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. These off-road 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 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. Horses, 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.

On your bike

Follow the Forest Cycle Code

People follow these Highway Code and this New Forest Cycling Code which is supported by cycling groups and local organisations.

Be considerate
• Ride predictably and well clear of narrow road edges but with some gaps for horse riders to pass through. Look towards oncoming cyclists for other road users. To other cyclists try to keep to the left of the road
• Respect other cyclists, motorcyclists, pedestrians and equestrians in their right-of-way
• When passing people and animals, use your bell or call out to warn them and otherwise show courtesy and respect

Be safe
• Pass cyclists firmly and to one side (opposite
• Keep some cone near horse riders, a kick or fall from a horse could be fatal. Be prepared to stop, guide your bike or fall off in beauty. Vital is safety, pass wide, head lights on in darkness. Be safe, pass wide and be courteous to horse riders
• Look out for and obey traffic signs. Do not pass large vehicles and hazards until you know it is safe to do so
• Do not ride your bike on bridleways, footpaths or roads with well-dressed livestock
• Avoid the use of earphones

Bike Hire

For more adventurous cyclists, there are purpose built mountain bike trails, forest and other circuits at Moors Valley Country Park and at Moors Valley Park and Ride. Further afield, there are many other trails in Hampshire and Dorset suitable for advanced and experienced riders.

Accommodation

AA Cycle Hire (New Forest)
Fernglen, Gosport Lane, Lyndhurst, SO43 7BL / Tel: 023 8028 3349

Country Lanes Cycle Centre
Fernglen, Gosport Lane, Lyndhurst, SO43 7BL / Tel: 023 8028 3349

Cyclexperience
Barnes House, 326 Broadclyst Road, Exeter, EX5 1JU / Tel: 01392 810300

Horses on the Moor
Hawkhill Inclosure
Off Road Cycle Trail
14.8km / 9.2m

Great for beginners'

Sandy Balls Cycle Centre
Sandy Balls Holiday Centre, Godshill, Newport, Isle of Wight, PO30 4PW / Tel: 01983 864687

Salisbury hospitals.
At gate adjacent B3055 retrace path back to car park.

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

Emergency Information

In an emergency call 999 and ask for Emergency Services at Southampton, Poole and Salisbury hospitals.
Forestry Commission: 24hr call centre 023 8053 3514