

# Walking and cycling

It's easy to travel around the New Forest car free. Its flat, accessible routes and network of paths make it perfect for exploring on foot or two wheels.

## Walking

Explore 40 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.

Use our online routes finder to search by distance, location or even whether there is a pub nearby! There are also 10 specially-designed

accessible walks to try.

**Ticks:** Check your dog and yourself for ticks when you get home – they can cause Lyme Disease.



Walk in the Forest

## Cycling

There are more than 100 miles of waymarked family-friendly cycle tracks to explore, many 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. Find details on where to hire bikes and more than 12 easy-to-follow cycle routes on our website.

## Follow the New Forest code

Be Forest Friendly!



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

Search for newforestnpa    

Contact the New Forest National Park Authority, call 01590 646600 or email [enquiries@newforestnpa.gov.uk](mailto:enquiries@newforestnpa.gov.uk)

Sign up for our newsletter at [newforestnpa.gov.uk](http://newforestnpa.gov.uk)



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

New Forest National Park

# Pocket Guide

FREE MAP!



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NEW FOREST NATIONAL PARK



Forestry England

[newforestnpa.gov.uk](http://newforestnpa.gov.uk)  
[forestryengland.uk](http://forestryengland.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.



Pigs in the forest

## 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 – including ponies, donkeys, cattle, sheep and pigs.

They are known as 'the architects of the Forest' because it is their grazing that creates the accessible landscape we all enjoy and precious habitats for many rare species.

Please keep your distance from the animals and **don't feed or pet** them. There's plenty of natural food, and anything else – even carrots – can be dangerous for

them. Feeding can also encourage them to rely on humans. They may look friendly but they can bite and kick, especially mares with foals.

The animals have no road sense and wander on the roads day and night. Please pass them wide and slow, and be careful driving, especially when visibility is poor.

## Care for the Forest

**BBQ-free New Forest:** To reduce the risk of devastating wildfires, vast swathes of the New Forest and Dorset are complete no BBQ and fire zones. BBQs, camping stoves or anything with a naked flame are not permitted in car parks or any area of the Forest. All BBQ facilities at Forestry England sites have been removed.

Many shops and outlets in and around the New Forest have taken disposable BBQs off sale.

**Litter:** Your food and litter could harm the wildlife and livestock. Please take your litter home with you to dispose of responsibly.

**Birds:** To help ground-nesting birds rear their young safely, keep yourself, dogs and ridden horses on the main tracks from the beginning of February to the end of August

**Dogs:** To minimise disturbance to wildlife, livestock and other people, please keep dogs under control and visible – if necessary use a lead. Pick up after your dog at all times and take bagged waste home if there's no litter bin.

**Forest management:** The New Forest is a living, working Forest. Take notice of any warning signs, keep a safe distance from work sites, and keep gates and entrances clear.



Ponies grazing



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 [lovetheforest.org.uk](https://lovetheforest.org.uk)

Registered charity no. 1099420



Meet the rangers

# 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. [thenewforesttour.info](http://thenewforesttour.info)

@NewForestTour

## Local information points

- **New Forest Activities Booking Centre Ltd**, Beaulieu, SO42 7WA
- **Cyclexperience**, Brockenhurst, SO42 7TW
- **Shappen Stores**, Burley, BH24 4AB
- **The Herald**, Hythe, SO45 6AH
- **Landford Village Stores**, Landford, SP5 2AJ
- **The Village News**, Milford-on-Sea, SO41 0QD
- **Sway Post Office**, Sway, SO41 6AA
- **Woodgreen Community Shop**, Woodgreen, SP6 2AJ
- **Woodland Centre**, Hoburne Bashley Holiday Park, BH25 5QR
- **Minstead Community Shop**, Minstead, SO43 7FY

## Need somewhere to stay?

Visit [thenewforest.co.uk](http://thenewforest.co.uk) for luxurious spas, family hotels, quaint B&Bs and friendly campsites.

## A taste of the New Forest

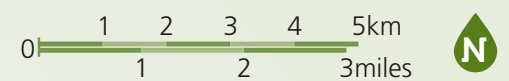
Try delicious local produce or handmade crafts bearing the New Forest Marque from local shops, cafés and markets.

[newforestmarque.co.uk](http://newforestmarque.co.uk)

@NewForestMarque



## Map Key



- blue route
- green route
- red route



Seasonal: Please check [thenewforesttour.info](http://thenewforesttour.info) for details

- New Forest National Park
- Information
- Railway station
- Car parking
- Museum
- Campsite
- Caravan site
- Waymarked footpath

**DID YOU KNOW?**  
New Forest verges are **protected landscapes** in their own right

**Parking**  
To avoid damage and obstruction, please park only in designated car parks, not on a verge or in gateways. Lock your car, taking any valuables with you and leave Forestry England car parks by dusk.

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