

## 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](http://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 3



## Healthy walks around the New Forest

Distance: 2.5 km / 1.5 miles  
Duration: 30 minutes  
Condition: Mixture of surfaced and unsurfaced paths

## Starting Point: St Mary's Church, Fordingbridge

- 1 Take footpath opposite St Mary's Church and proceed through car park. Cross road taking path between houses, bear right then left to enter field.
- 2 Continue along path. On reaching a gravel track take the path immediately to the right between trees; follow this path to Ashford Road.
- 3 At road turn right, proceed down the hill and over the river. After passing a road junction on the left, turn right and follow footpath through to Victoria Road.
- 4 On reaching the road turn right. Follow this road (Victoria Road) to the junction of Station Road.
- 5 Turn right following pavement to West Street. Proceed to the end of West Street and turn right, back to St Mary's Church.



### St Mary's Church

(Fordingbridge Parish Church) - A church was recorded here in the Domesday Book. Nothing remains of the original church and what you see now is largely from the 13th century. The aisles were rebuilt in the 15th century when the tower, north and south porches were also added.

**West Street** was formerly known as Black Street and was the site of the town's gas works.

