthorn Tel: (01983) 740493 Mob: 07880 986637

BEACHES, BARS & BLISTERS: THREE-DAY ROUND THE ISLAND WALK - DAY TWO
The walk will resume from Ventnor paddling pool at 8.30am, aiming to reach Totland Pier by 6pm. Starts: 8.30am Start location: Ventnor Paddling Pool Bus: Ventnor High Street Duration: 9½ hours, 25 miles Cost: Free Contact: David Yates Tel: 07718 685936

MONUMENTAL WALK - WORSLEY (STENBURY DOWNS)
A hilly walk taking in the high points of St. Martin’s, Stenbury and Luccombe Downs with lunch close to the Worsley Monument, and returning via the Devil’s Chimney. Starts: 9am Start location: St. Blasius Church Shanklin Grid ref: 579 805 Bus: 3, St. Blasius Church Shanklin Duration: 6½ hours, 13½ miles Cost: Free Contact: Harry Oldham Tel: (01983) 873393

and downland; the planned and manicured gardens of former Royal Estates and Victorian villas to the irregular undulating hedged fields of pasture; the dark starlit skies to the bustle and colour of festivals and events; the winding paths, shutes and hollow ways in the countryside to chines and steps down cliffs to the beach; place names and dialect to poetry, literature and art; isolated houses, hamlets and rural villages to harbour towns, castles and tumuli; plants and animals to fossilised trees and dinosaur footprints (from the AONB 2014 Management Plan).
The Accessible Island

Located just a few miles off the mainland and only two hours from the centre of London, it’s the perfect place to unwind and escape the pressures of everyday life. What’s more, it couldn’t be easier to get to the Isle of Wight. There are up to 350 sailings to and from the Island every day from ferry ports that connect direct with road, rail and coach links.

Visit Isle of Wight
01983 813813
www.visitisleofwight.co.uk

Red Funnel Ferries
0844 844 2662
www.redfunnel.co.uk

Wightlink Ferries
0333 9997 333
www.wightlink.co.uk

Hovertravel
08434 87 88 87
www.hovertravel.co.uk

Visitor Information Points

- The Guildhall, Newport PO30 1TY
- County Press Shop, Newport PO30 1ST
- Quay Arts, Newport PO30 5BD
- Seven Cafe, Brighstone PO30 4AH
- Valu 4U, East Cowes PO32 6RD
- Kollective Gifts, Ryde PO33 2DY
- Isle of Wight Steam Railway, Havenstreet PO33 4DS
- The Holiday Shop, Sandown PO36 8DE
- Railway Station/Heritage Centre, Brading PO36 0EB
- Vernon Cottage, Shanklin PO37 6AA
- Seasons Newsagents, Ventnor, PO38 1RY
- Village Store, Godshill PO38 3HH
- Harbour Office, Yarmouth PO41 0NT
- Dimbola Museum, Freshwater Bay PO40 9QE
Letters/numbers in red circles N indicate the approximate starting point of each walk. These are shown on each walk description.

AONB (Area of Outstanding Natural Beauty)
17 MILI’S MEANDER
Find out what it’s like to own a Hungarian Vizsla as Mili and I take a lovely gentle stroll along the seafront from Cowes to Gurnard. **Starts:** 10am **Start location:** Outside RNLI, the Parade Cowes **Grid ref:** 449 096 **Bus:** 1, Red Jet Terminal **Duration:** ½ hour, 1¼ miles **Cost:** Free **Contact:** Jayne Tyler Tel: (01983) 82100 Mob: 07717 443077

18 WALKS FROM RAILS: A QUEEN ON THE LINE
Retracing the old rail route from Wootton to Newport (and back) via the Royal station of Whippingham - with ‘off the track’ stretches along riverbank and through countryside. **Starts:** 10am **Start location:** Wootton (IWSR) Station **Grid ref:** 593 935 **Bus:** 4, 9, Wootton Station/High Street **Duration:** 6 hours, 8½ miles **Cost:** Donation to the Lucie Blackman Trust **Contact:** Adrian Searle Tel: (01983) 615636 Mob: 07531 562606

