

Healthy walks around the New Forest

Walking is a good form of exercise. Healthy walks make it easier to exercise as part of your normal day. Regular brisk walks will increase your heart rate, making you warm and slightly out of breath. Start slowly, enjoy the fresh air, and gradually build up to the recommended 30 minutes a day.

The benefits of regular brisk walking include

- Reduces the risk of heart disease
- Keeps your heart strong
- Reduces or maintains your weight
- Reduces blood pressure
- Tones your muscles
- Relaxation and enjoyment

Calories used when walking

Weight (stones)	8	9.5	11	12.5	14	15.5	17
Calories used after walking 1 Mile	64	79	93	107	120	136	152

If you are taking medication, recently had an operation or in any doubt about your ability, please consult your doctor.

Walking Safely

- Tell someone when & where you are going walking & when you expect to be back
- Wear suitable clothing & footwear
- Take care crossing roads
- If you are walking in poor light, wear reflective clothing

Leaflets for similar health routes are also available for **Marchwood and Fawley**.

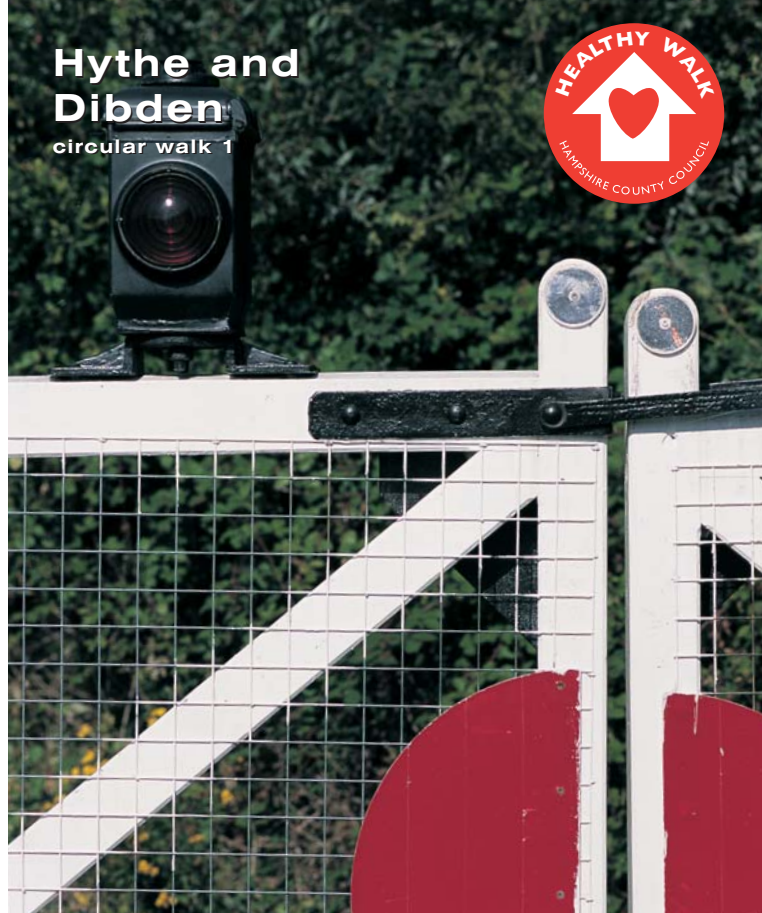


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July 2003

Hythe and Dibden

circular walk 1



Healthy walks around the New Forest

Distance: 1.75 km / 1 mile
Duration: 20 minutes
Condition: Good, mostly along pavements

Starting Point: Hythe Pier

- 1** Starting at the pier, turn left into High Street and walk along until you reach a T junction.
- 2** Turn left to the water front, cross road, turn right and follow gravel path. Bear right and continue on gravel path leading through the trees. Take the first right off the path and cross the road.
- 3** Turn left and follow pavement around to the right. At the information board turn left, crossing St Johns Street and onto The Marsh.
- 4** Use the pedestrian crossing and continue ahead through the Pylewell Precinct. Take a right turn just before you reach the Library and at the junction with School Road turn left.
- 5** Continue ahead and over the level crossing, take the next road junction to the right and walk on until reaching Jones Lane.
- 6** Turn right and follow the path up over the Railway Bridge. Cross Brinton Lane and continue along until you reach the Police Station. Follow the path to the right into Prospect Place.
- 7** Continue past the small park by the waterfront and you are back to the pier.



