

Itchen Valley Country Park Trail Guide

Find your adventure

A place for people and wildlife

Itchen Valley Country Park comprises a recreational area providing a café, two play parks, play equipment dotted throughout the woodland and waymarked trails, surrounded by water meadows, grazing pasture and ancient woodland suitable for quieter walking.

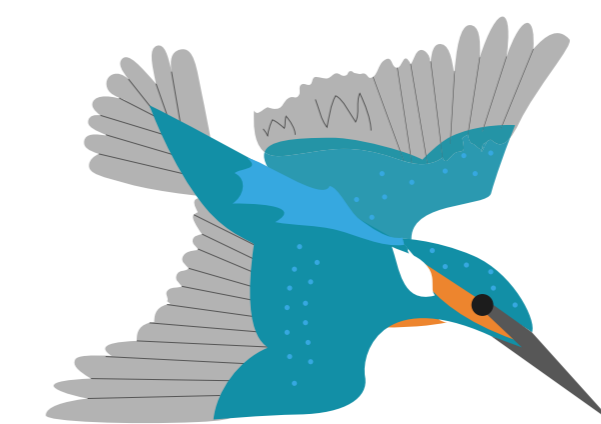
Beyond the river bridge lies the Itchen valley water meadows where plants like Cuckooflower and Marsh-marigold grow. The ditches support many dragonflies and the nationally rare Southern Damselfly. The marshy areas are good for wetland birds like Snipe.

The woodland has a beautiful display of Bluebells in spring and in the glades you can see butterflies like White Admiral and Silver-washed Fritillary. The woodland is home to Roe Deer, Badgers and Tawny Owls.

Please help to keep the park clean and safe for other visitors and wildlife.



Key	
Parking	Old brick kiln
Visitor information	Forest School
Toilets	Adventure course
Café	Play Trail (0.5 mile)
Dog wash	Forest Trail (1 mile)
Barbeques	Multi-use Trail (1 mile)
Play feature	Cycle Trail (1.5 miles)
Picnic bench	Woods and Meadows Trail (2.5 miles)
Dog waste bin	Nature Trail (1 mile)
View point	Water Meadows Trail (2 miles)
Sculpture	



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itchenvalleycountrypark

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Map illustrations designed by rachelhudsonillustration.com