



Children can hunt for the scarecrow that will tell them stories of this land and show them what vegetables are growing on the farm – some are hidden under the ground!

Write down or draw the fruit or vegetables you have seen growing today

“Let’s stop reading and make that first step!”

There are two walks you can follow. Both walks are easy to walk with no stiles, however they may be a bit muddy during the winter.

You can increase the number of steps you walk by venturing further into Alice Holt Forest, the Forestry Commission woods, and exploring the network of paths available to you.

The Explorer Map 133 Haslemere and Petersfield and Explorer 144 Basingstoke will help you find your way.

“You don’t have to be a sporty person to be an active person!”

“Walking can improve your health-helping you build stronger bones, maintain a healthy body and improve your fitness.”

3,000 step walk

takes you about 35 minutes and will burn approximately 150 calories*. This walk could step you a third of the way to a healthy day and will contribute towards the 10,000 steps recommended to keep you fit, strong and healthy.

Follow the  line

5,000 step walk

takes you roughly 1 hr and will burn between 220 and 450 calories*. This walk could step you half the way to a healthy day and will contribute towards the 10,000 steps recommended to keep you fit, strong and healthy.

Follow the  line

After the walk you can relax in the coffee shop /restaurant or enjoy the fine range of quality Hampshire produce on offer in the Country Market shop

* This will depend upon your age, gender, weight, and how fast you walk.



Walking is good for you because...



Experts recommend walking around 10,000 steps a day, which equals about 5 miles for adults, to manage weight and stay healthy

Most people walk an average of 4,500 steps in a normal day

Walking is very cheap – all you need is a pair of comfortable shoes

Being outside and breathing fresh air also helps relieve stress

To find out more about health or walking visit
www.hants.gov.uk/walking
www.hants.gov.uk/healthyhampshire

Hampshire County Council’s Countryside Service manages over 80 countryside sites and more than 2,800 miles of paths for you to explore and enjoy.

For more information telephone 0800 028 0888 or visit www.hants.gov.uk/countryside

