

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 Fawley, Ringwood, Hythe & Dibden and Marchwood. For further information visit www.hants.gov.uk/countryside/hpp/healthwalks or call the number below.



If you require this leaflet in large print telephone 0800 028 0888

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Fordingbridge

circular walk 1



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Distance: 1.75 km / 1 mile
Duration: 25 minutes
Condition: Pavements and good gravel tracks

Starting Point: Main town car park

- 1 With the library behind you, walk out of the car park on to the path leading to the hospital complex, turn left and follow path to road. Turn right and follow pavement to Shaftesbury Street.
- 2 Turn right and, after passing the police station, take the first road on the right into Normandy Way. Take the next turning to the left which leads into Marl Lane (a gravel track).
- 3 Turn right towards The Coach House, continue ahead and at the next path junction turn right.
- 4 Continue along path to road, cross road following path which leads into Green Lane. Cross over stream and continue ahead following pavement.
- 5 After crossing Parsonage Close and passing Wilsons Court look for the next footpath to the right (opposite a sign for Picket Close). Follow this path back to the car park.



Fordingbridge Hospital – Formerly the infirmary, this was originally the Union Workhouse, which opened in 1886.

The Police Station in Fordingbridge is the oldest purpose built Police Station in Hampshire which is still in use.

Normandy Way – The name reflects the twinning of Fordingbridge with Vimoutiers in Normandy, France; look out for the commemorative stone.

