

## 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

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## Ringwood

circular walk 3



## Healthy walks around the New Forest

Distance: 2.25 km / 1.5 miles

Duration: 35 minutes

Condition: Generally good although some gravel paths can be a bit muddy, two quite steep paths on route.

## Starting Point: Cornerways Medical Centre

**1** Turn left out of Cornerways Surgery & follow pavement along Gorley Road. After passing Northfield Road, cross road. Just after Ross Road on the right, follow footpath to the right which takes you into Cowpitts Lane.

**2** On reaching the road turn right, take first track (footpath) on right & continue uphill passing cottages on right.

**3** The path forks just before reaching some stables; take left fork & continue ahead until reaching a T-junction with a well defined gravel track (bridleway). Turn right, then take second footpath on the left and continue to next path junction.

**4** At junction turn right then immediately left. On reaching track (footpath) turn right & continue downhill to Linford Road.

**5** Cross road & turn right following pavement; take next left into Chichester Road, continue ahead taking path between houses & into Anson Close.

**6** Turn right, take next right into Somerville Road & continue along pavement until emerging back into Gorley Road. Turn right back to Cornerways Surgery.

**The Thatched Cottage** – ‘The Homestead’ is of early 18th century construction and is now protected as a Grade II Listed building.

**The Roads** on the housing estate constructed in the 1960s, all take their names from distinguished sailors e.g. Sir Francis Drake, Admiral Cunningham and Captain Cook.

