

Cycling on
Hampton Ridge



Cycling

There are more than 100 miles of waymarked family-friendly cycle routes to explore, all of them off-road and traffic free.

The network, managed by Forestry England, is easily accessible from railway stations at Ashurst, Brockenhurst and Sway and links the main New Forest villages. There are details on where to hire bikes and more than 20 easy-to-follow cycle routes at newforestnpa.gov.uk/cycling

Cycling: Cycling is allowed only on the waymarked tracks and other designated routes. When approaching people and animals, call out a warning and pass slowly and wide. Try to leave gaps for overtaking vehicles and never ride more than two abreast. Keep to a safe speed, wear bright colours to be visible and always use lights in the dark.

Be Forest
Friendly!

Inclusive cycling at
Beaulieu Heath



Walking

Explore 27 easy-to-follow New Forest walks.

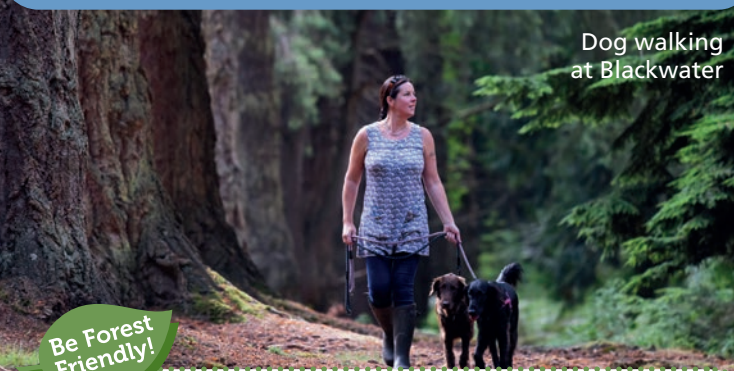
Download the free New Forest Walks app with GPS navigation and fascinating points of interest to view as you walk. newforestnpa.gov.uk/walksapp

You can also use our online routes finder that allows you to search by distance, location or even whether there is a pub near the route! Once you have chosen your preferred route just print off the map and directions. newforestnpa.gov.uk/walks

Ticks: Check your dog and yourself for ticks when you get back home – they can lead to Lyme Disease.

For guided walks join the New Forest Walking Festival for dozens of behind the scenes wildlife walks, history hikes and family strolls: 17 October to 1 November 2020. newforestnpa.gov.uk/walkingfestival

Dog walking
at Blackwater



Be Forest
Friendly!

Birds: To help ground nesting birds rear their young safely, keep yourself, dogs and ridden horses on the main tracks from the beginning of March to the end of July.

Dogs: To minimise disturbance to wildlife, livestock and other people, please keep your dogs close by you and visible at all times – if necessary use

a lead. Pick up after your dog, especially around car parks, on paths and where people play or picnic, and take bagged waste home if there is no litter bin.

Forest management: Take notice of any warning signs and keep a safe distance from work sites. Only pass a vehicle loading timber when told it is safe to do so.

Fun in the Forest



New Forest events and heritage

There are hundreds of exciting events and activities taking place in the New Forest this year, including the New Forest Show in July. For details pick up the Essential Guide visitor newspaper, speak to the rangers, or visit newforestnpa.gov.uk/events

If you want to find out about Forest life and history then visit the New Forest Heritage Centre. Enjoy the changing exhibitions, discover all the best things to see and do and buy unusual New Forest gifts in the shop. newforesterheritage.org.uk

New Forest Reptile Centre



Southern damselfly
© Mark Heighes

A taste of the New Forest

Try delicious local produce or handmade crafts bearing the New Forest Marque from local shops, cafés and markets.

newforestmarque.co.uk



Be Forest
Friendly!

BBQs and fire: To reduce the risk of damaging wildfires, campfires are not permitted without the landowner's permission. Disposable BBQs are only allowed at Bolderwood, Blackwater and Wilverley where stands and water are available. Raised non-disposable BBQs are allowed on the hard-standing areas of car parks, providing water is available.

You can hire fixed-stand party-sized BBQs from Forestry England (call **0300 068 0400** in advance) and from Hampshire County Council at Lepe Country Park (hants.gov.uk/lepe call **023 8089 9108** in advance).

Litter: Your food and litter could harm the ponies and donkeys. Please take your litter home.

New Forest National Park

Pocket Guide

FREE
MAP!



Forestry England

newforestnpa.gov.uk

Welcome

The New Forest National Park is truly unique.

It's a 'world capital' for wildlife with a huge diversity of rare plants and animals – one of the reasons why it was made a National Park in 2005.

