

## 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, Fordingbridge, Hythe & Dibden and Marchwood. For further information visit [www.hants.gov.uk/countryside/hpp/healthwalks](http://www.hants.gov.uk/countryside/hpp/healthwalks) or call the number below.



If you require this leaflet in large print telephone 0800 028 0888

Printed on recycled paper  
Dec 2004



## Ringwood

circular walk 2



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Distance: 2 km / 1.25 miles  
Duration: 25 minutes  
Condition: Good. Mostly pavements and quiet paths

## Starting Point: Ringwood Library

- 1 Turn left from Ringwood Library entrance, left again then right to join Bickerley Road. Cross road & turn left following path; at end of path turn sharp right picking up the Castleman Trial (disused railway line), continue along gravel path.
- 2 After crossing first bridge take path to right, over the river & back on to Bickerley Road; turn left & continue to Bickerley Pocket Park.
- 3 Take path ahead & continue until reaching the High Street; turn right.
- 4 Take next footpath on the right (opposite road junction) which weaves between buildings before emerging again onto Bickerley Road. Turn left & continue ahead, taking the 4th turning left which returns you to the library.



**The Old Railway** - This is part of the Southampton & Dorchester Railway and was brought to the town through the efforts of local solicitor Charles Castleman, after whom the new route for walkers and cyclists is named.

**The Market Place Jubilee Column** commemorates the Golden Jubilee of Queen Victoria and was erected as a lamp and drinking fountain in 1887. It is thought to have been made by the local Vale of Avon Iron Works.