

NEW FOREST NATIONAL PARK

Buckland Rings Trail

This walk passes through a wide range of New Forest landscapes from villages through woods and open heathland.

The routes main feature is the well-preserved Iron Age hill fort known as Buckland Rings.

At this Scheduled Ancient Monument up to seven pre-historic dwellings were identified which would once have housed a

community of hunters and farmers that would grow into the modern Lymington. It is a linear walk but we suggest making it a circular and getting the train back to your starting point either in Lymington or Brockenhurst.

Trail Overview

Start: Brockenhurst Railway Station, SO42 7TW. Grid reference SU 301 020

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Finish: Lymington Town Railway Station, SO41 9AU.

Ordnance Survey map: Explorer OL 22 New Forest.

Distance: 6.8 miles (10.9 km) – 2-3 hours.

Local facilities: Public toilets in Lymington, near St Barbe Museum. Train transport to start of walk.

Directions

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Brockenhurst Train Station

Come out of the train station on the South side and cross the road passing by Mill Lane on your left and continuing along the grassy verge until you reach Church Lane, signed from the road as 'St Nicholas Parish Church'

Church Lane

Walk down Church Lane, looking out for the church itself on the left-hand side. The lane gradually bends round to the right and opens out with a farm on the right and fields to the left. Take the track down between the fields, marked as a public bridleway

3 Roydon Woods

Follow the bridleway south entering Roydon Woods, a National Nature Reserve. Turn left and follow that track down through the woodland. Go straight ahead at the next path junction. The path forks soon after that. Take the right-hand fork and the path eventually opens up into fields. At the signpost go ahead towards Sandy Down

Sandy Down

Come out the little wooden kissing gate onto Sandy Down Lane. Cross straight over going through another kissing gate opposite. The path heads south, crossing over Lower Sandy Lane and heads down, over a footbridge then up across fields before becoming more enclosed and then reaching the A337

The Rosie Lea Tea Room

Turn left through the gate and walk down the verge to the Rosie Lea Tea House. A break here is certainly recommended! To continue the walk, stand at the Rosie Lea sign and peer across the road to locate the small path passing by the North wall of The Well House. The A337 is a busy road so please take care crossing

Over the Railway Line

Head along the enclosed footpath until you emerge onto the open grazed lands of the New Forest. Veer right to go round the houses then back left to follow a wide track which goes over the top of the railway line. This track is known as Jealous Lane. Follow Jealous Lane down past houses taking a sharp right directly after the houses

Shirley Holms

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Jealous Lane ends at Shirley Holms Lane. The route continues ahead bearing right slightly (not straight ahead over the cattlegrid which is someone's driveway!). Follow the track along past various large houses before joining a public footpath which takes you down towards Mount Pleasant Farm

The Serpentine

Leave the farm fields and turn onto Mount Pleasant Lane. Head down the lane for about 10 yards before turning right down a short lane with buildings on the right. Head straight on picking up a public footpath and continuing straight, keeping the garage on your right. After walking through a small wood you appear in fields. Head out of the fields, up to the track and turn left down the track following the public footpath, known as 'The Serpentine'

9 Buckland Manor Farm

Keep following the path South, crossing Sway Road and heading towards Lymington. After a lovely walk beside Yaldhurst Copse you'll hit a small junction. Go right at the junction (not over the small bridge) and keep going straight ahead at the next junction heading through the old farmyard of Buckland Manor Farm

(10) Buckland Rings

Walk down the lane until you reach Sway Lane again. The wooden kissing gate opposite leads across fields to the Iron Age Hill fort. Please be careful crossing the road as it can be very busy.

Accessibility: This is a long walk over a mix of terrain including gravel, hard pavement, and dirt tracks. Exposed tree roots are prominent through the wooded sections. There are four stiles along the route and several field gates. This route can become boggy during winter months.

