

SOUTH DOWNS NATIONAL PARK

From rolling hills to bustling market towns, the South Downs National Park's landscapes cover 1,600km² of breathtaking views, hidden gems and quintessentially English scenery. A rich tapestry of wildlife, landscapes, tranquillity and visitor attractions, weave together a story of people and place in harmony.

For your guide to everything there is to see and do in the National Park visit southdowns.gov.uk/discovery-map

Keep up to date with the latest news and events from the South Downs National Park. southdowns.gov.uk/newsletter



YOUR COUNTRYSIDE CODE: RESPECT. PROTECT. ENJOY.

Respect other people

- Leave gates and property as you find them
- Keep to the paths unless on Open Access Land



Protect the natural environment

- Take your litter home
- Keep dogs under effective control

Enjoy the outdoors

- Plan ahead and be prepared
- Follow advice and local signs



East Meon Village © Andrew Pickett Photo.com

SOUTH DOWNS WAY

Stretching the entire length of the South Downs National Park, this 100m national trail runs from the historic city of Winchester to the white cliffs of Beachy

Head at Eastbourne. The section of this trail in these walks gives you stunning views out over the quintessential English, rolling countryside.



View over East Meon © Anne Purkiss

SOUTH DOWNS WALKS EAST MEON



SOUTH DOWNS
NATIONAL PARK

HIGHLIGHTS

EAST MEON

The picturesque village of East Meon, once owned by the Bishops of Winchester, is home to many historic buildings including the Old Court House. There are a couple of pubs offering delicious local food and a village shop for essentials. The walks in this leaflet start at the imposing Norman church of All Saints with its magnificent spire which was added in 1230. Pop inside the church to see its beautiful, medieval font.

RIVER MEON

Filtered by the chalk of the South Downs, the crystal clear waters of the River Meon flow for 21 miles down to the Solent. At South Farm you'll see one of the sources of this beautiful river known as 'the Swift one'. Providing a rare and precious habitat for an array of species, you might be lucky enough to spot otter and kingfisher. The river supports a good population of fish too such as wild trout, minnows and brook lamprey.



Water vole © Terry Whittaker/20-20/Vision

THE MEON VALLEY PARTNERSHIP

The Meon Valley Partnership (MVP) was created in 2008 to help improve the condition of the River Meon.

Working with volunteers and local people the MVP have been part of a number of projects including re-introducing water voles in the Meon Valley. Recorded as locally extinct in 2003 they are now thriving and have been recorded at 30 locations along the River Meon from source to sea, including at East Meon.

The partnership have also been involved in naturalising the river by narrowing it to create pools and flow deflectors to generate places for fish to hide from predators and keep the river cool. Plants have been added to the riverbanks to increase biodiversity, attracting insects, birds and small mammals. Examples of this can be seen through the centre of East Meon village.



© SDNPA/ Dan Oakley

meonvalleypartnership.org.uk



Accessibility

To view accessible routes and activities in the National Park please scan here.



Take the lead

For a safe and fun visit with your dog please remember to keep them on a lead around livestock, horses and wildlife. Always bag and bin your dog poo – any public bin will do!

Getting here

By bus: Regular services from Petersfield and Winchester, visit traveline.info.

By rail: The nearest train station is Petersfield, visit nationalrail.co.uk.

Contact

South Downs National Park Authority:
01730 814810

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 southdownsnp

SOUTHDOWNS.GOV.UK

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Please
recycle me
after use

All Saints church in East Meon village

ABOVE EAST MEON

TRAIL: 

DISTANCE:
4 miles (6.4km)

ALLOW: 2 hours

PATH: A mix of grass and uneven ground – gates but no stiles.

GRADIENT:
Two short, steep sections.

1 Head south from the church then turn left following the river through the High Street. Just beyond the Izaak Walton pub turn sharp left onto a footpath between two cottages and then right before the gate. Continue past the allotments to re-join the river at Frogmore.

2 When the river disappears under a lane, continue down the road to the “Bottle Ale Cottages”. Opposite the cottages go through the gate onto a footpath.

3 Follow the footpath, keeping left at two further footpath junctions until you reach a road. Cross over and continue up a byway to a junction of five paths.

4 Take the first left and continue on this byway, leading north east to the

main road. At the road turn right and then left onto the bridleway to the right of Pidham Cottage.

5 Rise slowly to woods, where a steep climb zig-zags you up the track. Near the top bear left at a junction, then right at the next, taking the path out beside fields. Pass under overhead power lines to the next junction. Turn left as this track rises alongside a hedgerow. At the top of the down bear right and follow the farm track all the way to the road at Park Farm cottages.

6 Take the footpath opposite, leading south across Park Hill. Enjoy the splendid views over East Meon and its church then descend sharply down to the church cemetery to complete your circuit.

 **Open Access Land**
Wherever you see this symbol you are free to leave the footpath to walk and picnic within the mapped area. Please be aware of livestock and wildlife.

UP TO THE DOWNS

TRAIL: 

DISTANCE:
Full – 8 miles (12.8km)
Shortcut – 3 miles (4.8km)

ALLOW:
Full – 4 hours
Shortcut – 1 hour 25 mins

PATH: A mix of grass and uneven ground.

GRADIENT:
One long climb and descent.

1 Starting at the church, walk up through the cemetery and continue in this direction to Chalk Dell Cottages.

2 Cross the road and continue on the footpath opposite, crossing several fields to Drayton Farm.

3 At Drayton Farm, turn left on the road and cross the River Meon before turning up onto Halnaker Lane. Continue south on this byway through woods until you come to a crossroad of paths, where you meet the South Downs Way.

4 Here you can take a short cut by turning left onto the footpath back to East Meon. For the longer trail, continue uphill on this byway for nearly two miles, to the Sustainability Centre on the crest of the downs.

5 Walk along the path adjacent to the

road, crossing two road junctions and proceed on the South Downs Way, now as a stony byway for about 1km, until you reach a footpath on your left.

6 Follow the footpath downhill towards South Farm and the source of the River Meon (a pond). Then continue across the road to a footpath at Lower Farm.

7 This footpath zig zags, following field boundaries, to marker 8 on the map and the next path junction.

8 Turn right and follow the fence-line for about 350m, then turn right through a wooden gate and follow the path into East Meon.

9 At the road turn right following it past the village school and shop. At the end of the road turn left to cross the river and reach your starting point.

