

### 36. Lyndhurst

**Distance**      **6.5 miles/10km**

**Ascent**        **90 metres**

**Start/finish**    **Bolton's Bench car park, SO43 7BQ**

Head south-east along the large path roughly parallel to the B3056, pass the trig point and follow the road then trend L through Matley Wood to a path junction at SU 339079 (2.4 miles/3.9km). Turn L here and follow the path north-west, passing past Ashurst Lodge and through Ashurst Wood to a path junction near the remains of Saltpetre House at 3.8 miles/6.1km. Turn L and head south-west, bear R at the next path junction then R where the path crosses Beaulieu River. Continue on the path around Foxhill Moor then trend L on paths heading south-west to intersect with the outbound path on White Moor. Turn R to return to the start.

We have found when running in the New Forest that on the ground there are often several path options which all go to the same place. Generally as long as you are heading in the correct direction all the paths converge on the key landmarks and car parks so although you may not take the exact same path that we ran you'll still have fun and cover a similar distance.

<b>Miles</b>	<b>Km</b>	<b>Directions</b>
0.0	0.0	Head south-east along the large path roughly parallel to the B3056, pass the trig point and follow the road then trend left through Matley Wood to a path junction at SU339079.
2.4	3.9	Turn left here and follow the path north-west, passing past Ashurst Lodge and through Ashurst Wood to a path junction near the remains of Saltpetre House.
3.8	6.1	Turn left and head south-west, bear right at the next path junction then right where the path crosses Beaulieu River. Continue on the path around Foxhill Moor then trend left on paths heading south-west to intersect with the outbound path on White Moor. Turn right to return to the start.