

## 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

#### 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](http://www.hants.gov.uk/staunton) for information or enquiries regarding our range of trails.

Supported by:



#### 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!



*Beacon with flag*

# STAUNTON

Cycling trail

TAKE TO THE TRACKS



Distance: **4.2km/2.6 miles**

Duration: **1 hour**

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
- ➔ Look out for the Beacon on your right
- ➔ A flagstaff was once surmounted on top of the Beacon, during the Estates later years a flag was flown from this to let Stansted know that the Lord of the Manor of Havant was in residence.

- ➔ At end of Cedar Drive go through gate and follow path, looking out across Gypsies plain.

- ① This area is often prime hunting territory for Buzzards and Kestrels during the day and owls in the evening.



- ➔ At Rowlands Castle entrance follow path which leads to left
- ➔ Use gate to cross fields along bridal way
- ➔ At end of this bridal way turn left through gate, follow pathway straight on up the Avenue. Tackle the tougher terrain if you dare! (Trailers take the easy route)

- ② The Victorian Avenue was once a grassy ride for Stone to ride his horses along. It used to continue far beyond its current terminus at the Top Lake.

- ➔ At way marked junction turn left into woodland.

- ③ This ancient woodland has been in existence since the thirteenth century. Many of the trees are over 200 years old. The oldest tree on the Estate is thought to be the lady oak above the Shell House which may be over 400 years old!



- ➔ Turn right at way marked junction proceeding through woodland onto Cedar Drive back to the beginning of the trail.

