

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.



Marchwood

circular walk 1



Healthy walks around the New Forest

Distance: 1 1/4 km (3/4 mile)

Duration: 15 minutes

Places of interest: St John's Church and Falklands Memorial

If you require this leaflet in large print
telephone 01962 847181

Starting Point: Village Centre shops

- 1 From the car park in front of the Village Centre shops, go under the covered walkway, and continue with the school to your right and the village hall to your left.
- 2 Continue straight on into Cranberry close and follow the road to the right and then to the left to reach a T-junction. Turn left, then take the first right into Billberry Drive.
- 3 After passing over the stream turn immediate left. Follow the path until you reach the road and turn left into Kingfisher Way.
- 4 After passing two cul-de-sacs on the left-hand side, take the next left and follow the path towards the church.
- 5 Continue along the path, passing the Falklands Memorial on your right-hand side.
- 6 On reaching Main Road turn left and follow the pavement back to the Village Centre shops.



The Village Hall is the Local Information Point. You can try surfing the net here. Office hours are 9am - 12 noon.

The Falkland's Memorial remembers those from the Royal Fleet Auxiliary that died in the conflict. The Parish Council have recently added a plaque to the stone to remind people where the stone originated.

St John's Church was built in 1843 and designed by J W Derick.