19 DLW EXPLORER NO. 2 – FLIGHT OF DACOTA G-AGZB
A walk with some of the best views on the Island, from the highest point. There you will hear the story of the Dacota G-AGZB and a few other interesting stories. Walk includes some steps. **Starts:** 10.30am **Start location:** Entrance to Ventnor Industrial Estate **Grid ref:** 560 778 **Bus:** 3, Ventnor Industrial Estate **Duration:** 2½ hours, 2 miles **Cost:** Suggested donation of £3.50 **Contact:** David White Tel: 07598 782520 (Please leave message on phone but no call back available)

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**FRIENDSHIP AND SPEED DATING WALK**

Have you tried our Speed Dating walk? It’s really great fun! A fantastic relaxed way to meet new friends. We are still attracting single walkers from the full extent of Great Britain creating many love matches (and many platonic friendships), but we now boast five perfect matches resulting in five weddings, and an adorable baby (now a fun loving toddler). This friendly walk gives you the chance to meet the perfect person of your dreams or just have a lot of fun with like-minded people, and create platonic friendships, for walking partners, or a trip to the cinema or country pub. Why not give it a try? Make a date and join us!

The start and finish of the walk will be from the Beach Café in Sandown, at 10.30am we will walk to Shanklin to the Fisherman’s Cottage for coffee before returning to Sandown Beach Café for socialising and an optional lunch.

**REGISTRATION FORMS ARE AVAILABLE AT:** [WWW.ISLEOFWIGHTWALKINGFESTIVAL.CO.UK](http://WWW.ISLEOFWIGHTWALKINGFESTIVAL.CO.UK)
20 FRIENDSHIP AND SPEED DATING WALK
Meet the person of your dreams, join in our successful friendship and speed dating walk along Sandown Bay. Walk starts and finishes at the The Beach Cafe, Sandown, stopping for coffee at Fisherman’s Cottage, Shanklin. Registration forms available online at www.isleofwightwalkingfestival.co.uk  
**Starts:** 10:30am  
**Start location:** The Beach Cafe, Sandown  
**Bus:** Sandown High Street  
**Duration:** 3 hours, 4 miles  
**Cost:** £5  
**Contact:** Elaine Cesar Tel: (01983) 821000 ext: 6297 Mob: 07970 009909

21 THE BARNESLEY TRAIL
An attractive circular walk through open countryside and along the shoreline, skirting the areas of Seaview, Seagrove Bay and Nettlestone. Encounter stunning views and discover some fascinating historical connections.  
**Starts:** 10:30am  
**Start location:** Pier Road car park, Seaview  
**Grid ref:** 629 915  
**Bus:** 8, St Peter’s Church, Seaview  
**Duration:** 3 hours, 4 miles  
**Cost:** Free  
**Contact:** Steve Rayner Tel: (01983) 719318 Mob: 07968 803647

22 WARRIOR, THE WAR HORSE
An Isle of Wight Ramblers walk – an opportunity to explore the countryside where Warrior the War Horse lived with his owner General Jack Seely. A tale of courage and tenacity. A walk not to be missed.  
**Starts:** 10:30am  
**Start location:** Brook Chine car park  
**Grid ref:** 386 836  
**Bus:** 12, Brook Chine  
**Duration:** 3.25 hours, 6 miles  
**Cost:** Donation to the Isle of Wight Ramblers ‘Donate a gate’  
**Contact:** David Howarth Tel: (01983) 759823 Mob: 07477 600337

23 PARKHURST FOREST FUNGI WALK
A short walk looking under the trees, among the leaf litter and along the path edges to see how many varieties of fungi we can find. Bring a collecting basket and penknife.  
**Starts:** 11am  
**Start location:** Main car park, Parkhurst Forest, off Forest Road  
**Duration:** 1½ hours, 1 miles  
**Cost:** £3  
**Contact:** Sue Bailey Tel: (01983) 291179 Mob: 07837 601315
The Ramblers Donate-a-Gate scheme is still operating successfully and is extremely popular. Are you looking for a novel and inspiring way to:

- mark the life and passing of a loved one;
- remember a loyal family pet;
- commemorate a special event;
- promote your organisation.

