

Butser Hill is the highest point on the South Downs Way and the descent from the flat summit to Queen Elizabeth Country Park (QECP) is not to be missed.

Tea and cakes in QECP Visitor Centre cafe will give you the energy to cycle through the forest back up to the South Downs ridge above Buriton. Then follows a long gentle descent and a sharp climb through country lanes to Chalton and the fascinating Butser Ancient Farm.

The trail starts at the Sustainability Centre above East Meon, grid reference [SU676191](#), post code [GU32 1HR](#). The distance is 13.2 miles or 21.3 kms with an ascent of 1319 feet or 402 metres.

- ✿ **Butser Hill:** at 271 metres (889 ft) high this chalk hill is one of the highest points in Hampshire and the highest point on the South Downs ridge. On the flat summit there are panoramic views in all directions. The hill was used for growing wheat but now the only farming activity is sheep grazing. Butser Hill National Nature Reserve is designated a Site of Special Scientific Interest.
- ✿ **Queen Elizabeth Country Park (QECP)** is Hampshire's biggest Country Park with 2,000 acres of open access woodland and downland set within the South Downs National Park, including the Butser Hill National Nature Reserve.

The main facilities of the park are open all year round and include a visitor centre with shop, café, theatre and activity area. There are 2 children play areas, BBQ sites, picnic areas and 20 miles of trails for walking, cycling and horse riding.

- ✿ **Butser Ancient Farm** is an experimental archaeological site of worldwide standing. Containing reconstructions of late prehistoric buildings such as Iron Age roundhouses, it is used as both a tourist attraction and a site for the undertaking of experimental archaeology.

In this latter capacity, it was designed so that archaeologists could learn more about the agricultural and domestic economy in Britain during the millennium that lasted from circa 400 BCE to 400 CE, in what was the Late British Iron Age and Romano-British periods. It is open seven days a week (most of the year) to the public and schools [source: www.butserancientfarm.co.uk, www.wikipedia.org].

- ✿ In an idyllic setting on the South Downs ridge above East Meon, the **Sustainability Centre** is spread across 55 acres of woodland and natural chalk downland. The Centre aims to educate, enable and inspire people from all walks of life to make positive changes to the way they live and work.

The Centre welcomes families and schools; professionals and special interest groups; walkers and cyclists on the South Downs Way; children and young people; and simply anyone with an interest in what they do.



Beech Café at the Sustainability Centre

We offer an array of delicious organic, Fair Trade, vegetarian and vegan food. Stop by for anything from homemade soup, a hearty ploughman's and chick pea and spinach curry, to banana and walnut loaf, carrot cake and flapjacks. And, of course, a wide range of delicious teas, coffees, ice creams and soft drinks throughout the day.

