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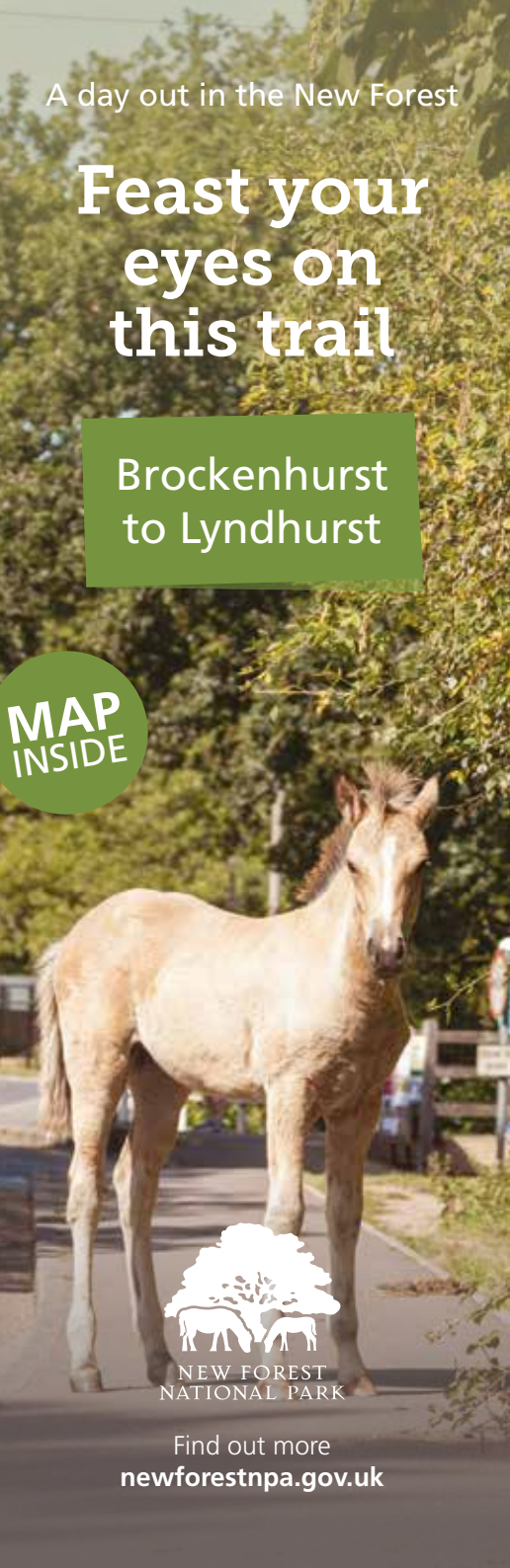
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A day out in the New Forest

Feast your eyes on this trail

Brockenhurst to Lyndhurst

MAP INSIDE



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Feast your eyes on this trail

Brockenhurst to Lyndhurst



Tantalise your taste buds and sample the culinary delights that the New Forest has to offer on a trail from Brockenhurst to Lyndhurst, which focuses on mouth-watering food and country ales.

A food lover's paradise, you'll be spoilt for choice of places to eat along the route, with traditional cosy pubs, quaint tearooms and fine restaurants.

So lace up your walking boots or hop on your bike and work up an appetite on this 10.7 mile circular trail.



Overview

Morning

Before you set off: Breakfast in Brockenhurst

At the heart of the New Forest, Brockenhurst is an attractive village with a diverse array of shops and places to eat, where the New Forest ponies, donkeys and cattle roam freely down the high street. With bike hire just outside the station, and stops for the New Forest Tour, it's the perfect starting point for your trail.

Catch a morning train to Brockenhurst (from Bournemouth, Southampton, Lymington and London) and

prepare yourself for a day of exploration with a delicious cooked breakfast in one of the many hotels or cafés here. Why not try the modern yet traditional style at the Balmer Lawn Hotel or the country house hotel of Careys Manor for a hearty breakfast of locally sourced bacon and sausages. If you're looking for an informal breakfast, check out Rosie Lea's Tea House & Bakery – the ideal place for a great British fry-up.

Mid-morning refreshment

Fuelled for the day, hire yourself a bike from Cyclexperience or Country Lanes and start a beautiful route across the heaths. Most of the route is along Forestry Commission gravel tracks but there are also short stretches of on-road cycling in both Brockenhurst and Lyndhurst. Join the cycle track to enter Balmer Lawn and follow the track through Pignal inclosure and Parkhill inclosure. You'll have worked up a thirst by the time you reach The Crown Stirrup pub, so stop for a quick beverage.

Lunchtime

Pit stop for lunch

By the time you enter Lyndhurst, you'll be thinking about stopping for a spot of lunch. Where to choose? There are certainly plenty of options. On a summer's day, sit amidst the beautiful flowers that adorn the front of the Mailmans Arms or opt for The Swan Inn, where children can enjoy the playground while you wait for a sumptuous lunch to be freshly prepared. Whether you choose traditional hearty pies, carefully-reared meat or locally-caught seafood, be sure to look out for the New Forest Marque – a sign that recognises the authenticity and quality of New Forest produce.

Make sure you leave enough time to visit the New Forest Centre. A must-see for any visitor in Lyndhurst, it provides a fascinating insight into the history of the Forest since its creation by William the Conqueror.



Morning & Lunch

Afternoon

Back on track after lunch

After a nice relaxing lunch and look around, muster up the motivation to get back on track. With the sights awaiting you on the route, it will be worth it. In spring, the heathlands are yellow with gorse, and in summer they are richly purple with heather blooms, with an abundance of wildlife not often encountered elsewhere. The trail returns to Brockenhurst via Pinkney Lane.

Thirsty work

A welcoming sight for any rambler or cyclist (or horse rider!) is that of the Oak Inn near Lyndhurst, offering the perfect way to cool down with a refreshing drink in its wonderful garden. If it's an indulgent afternoon tea you crave then head back to the traditional tea room at The Buttery at the Brock and Bruin in Brockenhurst or treat yourself to a delicious ice cream in Melt ice cream parlour. After all that exercise, you've certainly earned it!



Evening

You'll be spoilt for choice for your evening meal with options ranging from Michelin star and AA rosette restaurants to seafood, Indian, Italian and Asian cuisine. Enjoy comfort in the Forester Arms and a menu of traditional home cooked fayre, or try the unique dining experience of Le Blarieau at Careys Manor with its French cuisine. If you fancy something that's been grown, foraged and made within the walls of a walled garden, try The Pig.

After enjoying the wonders of this trail, it's time to reluctantly head home. Head back to Brockenhurst station for your connecting train journey home to Bournemouth, Southampton, Lymington and London. The last train departing for London Waterloo is 22.40 (subject to change).

The New Forest is bursting with incredible restaurants, so if you don't quite manage to visit every pub, restaurant and café along this route, you'll have to come back again and try the others!



Afternoon & Evening