For lovers of walking and the countryside a commemorative footpath gate is an opportunity to set up a memorial that will provide practical ease of access to fellow walkers for years to come.

The Isle of Wight Ramblers and the Isle of Wight Council Rights of Way department, supported by our local National Trust have established the footpath ‘Donate a Gate’ Scheme. An individual donation of £460 will finance a new footpath gate incorporating a locally engraved commemorative oak plaque at a suitable location on the Island. In particular by identifying suitable stretches of footpath to be wholly converted to gates, we are improving access to the countryside for those people who cannot easily negotiate stiles.

You can contact the scheme organiser to find out where current projects are underway.

To make an application to the scheme contact:
Mr Mike Slater, Isle of Wight Ramblers ‘Donate a Gate’ Organiser, 10 The Sheilings, Freshwater, Isle of Wight, PO40 9LL Tel: (01983) 752997 Email: iowramblersms@hotmail.co.uk
27 GUIDED FOSSIL WALK – BROOK BAY AND HANOVER POINT WITH DINOSAUR ISLE
Walk on Cretaceous rocks in Brook Bay with a guide from Dinosaur Isle. Explore the rocks and sand for dinosaur footcasts and fossils from the time of the dinosaurs. Children should bring a plastic bucket or strong plastic bag for carrying finds. The rock platform at Hanover Point can be slippery, so wear boots with good grip.
Starts: 1pm Start location: Brook Chine car park Grid ref: 386 836 Bus: 12, Brook Chine Duration: 2 hours, 2 miles Cost: Adults £5, Children (ages 3-15) £4, Family (2+2) £16.50, Family (2+3) £19.50, Concessions £4 Contact: Trevor Price Tel: (01983) 404344

28 SING ALONG WITH DEN
A fun walk singing as we go. Song sheets will be provided. Any song requests a week before to Den. Musical instruments welcome – guitars, percussions and even comb and paper!
Starts: 2pm Start location: Merstone Lane Bus: 3 Duration: 1½ hours, 3 miles Cost: Free Contact: Den Clare Tel: (01983) 866999

29 AROUND HEADON WARREN
A fairly leisurely stroll with some steep steps taking in a former gun battery, a prehistoric burial mound and fine views of the Needles. Walk includes some steps.
Starts: 2.30pm Start location: Totland Broadway car park Grid ref: 326 868 Bus: 7, Totland War Memorial Duration: 2 hours, 3½ miles Cost: Free Contact: John H. White Tel: (01983) 755186

30 DLW EXPLORER NO. 3 – LEAD A WALK
Your choice to learn a little map reading and take a turn at leading part of this walk. Alternatively just relax and enjoy the walk, it will prove to be fun.
Starts: 2.30pm Start location: White Lion Pub Grid ref: 507 717 Bus: 6, Wight Lion Pub Duration: 2 hours, 2 miles Cost: Suggested donation £3.50 Contact: David White Tel: 07598 782520 (Please leave message on phone but no call back available)
31 FOSSIL HUNTING GUIDED TOUR
A thoroughly interesting guided trip to see dinosaur footprints and fossil trees.
A great exploration walk. Please call for start time as it will be tide dependant.
Start location: Brook Chine car park Grid ref: 385 835 Bus: 12, Brook Bay
Duration: 2 hours, 1½ miles Cost: £4 per adult, £3 per child/senior, £12 family ticket
(Two adults and up to three children) Contact: Felicity Hawthorn Tel: (01983) 740493
Mob: 07880 986637

