



Chalk Stream Challenge

The River Itchen, Bishopstoke

Additional Information for Group Leaders

- This circular route starts from the Bishopstoke Road (The Hub) car park, which is pay and display (please check onsite signage for up-to-date parking charges):

[Bishopstoke Rd, Eastleigh, SO50 6LA \(W3W ///impact.gravel.chase\)](#)

- The challenge route is approximately 2 miles. It can be shortened either at the start or end by using one of the closer access points between the Itchen Way footpath and the car park.
- You should be able to cover these parts of the challenge on this walk:

Section 1: 1

Section 2: 2 and 3

Section 3: 8, 9, 10 and 11

Section 4: 12 and 14

Section 5: 16, 18, 19 and 20

- OS Explorer Map OL22 New Forest covers the walk area.
- The closest public toilets are at Eastleigh Bus Station, open 8am until 6pm ([W3W ///tried.expert.having](#)).
- There are options enroute for refreshments (Tesco Express and The Angler's Inn). The Coffee Cabin café along Bishopstoke Road, heading west towards Eastleigh is nearby too.



This route has
been created
with funding
from
Bishopstoke
Parish Council

- Paths are a mixture of gravel, tarmac and bare earth. In some places the paths are narrow with encroaching vegetation in the summer months, and the pavement along Bishopstoke Road is also narrow so take extra care here.
- The route is mostly accessible for pushchairs and wheelchairs, however the entry point at the top of the playing field is restrictive with a metal barrier in place so accessing the Itchen Way via the access point closest to the car park is advised.
- There is a play park next to the car park.
- The route is dog friendly, and can get busy with dogs during the summer months, especially where the river is accessible. No dogs are allowed in the children's play area.
- The safest location for children to access the river for a supervised paddle during low summer flows is at Bishy Beach ([W3W///front.dusty.decks](https://www.w3w.co.uk/front.dusty.decks)), however there are another couple of smaller access points on a side stream.
- If you carry out any activities by or in the river, we recommend you use hand sanitiser afterwards and remind your group to wash their hands thoroughly before eating or drinking - running water and soap is best.
- For more river resources, including our guide on How to Safely River Dip, visit:
<https://www.wessexrt.org.uk/education.html>
- To arrange a riverbank session for your group, or for advice about risk assessments, email education@wessexrt.org.uk

Useful websites:

- [Merlin app](#) for identifying bird song
- [Wessex Rivers Trust](#)
- [Bishopstoke Parish Council](#)
- [Bishopstoke History Society](#) for a wealth of information and photographs of the past
- [Itchen Way](#), [River Itchen](#) and [Itchen Navigation](#) information
- [The Coffee Cabin](#) (local café)

Acknowledgement:

The Chalk Stream Challenge was created by two volunteers as part of the National Lottery Heritage Funded [Watercress and Winterbournes](#) Landscape Partnership Scheme, which seeks to protect, enhance and celebrate the seven chalk streams that make up the headwaters of the Rivers Test and Itchen. You can learn more about the scheme at www.hiwwt.org.uk/winterbournes

By creating routes in other areas, we hope to engage more children and youth groups with some of the wonders of their local chalk stream.

