

FREE

The New Forest Essential Guide

to the National Park 2022

Maps
Places to explore
Walking & cycling

Image: Nick Whittle

The New Forest Essential Guide
is brought to you by:



Forestry England



Welcome

The New Forest is a spectacular landscape made up of a unique mix of woodlands and open habitats that are internationally important for nature and conservation.

There are a thousand ancient trees, extensive wetlands and bogs, and open heathlands that are home to many rare species of plants and wildlife long since lost from the other parts of the UK.

Ensuring the New Forest is a safe place to visit and protecting the very special nature we have here, requires all of us to respect and look after it.

Forestry England manages 47% of the New Forest National Park, in the core of the Forest area. It works closely with other organisations locally including Hampshire County Council, the Hampshire and Isle of Wight Wildlife Trust, the National Trust, New Forest District Council and the New Forest Verderers.

As guardians of the National Park the New Forest National Park Authority ensures this outstanding landscape has the highest level of protection to preserve it for the nation to enjoy for generations to come.

You can help nature and reduce your carbon footprint on your visit by walking, cycling, and using the New Forest Tour as much as possible, and buying, eating, and staying local.

The Forest is a special place that can be enjoyed all year-round, but please help us look after it by following the New Forest Code.

forestryengland.uk/newforest
 @engnewforest
newforestnpa.gov.uk
 @newforestnpa

Follow the New Forest code

The New Forest is a unique place with rare wildlife and free-roaming livestock. Thank you for helping us care for this special place by following the simple New Forest code:



Keep your distance from the animals – don't feed or touch them



Keep dogs under control. Don't let dogs approach or chase any animals



Stick to the permitted cycle tracks



Take home litter and dog waste



Park only in car parks



Drive with care – animals on the road!



No fires or barbecues



No wild camping



Help wildlife by keeping to the main tracks












New Forest commoners

One of the first things you notice here in the New Forest are the free-roaming animals. The ponies, cattle, pigs, donkeys and, in certain areas, sheep graze and forage on unfenced open areas. These animals are owned by local families using their commoning rights.

The members of these families are called 'commoners' – ordinary people with an extraordinary commitment to this special place. They have commoning rights from land they own, rent or share that allows them to graze their animals on the open Forest. Commoners tend to their livestock all year round, so you might see them with trailers rounding up their ponies or checking on their cows. It's all part of the New Forest's long history as a working forest.

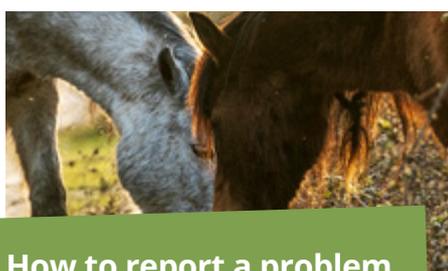
The iconic New Forest ponies are the real architects of the Forest and

have helped shape the landscape for centuries. This traditional practice of commoning is vital in supporting our rare habitats which are a world capital for wildlife.



Horse riding

Horse riders have always enjoyed open access in the New Forest, which has lots of suitable tracks. When leaving Forestry England land, remember to use bridleways. On private land riders must keep to the bridleways. These are shown on the Ordnance Survey maps and are usually indicated by fingerposts and/or blue arrows or dots.



How to report a problem with a Forest animal

Road traffic accident involving a pony, cow, pig, sheep or donkey call: **999**

Sick, injured or dead pony, cow, pig, sheep or donkey call: **02380 282 050** (office hours)
0300 067 4600 (after hours).

Please see: newforestnpa.gov.uk/report-a-problem for more information

Please **#BeForestFriendly** and follow the New Forest Code

Sadly, many ponies and other livestock are killed or injured on the roads of the New Forest each year. Every animal killed is a great loss to the Forest, and to its owner, so if you enjoy seeing the animals in the National Park then please help us protect them through some simple actions:

1. Please #KeepYourDistance from the animals. However tame they may appear they are unpredictable, and can bite and kick. Take particular care around ponies and cattle with their young, especially if you have a dog with you.

2. Please don't feed the animals. It is vital that they graze naturally, both for their own survival all year round and for the benefits grazing brings to the landscape.

3. Please don't leave water out for the animals at any time of the year. There is always natural water available, and it is important for the Forest that the grazing shifts naturally according to the weather.