32 BEACHES, BARS AND BLISTERS: THREE-DAY ROUND THE ISLAND WALK – DAY THREE
The walk will resume from Totland Pier at 8.30am and the chain ferry at West
Cowes will be reached before 4.30pm. Starts: 8:30am Start location: Totland Pier
Duration: 8 hours, 21 miles Cost: Free Contact: David Yates Tel: 07718 685936

33 DLW EXPLORER NO. 4 – DONKEYS, GATES AND PATHS
We will walk some lesser known paths (with a few styles), taking in areas that many folk
never seen. A beautiful interesting autumnal walk. (Leave message only on phone, no
call back available). Starts: 10am Start location: Layby at Isle of Wight Donkey Sanctuary
Grid ref: 549 811 Bus: 3, Donkey Sanctuary Duration: 3½ hours, 4 miles Cost: Suggested
donation £3.50 Contact: David L. White Tel: 07598 782520
34 WALKS FROM RAILS: CLIP, CLOP AND CLATTER
The walk follows the route of the Victorian horse tramway through the streets of Ryde – an undemanding circular morning walk packed with historical interest and all-round fascination. **Starts:** 10am **Start location:** Ryde Pier Head Rail Station **Grid ref:** 593 935 **Bus:** 2,3,4,8,9,33,37, Ryde bus station (and Island Line Trains) **Duration:** 2 hours, 3 miles **Cost:** Donation to the Lucie Blackman Trust **Contact:** Adrian Searle Tel: (01983) 615636 Mob: 07531 562606

35 TAI CHI AND QIGONG
This Tai Chi and Qigong walk is suitable for all ages and levels of fitness. Ideal for co-ordination and balance promoting control of both body and mind. **Starts:** 10am **Start location:** Griffin Pub, Godshill **Bus:** Griffin Pub **Duration:** 1½ hours, 2 miles **Cost:** £2 donation to Lifeboats **Contact:** Maggie Travers Tel: (01983) 840994

36 STRAWBERRY LANE
A high level, low level walk along the Worsley and Tennyson trails to Strawberry Lane, with a return walk via Combe Farm. **Starts:** 10.30am **Start location:** Shorwell Shute **Grid ref:** 458 835 **Bus:** 12, North Court Manor **Duration:** 4½ hours, 8 miles **Cost:** Voluntary donation to Gift to Nature **Contact:** Keith Wendes Tel: (01983) 740206 Mob: 07528 254180

37 FROM SEA TO SOURCE
Following the course of the Isle of Wight’s longest river from it’s estuary at St. Helens to it’s source at Niton. **Starts:** 10.30am **Start location:** St. Helen’s Church **Grid ref:** 637 895 **Bus:** 8, Guildford Road **Duration:** 7½ hours, 19 miles **Cost:** Free **Contact:** Steve Luckett Tel: (01983) 718674 Mob: 07530 044278

ESSENTIAL TIPS FOR WALKERS
- Wear comfortable socks and footwear which has arch supports and should elevate the heel slightly. Make sure there is adequate room for your toes.
- Wear loose comfortable clothing which allows you to move freely. Wear thin layers rather than heavy, chunky clothing.
- Wear sunglasses to protect eyes from UV rays.
- Wear sunscreen in sunny conditions.
- Carry water if you plan to walk for more than half an hour.
- In case of an emergency, advise a friend or relative that you are walking and where.
- Carry a mobile phone with you.
- Take a small first aid kit.
- Please note that walkers take part in walks at their own risk.

