

Cycle routes map

# The New Forest National Park

# Are you on the right track?



Find out how you can explore the National Park by bike with over 100 miles of off-road cycle routes.

This map gives you an overview of where the best cycle routes are in the New Forest including traffic-free gravel tracks, bridleways and routes on roads. It covers how to access the network, the main New Forest villages and the railway stations at Ashurst, Brockenhurst and Sway, and the safest and most attractive routes.

Cycling is a great, environmentally friendly way to explore the National Park. We ask all visitors to follow the New Forest Code to help protect this unique landscape. This means that in the New Forest, cycling is only allowed on the way-marked cycle routes.

These routes are marked with numbered wooden posts. You can navigate your way around the tracks by referencing some of these numbers on the map overleaf or following the Ordnance Survey grid references on the markers.

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.



## Caring for this special place

The New Forest has many sensitive habitats. It's home to many rare and important types of wildlife, and a working forest with forestry, farming and equestrian activity on its narrow roads and tracks. That's why we ask everyone coming here to help us respect and look after this special place.

You must stick to the way-marked cycle routes and avoid disturbing wildlife & livestock. By following these simple steps, we can all help to protect and enjoy the New Forest.

## Be an easy rider! Getting to the cycle network

There are lots of different ways to get on to the best trails and routes. The New Forest has good access from train stations, villages and nearby towns and cities so there is no need to carry bikes on a car to access the off-road routes.

These maps show the best access to the cycle network from the following villages and campsites.

