The New Forest Cycle Trails

- Waymarked trails
- Visitor attractions
- Places to eat
- Linked car parks

Come and explore the New Forest on two wheels...

Exploring by bike is the ideal way to discover the magnificent beauty and fascinating wildlife that can easily be missed by car.

The off-road and road-based New Forest cycle network offers something for all the family to enjoy.

The Forestry Commission provides over 100 miles of off-road waymarked cycle routes. Most of these routes are particularly suited to families with children and can also be used by people on mobility scooters. The routes are marked on the ground with wooden posts, each numbered. Some of these are shown on the map to help you to find your way around. These marker posts also display an Ordnance Survey grid reference.

This map brings together these managed routes with all similar networks in the New Forest National Park and links to the surrounding area.

The New Forest is a beautiful, tranquil and environmentally sensitive place enjoyed by local residents and visitors alike. Mutual respect and courtesy are essential to enable those with different interests to enjoy the Forest together.

This is a working forest, with forestry, farming and equestrian activity on its narrow roads and tracks. Ponies, cattle and other animals are free to roam the Forest and most of its roads. Be aware that animals are easily startled and may suddenly move into your path.

Follow the Forest Cycle Code

Please follow both the Highway Code and this New Forest Cycling Code which is supported by cycling groups and local organisations.

Be considerate

- Ride positively and well clear of uneven road edges but with consideration for other road-users. To allow vehicles to overtake safely, leave gaps for them to pull into and move into single file when necessary and safe to do so. Never ride more than two abreast.
- Off road, cycle only on the waymarked network of Forestry Commission tracks, bridleways, byways, restricted byways and designated routes.
- Use this map to plan your route, check the Forestry Commission website for route closures, and try to be off Forest tracks by sunset.
- Be polite to other cyclists, motorists, pedestrians and residents.
- When passing people and animals, use your bell or call out a warning and allow them plenty of room. Be prepared to stop if necessary.
- Do not drop litter or feed the animals; human food and litter are a danger to them.
- Close gates behind you so the animals don't stray
- Respect the quiet of the Forest.

Be safe

- Pass animals slowly and to one side if possible.
- Take extra care near horse riders; a kick or fall from a horse could be fatal. Be prepared to stop. Use your bell or call out a friendly warning well in advance. When it is safe, pass wide and at walking pace, to one side only. Look out for any reaction from the horse.
- Keep to a safe speed, on and off road, particularly on narrow lanes, steep hills and bends. Look out for pot holes, poor surfaces and cattle grids.
- Look out for and obey safety signs. Do not pass large vehicles and trailers until you know it is safe to do so.
- Ensure you are visible by wearing bright or reflective clothing. Use lights after dark and in poor daytime visibility.
- Avoid the use of earphones.

Emergency Information

In an emergency dial **999**

Accident and Emergency departments at Southampton, Bournemouth and Salisbury hospitals.

Forestry Commission 24hr call centre:
0300 067 4600

Cycle Hire with Free Sat Nav

Looking for the best cycle routes in the New Forest? Then hire a bike with a free sat nav to guide you.

The New Forest National Park Authority has teamed up with Garmin and local bike hire companies to provide cyclists with free hire of GPS devices to help them find their way around and enjoy the National Park.

The Garmin Edge Touring devices are simple to use and come loaded with a range of easy to follow, family-friendly cycle routes. They are available free of charge with bikes hired at outlets around the New Forest.

You can find more about the service at
www.newforestnpa.gov.uk/cyclenav

Garmin sat navs are free to hire at the following cycle hire shops:

Cyclexperience
Station Car Park, Brockenhurst, SO42 7RR /
Tel: 01590 624204 www.cyclex.co.uk

Hoburne Bashley
Sway Road, New Milton, BH25 5QR /
Tel: 07512 780890
www.hoburne.com/park-details/hoburne-bashley

New Forest Activities Booking Centre
The Old Forge, Beaulieu, SO42 7YA /
Tel: 01590 612377
www.newforestactivities.co.uk

Sandy Balls Cycle Centre
Godshill, Fordingbridge, SP6 2JZ / Tel: 01425 657707
www.sandyballs.co.uk/cycle-centre

Trax Bike Hire (mobile delivery service)
Tel: 01425 618562 or 07850 043259
www.bikehirenewforest.co.uk

New Forest Family Cycling is supported by GARMIN

Other local cycle hire options:

AA Cycle Hire (New Forest)
Ferrnglen, Gosport Lane, Lyndhurst, SO43 7BL / Tel: 023 8028 3349
www.aabikehirenewforest.co.uk

Forest Leisure Cycling
Village Centre, Burley, BH24 4AB / Tel: 01425 403584
www.forestleisurecycling.co.uk

Moors Valley Cycle Hire
Horton Road, Ashley Heath, Ringwood, BH24 2ET / Tel: 01425 470721
www.moors-valley.co.uk/planning-your-visit/cycle-hire

