

Fancy a day out in the New Forest?

Just an hour by car from Alice Holt Forest, a totally wild and tranquil experience awaits you at the New Forest!

It's an experience you can't find anywhere else in Europe because it is the largest remaining area of lowland heath in the continent and just wonderful to explore on foot, by bike or on horseback.

It is especially rich in wildlife and there's so much to see – ancient oak trees, deer, reptiles, birds of prey and, of course, the famous New Forest ponies roaming free.



Forest Facts

- Each New Forest pony is branded and owned by one of about 500 'commoners'. They have legal rights over around 7,000 livestock including ponies, cattle and sheep. The animals' grazing prevents the heathland from turning into heavy scrub.
- The New Forest name comes from a time when it was first designated as a royal hunting ground in 1079, from the Latin 'nova foresta' which literally means 'new hunting ground', not a forest with trees!

About half of the New Forest National Park is managed by the Forestry Commission. There are plenty of car parks and over 100 miles of waymarked tracks and paths. A cycle map of the New Forest, information on popular walks and other details are available on our website at www.forestry.gov.uk/newforest

If you want a great value family weekend away, why not try camping in the forest? Most of the campsites are open from 29 March and some are open all year – for details check www.campingintheforest.co.uk

You won't have any trouble finding a place to eat, either. There are plenty of pubs and restaurants in the towns and villages throughout the forest. You can find out more about what's available at the tourist information centre and museum in Lyndhurst.

Just outside the New Forest, there's yet another great day out for the family. At Moors Valley Country Park, near Ringwood, you can experience a ride on an authentic narrow-gauge steam train or visit the play areas and Tree Top Trail! www.moors-valley.co.uk

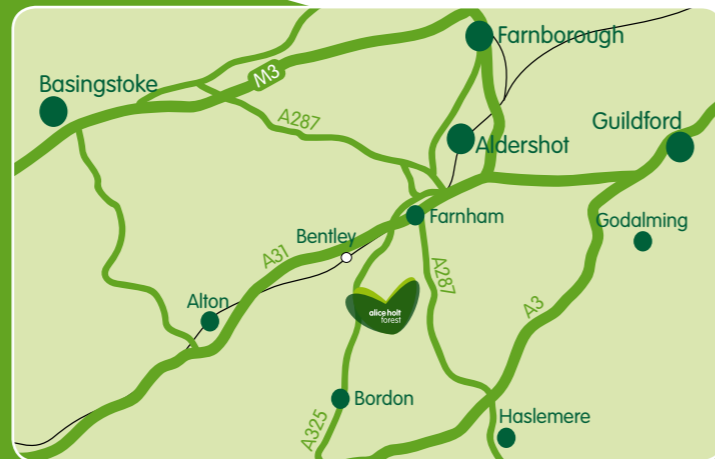
How to find us

By car
Alice Holt is 4 miles south of Farnham on the A325. Parking charges apply. See website for details.

By bus
Stagecoach no.18 operates regularly between Aldershot and Haslemere, picking up from Farnham

station and stopping at the Halfway House pub in Bucks Horn Oak.

Contact
Forestry Commission,
Alice Holt Forest,
Bucks Horn Oak,
Farnham,
Surrey GU10 4LS.
Tel. 01420 23666.



Alice Holt is cared for by:



www.forestry.gov.uk/aliceholt

If you need this publication in large print or in another language please contact The Diversity Team. Tel. 0131 314 6575
Email. diversity@forestry.gsi.gov.uk



yourforest

What's happening in Alice Holt Forest January – June 2012

we love
alice holt
forest



Pirate ship ahoy!

Shiver me timbers! Where there's a ship there are pirates! So grab your stripey tops, bandanas and eye patches for a pirate adventure at Alice Holt Forest.

A brand new pirate ship has appeared in Play Wood, opening up a whole treasure chest of exciting adventures for children.

Aye aye me hearties! There's plenty to do aboard before you set sail: climb the rigging, check under the decks for stowaways and if you find any of 'em they can walk the plank! Ooh arr!

Make up your own sea shanties, write messages in bottles, or create your own treasure maps and become a famous explorer. So come aboard you landlubbers, hoist the Jolly Roger and sail the seven seas in search of treasure!

A huge thank you to Neil, Jon and Simon our forest rangers and fantastic volunteer Josh, plus our wonderful sponsors Shipwrights Way and South Downs National Park for this exciting new addition to the park.