4. Please help reduce animal accidents by driving with extra care across the New Forest. Slowing down, being prepared to stop, and driving to the conditions of the road, particularly when visibility is poor, will help keep you and the commoners' animals safe. newforestnpa.gov.uk/animalaccidents



Caring for the Forest

The New Forest is a unique landscape and a special place to visit.

As one of the UK's most important locations for nature, the New Forest is home to many rare creatures and plants. It's carbon absorbing wetlands and wide-open heathlands are amongst some of the last left in Europe. Its rich history has been witnessed by the ancient trees that have stood in its woodlands for many hundreds of years.

Such a special place needs special care. A dedicated group of people from across the community are committed to looking after the Forest and work throughout the seasons to care for it. Here are just some of the different people who do this vital work every day...

Rangers

A committed team of Rangers from Forestry England and the New Forest National Park Authority patrol the Forest every day, come rain or shine.

They are joined by the police and fire service, and volunteer rangers - local people who give up their time to look after the Forest. Together the rangers support wildlife, look after facilities and talk to thousands of visitors every year to help them enjoy their time here and visit responsibly.



Keepers

New Forest Keepers were originally appointed by the monarch and date back to the time of William the Conqueror who declared the New Forest as his own hunting ground in 1066.

Their role today is to care for the unique mix of wildlife in the Forest and ensure there are sufficient habitats for them to thrive. As Forestry England's wildlife experts, they look after a wide range of creatures from the smallest butterflies through to red deer - the UK's largest mammal.





Agisters

The New Forest is well known for the free-roaming ponies and other animals – owned by commoners – that graze here.

The Verderers Office has a team of Agisters that are responsible for monitoring the welfare of these animals and are available around the clock to deal with incidents. They also oversee an annual round up of these animals to check their health and collect marking fees.

Forest craftspeople

The thousands of gates, bridges, tracks, and fences across the Forest are looked after by Forestry England's skilled craftspeople to ensure animals graze on the open areas and that everyone visiting or using the Forest can access it safely.

With 130 car parks located within the heart of the Forest, they also work hard to keep as many of these as possible open and available all year round.



Community heroes

The New Forest has always been well supported by the local community, but since the pandemic began in 2020 there has been a huge increase in the numbers of local people caring for the Forest.

This includes many dedicated groups and individuals who regularly litter pick across the Forest and local coastline.



Visitor impact stats 2021

BBQs



The BBQ ban has resulted in

▼ **40%**

Fewer outdoor fires compared with 2020

🔥 **30%**

fewer than 2019

Litter

▼ **8.6%**

Fall in litter 2021 on local coastline

230k

Bags given out in 2021 to encourage visitors to take litter home

Everyone visiting the New Forest can play a part in looking after it by following the simple actions in the New Forest code.

forestryengland.uk/new-forest-code

Are you ready to ride?



Explore the National Park by bike with over 100 miles of family-friendly cycle routes.

The off-road routes are marked with numbered wooden posts. You can navigate your way around the tracks by referencing these numbers to our cycle trail map or following the Ordnance Survey grid references also on the markers.

The network is easily accessible from railway stations at Ashurst, Brockenhurst and Sway and links to the main New Forest villages.

Visit: newforestnpa.gov.uk/routes for all the best trails.

Please follow both the Highway Code and the **New Forest Cycling Code:** newforestnpa.gov.uk/cycling

Off-road cycling is only allowed on the waymarked routes.

It's important that cyclists stick to marked trails all year round.



Adventure cycling

For more adventurous cyclists, there are purpose-built mountain bike skills circuits at **Moors Valley Country Park, Ringwood.**

Here you will find a network of forest road graded trails, as well as a blue graded singletrack trail. A cycle map is available from the visitor centre on-site.

Cycle code and map

Grab a cycle trail map before heading out on your adventure. It shows off-road and road-based cycle networks across the New Forest, plus details of bike hire outlets.

Available to pick up at outlets across the New Forest National Park, including local information points.



Rangers' tips for a great visit to the Forest

The best way to enjoy your trip is to get an expert's advice. After all, nobody knows the Forest like the rangers who work here.



Don't feed the animals

Keep your distance and avoid feeding or petting the ponies and other forest animals. They have all the natural food they need on the Forest, by feeding them human foods, even fresh vegetables or fruit (like apples and pumpkins) it can make them really unwell, and it also encourages them to come too close to people and near roads.