@iwwalkingfest
38 FROM BRICKS TO BLADES
Exploring the importance of the river, past and present, to the economy of the Island. Discussing how competing pressures for development need to be balanced with environmental protection. Walk finishes at the Stag Inn where walkers can enjoy an optional Sunday lunch. Starts: 10.30am Start location: Car park, Stag Inn Grid ref: 492 918 Bus: 1, Stag Inn Duration: 2½ hours, 5 miles Cost: Suggested donation £2 per person to Gift to Nature Contact: Carol Flux Tel: (01983) 296244 Mob: 07790 906232

39 A STEP TOO FAR! MURDER MYSTERY WALK
A unique murder mystery walk which is gentle on the feet but challenges those little grey cells! Quiz the suspects! Examine the evidence! Will you, like Miss Marple or Sherlock Holmes, be able to work out whodunnit? This walk includes a series of stops for investigation, and ends at a pub - just right for lunch! Starts: 11am Start location: White Horse Pub, Whitwell Bus: Whitwell Duration: 2 hours, 3 miles Cost: £10 per person Contact: Simon Dabell (Host Detective) Tel: (01983) 730872 Mob: 07760 614959

40 NAOMI HOUSE – CHILDREN’S HOSPICE WALK
Meet at Ryde Bus Station for a lovely easy coastal family walk to Puckpool and Seaview, taking in some lovely spectacular sea view. Walk finishes at Lilly’s Café for refreshments Starts: 11am Start location: Ryde Bus Station Duration: 1¼ hours, 2 miles Cost: Donation to Naomi House Contact: Joe Landy Tel: (01983) 472103 Mob: 07751 489081

41 NEWCHURCH UP, DOWN AND ALL AROUND
A lovely circular walk through the parish with farmland, woods, downs and wetland. The walk returns to Rosemary Cottage for tea, coffee and sandwiches. Starts: 11am Start location: Rosemary Cottage Grid ref: 559 858 Duration: 3 hours, 6 miles Cost: £5 suggested donation to Battens Disease Family Association Contact: David Hughes Tel: (01983) 867735 Mob: 07974 755598

Advice for the public – From a gentle stroll or relaxing picnic to a long-distance walk or heart-pumping adventure, the countryside provides enjoyment and relaxation for all.

- **BE SAFE – PLAN AHEAD AND FOLLOW ANY SIGNS**
- **LEAVE GATES AND PROPERTY AS YOU FOUND THEM**
- **KEEP DOGS UNDER CLOSE CONTROL**
- **PROTECT PLANTS AND ANIMALS – AND TAKE YOUR LITTER HOME**

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SUNDAY 25 OCTOBER

Visit Isle of Wight have opened a new Visitor Information Centre at The Guildhall in Newport and will be open six days a week from Monday to Saturday, 10.30am to 3.30pm. The Visitor Information Centre will be staffed by Isle of Wight Travel Ambassadors who will be greeting visitors with a warm welcome and inspirational ideas to help them make the most of their stay. They will be offering ideas for days out and things to do without the use of a car and encouraging visitors to cycle, walk and use the bus and train more. The information centre also has Isle of Wight local products for sale and you can buy tickets for events and days out. The Travel Ambassadors will also be out and about across the island.

42 WALKING WITH ALPACAS
A scenic walk around our farm in Wellow with your own alpaca. Learn all things alpaca with our friendly endearing creatures. **Starts:** 11am **Start location:** West Wight Alpacas Wellow Alpaca Stud **Grid ref:** 384 882 **Bus:** 7, Wellow Rook Mead **Duration:** 1 hour **Cost:** £15 per person with alpaca, £2 for extra walker **Contact:** Michelle and Neil Payne Tel: (01983) 760900 Mob: 07595 725255

43 COASTAL CHANGE
A steady circular walk which can be muddy and slippery in places looking at the effect the sea has on our coastal landscape. This can be a muddy walk with lots of steps! **Starts:** 1.30pm **Start location:** National Trust St. Helens Duver car park (pay & display) **Grid ref:** 637 892 **Bus:** 8, Guildford Road **Duration:** 2½ hours, 3½ miles **Cost:** Free, donations welcome **Contact:** David Mears Tel: (01983) 741020

