

# Gillingham Walking Festival

1st-8th September 2018



Celebrating Our Rivers and Hills



**FREE Programme**

# Welcome to

# Gillingham Walking Festival 2018



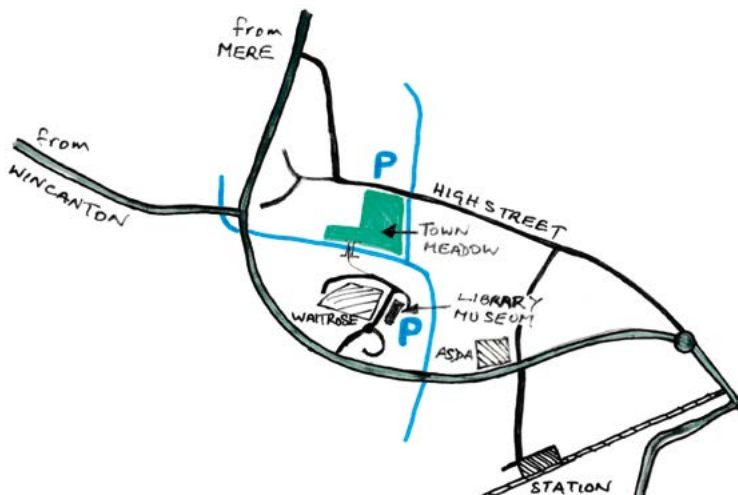
Enjoy our gently rolling farmland, our rivers, our history and our wildlife on a wide variety of walks. Experienced walk leaders from a range of local groups are looking forward to sharing their interests.

## How to Join a Walk

- » For most walks just come to the starting point in good time.
- » Walks denoted by **YES** in the listing should be **BOOKED IN ADVANCE**.
- » Book by ringing 01747 821269 or Email: [gillwalkfest@gmail.com](mailto:gillwalkfest@gmail.com).

## Finding Us

- » Most walks start from the Town Meadow, the grassy open space next to the river at the bottom of Gillingham High Street.
- » Toilets available at The Phoenix Inn nearby.
- » There is long and short stay parking across the High Street from the Town Meadow.
- » Public parking is also available behind the Library, which is opposite Waitrose. See map.
- » Some walks start at Peacemarsh on the northern edge of the town.
- » Minibus pickup is outside Waitrose.
- » Bus and Train walks start from the Rail Station.



## Please note

- ▶ Most walks are **FREE** but donations are most welcome towards costs of putting on the Festival.
- ▶ Bring water and snack or packed lunch as appropriate.
- ▶ A hat, sunscreen and waterproofs are advisable on longer walks.
- ▶ All ages welcome but if you are under 15 you will need to be accompanied by a responsible adult.
- ▶ We do not accept dogs, except guide dogs.
- ▶ Please wear suitable footwear. Walk leaders can refuse to accept walkers who do not.

## Gillingham Walkers are Welcome Group

Gillingham is proud to be a member of the national network of Walkers are Welcome Towns.

The Walking Festival is organised by Gillingham Walkers are Welcome Group. We are grateful for support from Gillingham Town Council, Waitrose and our advertisers.

## Adopt a Footpath

Gillingham is fortunate to have an extensive network of over 40km of public rights of way. We need lots of pairs of hands and eyes to help look after them. If you would like to help, please join our growing team of footpath adopters. Adopters undertake to

- ▶ Walk “their” path regularly.
- ▶ Report any problems they encounter – we’ll show you how.
- ▶ Help keep signs, gates and stiles free of vegetation.

Pick up a leaflet in the Library or contact  
Gillingham Walkers are Welcome - see below.

## Footpath Workparty

The Walkers are Welcome Group has a small, active workparty. We usually go out once or twice a month for 2-3 hours. We look after signs and waymarking. We carry out clearance work to prevent paths becoming overgrown. We repair stiles. We would welcome more members to join us in making the paths in Gillingham the best that they can be.