Hythe Pier was built in 1880 at a cost of £7,000, since 1922 the little electric train has been busily conveying ferry passengers along its 700 yards of track making it Britain's oldest continuously operating pier train. Hythe grew up as a settlement of fishermen, ferrymen and farmers who lived around a tidal lagoon with a very narrow entrance through which small boats could pass to moor in the sheltered water. These natural features made Hythe an ideal place for a ferry link between the New Forest and Southampton

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Hythe and Dibden

circular walk 2

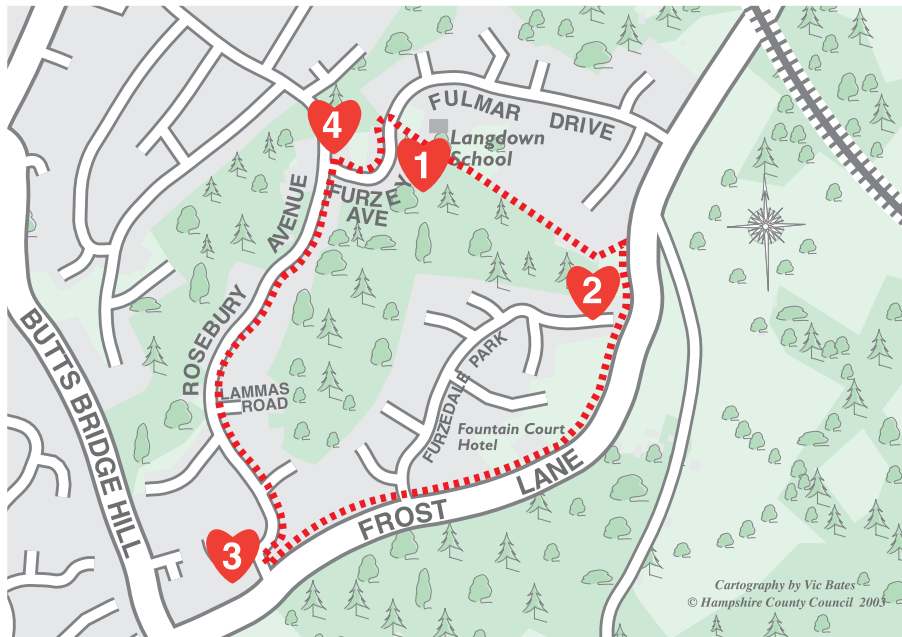


Healthy walks around the New Forest

Distance: 2 km / 1.25 miles
Duration: 20 minutes
Condition: Good, route follows pavements

Starting Point: Langdown School

- 1** From Langdown School, take the footpath adjacent to the school. Continue along path until reaching road.
- 2** Turn right and continue along footpath. After passing Fountain Court Hotel, continue ahead crossing Furzedale Park.
- 3** Turn right into Rosebury Avenue, continue ahead crossing Fernhills Road and Lammas Road.
- 4** Turn right into Furzey Avenue and follow path back to Langdown School.



Cartography by Vic Bates
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This route follows pavements and is ideal for all weather walking. It circles an area of woodland called **Upper Butts Ash Wood** which can be explored further as it is open to the public and makes up a section of the **Hythe and Dibden Nature Trail**. Conservation work has been carried out in this area to encourage the native flora and fauna to thrive. Some work including the planting of hawthorn and blackthorn has been carried out by local school children.

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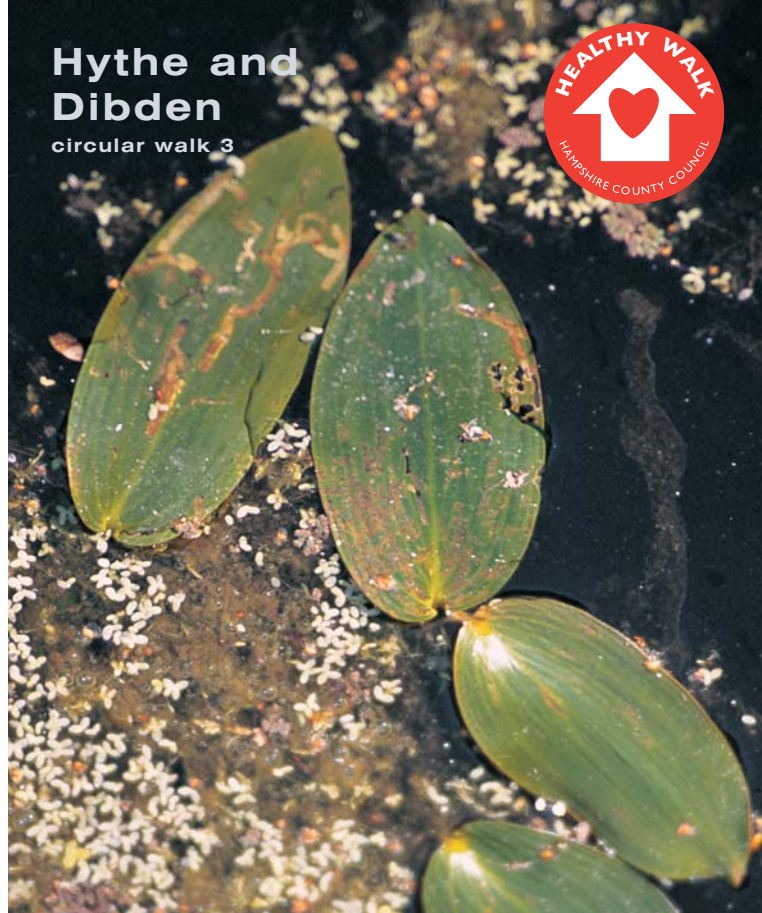


