



Hampshire Fare

Hampshire Fare represents and promotes local producers of food, drink and craft based in Hampshire. By buying local produce you not only enjoy the best but also make an essential contribution to the sustainability of the countryside, the rural economy, environment and our market towns.

For a free Guide to Producers of Food, Drink and Craft in Hampshire, please contact Hampshire Fare on 01962 845999 or visit www.hampshirefare.co.uk

Other self-guided farm trail leaflets are available from Tourist Information Centres or call 01962 845999 for further information.

Countryside Service

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 call 0800 0280888 or visit www.hants.gov.uk/countryside

To find out more about health or walking visit:

www.hants.gov.uk/walking

www.hants.gov.uk/healthyhampshire

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

Brisk walk

This 1,700 step walk takes approximately 20 minutes to complete and will burn about 100 calories, depending on how fast you walk.

This walk will step you nearly a fifth of the way towards a healthy day and will contribute towards the 10,000 steps recommended to keep you fit and strong!

Follow the  line.

Countryside Code

The Countryside Code helps everyone to respect, protect & enjoy our countryside. For further information visit www.countrysideaccess.gov.uk.

- Be safe, plan ahead and follow any signs
- Leave gates and property as you find them
- Protect plants and animals and take your litter home
- Keep dogs under close control
- Consider other people



Walking is good for you because...



Physical activity can help build a healthy heart, develop strong muscle and bones and may help reduce the risk of some chronic diseases in later life.

It reduces body fat and helps maintain a healthy weight.

Being outside and breathing fresh air also helps to relieve anxiety and stress.

Experts recommend walking around 10,000 steps a day to manage weight and stay healthy, which equals about 5 miles for adults, however most people only walk an average of 4,500 steps in a normal day. The British Heart Foundation recommend that 'children and young people should aim to participate in activity of at least moderate intensity for one hour every day'.





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Note down or draw the animals you have seen at the farm today.

Short walk

This 2000 step walk takes approximately 30 minutes to complete and will burn about 100 calories, depending on how fast you walk.

This walk will step you a fifth of the way towards a healthy day to keep you fit and healthy!

Follow the ●●●●● line.

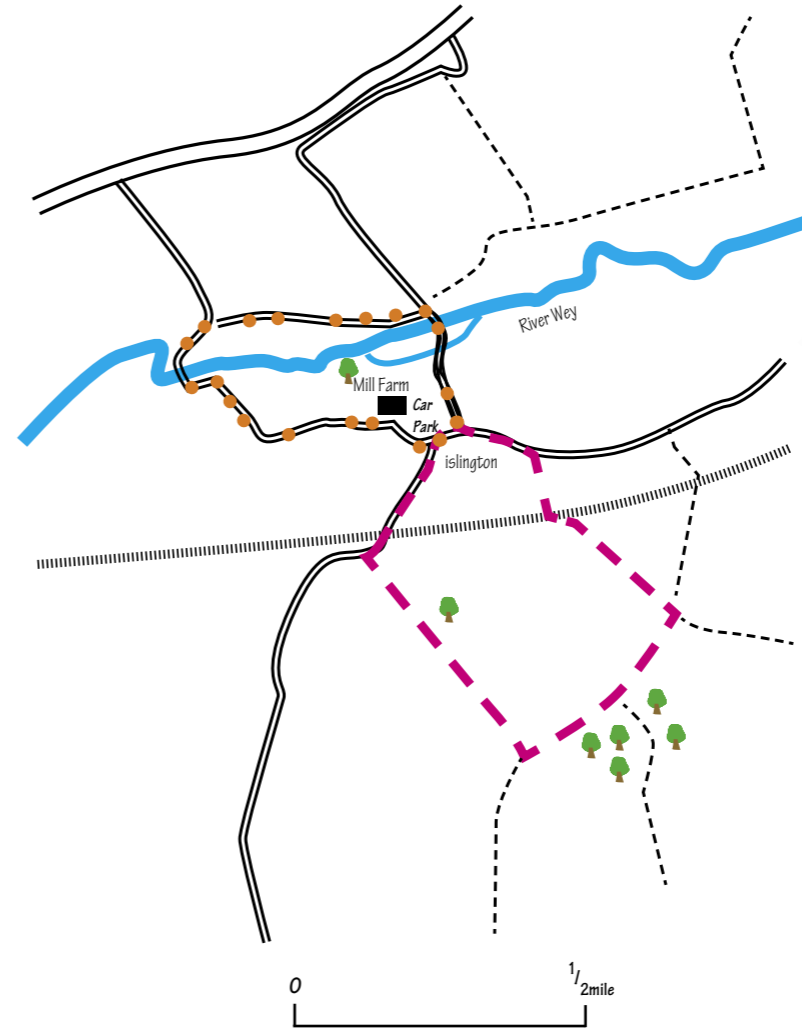
Long walk

This 3,000 step walk takes about 45 minutes and will burn over 220 calories, depending on how briskly you climb up the hill!

This could step you nearly 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.

Look out for the scarecrow signposts which mark the route along the way. Further information about the farms trails can be found in the farm shop.



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