



# THE SPINNEY TRAILS: Health Trail



This trail is  
**2km**  
or 1.25 miles

A circular walk through  
woodland, a residential  
area and Rooksdown



# The route:

 Face the main entrance to Basingstoke and North Hampshire Hospital onto Priestley Road and turn left (south) into the entrance to The Spinney. Follow the path through the trees down the hill.

 At the bottom turn right and continue to follow the path through the Beech woodland. At the junction of the paths turn sharp right and emerge from the woodland into Parcel Drive

The main regional sorting office for Royal Mail is nearby, so roads in this area all have postal related names.

 Cross the road and follow the pavement up the right hand side of Parcel Drive and then continue uphill as it becomes Pumphouse Way.

Near the top of Pumphouse Way on the left side of the road you will see the old barn for Park Prewett Farm. This is a listed building and is being converted into a house.



Follow the road as it bends to the right. At the mini roundabout where Pumphouse Way joins Park Prewett Road, turn left for a short walk along Park Prewett Road before crossing at the pedestrian crossing and entering Rooksdown Park. Follow the tarmac path to the right in the park, and where the tarmac path turns to the left go straight ahead into the avenue of Lime trees.

Rooksdown Park used to be the Park Prewett Hospital cricket pitch. Cricket commentator John Arlott, known for his work on Test Match Special, was a records clerk at the hospital between 1930 - 1934.

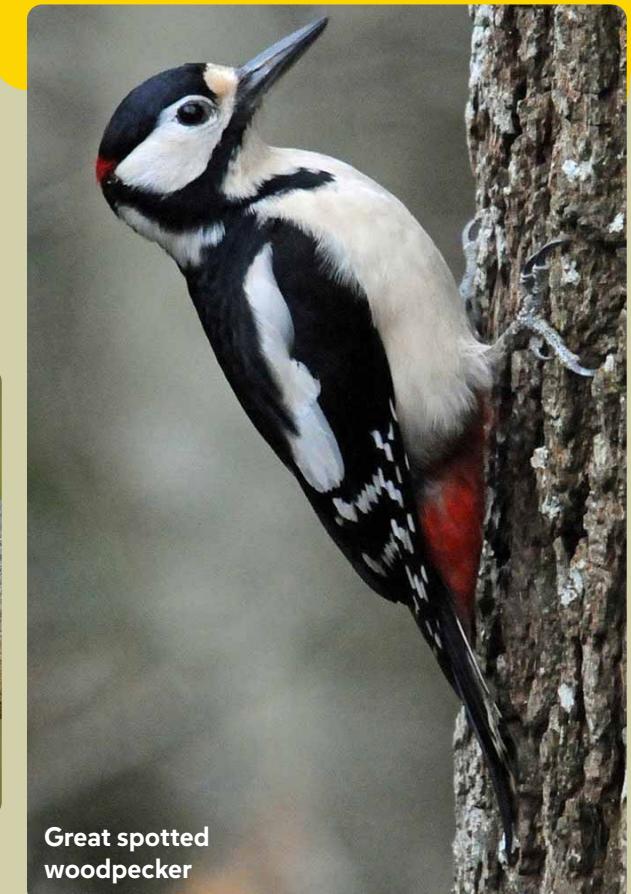


Follow the Lime avenue until you reach the entrance drive to Parklands Hospital. Cross Park Prewett Road to St Michaels Hospice entrance and turn left following the pavement until you reach the tree belt before the road junction. Turn right off the pavement, between the black and white bollards into the trees, and follow the path through the woodland emerging This project was supported by back at the main hospital entrance.



## Look out

Keep an eye out for the two different species of woodpecker that can be seen in this area. Great spotted woodpeckers can frequently be seen climbing up and down tree trunks - listen out for the territorial drumming noises in spring. Green woodpeckers can be seen in grassy areas, feeding on insects in the soil - in flight, they often make a laughing call known as a 'yaffle'.



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Basingstoke and Deane



The Land Trust

