

## 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, Fordingbridge, Hythe & Dibden and Marchwood.



If you require this leaflet in large print telephone 01962 847181

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## Pennington

circular walk 2



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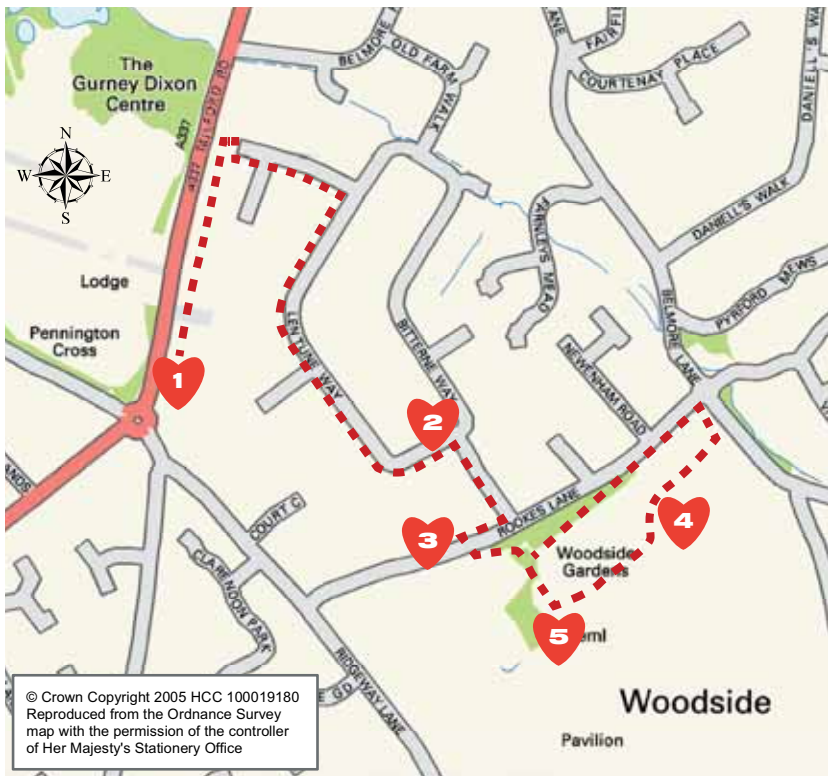
Distance: 2.25km / 1.5 miles  
Duration: 30 minutes  
Condition: Good, route follows pavements

**Starting Point: The White Hart pub, Milford Road. Please use rear car park.**

- 1** Turn right from pub car park and down the hill. Take a right along the footpath leading to Ravens Court Road. At the junction with Lentune Way turn right. Follow this road round to the junction with Bitterne Way.
- 2** Turn right towards Rookes Lane. Cross the main road with care and go into Woodside Gardens (public toilets are available here).
- 3** Once in Woodside Gardens turn left and follow the footpath round the perimeter of the gardens. Just before Woodside Lane bear round to the right, you will pass through 'Wisteria Walk'.
- 4** Fork left and pass the Colonel Henry Douglas Rooke memorial (on the left).
- 5** At the children's play area turn right and head back towards Woodside car park.

Carefully cross over Rookes Lane onto Bitterne Way and then turn left into Lentune Way. Follow the road back round, turn left into Ravens Court Road, left onto Milford Road and back up the hill to The White Hart pub.

(Suitable for pushchairs, wheelchairs and dogs)



The park at **Woodside** was given to the community by **Colonel Henry Douglas Rooke**. The memorial to the Colonel can be seen on this walk. **Colonel Rooke** is recorded as serving with the 1st battalion, King's Shropshire Light Infantry regiment in the **Egyptian War** in 1882.

