

## South Downs Way Challenge...Virtually

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**Week 1 - Winchester to Exton... 12.3 miles.** Can you walk that far this week?

The South Downs Way begins at the National Trust run Winchester City Mill and having crossed the River and then the M3 you leave the City behind and follow footpaths across fields and lanes to Chilcomb.



A steep climb out of the village leads you up to the South Downs Way's first hill, Cheesefoot Head. To get here will take about an hour and a quarter and you will have walked 3.3 miles... Not bad for your first day's exercise!



Crossing the A272 carefully, Cheesefoot Head affords great views to the north across the vast natural bowl towards Telegraph Clump. The natural amphitheatre at Cheesefoot Head became a vast encampment of allied troops prior to D-Day. Thousands of American and British troops filled the steeply sloping banks to see Joe Louis, the heavyweight champion of



the world - serving in the US army as a physical education teacher - at a US Army boxing tournament. General Eisenhower also used the large amphitheatre to address American troops just prior to D-Day

*Allan King Way, photo by David Packman*



The bridlepath leads us North down the temple Valley then east using the Allan King Way towards Gander Down. Then we carefully cross the A272 for the second and final time and head south down farm tracks to Millbarrow Down and the Milbury's pub. An hour and a half of walking and you've now covered another 5 miles Allan King Way, photo by David Martin and can enjoy a virtual pint.

A further 4 miles or so and you will have reached Exton a beautiful village (and another great pub) in the Meon Valley and will have covered **12.3 miles** - the first, and one of the longest sections of the walk completed!



*Meon River*

**Next Week - Exton to Queen Elizabeth Country Park (Petersfield) ...9.6 miles.**  
**Your total will then be 21.9 miles !!**