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Hythe and Dibden

circular walk 3

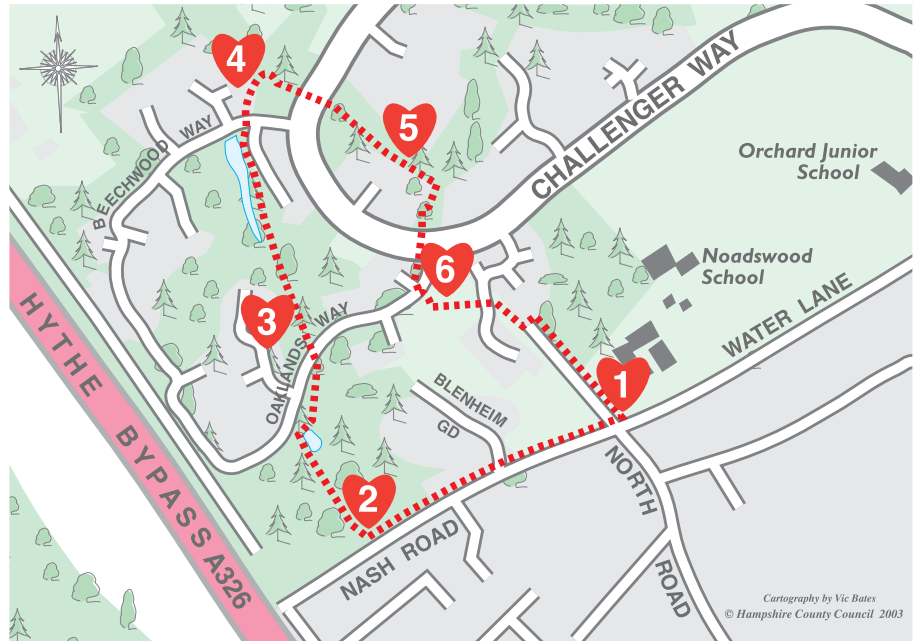


Healthy walks around the New Forest

Distance: 1.75 km / 1 mile
Duration: 25 minutes
Condition: Good, mostly gravel paths, unsurfaced paths may become muddy after heavy rain

Starting Point: Noadswood School

- 1** Starting from Noadswood School. Cross North Road and follow Nash Road. Cross over Blenheim Gardens and continue down the hill.
- 2** Once you have passed the last house on your right, take the next gravel path to the right. Take the wide path which runs between 2 rows of trees leading to a pond. Continue around the pond, over bridge, turn left and follow path to road.
- 3** On reaching Oaklands Way, cross over and take the path ahead. At the second path junction take the right hand fork, keeping the stream to your left. With the pond to your left, bear right to the road.
- 4** Turn left, then cross Beechwood Way. Turn right and take path to the left. At path junction turn right, cross over Challenger Way and continue ahead following the path.
- 5** At first path junction continue straight. Where the path splits into 2, take the right-hand fork, bearing right following path to road.
- 6** Cross over into Oaklands Way and take the footpath/cycle path off to the left. Cross road and continue along the footpath/cycle path back to Noadswood school.



This route takes you into an area of **native woodland** with species such as chestnut, beech and oak. Invasive species such as the rhododendron are controlled to maintain a rich habitat. While you are walking look out for **greater spotted and green woodpeckers, tawny owls and treecreepers** all of which inhabit these woodlands.

The **ponds and marshes** are also abundant with wildlife including **mayfly, water boatman, toads and coots** which find refuge amongst the many water and marsh plants.