44 TAKES IN GOOD VIEWS
A fairly flat walk with one small hill. Some great views of the Island. The walk may be muddy in parts. **Starts:** 2pm **Start location:** Chale Stores **Grid ref:** 485 797 **Bus:** 6, Chale Stores **Duration:** 2½ hours, 4½ miles **Cost:** Free **Contact:** Neville Harry Tel: (01905) 872434

45 WESTBROOK FUNGI FORAY
A walk around the grounds of Urban Saints Westbrook to look for fungi in two contrasting habitats, grassland and woodland. This will be followed by tea and biscuits and a short talk on the charitable work of Westbrook. Bring a collecting basket and penknife. **Starts:** 3pm **Start location:** Urban Saints, Oakhill Road, Ryde **Duration:** 1½ hours, 1 mile **Cost:** Donation to Urban Saint Westbrook **Contact:** Sue Bailey Tel: (01983) 291179 Mob: 07837 601315
MONDAY 26 OCTOBER

46 FOSSIL HUNTING GUIDED TOUR
A thoroughly interesting guided trip to see dinosaur footprints and fossil trees. A great exploration walk. Please call for start time as it will be tide dependant.

Start location: Brook Chine car park Grid ref: 385 835
Bus: 12, Brook Bay
Duration: 2 hours, 1½ miles Cost: £4 per adult, £3 per child/senior, £12 family ticket
(Two adults and up to three children) Contact: Felicity Hawthorn Tel: (01983) 740493
Mob: 07880 986637

47 WALKS FROM RAILS: BEYOND THE BUFFERS
A walk down the old railway track to Wroxall then cross-country via Appuldurcombe, Sandford and former railway at Newchurch to Sandown for a train ride back to Shanklin.

Starts: 9.45am Start location: Shanklin Rail Station Grid ref: 580 819 Bus: 2,3,22,23, Shanklin Station (and Island Line Trains) Duration: 6½ hours, 9½ miles Cost: Donation to the Lucie Blackman Trust Contact: Adrian Searle Tel: (01983) 615636

48 STENBURY DOWN CIRCULAR
A lovely walk, crossing old Ventnor rail track, the site of medieval village, and onto Stenbury Down, with some lovely views of the Island and sea. Walk returns via Stenbury Manor (Dogs will need to be lifted over some stiles). Starts: 10am
Start location: By Church, Ventnor Road, Whitwell Grid ref: 522 775 Bus: 6, Parish Church, Whitwell Duration: 2½ hours, 4 miles Cost: Donation to the Wildlife Trust Contact: Jon and Jill Buck Tel: 07875 050521

49 VENTNOR’S HEALTH HERITAGE
A circular walk to key sites in Ventnor’s development as a Victorian health resort. Climate, health, medicine, sanatoria, hospitals and doctors. Starts: 10.30am
Start location: Ventnor Esplanade pumping station Grid ref: 563 773 Bus: 3,6, Albert Street, Ventnor Duration: 2½ hours, 2½ miles Cost: Donations to Ventnor and Undercliff Heritage Partnership Contact: Richard Downing Tel: (01983) 856210

WALKING JUST ONE MILE A DAY COULD SAVE LIVES
The latest statistics show that walking around one mile, or for just 20 minutes a day, at a moderate pace (approximately 3mph), is a simple and effective way to reduce prostate patients’ risk of dying by 30%, whilst for those with breast cancer it can be as high as 40%.

