

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.



If you require this leaflet in large print telephone 01962 847181

Printed on recycled paper
July 2003

Hythe and Dibden

circular walk 2

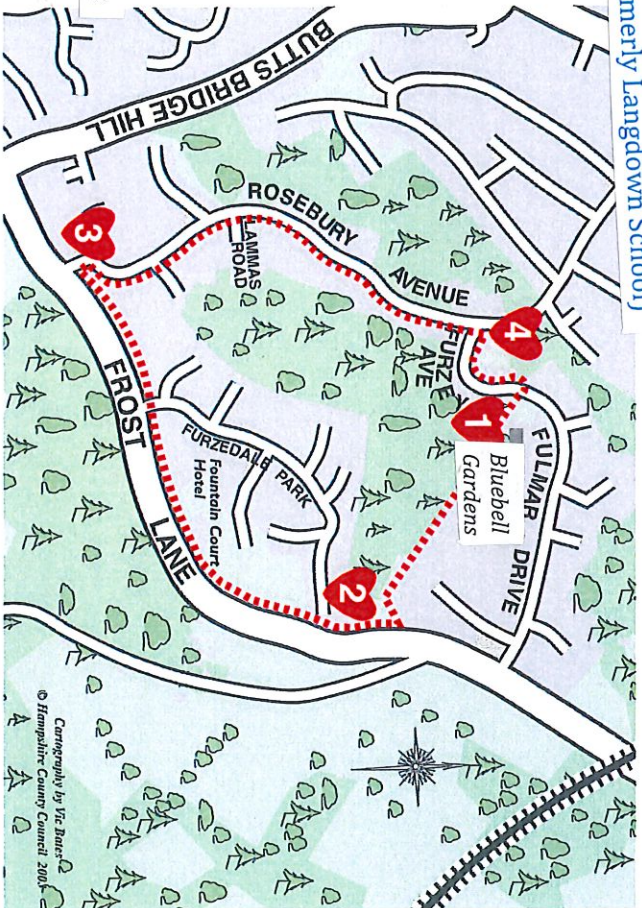


Healthy walks around the New Forest

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

Starting Point: Bluebell Gardens (formerly Langdown School)

- 1 From Bluebell Gardens take the adjacent footpath. Continue along the path until reaching the 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 Bluebell Gardens



Cartography by Vic Baines
© Hampshire County Council 2008



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.