## Contact us

W: [gillwalkersarewelcome.btck.co.uk](http://gillwalkersarewelcome.btck.co.uk)  
Facebook: Gillingham Walking Festival  
T: 01747 821269  
Email: [gillwalkfest@gmail.com](mailto:gillwalkfest@gmail.com)

## Judge Wyndhams Oak

### Starts: 10am \ Distance: 6 miles

Meet at Peacemarsh Surgery.

Help guesstimate the age of this ancient tree and visit Silton Church to learn more about Judge Wyndham.

**Leader: Sheila Messer - Walkers are Welcome**

- » Bring a snack and a water bottle.

## Visit the Threshold Centre with Cream Tea

### Starts: 2.30pm \ Distance: 4 miles

The Threshold Centre at Cole Street Farm is a unique, Pioneering Co-housing Community and Sustainable Education Centre, which aims to demonstrate a way of life, which is more green, affordable, and neighbourly. Co-housing, combines small, self-contained homes with shared facilities. Reducing waste and lowering its green footprint has been an ideal for the Threshold Centre from the outset. Find out about the biodigester, solar panels, biomass heating, the vegetable garden and more.

**Leader: Penny Peat - Gillingham Walkers**

- » Donations to Threshold Centre. Limited numbers so booking strongly advised.

## Mere Downs Circular

### Starts: 10am \ Distance: 10 miles

Meet in Mere at The main Park Park. Circular walk via Rodmead Hill, and White Sheet Down using the Mid Wilts Way. The route is hilly so this walk will be quite strenuous.

**Leader: Sheila Davis - Ramblers**

- » For possible lift to Mere ring Sheila D on 01747 824705.
- » Bring a picnic lunch and plenty to drink, something waterproof to sit on and wear stout walking shoes or boots.

## Motcombe Circular

### Starts: 2.30pm \ Distance: 4 miles

Meet at Motcombe Meadows car park (postcode SP7 9NN) Follow part of the White Hart Link route up to Kingsettle Wood for wonderful views back to Motcombe and Gillingham.

**Leader: Peter Mouncey**

- » Bring a water bottle

## From Stour Row via Duncliffe Woods and East Stour

### Starts: 9.30am \ Distance: 7 miles

Note early departure time for Minibus from Waitrose Gillingham to the start.

Views of Royal Forest from Duncliffe.

**Leader: Bob Messer**

- » Coffee stop at Udder Farm shop. Bring drink and a snack.
- » Cost £4. Booking essential.

## Chatty Walk

### Starts: 2.30pm \ Distance: 1.5 miles

Join Gillingham Walkers for a typical Monday afternoon walk. Explore Withywood and Chantry Fields while chatting to friendly folk.

**Leader: Gillingham Walkers**



# The Phoenix

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*Farnfields*  
SOLICITORS

DATE	TIME	WALK
Sat 1st	10.00am	<b>Wyndham's Oak</b>
	2.30pm	<b>Threshold Centre - Cream Tea, Donation</b>
Sun 2nd	10.00am	<b>Mere Downs Circular</b>
	2.30pm	<b>Motcombe Circular</b>
Mon 3rd	9.30am	<b>Minibus to Stour Row To Gillingham via Duncliffe Coffee stop at Udder Farm Shop £4</b>
	2.30pm	<b>Chatty Walk</b>
	6.00pm	<b>History Walk</b>
Tues 4th	10.00am	<b>Nordic Walking Workshop £5</b>
	10.00am	<b>Buckhorn Weston &amp; Kington Magna Circular Magna Circular - Refreshments available at Stapleton Arms at end of walk</b>
	10.00am	<b>Buggy Walk</b>
	2.30pm	<b>Peacemarsh Health Walk</b>
Wed 5th	9.30am	<b>Minibus to Stourhead To Gillingham via Stour Valley Way £4</b>
	2.30pm	<b>Walking Meditation</b>
	6.00pm	<b>Open Spaces Walk and Treasure Hunt</b>
Thur 6th	9.40am	<b>WHL from Shaftesbury Bus walk</b>
	2.30pm	<b>Frog Hollow &amp; Bowridge Hill</b>
Fri 7th	10.00am	<b>WHL from Templecombe Train walk</b>
	2.30pm	<b>Wildlife Wander</b>
Sat 8th	2.30pm	<b>Lanes of Langham</b>