We're on Facebook!

Be the first to find out what's happening at the Holt when you come and join us on Facebook. We love Alice Holt, and we know that our visitors do too, so we'd like you to share your photos and tell us about what you enjoy most in the forest, especially if you have any top tips that others might enjoy!

www.facebook.com/aliceholtforest

Learning for all

2011 was a bumper year for school visits and other activities led by the education team. The number of students taking part in school trips during the summer term increased by an incredible 30% over 2010.



We already have a significant number of bookings for 2012 and are really looking forward to welcoming lots of schools to the forest this year. There's a great range of programmes to choose from for both schools and colleges, and we offer training in outdoor learning to teachers and Early Years practitioners.

If you'd prefer to organise your own self-guided visits, you're welcome to do that, too, but please let us know as we need to book you in.



For more information please visit www.forestry.gov.uk/aliceholt-learning or ring **01420 23666**.

Centre Stage



Sleeping Beauty

Weds 1 August, 5.30pm

Sleeping Beauty waits for her prince in a magical new version of this best-loved fairytale. Young and old alike will fall in love with this delightful adaptation set in the 1940s and taking you on a thrilling journey all the way to fairyland. Come along in your favourite fancy dress outfit and join the fairytale parade during the performance! Magical theatre in magical surroundings for all the family.

Adults £12, children £8, family ticket £35. Tickets and information from Farnham Maltings on **01252 745444**, visit www.farnhammaltings.com, See Tickets on **0871 2200260** or visit www.seetickets.com

Bonfires, bow saws and lots of fun

We'd like to introduce you to some of our volunteers. Meet Alex, Alex, Ben and Luke from Ridgeway Community School, who help at Alice Holt Forest every Friday.

Accompanied by their learning support assistants, Natasha and Angie, and Ben's carer, John, they work with the Forestry Commission on an extended work experience placement which gives them a taste of the working world.

They have learnt how to use a bow saw and loppers safely and discovered what a difference teamwork makes in completing a huge task.

Angie explained, "Even though we are only working in a small area of Alice Holt Forest, which is gigantic by comparison, we are all really proud of how much invasive laurel we have cleared.

The lads wholeheartedly enjoy sawing down the smaller laurel trees by hand, using loppers to cut them into smaller pieces and burning them on bonfires. It's great to see how focused they are and how little support they need because they've learnt the skills and are enjoying the work.

We are all tired after a morning at Alice Holt Forest but no-one ever wants to return to school as we enjoy it so much. Ben especially enjoys riding on the mule, the all terrain forest vehicle.

Alice Holt staff always congratulate us on our hard work and achievement, which makes everyone feel great. And the lads are really proud to wear their green volunteer t-shirts as it makes them feel very much a part of the Forestry Commission team."



Visit www.forestry.gov.uk/aliceholt

Get active in the forest!

In addition to school visits, group bookings and our own events, we run a number of more regular activities for children and adults.

Babes in the Wood

Toddlers 14 months – 2½ yrs with adult.
£7 per child per session or £24 for four sessions.

Monday 10.30-12noon.
27 Feb, 5, 12 & 19 March.

There's a new woodland theme to enjoy each week as we head out into the woods for a lively activity walk. This is followed by story time and woodland crafts back in the classroom. These sessions are 1½ hours of fun for children with their carers. Refreshments are included.

Booking in advance is essential. A parking permit will be issued.

Little Explorers

Pre-schoolers rising 3-4yrs with adult.
£7 per child per session. £24 for four sessions.

Monday 2.30-4pm.
27 Feb, 5, 12 & 19 March.

Little Explorers is similar to Babes in the Woods but is a little more challenging and suitable for older pre-school children. There's plenty of scope for children and adults to use their imaginations in these lively and fun filled activity sessions. Refreshments are included.

Booking in advance is essential. A parking permit will be issued.

Nordic Walking

Nordic Walking is an increasingly popular form of exercise with poles and suits a wide range of fitness levels. Instructors all hold International Nordic Walking Instructor Qualifications.

Please wear flexible footwear for walking along the forest trails and wear suitable clothing for the weather conditions. We offer courses for beginners, guided walks for those who have learned the technique, and pole hire for those who are ready to 'go it alone'.