No fires or BBQs

Help reduce the risk of a wildfire by never using disposable BBQs or lighting campfires or fire of any kind. Fire is a major risk in the New Forest and the risk is increasing each year as we experience hotter and drier conditions due to climate change.



Look after ground-nesting birds

Some birds nest on the ground across the New Forest, and to help these birds survive we ask that from the start of the nesting season from March through to the end of August people should keep to the main paths when out walking, cycling or horse riding in the Forest and don't venture out onto the open heath. We also ask dog walkers to please keep their dog on the main tracks, and where necessary to use a lead, so that the birds and young chicks are not disturbed.



Look after your litter

Litter can harm wildlife and grazing animals. Large bits of plastic can also break up into microplastics which find their way into our water courses and ultimately our beaches and oceans. Please carry a spare bag with you so if litter bins are full, or there is not one nearby, you are able to take your rubbish home with you to dispose of responsibly.

forestryengland.uk/newforest
newforestnpa.gov.uk

Both **Forestry England** and the **National Park Authority** employ rangers, who you'll often meet out and about in the New Forest. There's more information on both our websites about places to go, things to see, and events within the National Park.



Forestry England rangers

0300 067 4601/southern.enquiries@forestryengland.uk
Forestry England, The Queen's House, Lyndhurst, Hampshire, SO43 7NH



New Forest National Park Authority rangers

01590 646 600/rangers@newforestnpa.gov.uk
New Forest National Park Authority, Lymington Town Hall, Avenue Road, Lymington SO41 9ZG

See the best of the Forest

View the New Forest National Park from a different perspective this summer. Experience the best views of the Forest on the open-top New Forest Tour and hop on and off where you like.

Where to stay?

For more information on where to stay, what to see and do in the New Forest visit: thenewforest.co.uk



New Forest Tour

The New Forest Tour gives you the best views of the New Forest National Park and is the perfect excuse to leave your car at home.

The Tour offers unrivalled treetop views of free-roaming ponies, ancient forests and picturesque villages. There are three beautiful routes to choose from: red, green and blue – and you can hop on and off where you like and switch routes – all on the same ticket.

Well-behaved dogs are welcome and you can even bring your bikes (carried free). Listen to audio commentary that brings the history and characters of the New Forest to life.

The perks don't stop there, as you can enjoy a free ferry ride from Southampton to Hythe and free journeys to the Tour on connecting bus services. Benefit from great discounts at attractions including the New Forest Wildlife Park and Beaulieu National Motor Museum, as well as discounted treats along the way at local shops and eateries..

The Tour runs hourly seven days a week in peak season. See thenewforesttour.info for dates and times. Take a look at the map on the centre pages of this guide for routes.

Tour information

thenewforesttour.info

[Twitter](#) [Facebook](#) [Instagram](#) [newforesttour](#)



By donating to the New Forest Trust, you're supporting conservation, education and commoning projects to help secure the future of the New Forest.

You can do this by choosing restaurants and hotels which support the charity; through local donation boxes; or by donating online at lovetheforest.org.uk



The sign of true local produce



Look out for the New Forest Marque on:

- Forest-reared meat
- Local cheeses
- Seasonal fruit and veg
- Beer, cider, gin, wine and soft drinks
- Cakes, pastries, pies and other sweet and savoury treats
- Jams and chutneys
- Artisan-produced soaps and skincare products
- Bespoke hampers
- Woodcrafts
- Paintings and photography
- Handcrafted gifts, jewellery and knitted goods
- Accommodation and food outlets

When you're in the New Forest, look out for the New Forest Marque which is the sign of true local produce.

Everything you see with the distinctive blue logo has been grown, brewed, reared, produced, or made right here in the New Forest.

Not only will you be getting fantastic local produce, but you'll be supporting local businesses and ensuring New Forest traditions continue to thrive.

You'll find the stamp of approval on cosy pubs, quaint tea rooms, and high-end restaurants – all offering a selection of menus bursting with locally-sourced ingredients.

Looking for a place to stay? New Forest Marque members look forward to welcoming you

throughout the year. There are campsites, self-catering establishments, family-run bed & breakfasts, boutique guest houses and larger hotels all proud to support local produce.

Many retail outlets stock fantastic local food, drinks and treats so you can take a taste of the New Forest home with you or enjoy it during your stay.

Not forgetting beautiful arts and crafts such as photography, textiles and paintings inspired by the New Forest, as well as woodcrafts using local sustainable timber.

