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 equine 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 off the road.

Emergency Information
In an emergency dial 999. Accidents and emergency treatments at Southampton, Bournemouth and Salisbury. Satisfied by the Forestry Commission 254x call centre. 0300 067 4600

Traffic calming
Be considerate • 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
• Keep to a safe speed, on and off road, particularly on narrow lanes, and links to the surrounding area.
• Look out for and obey safety signs. Do not pass large vehicles and keep to the outside of corners.
• Be visible by wearing bright or reflective clothing. Use light rings, lights and/or daytime visible clothing.

Advice on mobility
• Do not use mobility scooters on quiet, narrow tracks.
• Do not use mobility scooters on forest tracks where the going is soft or over water.
• Turn right and follow gravel cycle track.

Moors Valley Country Park
New Forest Cycle Hire is supported by GARMIN.

On your bike
Follow the Forest Cycle Code
Please follow both the Highway Code and this New Forest Cycle Code which is supported by cycling groups and local organisations.
Be considerate
• Ride politely, and well clear of uneven road edges but with consideration to some road users. Try to allow space for cyclists taking turns into and off single file when necessary and safe to do so. Never ride more than two abreast. Be considerate of the waymarked network of forestry Commission tracks, byways, bridleways, restriction areas and designated routes.
• Use the map to plan your route, check on forestry Commission websites for route details and try to be on forest tracks for journeys.
• Be polite to other cyclists, walkers, pedestrians and residents.
• When passing another cyclist, 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 as the animals can’t stray.
• Respect the quiet of the Forest.

Be safe
• Ride slowly and be to one side if possible.
• Take extra care near horse riders, it is a legal right for a horse to cross the road in front of you. Be prepared to stop, use your bell or call out a friendly ‘Halt’ if necessary and give them plenty of space to pass safely.
• Keep to a side, given, on and off road, particularly on narrow forest, sleep roads and tracks. Look out for and obey safety signs. Do not pass large vehicles and keep to the outside of corners.
• Be visible by wearing bright or reflective clothing. Use light rings, lights and/or daytime visible clothing.

Visit attractions
Plaisterers’ Hall
Stonehenge
Chawton House
Mottisfont Abbey
Mayflower
Winchester Cathedral
National Motor Museum
Moorland Vole Centre
Standing Hat
Beaulieu
Hampshire
Woodland Valley Country Park
Hogwarts
Brockenhurst
Brock Hill
Hogwarts

Ride the Hawkhill Trail
Great for beginners

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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.

Cycling in the New Forest
- Approved on road routes, usually gravel or asphalt.
- National Cycle Route on road.
- National Cycle Route off-road.
- Other Routes, relatively quiet, unsealed 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.
- 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
  - Cafe
  - 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 roads public highways. The usual rules of the road apply. An essential tool on a Cycle Route is a map or routefinder.
- Crown land tracks; no cycling.
- Approved off road routes, usually gravel or asphalt.
- National Cycle Route on road.
- National Cycle Route off-road.
- Other Routes, relatively quiet, unsealed routes on country lanes.
- Bridleways + Byways

While every effort has been made to ensure the accuracy of this map, the publishers cannot accept any liability or responsibility for any loss or damage created as a result of its use. Nor do we accept liability for any loss or damage created by reliance on the information contained in this map.

The symbols identify the road types. Main roads are safer for yourself and other forest users. However, please follow our Cycle Code to make your ride enjoyable and safe.

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