For many of our walkers we know that going on their local health walks, meeting new people and exploring their local area has helped them cope with some of the debilitating side effects of cancer such as depression, fatigue, anxiety and weight changes.
50 DLW EXPLORER NO. 5 – THE LOST ROAD AND HAMLET
A walk with spectacular scenery surrounding us when walking through this relatively unexplored wilderness and exciting adventure. Few steps involved. (Please leave message on phone but no call back available). Starts: 10.30am Start location: Blackgang Chine, under Smuggler Grid ref: 488 767 Bus: 6, Blackgang Chine Theme Park Duration: 2½ hours, 3 miles Cost: Suggested donation £3.50 Contact: David White Tel: 07598 782520

51 WALKING WITH ALPACAS
A scenic walk around our farm in Wellow with your own alpaca. Learn all things alpaca with our friendly endearing creatures. Starts: 11am Start location: West Wight Alpacas Wellow Alpaca Stud Grid ref: 384 882 Bus: 7, Wellow Rook Mead Duration: 1 hour Cost: £15 per person with alpaca, £2 for extra walker Contact: Michelle and Neil Payne Tel: (01983) 760900 Mob: 07595 725255

52 HOY FIVE
A walk to the Hoy Monument, returning via Wydcombe and the cliff edge, taking in some wonderful Island views en route. Walk is muddy in places Starts: 11.30am Start location: Blackgang Viewpoint car park Grid ref: 491 767 Bus: 6, Blackgang Viewpoint Duration: 3½ hours, 5 miles Cost: Free Contact: Des Jackman Tel: (01983) 614840 Mob: 07721 187760

53 MIDDAY MILE
This walk is to help ‘Workplace Walking Challengers’ increase their day’s steps with a lunchtime stroll. All welcome though! If you don’t work in Newport you can always organise your own walk! Starts: 12.30pm Start location: The propeller at the entrance to Newport Quay Bus: Newport Bus Station Duration: ½ hour, 1 miles Cost: Free Contact: Mari-Louise White Tel: 07970 009989
How many steps do you take in a day?

Maybe you've heard about the recent guidelines to take 10,000 steps a day? How far is this anyway?

The average person's stride length is approximately 2½ feet so it takes just over 2,000 steps to walk a mile. If you take 10,000 steps, you've walked nearly five miles!

A sedentary person may only average 1,000 to 3,000 steps a day. For these people, increasing their daily steps by 500 a day will gradually move them towards a less sedentary, healthier lifestyle.

Wearing a pedometer is an easy way to keep track of your steps each day.

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<thead>
<tr>
<th>Weight (lb)</th>
<th>3mph pace</th>
<th>4mph pace</th>
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<tr>
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<td>200</td>
<td>183</td>
<td>210</td>
</tr>
</tbody>
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Contact:

Trevor Price Tel: (01983) 404344

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54 SPIRIT TO SPIRIT

The walk starts at the Old Village car park, walking to St. Blasius Church for a short interesting talk. Continuing on to Rylestone Gardens, then on to Shanklin Chine for a free guided tour before finishing at the Fisherman's Cottage pub for optional refreshments.

Starts: 1pm Start location: Vernon Meadow, car park Bus: 2,3, Shanklin Old Village
Duration: 3 hours, 3 miles Cost: Free Contact: Den Clare Tel: (01983) 866999

55 GUIDED FOSSIL WALK - YAVERLAND BEACH WITH DINOSAUR ISLE

Walk on cretaceous rocks along Yaverland beach with a guide from Dinosaur Isle. Explore the sand for a variety of fossils from the time of the dinosaurs. Children bring a plastic bucket or strong plastic bag for carrying finds. Starts: 2pm Start location: Dinosaur Isle, Sandown Grid ref: 607 848 Bus: 2,3,8, Sandown Library Duration: 2 hours, 2 miles Cost: Adults £5, Children (ages 3-15), £4, Family (2+2) £16.50, Family (2+3) £19.50, Concession £4 Contact: Trevor Price Tel: (01983) 404344
WALKING FESTIVAL COMPETITIONS
This year we can offer you two exciting prizes. Full details on the website.
www.isleofwightwalkingfestival.co.uk

WIGHT WALKS
Win a four-day and three-night Wight Walks Isle of Wight walking holiday for one person. Select either our short break wwc03 or part of one of our longer holidays (subject to availability). The holiday will include three nights bed and breakfast accommodation and a Wight Walks walking pack consisting of our written walking notes along with an Isle of Wight map and to make things easy we will move your luggage each day (Winner will be announced during the Autumn Walking Weekend).
Wight Walks organise accommodation and provide written route notes, and now move luggage each day and over the last seven years have welcomed hundreds of hikers and cyclists. See website for full details: www.wight-walks.co.uk