There are also no less than five vineyards in the New Forest, as well as beer brewers, cider makers and gin distillers.

There's so much to choose from, visit newforestmarque.co.uk to see the fantastic array of produce on offer.

Buy local Eat local Stay local

newforestmarque.co.uk
@NewForestMarque



Discover the New Forest

Don't miss Moors Valley Country Park and Forest

Explore waymarked footpaths and cycle routes, hire a bike or bring your own. For a more leisurely journey take a trip on the narrow-gauge steam train. Children will love the adventure play areas and the 'Play Trail' with its huge wooden play structures.

If you'd rather live life more adventurously why not try Go Ape's new Nets Adventures at Moors Valley? It's a wonderworld of treetop nets, trampolines and netted tunnels. With Treetop Challenge,

Treetop Adventure+ and Forest Segway all thrill-seeking, family entertainment boxes are firmly ticked. And, when you're feeling hungry after all of that, you can enjoy delicious food in Seasons restaurant.

Moors Valley is open all year round, with a full programme of events for adults and children. Disabled access and facilities are provided including wheelchair and mobility scooter hire.

For more info visit moors-valley.co.uk follow us on @MoorsValley

Superworm returns!

That's right! Superworm is back to help you worm your way into a fantastic forest adventure at Moors Valley. This new trail offers children the chance to become a hero of the forest, just like the much-loved and heroic creatures within the Superworm story. You'll get to learn about minibeasts and the important jobs they do for the nation's forests. forestryengland.com/superworm-moors-valley



Finding out more...

Lepe Country Park
hants.gov.uk/lepe
New Forest Heritage Centre, Lyndhurst
newforestheritage.org.uk
The National Park Mobile Information Unit, various locations
newforestnpa.gov.uk/visiting
New Forest Reptile Centre, Lyndhurst
forestryengland.uk/new-forest-reptile-centre

Bolderwood Information Unit
forestryengland.uk/bolderwood
St Barbe Museum and Art Gallery, Lymington
stbarbe-museum.org.uk
Ringwood Gateway
Ringwood.gov.uk/gateway
Fordingbridge Information Centre
fordingbridge.gov.uk/fordingbridge-information-office



For a map of all Forestry England car parks visit: forestryengland.uk/newforest

Christchurch



The New Forest's free tap water refill service, across the Forest. Download the Refill app, bring your own water bottle, look out for the window stickers and get a free tap water refill. refill.org.uk

Local Information Points

- i Bashley**
Hoburne Bashley Holiday Park
- i Beaulieu** New Forest Activities Booking Centre
- i Brockenhurst** Cyclexperience
- i Burley** Shappen Stores
- i Hythe** Herald Publishing
- i Landford** Landford Village Stores
- i Milford-on-Sea** The Village News
- i Minstead** Community Shop
- i Sway** Deli and Coffee Shop
- i Woodgreen** Community Shop and Post Office



Key to map

- | | | |
|------------------------------|----------------------|-------------------------------|
| i Visitor information | Play area | New Forest Tour* (see page 8) |
| i Local information | Walking trails | New Forest Tour* |
| Campsite | Cycle network | New Forest Tour* |
| Wildlife area | Fishing (by permit) | |
| Castle | Fishing | |
| Toilets | P Car parking | |
| Accessible toilets | National Park | |
| Cafe | | |
| Picnic area | | |
- * The Tour runs hourly 7 days a week in the summer season. See: thenewforesttour.info for dates and times.

Not to scale: This map is a representation of the New Forest National Park area and is not intended to be used as a sole means of navigation. Please consult relevant Ordnance Survey maps or visitor guides.

Walking in the New Forest

Follow our waymarked walks and trails...

The following trails are marked on the ground by wooden marker posts with coloured bands. An overview map of each route is displayed at the start point in the car park. All routes are circular and will bring you back to your starting point. The numbers refer to map locations on the centre pages.

② From Bolderwood car park **Deer Watch Trail**

0.75km/0.5 miles

A short stroll leading you to a deer-viewing platform overlooking fields where wild herds of fallow deer are frequently seen. The path is a moderately smooth, gravelled surface with gentle slopes and benches along the way. The trail is accessed by a gate which has a low catch.

Jubilee Grove Trail **1.5km/1 mile**

Including the deer fields, this meandering route leads you past some majestic trees, the oldest of which date back to 1860. Benches from which to admire their beauty can be found along the way. The path is a moderately smooth, gravelled surface with two short 'but fairly steep' slopes and frequent resting places. The trail is accessed via a gate which has a low catch.

