

# Itchen Valley Country Park Trail guide

Find your adventure

Owned and managed by

**EASTLEIGH**  
BOROUGH COUNCIL



  [itchenvalleycountrypark](https://www.facebook.com/itchenvalleycountrypark)

[www.eastleigh.gov.uk/ivcp](http://www.eastleigh.gov.uk/ivcp)

# 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.**

## Woodland Café

A seasonal menu of freshly prepared hot meals, sandwiches and cakes, licensed for alcohol. Children's party menus and corporate buffets are available.

## Kingfisher room

An ideal venue for parties and family gatherings or business meetings and small conferences (for larger conferences please see our sister park, Lakeside Country Park).

## Barbeque hire

Outdoor entertaining area for family and friends with space to play. Hire the Kingfisher Room as well for weatherproofing.

## Car parking permits

Quarterly, six monthly and annual permits available to purchase from the information desk in the Woodland Café.

## Events for all ages

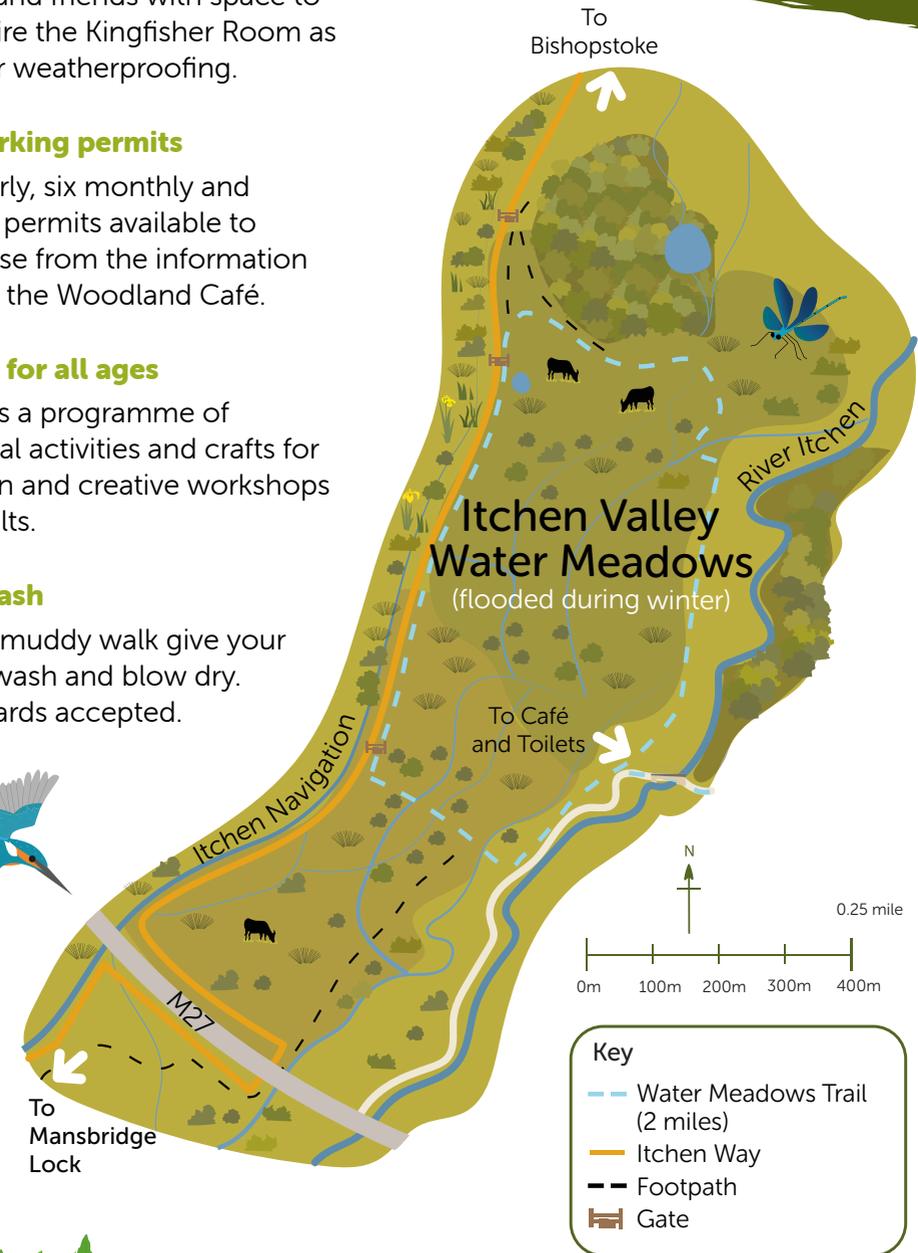
There is a programme of seasonal activities and crafts for children and creative workshops for adults.

## Dog wash

After a muddy walk give your dog a wash and blow dry. Only cards accepted.



# Itchen Valley Water Meadows



Silver-washed Fritillary.  
Image credit: Phil Croxton

For more information visit: [www.eastleigh.gov.uk/ivcp](http://www.eastleigh.gov.uk/ivcp)  
and [www.eastleigh.gov.uk/woodlandcafe](http://www.eastleigh.gov.uk/woodlandcafe)

# Family activities

Try one of the fun permanent trails with your children and look out for the special, themed holiday trails. Visit us at the woodland café for further information.

## Fitness with Felix

Have a go at the different exercises as you walk around the forest trail. Free. Ages 3+.



## Ollie Owl

Crack the code around the forest trail to discover where Ollie sleeps. Ages 5+.



## Keepers

Find the ten tiny homes on trees along the forest trail and guess who lives there. Ages 3+.



## Orienteering

Purchase a map and have a go at one of the three courses.

## Play Trail

Walk and play for children with little legs!

## The Holt

Bespoke indoor play for 3-6 years.



# Itchen Valley Country Park



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		

Maps designed by rachelhudsonillustration.com



Live life more adventurously and unleash your inner Tarzan at Go Ape Southampton. Treetop Adventure is family-fuelled fun in the great outdoors. Designed with the younger family in mind with a minimum height limit of 1m tall you can either harness up and join in or cheer on from the forest floor.

Treetop Challenge, this is where to head if you want to test yourself physically and mentally on our most adventurous treetop trek. A mecca for thrill seekers who love canopy high tree-to-trees crossings, free-fall Tarzan Swings and riding super-fast, very long zips. This is grown-up fun in the great outdoors. Visit the Go Ape Cabin at Itchen Valley Country Park for more information and to start your adventure.

Learn new skills and appreciate nature at one of Youth Options' forest school sessions!

Focusing on outdoor learning and bush-craft Youth Options run public sessions and charitable activities at their forest school at Itchen Valley Country Park to make sure children, young people and their families are making the most of our natural environment.

There is something for everyone to enjoy from Little Owl's Woodland Preschool to parent and child sessions for all ages, Holiday Clubs to woodland themed parties. Youth Options also work with schools, run home educator sessions and support young people who need support with group and one-to-one sessions.

[www.goape.co.uk/locations/southampton](http://www.goape.co.uk/locations/southampton)

[www.youthoptions.co.uk](http://www.youthoptions.co.uk)