START POINT	BOOK	DIST	LEADER
Peacemarsh Surgery		7 miles	Sheila Messer - WAW
Town Meadow	YES	4 miles	Penny Peat - Gillingham Walkers
Main Car park, Mere		10 miles	Sheila Davis - Ramblers
Motcombe Meadows		4 miles	Peter Mouncey
Waitrose for minibus to start	YES	7 miles	Bob Messer
Town Meadow		1.5 miles	Gillingham Walkers
Town Meadow		1.5 miles	Sam Woodcock - Local History Society
Town Meadow	YES with Helen	1 mile	Helen Gilchrist - Poles Ahead 07745 413194
Stapleton Arms, Buckhorn Weston	YES	5 miles	Martin Hibbert
Riversmeet Leisure Centre		1-2 miles	Jo Kemp
Peacemarsh Surgery		1-2 miles	Debbie Parkes
Waitrose for minibus to start	YES	8 miles	Jan Wardell - Ramblers
Town Meadow		1/2 mile	Michael Giddings
Riversmeet Leisure Centre		1-2 miles	Clare Ratcliffe - Town Council
Station for bus to Shaftesbury		8 miles	Tony Otton
Town Meadow		3 miles	Penny Peat - Gillingham Walkers
Station for train to Templecombe		9 miles	Eve Pegler & Peter Greenwood - St Mary's Church
Bubshop car park Peacemarsh		1.5 miles	Marion Hammond - U3A
Buffalo Inn		4 miles	Sonia Booth - Ramblers

## History Walk

**Starts: 6pm \ Distance: 1.5 miles**

Join Sam to explore some hidden corners of Gillingham. Hear about some fascinating local history of the town and stories of the people who lived here.

**Leader: Sam Woodcock - Local History Society**

## Nordic Walking Workshop

**Starts: 10am -11am \ Distance: 1 mile**

A fun taster session, aimed at introducing the basics of how to Nordic walk. Also included will be information about the health and fitness benefits you get from Nordic walking, which are many. Poles Ahead will provide the poles for the session and give advice about what to look for when buying your own. Trainers or walking shoes should be worn and flexible clothing (not sandals or jeans). This is more about learning the technique than walking a long distance.

**Leader: Helen Gilchrist - Poles Ahead**

» Cost £5. Booking essential with Helen direct on 07745 413194.

## Buckhorn Weston and Kington Magna Circular

**Starts: 10am \ Distance: 5 miles**

Meet at Stapleton Arms, Buckhorn Weston ( Post Code SP8 5HS) £1 donation to local charity for car parking. A delightful walk partly on the White Hart Link route, exploring these two villages on the ridge overlooking the northern most part of the Blackmore Vale.

**Leader: Martin Hibbert**

» Refreshments available afterwards at the pub. Lunch can be booked before the walk.

## Buggy Walk

**Starts: 10am \ Distance: 1-2 miles**

Meet at Riversmeet leisure centre. Join parents, carers, children and Children's Centre staff and volunteers on their weekly walk. A chance to meet new friends, chat and stay active. A buggy is not essential. Parents are welcome to attend without their children too.

**Leader: Jo Kemp - North Dorset Family Partnership Zone**

## Peacemarsh Health Walk

**Starts: 2.30pm \ Distance: 1-2 miles**

Meet at Peacemarsh Surgery. Join the group for a gentle walk followed by coffee at the Fire Station.

**Leader: Debbie Parkes - Healthy Walks**

## From Stourhead on Stour Valley Way

**Starts: 9.30am \ Distance: 8 miles**

Note early departure time for Minibus from Waitrose Gillingham to the start. Follow the Stour Valley Way from Stourhead back to Gillingham.

**Leader: Jan Wardell - Ramblers**

» Please bring picnic lunch and water bottle.

» Cost £4. Booking essential.

## Walking Meditation

**Starts: 2.30pm \ Distance: 1/2 miles**

A chance to spend about 30 minutes using the experience of walking as a focus, to help develop calm and wakefulness. No previous experience of meditation needed.