Radnor Trail **3km/2 miles**

A longer route which takes you into the heart of the Forest and across the Bratley Water stream. Benches and picnic benches are located along the trail. The path is a moderately smooth, gravelled surface with two short 'but fairly steep' slopes and frequent resting places. The trail is accessed via a gate which has a low catch.

⑥ From Blackwater or Brockhill car parks:

Tall Trees Trail **2.5km/1.5 miles**

Follow the marker posts and you will be guided along a shady path beneath mighty Douglas firs and redwoods that were planted during the reign of Queen Victoria. The path has a fairly smooth, gravelled surface. The trail is flat with frequent resting places and no gates.

Blackwater Arboretum Trail **0.75km/0.5 miles**

A circular route which leads you past tree species from around the world. By following the unique panels you can use your senses to discover the secrets that these trees hold. Benches are located along the walk. The path has a fairly smooth, gravelled surface with one very gentle slope.

⑦ From Whitefield Moor or Puttles Bridge car parks:

Ober Water Trails **1.5km/1 mile (red trail)** **2.5km/1.5 miles (yellow trail)**

Two circular routes follow the Ober Water midway between its source and the sea. Close to this meandering stream is the open grassy expanse of Whitefield Moor. The paths are moderately smooth, gravelled surfaces and compacted grassy ground with some gentle slopes and a few resting places. This trail can be muddy after wet weather.

③ Reptile Centre car park:

Reptile Trail

2km/1.5 miles

Enjoy a circular walk through the woods. The trail mainly follows a fairly smooth, gravelled surface.

⑧ Wilverley car parks:

Wilverley Wander **4.2km/2.5 miles**

A longer and more informal trail which winds through this diverse and working woodland. The paths are moderately smooth, gravelled surfaces with some short, steep slopes. Please note that part of this trail is on a cycle route.

⑤ Knightwood car park:

Knightwood Oak **Less than 0.25 miles**

A short stroll to one of the most famous trees in the New Forest. Believed to have been planted before 1600, this tree is still going strong and is a spectacular example of the ancient practice of pollarding. Benches are located throughout. The path has a fairly smooth, gravelled surface.

**Miles of waymarked
trails to explore!**





Free walking routes app

There's an easy way for you to follow the best walking routes in the New Forest this year – **the National Park's walking routes app.**

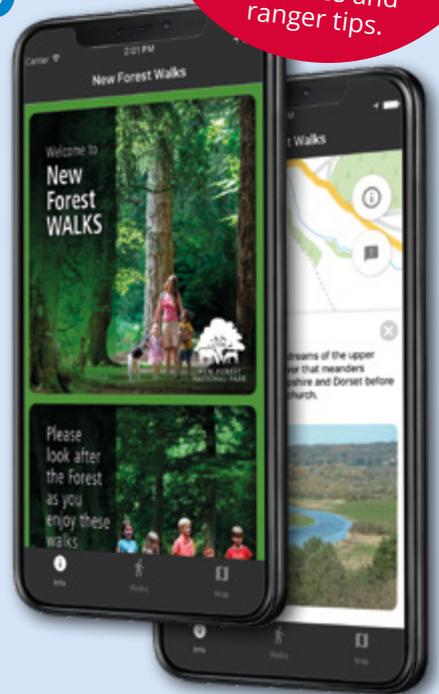
Available for Android and iPhone, the app features 27 walking routes of various lengths from coastal strolls to woodland walks.

It makes following the routes easier than ever, with GPS navigation allowing you to see your location at all times. This removes the need to read a map or decipher written directions, making it perfect for the casual walker.

Each route on the app also features points of interest, where you can find out interesting history or nature facts along the way.

Download for free at newforestnpa.gov.uk/walksapp

FREE
Walking pack
Subscribe to our email newsletter at newforestnpa.gov.uk and receive a free online walking pack of routes and ranger tips.



**No smartphone?
No problem!**

All walks are available to download and print at newforestnpa.gov.uk/routes



Walking and Cycling Festival 2022



Learn more about the wildlife, history and culture of the New Forest during this popular festival.