## No bike? No problem.

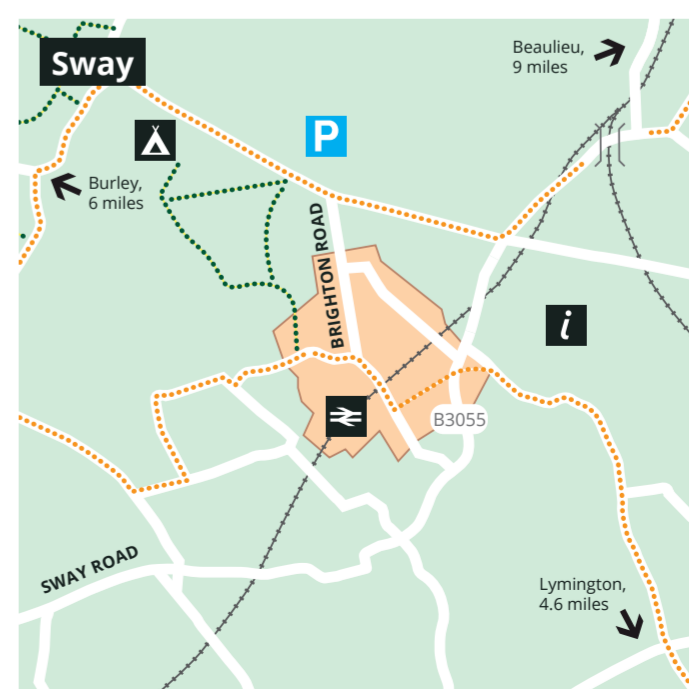
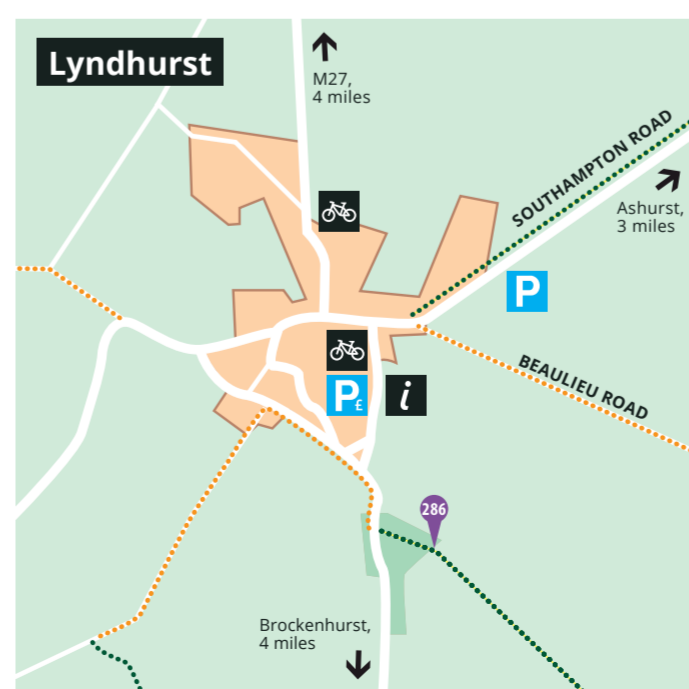
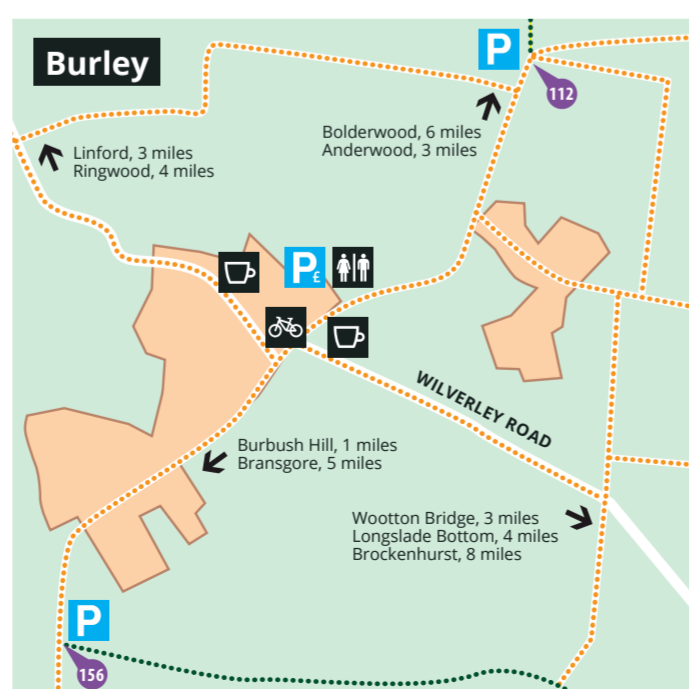
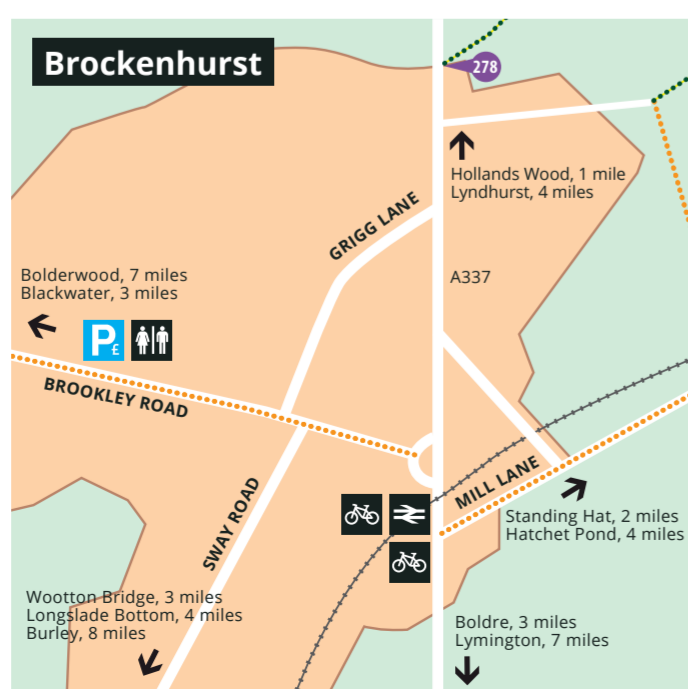
