

Healthy walks around the New Forest

Walking is a good form of exercise. Healthy walks make it easier to exercise as part of your normal day. Regular brisk walks will increase your heart rate, making you warm and slightly out of breath. Start slowly, enjoy the fresh air, and gradually build up to the recommended 30 minutes a day.

The benefits of regular brisk walking include

- Reduces the risk of heart disease
- Keeps your heart strong
- Reduces or maintains your weight
- Reduces blood pressure
- Tones your muscles
- Relaxation and enjoyment

Calories used when walking

Weight (stones)	8	9.5	11	12.5	14	15.5	17
Calories used after walking 1 Mile	64	79	93	107	120	136	152

If you are taking medication, recently had an operation or in any doubt about your ability, please consult your doctor.

Walking Safely

- Tell someone when & where you are going walking & when you expect to be back
- Wear suitable clothing & footwear
- Take care crossing roads
- If you are walking in poor light, wear reflective clothing

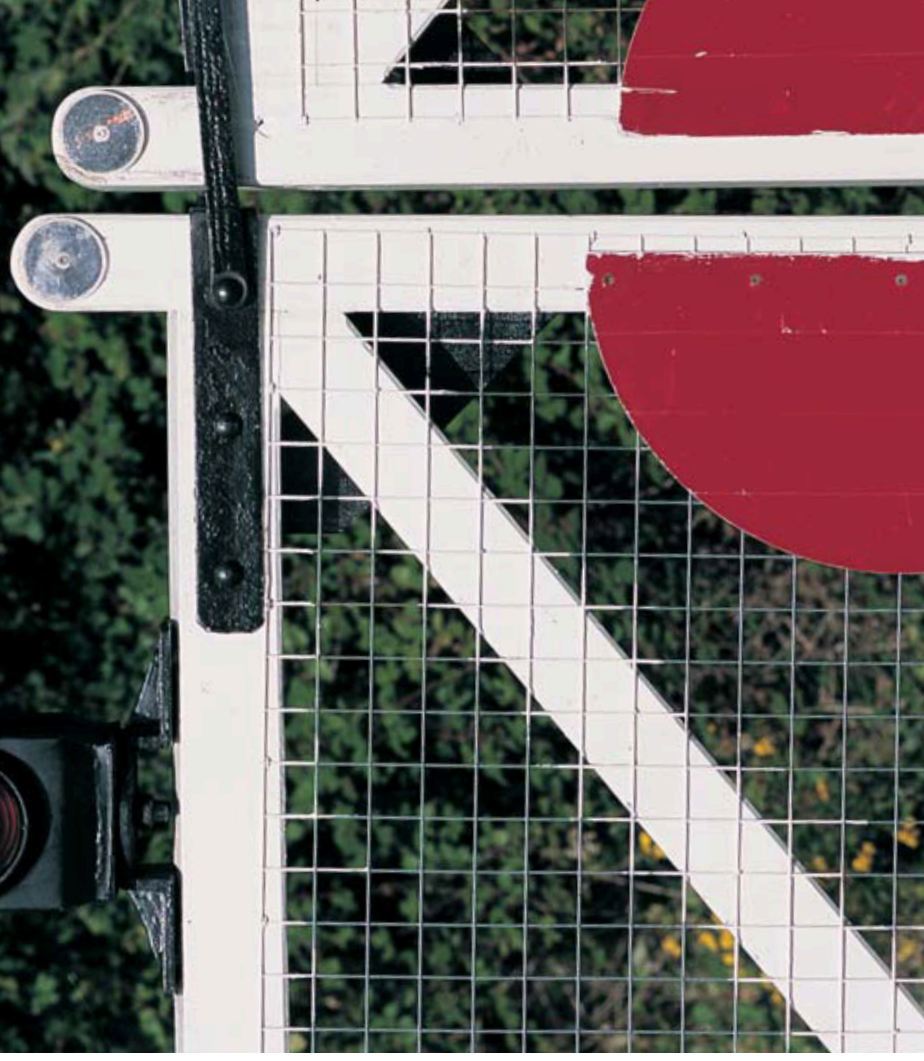
Leaflets for similar health routes are also available for Marchwood and Fawley.



If you require this leaflet in large print telephone 01962 847181

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Hythe and Dibden circular walk 1



Healthy walks around the New Forest

Distance: 1.75 km / 1 mile
Duration: 20 minutes
Condition: Good, mostly along pavements

Starting Point: Hythe Pier

1 Starting at the pier, turn left into High Street and walk along until you reach a T junction.

2 Turn left to the water front, cross road, turn right and follow gravel path. Bear right and continue on gravel path leading through the trees. Take the first right off the path and cross the road.

3 Turn left and follow pavement around to the right. At the information board turn left, crossing St Johns Street and onto The Marsh.

4 Use the pedestrian crossing and continue ahead through the Pylewell Precinct. Take a right turn just before you reach the Library and at the junction with School Road turn left.

5 Continue ahead and over the level crossing, take the next road junction to the right and walk on until reaching Jones Lane.

6 Turn right and follow the path up over the Railway Bridge. Cross Brinton Lane and continue along until you reach the Police Station. Follow the path to the right into Prospect Place.

7 Continue past the small park by the waterfront and you are back to the pier.



Cartography by Vic Bates
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Hythe Pier was built in 1880 at a cost of £7,000, since 1922 the little electric train has been busily conveying ferry passengers along its 700 yards of track making it Britain's oldest continuously operating pier train. Hythe grew up as a settlement of fishermen, ferrymen and farmers who lived around a tidal lagoon with a very narrow entrance through which small boats could pass to moor in the sheltered water. These natural features made Hythe an ideal place for a ferry link between the New Forest and Southampton

