



New Forest Healthy Walks

New Forest Healthy Walks Scheme encourages people of all ages to join regular, short walks in their own communities. Healthy Walks are fun, free, supportive and led by trained volunteers. Our walks help boost the health of participants whilst enjoying local, natural spaces in the company of others. The social side of walking can be as important for well-being as the walk itself.

For more information and contact details, please visit <https://www.cfirfirst.org.uk/wellbeing/health-walks/>. Contact us: healthywalks@cfirfirst.org.uk

Key Location	Time	Day	Meet	Contact
 Barton On Sea	10.30 am	Weekly	Marine Drive East	Tel 01202 477205 email jagbest@ntlworld.com
 Blashford Lakes	10.30 am	2nd and 4th Wednesday	Tern Hide Car Park Blashford Lakes Nature Reserve Ellingham Drove Blashford BH24 3PJ (off the A338)	Tel 01425 655511 Email nigeltowen@aol.com
 Fordingbridge	10.30am	Thursday	Fordingbridge Library	Tel 07737 688523 healthywalks@cfirfirst.org.uk
 Fordingbridge Carers' Walk	11am	Wednesday	Arch Clinic	info@archclinic.co.uk Tel 01425 650071

Key Location	Time	Day	Meet	Contact
 Lepe Country Park	9.30am	Thursday	Lepe Country Park	Tel 02380 899108
 Lymington	10am	Every Tuesday except 5 th week	Meet Bath Road Car Park by slipway	Tel 07737 688523 healthywalks@cfirst.org.uk
 Lyndhurst	10.30am	Friday	Various	Tel 023 8028 2862 Click for latest list of walks.
 New Milton	10am	Wednesday	Various	Tel 07737 688523 healthywalks@cfirst.org.uk
 New Milton Wellbeing Walk	10.30am	Monday	Ballard Lake	Tel 07737 688523 healthywalks@cfirst.org.uk
 Milford Health Walks	10.15am	Every Friday	Café Milford Village Community Centre	Tel 023 8084 1341 Contact: Jane Gibbons
 Waterside Health Walks Beaulieu Road Hythe SO45 5WX	10am	Alternate Mondays	Various Locations	Tel 07811 361319 Email mikecrobs@gmail.com More Details (external website)
 Waterside Health Walks Beaulieu Road Hythe SO45 5WX	3pm	Alternate Thursdays	Various Locations	Tel 07811 361319 Email mikecrobs@gmail.com More Details (external website)