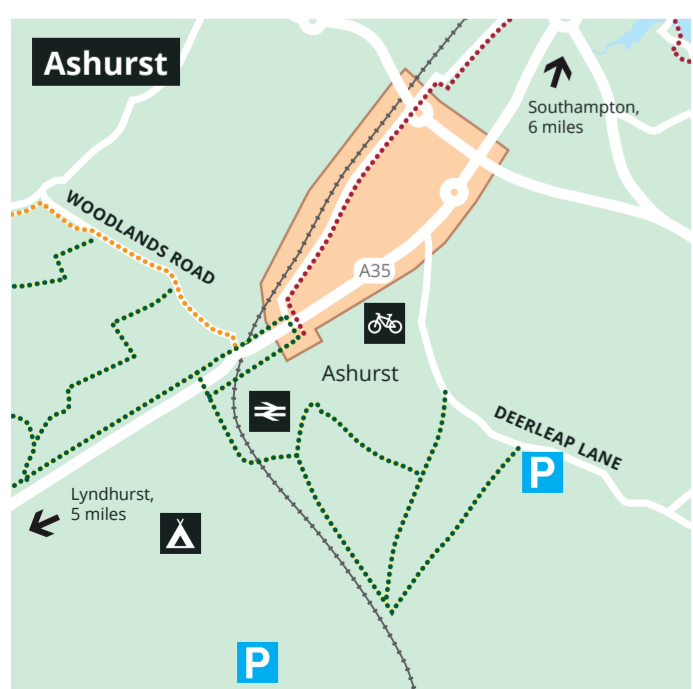
You can hire bikes from many places, for more information visit [newforestnpa.gov.uk/things-to-do/cycling](http://newforestnpa.gov.uk/things-to-do/cycling)

