

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 Marchwood and Fawley.

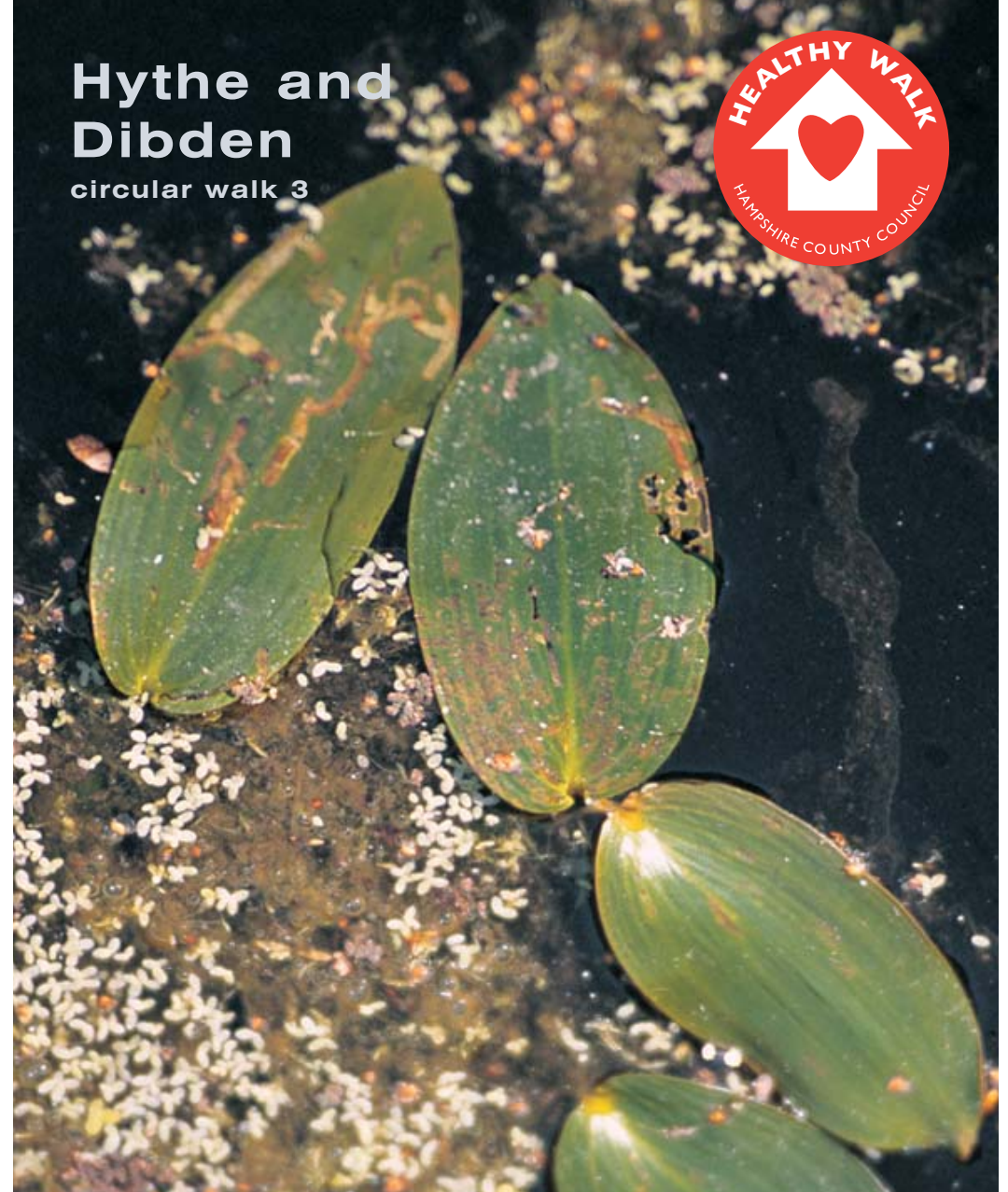


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circular walk 3



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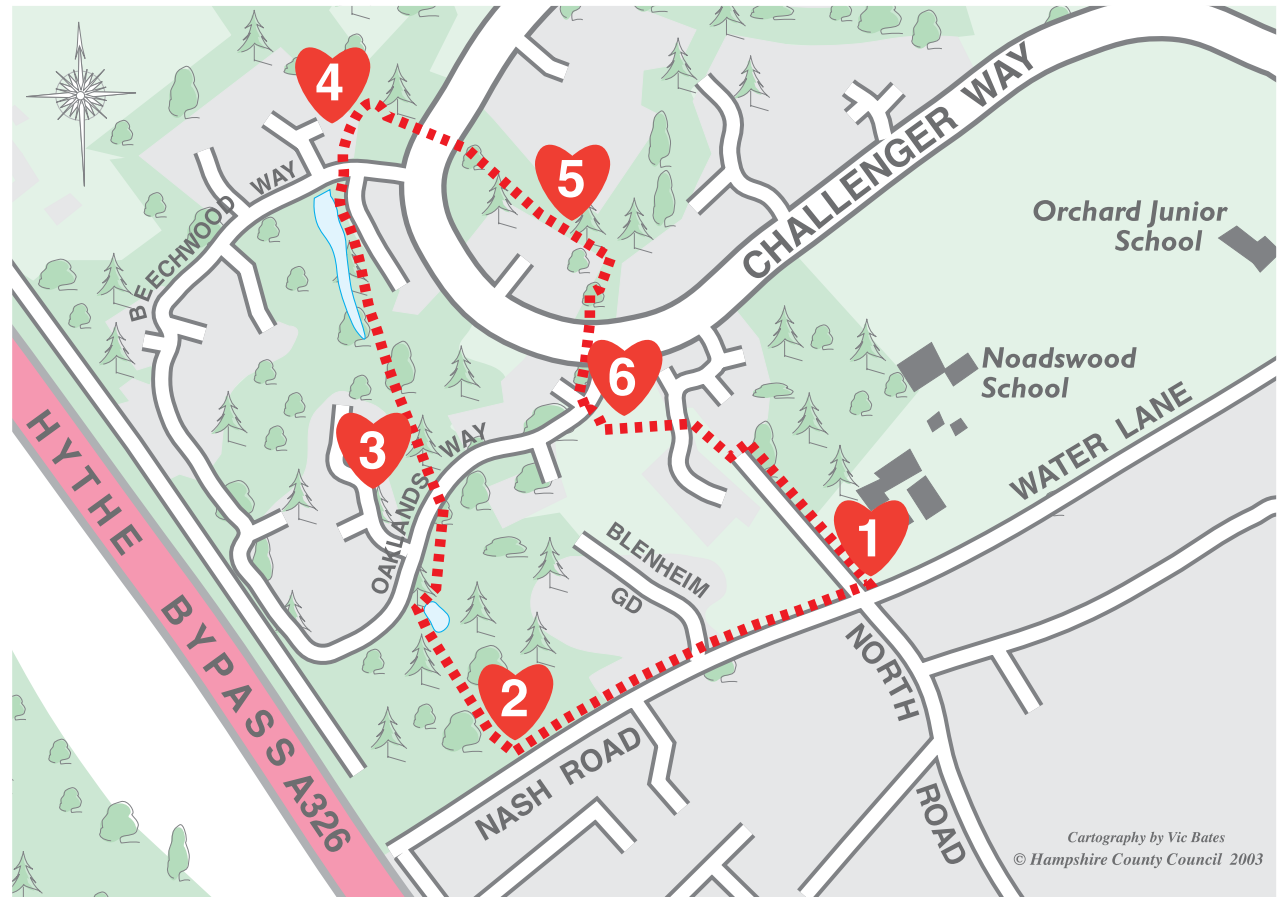
Distance: 1.75 km / 1 mile

Duration: 25 minutes

Condition: Good, mostly gravel paths, unsurfaced paths may become muddy after heavy rain

Starting Point: Noadswood School

- 1** Starting from Noadswood School. Cross North Road and follow Nash Road. Cross over Blenheim Gardens and continue down the hill.
- 2** Once you have passed the last house on your right, take the next gravel path to the right. Take the wide path which runs between 2 rows of trees leading to a pond. Continue around the pond, over bridge, turn left and follow path to road.
- 3** On reaching Oaklands Way, cross over and take the path ahead. At the second path junction take the right hand fork, keeping the stream to your left. With the pond to your left, bear right to the road.
- 4** Turn left, then cross Beechwood Way. Turn right and take path to the left. At path junction turn right, cross over Challenger Way and continue ahead following the path.
- 5** At first path junction continue straight. Where the path splits into 2, take the right-hand fork, bearing right following path to road.
- 6** Cross over into Oaklands Way and take the footpath/cycle path off to the left. Cross road and continue along the footpath/cycle path back to Noadswood school.



This route takes you into an area of **native woodland** with species such as chestnut, beech and oak. Invasive species such as the rhododendron are controlled to maintain a rich habitat. While you are walking look out for **greater spotted and green woodpeckers, tawny owls and treecreepers** all of which inhabit these woodlands.

The **ponds and marshes** are also abundant with wildlife including **mayfly, water boatman, toads and coots** which find refuge amongst the many water and marsh plants.