

Get Active at Staunton

Great Fun, Great Health in the Great Outdoors

Walking is great exercise. Regular brisk walking will increase your heart rate, making you feel warm and slightly out of breath. Take it easy to start with, enjoy the fresh air, take in your surroundings and gradually build up to the recommended 30 minutes a day.

The benefits of regular walking include

- Reduces the risk of heart disease
- Keeps your heart strong
- Reduces or maintains your weight
- Reduces blood pressure
- Tones your muscles
- Aids restful sleep
- Relaxation and enjoyment
- Great way for family / friends to spend time together

The experts say: "Walking is the near perfect exercise". Prof. J Morris & Dr. Adrienne Hardmann 1997

Walking safely

- Tell someone when and where you are going walking and when you expect to be back
- Wear suitable clothing and footwear
- Take care crossing roads and paths
- If you are walking in poor light, wear reflective clothing
- Try not to walk alone – it's more fun with someone else too!



Roe deer

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.

Contact Staunton on **023 9245 3405** or visit www.hants.gov.uk/staunton for information or enquiries regarding our range of trails.

Supported by:



STAUNTON

Walking trail: **LEVEL 3**

EXPLORE OUR ESTATE



Distance: **5.1km/3.2 miles**
Duration: **1 hour 20 minutes**
Condition: **Generally good, could become muddy in places.**

- Turn right out of Victorian Coach House, follow path as it bears left
- At Junction with Well Meadow picnic area turn right along Cedar Drive
- Pass through the kissing gate into Beacon field.

1 Beacon field and Well meadow are SINC's (Sites of Interest in Nature Conservation) as they are semi-improved pasture land, vital for wild flowers which provide a nectar source for butterflies. They are grazed in rotation to allow flowers to set seed thus ensuring their survival.

- Follow the cross field path past the dead tree in the centre.

2 Standing deadwood is a vital habitat and one which is becoming rare due to mankind's desire to tidy things up! 85% of woodland species are reliant on deadwood in one way or another from woodpeckers and stag beetles through to microscopic fungi.

- Continue through the gate and turn left through another gate onto Green Lane

3 As you walk down Green Lane you may see the brick pools on your right. This is where the clay was dug before being fired in kilns to create bricks for the Estate. These pools are to be opened up to the sunlight over the next few seasons to encourage vegetation growth that in turn will support a much more diverse range of wildlife such as dragonflies and newts.

- At the junction turn right along Cedar Drive. At the end of Cedar Drive turn left and follow the path along the forest edge.

- As the track turns off to your right follow the path straight ahead along the side of the tall pine plantation known as Dead Wood.

The path will take you to the northern tip of the Avenue, from here proceed south past the Top Lake.

4 The Top Lake was once part of a system of waterfalls and pools constructed by Staunton, some of the gullies and pools are still evident today.

- As you follow the Avenue South, you may notice that trees have been selectively felled. This allows light to reach the woodland floor, which in turn allows undergrowth and scrub layers to form. A young tree will be planted in the glade to ensure this beautiful woodland is here for generations to come.

- At the crossing of paths turn right onto the woodland edge path which looks out over Deer slaughter plain.

5 King Edward VI gave the plain its name as he was too heavy for a horse to carry whilst following a hunt so he would drive the deer past a hide from which the king could shoot them! You may even be lucky enough to see some of the resident population of Roe Buck deer, one of Britain's two native species.

- As you proceed along the path you may notice that some areas of the woodland under story (hazel) have been coppiced. Species such as the dormouse require the different growth stages of the under story to provide food and shelter.

- As path joins another turn right through kissing gate into Thicket Lawn field. From here follow marked path across the field to High Lawn field.

6 Thicket Lawn was once a wetland meadow, however due to being under grazed for many years pioneer species such as birch and other tree species have begun to develop into scrub land. To counteract this the field was re-fenced in 2003 and grazing reintroduced, areas of scrub will now be cleared annually to restore the meadow habitat.

- From the gate to High Lawn follow the cross field path up the hill to the Estate main entrance on Middle Park Way.