PedALL is an inclusive cycling scheme that provides cycling sessions for people who face a barrier to accessing cycling on the New Forest off-road cycle network, using a range of regular and specially adapted bikes. There's a variety of different ride options, please visit [pedall.org.uk](http://pedall.org.uk) for more information.

All e-bikes ridden within the New Forest must be compliant to \*EAPC legislation. EAPC 'pedal-assist' e-bikes are helping make cycling accessible to more people by reducing the barriers to exercise.

### Did you know?

You can get directly to the New Forest from Bournemouth or Southampton by using National Cycleway 2. Visit [sustrans.org.uk](http://sustrans.org.uk) for the map or follow the way-markers. There is also a route from Salisbury.



Contact  
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w: [forestryengland.uk/newforest](http://forestryengland.uk/newforest)  
t: @EngNewForest i: @EngNewForest

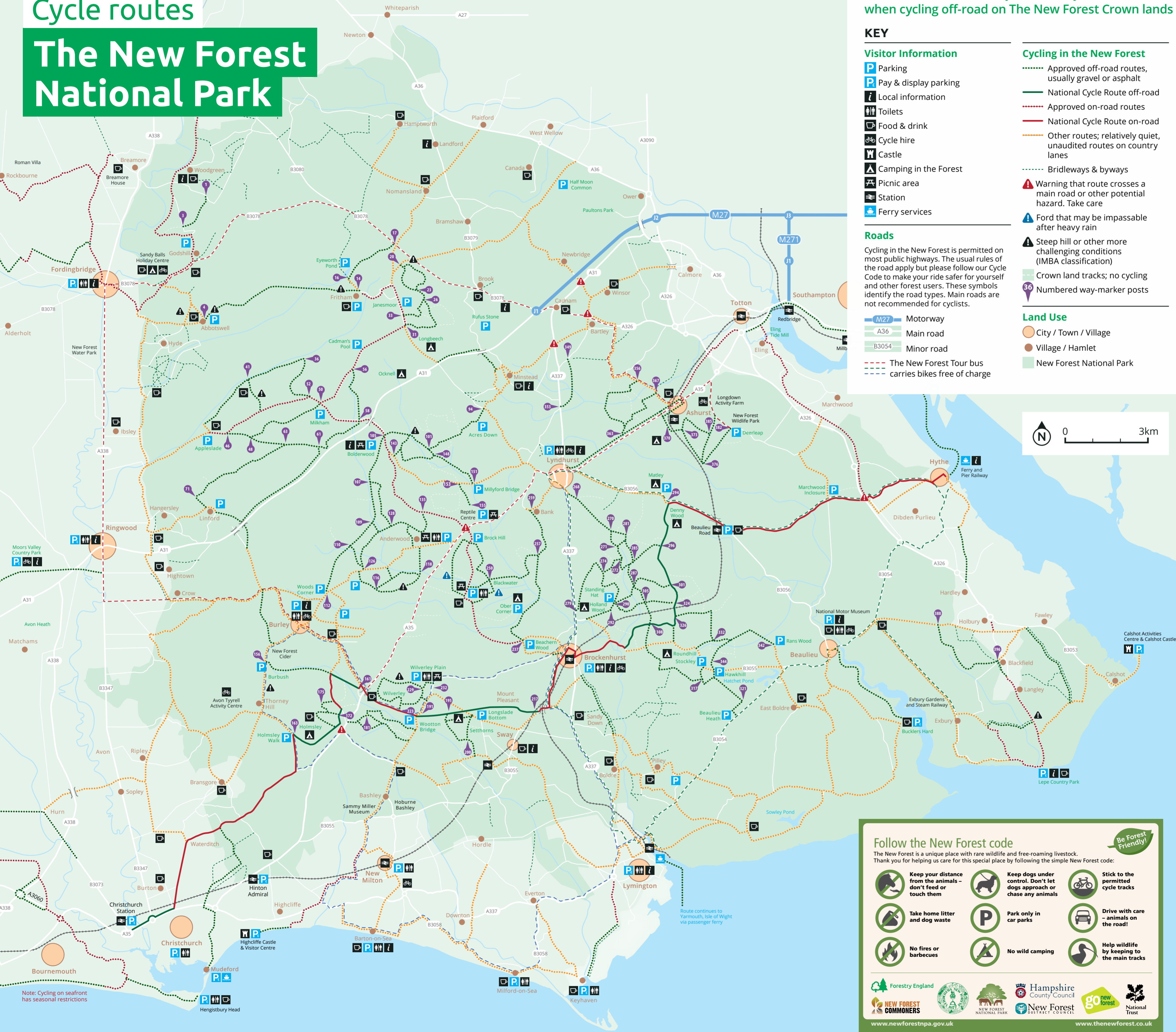
Forest Office  
Queens House, Lyndhurst  
Hampshire, SO43 7NH



For alternative formats, please call 0300 067 4000 or email [info@forestryengland.uk](mailto:info@forestryengland.uk)

# Cycle routes

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Please remember to stay on the way-marked routes when cycling off-road on The New Forest Crown lands

## KEY

### Visitor Information

- Parking
- Pay & display parking
- Local information
- Toilets
- Food & drink
- Cycle hire
- Castle
- Camping in the Forest
- Picnic area
- Station
- Ferry services

### 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.
- Motorway
  - Main road
  - Minor road
  - The New Forest Tour bus carries bikes free of charge

### 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
- Steep hill or other more challenging conditions (IMBA classification)
- Crown land tracks; no cycling
- Numbered way-marker posts

### Land Use

- City / Town / Village
- Village / Hamlet
- New Forest National Park

## Emergency info

In case of an emergency call 999  
 Inform Forestry England as soon as you can. T: 0300 067 4600  
**Hospital with A&E unit:**  
 Southampton General Hospital,  
 Tremona Road, Southampton,  
 Hampshire, SO16 6YD  
 T.023 8077 7222

## The New Forest cycling code

### 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 way-marked network of Forestry England tracks, bridleways, byways, restricted byways and designated routes.
- Use a map to plan your route 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.

## Follow the New Forest code

The New Forest is a unique place with rare wildlife and free-roaming livestock. Thank you for helping us care for this special place by following the simple New Forest code:

- Keep your distance from the animals - don't feed or touch them
- Keep dogs under control. Don't let dogs approach or chase any animals
- Stick to the permitted cycle tracks
- Take home litter and dog waste
- Park only in car parks
- Drive with care - animals on the road!
- No fires or barbecues
- No wild camping
- Help wildlife by keeping to the main tracks



## 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.

Note: Cycling on seafront has seasonal restrictions