The 2022 Walking and Cycling Festival takes place across the New Forest from 15 October to 6 November. Experts will be leading the way on dozens of guided events which range from wildlife walks to historic meanders, forest bathing to fungi spotting, bird watching to ranger rambles. It's a chance to learn about the special landscape, habitats and culture of the New Forest, connect to nature and experience new things. The Festival will feature guided walks suitable for families of all ages. Many events are free, but places need to be booked in advance. newforestnpa.gov.uk/walkingfestival

An important place for wildlife



You can still find creatures here long since lost from many other parts of the UK and Europe. This is just one of the reasons why the New Forest has the highest possible conservation status and protections available.

From rare birds on the brink of extinction travelling here from Africa to breed, to Britain's largest mammal the red deer calling it home, and all of the UK's native reptiles - the New Forest is truly a haven for wildlife.

Curlew



Ground-nesting birds

The New Forest is a Special Protection Area for birds, and one of the last places in the UK where rare and endangered species including the nightjar, woodlark, Dartford warbler, and the curlew - now globally threatened with extinction, come to breed.

These birds rely on the open, damp heathland and boggy areas of the forest. Nesting not in trees but on the ground, they are extremely vulnerable.

Disturbing them can highlight the location of the nests and cause the parents to flee exposing their eggs and chicks to predators.

Their nesting season runs from March through to the end of summer. During this time please help us protect them by staying on the main tracks and ensuring dogs do the same, using a lead where necessary to avoid them disturbing nests on the open areas of the Forest.

Goshawk



Goshawks

Known as the 'phantoms of the forest', goshawks are one of the most elusive birds of prey. Once on the brink of extinction nationally, they are a real conservation success in the New Forest. With support from Forestry England Wildlife Rangers their population has grown from just two in 2002 to around 40 pairs of these amazing birds living and breeding here today.

These large hawks nest in the canopy of some of the Forest's tallest trees and often return to the same nest several years in a row. Their wings are tailor made for skilfully and silently flying through the woodland. They can be identified by the white feathers with horizontal grey stripes on their fronts and darker grey feathers on their backs and wings.

Sand lizard



Reptiles

The Forest is home to all six UK native reptiles: sand lizards, adders, slow worms, grass snakes, smooth snakes, and common lizards.

Sand lizards have been declining across the UK and are now one of its rarest reptiles — only found in a handful of places across the country. The New Forest is a stronghold for this species and an important breeding ground.

Adder



As the weather improves, the UK's only venomous snake can sometimes be spotted basking in the sun to warm up. A protected species, the adder can be easily identified by the distinctive zig zag pattern along its back and can reach lengths of around 80cms.

Dragonflies and damselflies

The New Forest is home to 75% of all the species of dragonflies and damselflies, including the extremely rare southern damselfly only found in the New Forest and three other areas of the UK. Other species to look out for include the emperor dragonfly and the golden-ringed damselfly. The network of freshwater ponds, streams and boggy areas across the New Forest are essential breeding grounds for these beautiful creatures.

Damselfly



Deer

The New Forest has always been renowned for deer, with its large areas of wild heathlands and ancient woodland, it is an ideal place to support populations.

There are five species of deer on the Crown lands of the New Forest; fallow, fed, sika, roe and muntjac. Each species has slightly different breeding periods, red deer's mating season (known as the rut) starts around mid-September and lasts until early November, sika and fallow will be rutting from October to November.

As Britain's largest mammal the male red deer can reach a height of 140cms. The red stag's antlers are an outward display of his masculinity, the growth of the antlers is driven by testosterone and peaks in the early autumn when the rut starts. The deer's testosterone levels drop in the winter and the antlers eventually drop off. Regrowth begins again in the spring, usually bigger and better than the year before.

During the rut, competing males, pumped full of testosterone, will engage in a series of behaviours aimed at showing off to hinds (female deer) and establishing dominance over the other stags.

Specific areas of the New Forest are important for the protection of wild deer, as it is where they rest and feed. It's vital that people

Sika stag



watch deer from a safe distance and don't disturb them. We ask photographers to follow the British Deer Society's code of conduct, to keep themselves safe and allow the deer to behave naturally.

The New Forest is a wonderful place to see deer in their natural environment, but it is important to remember that they are

wild animals and should be treated with respect. This is particularly the case during rutting season when males are fighting for territory, and in the spring and summer when mothers are with their newly born young. Throughout the year please do not allow dogs to chase or get close to deer.

