

## Ups and downs

### St Catherine's Hill, Winchester 4 miles

**6** Winchester's multilayered history stretches back to the Iron Age when the Belgae tribe built a fort on what is now St Catherine's Hill overlooking the Itchen Valley. Starting outside the west door of the cathedral, this walk takes in the 12th-century almshouses of the Hospital of St Cross, the water meadows of the Itchen where the poet Keats once walked, the Mizmaze, a medieval turf labyrinth on St Catherine's Hill and drifts of wild spring flowers on the chalk downland.

● **Start/Finish:** Winchester Cathedral, west front. OS Explorer Map 132.

### Cleeve Hill, Cotswolds 6 miles

**7** At 1,083ft, Cleeve Hill is the highest point in the Cotswolds with stunning views west towards the Malvern Hills, and north towards Winchcombe and Sudeley Castle. Atop what is known locally as the Cotswold Edge, Cleeve Common is made up of rare limestone grassland and is a Site of Special Scientific Interest, known for its wild flowers, birds (skylarks, willow warblers) and butterflies (chalkhill blue, dingy skipper).

● **Start/Finish:** Cleeve Hill Village car park. OS Explorer Map OL45.

### Moel Siabod, Snowdonia, Wales 6 miles

**8** The views of the Snowdon Horseshoe and the Glyderau and Carneddau ranges from the peak of Moel Siabod are reward enough but the ascent from Pont Cyfyng is also one of the best in the National Park. The trail follows well-defined paths until the final upwards scramble. Along the way you pass Cwm Foel and its glacial lake, a great place for a picnic lunch. The return traverses Siabod's summit ridge before rejoining the upward trail.

● **Start/Finish:** Pont Cyfyng A5 lay-by. OS Explorer Map OL17 & 18.

### Holy Island, Isle of Arran, Firth of Clyde 4 miles

**9** The complex geology of the Isle of Arran provides some fascinating walks, but Holy Island, off its east coast, with its community of Tibetan Buddhists has a uniquely peaceful atmosphere.



You may think you have wandered into a landscape by an Old Master at Fountains Abbey and Studley Royal, Ripon, above. Below: Three Cliffs Bay, Gower Peninsula, is regularly billed as Britain's best beach or best view

Take the short ferry ride from Lamlash to the northern jetty where a volunteer is often available to orientate you. If not, the information centre has all the details. Don't miss St Molaise's Cave, the Holy Well and the Tibetan rock paintings.

● **Start/Finish:** Centre for World Peace and Health. OS Explorer Map OL37.

### Warrior Trail, Mottistone Down, Isle of Wight 6 miles

**10** Warrior, the real-life "war horse" who was awarded the PDSA Dickin medal for bravery in the First World War, used to exercise on Mottistone Down and his owner, General Jack Seely, lived in Mottistone Manor. This trail starts at the manor house before climbing onto the Downs past the Longstone, the only megalithic monument on the island. Descending to Brook Bay, the trail follows the line of the glorious beach, where Warrior used to gallop through the waves, before returning to Mottistone Manor and

its lovely garden (National Trust).

● **Start/Finish:** Mottistone Manor. OS Explorer Map OL29.

## Coast paths

### Porlock to Culbone Church, Exmoor, Somerset 5 miles

**11** Coleridge was famously disturbed by a delivery man from Porlock while writing *Kubla Khan* at Ash Farm, which you will pass on the return leg of this walk. It's easy to see the source of his inspiration among the woods, coombes and chasms that close in around the sea cliffs surrounding medieval Culbone Church. At Silcombe Farm take the lane over Culbone Hill and past Ash Farm before dropping down to Worthy Combe and back to Porlock Weir.

● **Start/Finish:** Porlock Weir. OS Explorer map OL9.

### Three Cliffs Bay, Gower Peninsula, Wales 4 miles

**12** Regularly billed as "Britain's Best Beach" or "Best View" and designated the UK's first Area of Outstanding Natural Beauty

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