# 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.



### 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. When cycling, please stick to these permitted tracks. Find details on where to hire bikes and more than 12 easy-tofollow cycle routes on our website.

## Follow the New Forest code



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

touch them\*

Take home litter and dog waste



No fires or barbecues\*

\*Failure to comply may result in a fixed penalty of £100 or being taken to court and a fine of up to £1,000.

Keep dogs under

control. Don't let

dogs approach

or chase any

animals

Park only in

car parks

No wild

camping

### Search for newforestnpa **f** 💥 🛗 🔘

Contact the New Forest National Park Authority, call 01590 646600 or email enquiries@newforestnpa.gov.uk

Sign up for our enewsletter at newforestnpa.gov.uk

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



Stick to the permitted cvcle tracks



Drive with care – animals on the road!



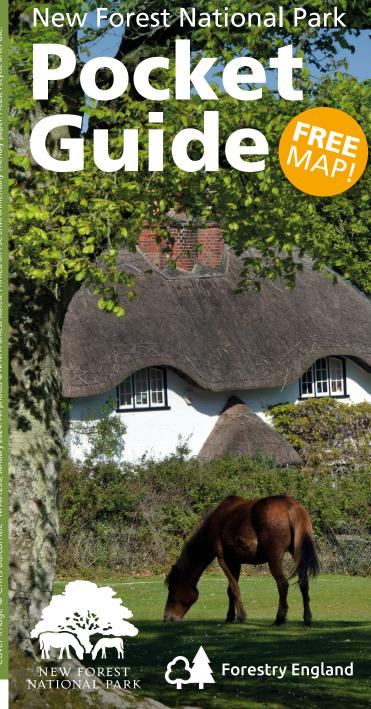
Help wildlife by keeping to the main tracks

NEW FOREST National Park



newforestnpa.gov.uk 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.





### 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. It's a fineable offence to feed or pet New Forest animals. There's plenty of natural food, and anything

# source the future of the new forest

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 **lovetheforest.org.uk** Registered charity no. 1099420

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. Anyone using these items is liable to a fine and prosecution.

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 groundnesting 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.





# Your New Forest adventure awaits...

Every year, over 40,000 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** 



### 1 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 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



#### Wick Redlynch ODownton blue route 1330 Woodfalls C A36 green route O Lover Plaitford ONorth Charford Landford 01 Breamore House & Museum West Wellow OHale Blackhill Ĩ Canada Breamore O O Woodgreen Nomansland ( Paulton's Park л Ower M27 Seasonal: Please check Furzley Testwood Sandy Balls Lakes Bramshaw Cycle Hire A36 for details Sandy 🏫 💑 Godshill Calmore Arniss Farm Hanger Farm Arts Centre Redbridge Fritham O Fordingbridge Cadnam Brook West Totton O Totton OStuckton Longbeech Alderholt • Frogham Å Bartley Rushington () Rufus P OHungerford Ocknell 🗨 6 Furzey Gardens **North Gorley** Foxhills O Minstead Woodlands Ashurst -Longdown Activity Farm Ashurst Ibsley K New Forest Ashurst Campsite llife Park Blashford Lakes A35 Lyndhurst Nature Reserve P Bolderwood The Woods Rockford Cyclery IM New Forest A Matley Wood Reptile Centre Campsit Blashford Bank P Knightwood Oak P 🐥 👂 Denny Wood 👗 Anderwood Moors Valley Country Park Beaulieu Road Ringwood Ashley Heath Blackwater 231 Longmeadow Campsite **Burley Street** Crow 👗 Hollands Wood Burley Aldridge Hill 👗 Palace House St lves i do Forest Leisure Cycle Hire Liberty's Owl, Raptor Burley Fudge & Reptile Centre Whitefield P Moor New Forest St Leonards Koundhill Activities Cycle H Sandford Brockenhurst Bisterne Hatchet Ford Farm Sto Cyclexperience Cycle Hire Pond verley P Plair Avon Tyrrell 🛵 East A338 Cycle Hire Δ Boldre Holmsley Campsite Setthorns Thorney Hill ⊖ Sandy Down Campsite spudWORKS G 0 eative Hul Pilley Caravan Club Sway 👔 Burley Villa Centenary Site Boldre Tiptoe Bransgore School of Riding 6 Bashley ○ Norleywood 🏫 Hobu ○ Neacroft Sammy Miller Sopley C HurnO Bashley Museum vmington 0.0 St Barbe Winkton Museum New Forest New 4 Hordle Holdenhurst Milton Adventure Golf **Burton** Ashley Lymington Jumpers Pennington () Common Hinton Forest Arts Centre Fairmile A337 Admira Everton Purewell A330 A337 Shorefield Christchurch Highcliffe Stanpit emouth Country Park A **Highcliffe Castle** 兪 OLymore Pokesdown Barton-on-Sea Christchurch Mudeford Christchurch P Keyhaven Priory Boscombe Milford-on-Sea Hurst Castle Ferry Lymington - Yarmouth Ferry Hurst Castle



DID YOU KNOW?

New Forest verges are **protected landscapes** in their own right

### P 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.