

Monday 9th April: OUTLINE of MEDIUM ROUTE 78km (49miles)

This route drops into the Avon Valley to head north through Ringwood before crossing the Forest via Linwood to reach Lyndhurst. South from Lyndhurst takes you to Beaulieu before heading west again through large estates in the south of the Forest to Burley.

- From Avon Tyrrell to the Avon Valley, then head north to Ringwood and cross the A31.
- A short run along the foot of the western Forest escarpment and then turn east on the Linwood road to climb steadily away from the valley into the Forest.
- Pass the Red Shoot Inn on your left. The pub has its own on-site brewery making beers appropriately named, such as "Muddy Boot" and is a regular meeting place for bikers.
- Continuing you leave the trees to reach the central Forest heathland plateau. A dip down under the A31 flyover and up again leads to the Canadian war memorial cross on the left and then Bolderwood car park. There are picnic benches and toilets at this car park (and quite often ice creams for sale too).
- The road from Bolderwood loses height through Holmhill Inclosure. On your right you pass the Portuguese fireplace, which is the site of a camp used by the Portuguese army during the 1st World War.
- The road ends at Emery Down village beside the New Forest Inn. Through the village with almshouses on left and a short up and down on a single track road brings you to the A337 into Lyndhurst.
- Lots of cafés in the High Street (the Lyndhurst Tea House on the right does a reasonably priced coffee and tea cake). Just off the route at the upper end of the High Street is St Michael's Church. Built in the 19th century it has Pre-Raphaelite windows by William Morris and Edward Burne-Jones and a fresco by Frederick Leighton. Alice Liddell (Lewis Carroll's Alice in Wonderland) is buried in the churchyard. Beside the church is Queens House, now used as offices for the Forestry Commission, and the Verderers Court, the ancient Forest court of Swainmote, in which the New Forest Verderers still meet to administer Forest Law and hear Presentments. The New Forest Visitor Centre and Museum is in the car park.
- Leaving Lyndhurst on the Beaulieu Road on your left is a mound topped by yew trees known as Bolton's Bench after the Duke of Bolton, an 18th century New Forest Master Keeper.
- The railway through the Forest takes a very circuitous route (Castleman's Corkscrew) leaving stations such as Beaulieu Road in the middle of nowhere. Just after the hump back bridge over the railway you will see the New Forest Sales Yard on your left, where Forest pony sales are held 5 times a year. The poles sticking up are intended to hold a roof, but fund-raising to afford this is taking a long time.
- Re-entering trees leads to the Beaulieu Estate (3 red diamonds on the gateposts) and past the entrance to the National Motor Museum. You enter Beaulieu beside the mill pond (this is a tide-mill at the head of the tidal Beaulieu River) with a view across to Palace House. The High Street has shops and a cycle-friendly café (The Old Bake House).
- From the café you can return to the B3054 and continue a short way to see the tide mill, river and church. Then return to and continue along the High Street.
- From Beaulieu village the route stays in the Estate to reach Bucklers Hard situated on the Beaulieu River. Originally built by the second Duke of Montagu as a port to trade with the West Indies, Bucklers Hard became the shipbuilding yard for the 18th century navy, using Forest oak to build the fleet. Various ships that fought at Trafalgar were built here, including Nelson's favourite, HMS Agamemnon. You can look down through the village to the hard and river from the roadside. To visit the village walk down the entrance drive to the Master Builders Hotel (you can walk around the vehicle barrier), then take the first right to go through a wooden gate into the village. To go to the café stay on the road, enter the car park and follow the path to the museum. You will reach the café before you have to pay to continue into the museum and village.
- Leaving Bucklers Hard the route continues within the Beaulieu Estate. Some of the houses that you pass along here were the top-secret home to the World War II "School for spies"

where the Special Operations Executive (SOE) trained French resistance and British agents before flying them out of one of the Forest airfields to parachute into occupied France.

- The large ruined barn (64m x 21m) served St Leonards Grange run by the Cistercian monastery in Beaulieu until the dissolution under Henry VIII.
- Leaving the Beaulieu Estate the route continues through Sowley and Pylewell Estates along the southern fringes of the open forest, then through Norleywood, Pilley and Boldre. A short detour down the road in Boldre beyond where you turn right into Church Lane is the Fleur de Lys Inn with records of having served ale since 1086 and a full list of landlords from 1498. Continuing along Church Lane, Boldre Church on your right was built in 1130 from stone brought from the Isle of Wight. Inside the church is the memorial to HMS Hood (sunk by German battleship Bismarck) and a splendid modern etched window by Tracy Shephard.
- Through Sandy Down and across the A337, then across the Forest to Burley and Avon Tyrrell. The section of straight road, which goes under the A35, was built on the former Brockenhurst to Ringwood railway line hence the Station Tearooms on the left.