Pipestrelle bat



Bats

One third of Britain's native land mammals are bats, yet they are often misunderstood. The New Forest is home to most of the 16 different British bat species, with the cracks and crevices in our old trees providing excellent accommodation. Bats in the Forest are widely spread, but they do congregate to breed and often hibernate in communal roosts. Roosts of over 100 pipestrelles (Britain's smallest and most common bat) are often found here. Roosts change with the seasons, and the bats usually leave for an alternative winter roost at the end of the summer months.

New Forest Reptile Centre

'A date with nature'

Did you know that amongst trees and heathland here in the New Forest there are some very special residents?

The New Forest is home to many reptiles and amphibians, and if you want to see them up-close you should visit the Reptile Centre near Lyndhurst.

As you look around the habitats, or 'pods' as we call them, see if you can spot the elusive smooth snake, adder, or the bright colours of the male sand lizard.

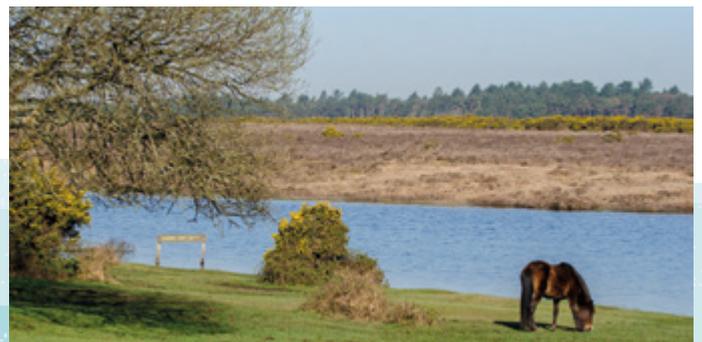
There is also a self-guided discovery trail, which starts at the Reptile Centre. This route is easy to walk and takes you in a loop back to the centre. For dates and opening times visit:

forestryengland.uk/newforest-reptile-centre



Be extra careful...

don't take the plunge!



The waterways in the New Forest are a vital resource for the wildlife and are home to many rare wetland plants.

As temperatures begin to rise, it can be really tempting to cool off in the ponds and rivers. Swimming or paddleboarding is prohibited in the Forest's natural water sources as they may have potential dangers. Help us protect ponds by keeping dogs out of the water to avoid disturbing wildlife and carrying materials into the water that may cause pollution.

New Forest woodlands

Look but
please
don't pick

New Forest woodlands have impressive displays of vibrant autumn colours. Enjoy a walk in the woods and see what different types of fungi you can spot.

As this is a wonderful place to see fungi, the New Forest is a stronghold for many rare and endangered species, and even some still being discovered that are new to science. Fungi are essential to the New Forest's ecosystem and 'web of life' – which is why we ask you not to pick fungi from this special place.

Besides being essential rotters and recyclers, they provide food for some animals and are vital to many insects, enabling them to complete their life cycles. Also, fungi are great to just admire and they are marvellously photogenic too.



UNFORGETTABLE ADVENTURES

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attractions and 25 beaches to
explore, with less than an hour's
drive between any of them.

 redfunnel.co.uk

 023 8001 9192



Visit the New Forest Heritage Centre

Sharing the history of the New Forest

New Forest Heritage Centre



Open daily • Dog friendly
Free entry, donations welcome

With our New Forest museum, family fun tree, special exhibition gallery and reference library - there's something for everyone!

newforestheritage.org.uk

📍 nfheritage 📱 newforestheritage 🌐 newforestheritage

Moors Valley

Country park and forest



More fun...

Enjoy playing on unique play sculptures on the Forest Play Trail

More adventure...

Experience travelling by steam on the narrowgauge **Steam Railway** or the thrill of trekking tree to tree on the **Go Ape Tree Top Adventure**

More peace...

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Thank you for looking after the New Forest

Follow the New Forest code

Be Forest Friendly!

The New Forest is a unique place with rare wildlife and free-roaming livestock. Thank you for helping us care for this special place by following the simple New Forest code:



Keep your distance from the animals – don't feed or touch them



Keep dogs under control. Don't let dogs approach or chase any animals



Stick to the permitted cycle tracks



Take home litter and dog waste



Park only in car parks



Drive with care – animals on the road!



No fires or barbecues



No wild camping



Help wildlife by keeping to the main tracks



The New Forest Essential Guide is a joint publication with Forestry England and the New Forest National Park Authority.



Forestry England



New Forest National Park Authority