HI-TEC
Win a pair of Hi-Tec Ottawa WP in Chocolate Walking Boots. The Hi-Tec Ottawa Waterproof walking boot features a leather upper ensuring the boot is highly durable, and a steel shank for extra support and stability whilst walking through even the tougher terrains. The Ottawa also has a removable contoured CMEVA foot bed providing cushioning for extra comfort, and a durable rubber outsole for added traction. www.hi-tec.com

DATES FOR YOUR DIARY

ISLE OF WIGHT WALKING FESTIVAL: 30 APRIL TO 15 MAY 2016
Put the dates in your diary and join us on the Island with our friendly and experienced walk leaders to take you on a voyage of discovery mystery and intrigue.

ISLE OF WIGHT CHALLENGE WITH ACTION CHALLENGE: SATURDAY 30 APRIL TO SUNDAY 1 MAY 2016
The Isle of Wight Challenge follows the stunning coastal path for over 105km! Most will walk at their own pace, some will jog parts and a few will even run the full distance ultra-marathon. For full information on the challenge, visit www.isleofwightchallenge.com or contact the Action Challenge team on 02076 096695 or email info@isleofwightchallenge.com

WALK THE WIGHT: SUNDAY 15 MAY 2016
A unique long-distance sponsored walk across the Isle of Wight, organised by and in aid of the Island’s Earl Mountbatten Hospice. Choice of distances 26½ miles, 12¾ miles, 14 miles, or the flat walk which is 8½ miles. Full details available at www.walkthewight.com
FESTIVAL SPONSORS
Isle of Wight Council
www.iwight.com
Visit Isle of Wight
www.visitisleofwight.co.uk
Red Funnel
www.redfunnel.co.uk/walking
Wightlink
www.wightlink.co.uk

PARTNERS
AONB
www.wightaonb.org.uk
English Heritage
www.english-heritage.org.uk
Hi-Tec
www.hi-tec.com
Isle of Wight County Press
www.iwcp.co.uk
National Trust
www.nationaltrust.org.uk/isleofwight
Ramblers Association
www.ramblers.org.uk
Regatta
www.regatta.com
Rights of Way
www.iwight.com/rights-of-way
Southern Vectis
www.islandbuses.info
The Telegraph
www.telegraph.co.uk

SUPPORTERS
Clif Bar
www.clifbar.com
Country Walking
www.countrywalking.co.uk
Goodyear Outdoor
www.goodyears.co.uk
H.F. Holidays
www.hfholidays.co.uk
Island View Holidays
www.islandviewholidays.co.uk
Isle of Wight Radio
www.iwradio.co.uk
Natural England
www.naturalengland.org.uk
Natural Enterprise
www.naturalenterprise.co.uk
Step by Step Walking Holidays
www.step-by-step.co.uk
Walking the way to health initiative
www.whi.org.uk
West Wight Alpacas
www.westwightalpacas.co.uk
Wight Walks
www.wightwalks.co.uk

GENERAL INFORMATION
Isle of Wight Council
01983 821000 www.iwight.com
For accommodation information and enquiries please ring Visit Wight
01983 813813 or visit www.visitwight.co.uk
Travel to the Isle of Wight:
via Portsmouth and Lymington
Wightlink: 0333 999 7333
www.wightlink.co.uk
via Southampton
Red Funnel: 0844 844 9988
www.redfunnel.co.uk
via Southsea
Hovertravel: 0843 487 8887
www.hovertravel.co.uk
Train travel
South West Trains: 0345 6000 650
www.southwesttrains.co.uk
Train operator
Island Line: 0845 600 0650
www.islandlinetraints.co.uk