km	Instruction	total
	R at T from centre	
1.7	R at X (sp Ringwood)	1.7
5.8	L at T (no sp)	7.5
0.2	R at T (sp Ringwood) onto B3347	7.7
1.0	SO at O (sp Town centrte)	8.7
0.3	L at mini O (sp Market Place)	9.0
0.2	Keep R into Southampton Rd	9.2
0.1	Cross Rd at TLs and continue	9.4
0.1	R at T (no sp) and over flyover	9.5
0.8	L at mini O (no sp) into Broadshard Lane	10.2
0.5	R at T (no sp)	10.8
0.9	L at T (no sp) into Gorley Rd	11.7
0.7	Follow road L after ford (probably dry)	12.4
1.1	CG	13.5
0.5	R at grass triangle before ford (sp Linwood)	14.0
14.8	R at T (sp Lyndhurst)	28.8
0.2	1st L (sp Pikes Hill)	28.9
0.5	R (sp Cadnam) as road bends L	29.4
0.4	Keep R (sp Pikes Hill)	29.7
0.4	CG	30.2
0.5	R at T no sp) onto A337 Romsey Rd	30.6
0.5	L at T (TLs) into High Street [lots of cafés]	31.1
0.4	R (sp Beaulieu) and over CG	31.5
11.0	L after mill pond (sp Southampton) on B3054	42.5
0.2	R over cobbles (no sp) into High street for café on Right	42.7
0.3	Continue along High St from café and L at T (sp Lymington)	43.0
0.2	1st L (sp Bucklers Hard)	43.2
3.4	Bucklers Hard [see notes to visit Village or café]	46.6
0.0	Follow Rd R (sp St Leonards)	46.7
1.2	L at T (sp St Leonards)	47.8
5.0	L at T (actually SO) (sp Lymington)	52.8
0.4	1st R (sp Boldre) into Norleywood Rd	53.2
1.0	Follow Road R (single track rd sign)	54.2
1.5	SO at X (no visible sp) into Bull Hill	55.7
1.9	CG	57.5
0.3	1st R (no sp) into Church Lane	57.8
1.9	L at X (sp Boldre) into Royden Lane	59.7
0.2	1st R (no sp) into Lower Sandy Down	59.9
1.3	R at T(no sp) onto A337 [fast traffic]	61.2
0.2	1st L (sp Burley) and over CG	61.4
2.0	L (sp Sway) / R (sp Burley) at stg X	63.4
3.2	L (sp Burley) and immediate L at T (no sp)	66.6
1.2	CG	67.8
2.1	CG	69.9
3.3	L (sp Bransgore) at Burley Cross into Pound Lane	73.1
3.5	R (sp Avon Tyrrel) into Braggers Lane and over CG	76.7
2.1	R into UK Youth FINISH	78.7

Miles	Instruction	total
0.0	R at T from centre	
1.1	R at X (sp Ringwood)	1.1
3.6	L at T (no sp)	4.7
0.1	R at T (sp Ringwood) onto B3347	4.8
0.6	SO at O (sp Town centrte)	5.4
0.2	L at mini O (sp Market Place)	5.6
0.1	Keep R into Southampton Rd	5.7
0.1	Cross Rd at TLs and continue	5.8
0.1	R at T (no sp) and over flyover	5.9
0.5	L at mini O (no sp) into Broadshard Lane	6.4
0.3	R at T (no sp)	6.7
0.6	L at T (no sp) into Gorley Rd	7.3
0.4	Follow road L after ford (probably dry)	7.7
0.7	CG	8.4
0.3	R at grass triangle before ford (sp Linwood)	8.7
9.2	R at T (sp Lyndhurst)	17.9
0.1	1st L (sp Pikes Hill)	18.0
0.3	R (sp Cadnam) as road bends L	18.3
0.2	Keep R (sp Pikes Hill)	18.5
0.3	CG	18.7
0.3	R at T no sp) onto A337 Romsey Rd	19.0
0.3	L at T (TLs) into High Street [lots of cafés]	19.3
0.3	R (sp Beaulieu) and over CG	19.6
6.8	L after mill pond (sp Southampton) on B3054	26.4
0.1	R over cobbles (no sp) into High street for café on Right	26.5
0.2	Continue along High St from café and L at T (sp Lymington)	26.7
0.1	1st L (sp Bucklers Hard)	26.8
2.1	Bucklers Hard [see notes to visit Village or café]	29.0
0.0	Follow Rd R (sp St Leonards)	29.0
0.7	L at T (sp St Leonards)	29.7
3.1	L at T (actually SO) (sp Lymington)	32.8
0.2	1st R (sp Boldre) into Norleywood Rd	33.0
0.6	Follow Road R (single track rd sign)	33.7
0.9	SO at X (no visible sp) into Bull Hill	34.6
1.2	CG	35.8
0.2	1st R (no sp) into Church Lane	35.9
1.2	L at X (sp Boldre) into Royden Lane	37.1
0.1	1st R (no sp) into Lower Sandy Down	37.2
0.8	R at T(no sp) onto A337 [fast traffic]	38.0
0.1	1st L (sp Burley) and over CG	38.2
1.2	L (sp Sway) / R (sp Burley) at stg X	39.4
2.0	L (sp Burley) and immediate L at T (no sp)	41.4
0.7	CG	42.1
1.3	CG	43.4
2.0	L (sp Bransgore) at Burley Cross into Pound Lane	45.4
2.2	R (sp Avon Tyrrel) into Braggers Lane and over CG	47.6
1.3	R into UK Youth FINISH	48.9