Walking

Health Walks

Hampshire Paths Partnership has been involved in a new Healthy Walking initiative to encourage people to take regular exercise by identifying short circular walks close to residential areas which are easy to walk and follow.

All of the routes have an accompanying leaflet. For further information contact the Healthy Walks Co-ordinator on 07788 558864 or email healthwalks@cfnr.org.uk or just turn up. No need to book.

Guided Health Walks

<table>
<thead>
<tr>
<th>Area</th>
<th>Time/Day</th>
<th>Meeting Place</th>
<th>Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blashford Lakes</td>
<td>11am-2nd/4th Wednesday of the month</td>
<td>Term Hide Car Park</td>
<td>Walk for approximately 1.5 hours</td>
</tr>
<tr>
<td>Fordingbridge</td>
<td>10am Thursdays</td>
<td>Riverside Kiosk</td>
<td>Specifically designed to allow anyone to walk a distance and pace that suits them. Walks can be anything from a slow five minute dallie to a more energetic 30 minute stroll</td>
</tr>
<tr>
<td>Fordingbridge</td>
<td>11am Thursdays</td>
<td>Fordingbridge Library</td>
<td>A gentle 2.5 mile walk around Fordingbridge</td>
</tr>
<tr>
<td>Fordingbridge</td>
<td>10.30am 1st/3rd Thursday of the month</td>
<td>Fordingbridge Library</td>
<td>This walk is up to 90 minutes</td>
</tr>
</tbody>
</table>

Cycling

Cycling is an easy and effective way of getting around. Not only is it a fun, sociable and healthy activity, it can help you save money on fuel and parking costs and reduce your carbon footprint. What’s more, cycling in towns is often faster than other means of transport.

Nestled in the beautiful New Forest, Hampshire offers a huge variety of cycling opportunities. For more information on cycling in Hampshire visit: www.myjourneyhants.com/cycle

Fordingbridge Off Road Cycle Trails (14/21 miles)

This route travels north of the New Forest and circles the village of Rockbourne with its famous Roman Villa. Recommended for experienced cyclists. See www.hants.gov.uk/rh/cycling/fordingbridge.pdf for details of the route.

BJS Cycles 4 High Street, Fordingbridge, SP6 1AX. Tel: 01425 839854

Sandy Balls Cycle Centre, Godshill, Fordingbridge, SP6 2JZ. Tel: 01425 657707

Community Transport

61/62 Fordingbridge Taxishare

Tuesdays-Saturdays

A taxishare is similar to a bus service except that a taxi picks up pre-booked passengers instead of a bus. For further information call 01962 846786 or visit www.hants.gov.uk/taxishares

New Forest Call & Go

Pre booked services using accessible minibuses for people whose travel needs are not met by public bus services. For further information telephone 01425 461751.

Voluntary Care Groups

A network of Voluntary Care Groups operates throughout the district. These groups offer a variety of services including voluntary car transport. Volunteers use their own cars to transport people who find it difficult to use public transport. Journeys are usually local, although this will vary according to the care group. For further information please contact the organisations listed below:

Community First New Forest - 01425 461751

Tw o Bridges Care Group - 0845 8385 902

Wheels to Work

The Wheels to Work moped loan scheme is designed for people aged between 16 and 25 who don’t have access to public or private transport to get them to a job, vocational training or to attend interviews. A moped can be loaned for 3 to 12 months depending on your circumstances.

To be eligible for the scheme users must live in one of the areas where the scheme is operating, have no access to public or private transport, need to access employment or employment related training, or are actively seeking work and be referred by an agency, employer or, where this is not possible, have referred themselves.

For further information contact Community First New Forest on 01425 481546