

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 3



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Distance: 3km \ 2.25 miles

Duration: 45 minutes

Condition: Mainly unsurfaced paths and gravel tracks

Starting Point: Pennington Social Club, Lodge Road

- 1** Turn left out of car park and follow Lodge Road. Turn left into Bays Road and continue to the dead end.
- 2** Follow the footpath on to Highfield Road and cross straight into Linden Way. Take care at this crossing as cars can approach around the bend in both directions. Follow Linden Way and turn right on to Beresford Road. Turn left at the end of Beresford Road on to Fullerton Road. Turn right on to Alexandra Road and at the bottom of the hill turn right into Pamplyn Close and follow to the dead end (straight ahead).
- 3** Go along the footpath (slightly up hill) on to Kings Park Road. Turn left on to Park Road until reaching the footpath on the left. Follow the footpath to Alexander Road. Take care when crossing the road as cars approach from both directions.
- 4** Pick up the footpath again and continue moving away from the houses. Follow the footpath keeping the fields on your left until you reach a 'T' junction with the farm on the right. Turn left at this point.
- 5** Follow this to the next 'T' junction and again take a left turn to cross the small stream (there is a stile at this point).
- 6** Now heading back towards the village, turn left at the next junction. Walking towards Yaldhurst Farm House, go through the narrow kissing gate and continue towards the wooden gate.
- 7** Turn right on to Yaldhurst Lane, recreation ground on the left. Turn left in to Lodge Road and continue back to the Sports and Social Club car park.

(Not suitable for pushchairs and wheelchairs. Can be very muddy underfoot)



The exact location of the **medieval village** of 'Yaldhurst', mentioned in the **Domesday Book**, is no longer known. However, the name is preserved by the farm house at **Yaldhurst Farm** which is a listed building.