

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 or call the number below.



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

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Ringwood

circular walk 1



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Distance: 2.5 km / 1.5 miles
Duration: 30 minutes
Condition: Good, mostly along pavements and quiet roads

Starting Point: Ringwood Health Centre

- 1** Leaving Ringwood Health Centre turn right, continue to the end of the road & use the pedestrian crossing taking you to Quomp; continue to the end of the road.
- 2** At the T-Junction turn left. Pass school & cemetery on left, cross road before the mini roundabout & turn right down steps. Follow path & bear right at all junctions until reaching two small greens, keep to the left side of these then bear right to the road.
- 3** Turn left passing Railway Hotel, take right into Christchurch Road. Pass fire station & Trinity Church on the right continuing to mini roundabout.
- 4** Turn right & use pedestrian crossing again to cross road; immediately turn left on path around the War Memorial Gardens. At Christchurch Road turn right, take next right into Southampton Road, right again into The Close & back to the Health Centre.

The Greyfriars Community Centre – Described as ‘the showpiece among Ringwood houses’ this late 18th century building has been home to the Ringwood & District Community Association since 1958.

Trinity Church dating from 1866 was designed by architect T H Hellyer. Now the United Reform Church, it was originally the Congregational Church.