**Leader: Michael Giddings**

*Continues on page 10*



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## Nordic Walking

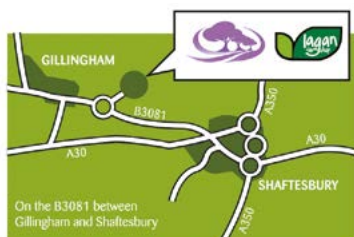
**Helen Gilchrist – 07745 413194**



Groups and Personal Training  
email [helengilchrist@polesahead.co.uk](mailto:helengilchrist@polesahead.co.uk)

 Nordic walking  
with Poles Ahead PT

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#### OPENING TIMES:

Mon – Sat 9am to 5.30pm  
Sun 10am to 4.30pm

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## Festival Film

**Sat 8th Sept @ 7pm**

GMC Community Cinema Film

*(title to be announced)*

Tickets £5 or

£1 children under 16

Reserve on 07817 379006 or  
[organ1234@btinternet.com](mailto:organ1234@btinternet.com)

WED 5TH

## Open Spaces Walk and Treasure Hunt

**Starts: 6pm \ Distance: 2 miles**

Meet at Riversmeet. The café there is open until 5.30pm. Join Deputy Town Clerk Clare to explore the open spaces being developed by the council along the River Lodden and look for treasure along the way. Children under 15 must be accompanied by an adult.

**Leader: Clare Ratcliffe**

THURSDAY 6TH

## Bus Walk from Shaftesbury

**Starts: 9.40am \ Distance: 8 miles**

Note early meeting time at train station for bus to Shaftesbury. Walk departs from Shaftesbury Town Hall at 10.20am. Follow the White Hart Link route to Motcombe, take a more northerly route to Gillingham. Woods, views and stiles. If joining in Shaftesbury there is half-hourly return bus from Gillingham Station.

**Leader: Tony Otton**

» Bring picnic lunch and plenty to drink.

## Frog Hollow and Bowridge Hill

**Starts: 2.30pm \ Distance: 3 miles**

Through the new Shreen Meadows to discover Frog Hollow. Pause at the ford before walking up to Bowridge to enjoy the views and stop off for coffee at the Bowridge Gallery.

**Leader: Penny Peat - Gillingham Walkers**

FRIDAY 7TH

## Walking in Faith- Train walk Templecombe

**Starts: 10am \ Distance: 9 miles**

Meet at Gillingham Train Station at 10am to co-ordinate buying reduce price train tickets. Walk departs from Templecombe station at 10.30am and follows part of the White Hart Link route. We hope there will be an opportunity to briefly look at Templecombe Church. We will stop at Langham Church for afternoon refreshments and a chance to see the thatched church. The walk begins and ends with a poem and short walking prayer.

**Leader: Eve Pegler & Peter Greenwood - St Mary's Church**

» Bring picnic lunch and plenty to drink.

## Wildlife Wander

**Starts: 2.30pm \ Distance: 1.5 miles**

Meet at Bublshop Car Park, Peacemarsh (Post code SP8 4EU). Join Marion and members of the U3A Natural History group for gentle walk on flat ground exploring Shires Gate and Shreen Meadows open spaces which are being managed for wildlife by Gillingham Action for Nature Group and the Town Council. We'll pause to look at wildflowers, trees, birds, insects, etc. If we are lucky we may see evidence of water voles.

**Leader: Marion Hammond - U3A**

SAT 8TH

## Lanes of Langham

**Starts: 2.30pm \ Distance: 4 miles**

Meet at Buffalo Inn, Wyke (post code SP8 4NJ). A gentle walk around the sleepy hamlet of Langham. Views towards Henstridge from the top of the ridge. Lanes, tracks and fields with a single stile.

**Leader: Sonia Booth - Ramblers**



# Festival Quiz

## A Grand Supper Quiz at The Olive Bowl

.....

**Friday 31st August**  
**7pm for 7.30pm start**

Teams of 6

Barbeque supper- vegetarian and gluten free available

Tickets £10 from Scenes or from Sheila on 821269.

Raising funds for footpath improvements

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