A place of outstanding natural beauty, the unique landscape is shaped by the grazing of ponies, cattle and pigs that roam freely. These animals may appear wild, but they are owned by people called commoners. This active, working Forest has been managed by people for centuries.

One of the last places in southern England to offer a sense of wildness and tranquillity, it's a wonderful area to explore on foot, horseback, or by bike.

Indeed William the Conqueror, who set aside the 'New Forest' for hunting more than 900 years ago, would probably recognise much of it today.

Front cover: Fallow deer © Helen Pettitt

DID YOU KNOW?

Over **600 commoners** turn out **ponies, cattle, donkeys, sheep and pigs** as part of their traditional 'common rights'.

Free-roaming animals

When you visit the New Forest one of the first things you will notice is the free-roaming animals.

It's rare to travel more than a few miles without coming across these famous Forest residents.

You can spot brand marks on the ponies that show who owns them or different tail-clippings indicating in which part of the Forest they belong.

They are known as 'the architects of the Forest' because it is their grazing that creates the accessible landscape we all enjoy.

The ponies, cattle, donkeys and pigs are owned by local people called commoners, who take great pride in their animals – often owning several generations of the same families.

New Forest commoners

Be Forest Friendly!

Driving: The ponies and other animals have no road sense and frequently stand or walk on the unfenced roads, so give them (and walkers, cyclists and horse riders) a wide berth and be especially careful when driving at night.

Ponies, donkeys, cattle & pigs: For their safety and your own please **keep your distance** from

the animals — although owned and cared for by local people called commoners, they are unpredictable and best treated as wild. Please **don't feed or pet them**; there is plenty of natural food and it's best that they don't come to rely on people's attention. They may look friendly but they can bite and kick, especially mares with foals.

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.



Help wildlife by keeping to the main tracks



Take home litter and dog waste



Park only in car parks



Drive with care – animals on the road!



No fires or disposable BBQs on the ground



No wild camping



Stick to the cycle tracks

 **lovethetheforest**
securing the future of the new forest

Do you love the Forest?

Then please help secure the future of its wildlife, young people and commoners by donating to the New Forest Trust at newforesttrust.org.uk/donate

The New Forest is one of **15 National Parks** in the UK, each providing precious habitat for wildlife and breathing space for millions of people each year.



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Contact us if you would like to receive the Pocket Guide in another format such as large print or Braille.

Your New Forest adventure awaits...

Every year, tens of thousands of people choose the best way to get around the National Park – with car-free trips on the New Forest Tour. There are great-value day tickets to ride all day, with discounts at attractions, tempting treats, and audio commentaries revealing secrets of the Forest. Bikes and dogs welcome! Check the map for routes.

Travel Concierge

Meet the New Forest Travel Concierge for advice about exploring the National Park without a car. The service is available at Brockenhurst railway station from 11 July to 13 September. newforestnpa.gov.uk/travel_concierge

Discover the New Forest's secret garden...



Fairy doors
Thatched tea rooms
Tranquil location
Play area
furzey-gardens.org
Registered charity no. 1053319.

New Forest Tour

Enjoy grandstand views from the open-top Tour. Discover three scenic routes around magical landscapes, picture-postcard villages and popular attractions, with a commentary to guide you. Free connecting ferry and buses. Hop on and off and switch routes – all on the same ticket. Hourly, every day, 11 July to 13 September. thenewforesttour.info

Hop on the New Forest Tour



Fungi: Please leave fungi for other people to enjoy. Fungi are essential to the New Forest's internationally protected ecosystem. Foray leaders must apply for permission for educational excursions from Forestry England in advance. If you suspect or see commercial picking please call the landowner – either Forestry England on 0300 067 4600 or the National Trust on 01425 650035 forestryengland.uk/fungi-the-new-forest



Meet the rangers



DID YOU KNOW?
The New Forest was established by William the Conqueror in 1079 as 'Nova Foresta' ('new hunting ground')

Need somewhere to stay?

Visit thenewforest.co.uk for luxurious spas, family hotels, quaint B&Bs and friendly campsites.



Beaulieu © Mark Simpson

DID YOU KNOW?
The New Forest has the highest concentration of ancient trees in Western Europe, with more than 1,000 recorded



Oak tree

DID YOU KNOW?
Over 2,600 species of fungi have been recorded here



Fungi at Norley Wood © Rebecca Harnett

Make a discovery

Spend quality time together at one of our stunning 10 campsites located across the New Forest.

Book today at campingintheforest.co.uk or call 024 7711 0308



CAMPING IN THE FOREST

Commoner's calf
© DK Littlebrook



Silver-studded blue butterfly
© NFNP