Ride the Hawkhill trail

'Great for beginners'

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1. From Hawkill Inclosure car park retrace concrete path to B3055 and cross to cycle track opposite.
2. At 'T' junction turn right.
3. Turn right and follow gravel cycle track.
4. Bear left at car park and continue on track towards Roundhill campsite & take tarmac road straight on. Note water tower on your right.
5. Continue through site towards reception & B3055. Cross B3055 to forest track opposite.
6. Continue down hill over crossing in track through gate at Copse Cottage towards and over railway bridge.
7. Through gate at Stubby Copse Inclosure and continue on gravel tracks.
8. On reaching tarmac road turn right at 'T' junction.
9. Continue straight on following main track towards railway.
10. Cross railway on bridge and take next left signed 'Beaulieu'.
11. Turn right at junction in track signed 'Beaulieu'.
12. At major gravel crossroad turn left and follow cycle track sign.
13. Turn right at next junction.
14. At gate adjacent B3055 retrace path back to car park.

Hawkhill Inclosure Off Road Cycle Trail
14.8km / 9.2m

Adventure Cycling

For more adventurous cyclists, there are purpose built mountain bike skills circuits at Watchmoor Bike Park near Moors Valley Country Park, designed by down-hillers, or UK BikePark near Blandford with its technical tracks capable of testing even the finest riders! Avon Tyrrell Outdoor Activity Centre in the New Forest has technical routes, pump and gravity tracks and a northshore experience.

Moors Valley Country Park has a network of forest road graded trails, as well as a singletrack, 'Through the Forest'. A cycle map is available from the Visitor Centre on site.

Thousands of cyclists use the New Forest responsibly. Please be considerate to all other users at all times.

If you need this publication in large print or in another language please contact the Diversity Team.
Phone **0300 067 5046**
Email **diversity@forestry.gsi.gov.uk**

Find out more on our websites:
forestry.gov.uk/newforest
newforestnpa.gov.uk

Scan here for more on cycling in the New Forest

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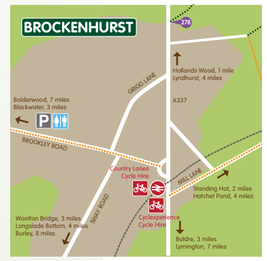
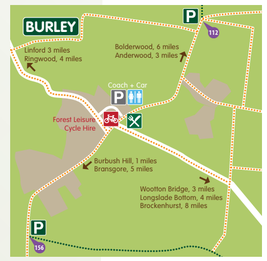
The New Forest National Park

Cycle Routes

Please remember to stay on the waymarked routes when cycling off-road on the New Forest Crown Lands

Village to trail access maps





KEY

Cycling in the New Forest

- Approved off road routes, usually gravel or asphalt
- National Cycle Route off road
- Approved on road routes
- National Cycle Route on road
- Other Routes; relatively quiet, unaudited routes on country lanes
- Bridleways + Byways
- Warning that route crosses a main road or other potential hazard. Take care
- Ford that may be impassable after heavy rain
- Cycle Hire
- Steep hill or other more challenging conditions (IMBA classification)
- Crown land tracks; no cycling
- 36 Numbered Waymarker Posts

Visitor Information

Travelling

- The New Forest Tour Bus carries bikes free of charge
- Parking
- Pay and Display Parking
- Station
- Ferry Services
- Local Information
- Toilets
- Food and Drink
- Visitor Attraction
- Castle
- Camping in The Forest
- Picnic Area

Land Use

- City / Town / Village
- Village / Hamlet
- New Forest National Park
- Mixed Woodland
- Heathland

Roads

Cycling in the New Forest is permitted on most public highways. The usual rules of the road apply but please follow our Cycle Code to make your ride safer for yourself and other forest users.

These symbols identify the road types. Main roads are **not** recommended for cyclists.

- M27 Motorway
- A36 Main Road
- B3054 Minor Road

DISCLAIMER
While every effort has been made to ensure the accuracy of this map, the publishers cannot accept any responsibility for any loss or damage caused as a result of its use.
The cycle routes and trails shown here were correct to the best of our knowledge at the time of publication. The publishers are in no way associated with any of the trail providers and cannot be held responsible for the condition or suitability of any routes. Nor do we endorse any of the products and services available from the cycle hire companies listed.
We encourage all bike users to cycle responsibly at all times.
For more detailed map information, useful for instance when following specific routes, we recommend that this map is used in conjunction with the Ordnance Survey 1:25,000 (Explorer) Sheet 22, or the 1:50,000 (Landranger) Sheet 196.

SCALE 1:70,000 (approx)

0 km 1 2 3 4 5 6

0 miles 1 2 3 4

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Note: Cycling on seafront has seasonal restrictions

Route continues to Yarmouth, Isle of Wight via passenger ferry