Beginners' 4 week courses.
£40 including pole hire

Course 1: Thursdays 10-11.15am.
9, 16, 23 February, 1 March.

Course 2: Thursdays 10-11.15am.
8, 15, 22, 29 March.

Each course consists of four progressive sessions to develop good technique.

Booking in advance for a whole course is essential. A parking permit will be issued.

Guided Nordic Walks
Every Thursday 10-11.15am.
9 Feb to 29 March.

These are for walkers who have learned the Nordic technique. A chance to enjoy a sociable walk and hone your Nordic skills.

£6 per session plus £1 for pole hire if required. £20 for 4 walks if booked together in advance. Booking in advance is essential. For all Nordic Walking sessions please park in the main car park. A parking permit will be issued.

Further dates for Nordic Walking will be published later.

Pole Hire

Nordic Walking Poles are now available for hire from Quench Cycles. £2 for the first hour and £1.50 per additional hour. For safety reasons, hirers should have learned the Nordic Walking technique from a qualified instructor. To check opening hours contact Quench on **01420 520355** or email alice.holt@quenchuk.co.uk

Pushy Mothers

Mondays 9.45am-10.45am.
£7 per session.

Tailor made sessions for mothers, offering more exercise benefits in the shortest time – and baby comes too. Weight loss, better posture, muscle tone and a psychological boost are all included in these fun workouts.

Instructors are accredited by the Royal College of Midwives.

For more information and bookings please call Sophie **07702 854581**.

Walking for Health

Walking for Health at Alice Holt Forest provides two different levels of walks led by our own volunteer walk leaders. Enjoy this great opportunity to get out into the fresh air and meet new people.



Nordic walking

Every Tuesday from the 10 January to the end of March there are short sociable morning walks lasting 1 hour. These start at 10am from the Café on the Green.

From April to August the walks are longer. These walks are also on Tuesdays but start at 6.30pm from the Alice Holt classroom and last up to 1½ hours.

Don't forget to wear suitable footwear to walk along the forest trails and wear suitable clothing for the weather conditions. Children under 16 years, must be accompanied by an adult.

For information contact Kat or Pam **01420 23666**.

A parking permit will be issued by your leader on the day if required. Please park in the main car park.

BodyFit Bootcamps BodyFit BOOTCAMP
Tuesday and Thursdays. From 9.30am.

Fun – Fat loss – Fitness

Experienced, results driven bootcamp now into its 4th year!

Bootcamp sessions are great for building fitness and are led by a personal trainer who can ensure that you get the best exercise format for your needs. Parking charges apply.

For more information and booking, please visit www.BodyFitBootcamp.co.uk or call Mark on **07970 521848**.

Health Warning. Please note that people who do not exercise regularly and might have concerns about their health should check with their doctor before taking part in walks we lead. The Forestry Commission cannot be held responsible for the consequences if such participants do not take this advice.

Booking is essential, please call **01420 23666**. All activities start at the Forest Classroom. Price does not include parking unless stated.

What's on?



Den building



A Clue Trail



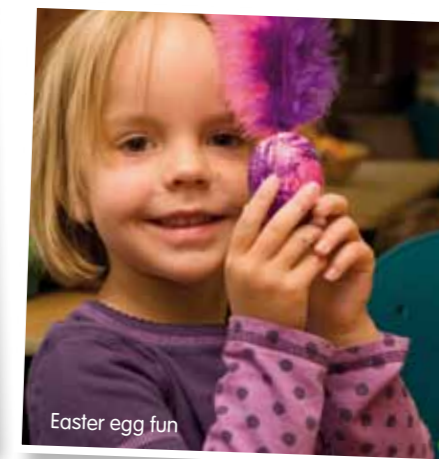
Willow bird feeders



Family Bushcraft



Easter Antics



Easter egg fun

Check out what we've got lined up over the coming months. From tots to teens and beyond, there's an activity for you waiting to be enjoyed!

February Half Term

Tuesday 14 February

Winter Adventure

4-7 yrs. 10-11.30am. £5 child.

Don't hibernate like the dormice! Come out for some wild games to keep you warm and some exciting exploring. You might even uncover some secrets – spring is nearly here!

All children must be accompanied.

Den Building

8yrs+. 10am-12noon. £7 child.

Our first den building session of the year. This activity is always popular, so book early and wrap up warm!

Thursday 16 February

Willow Bird Feeders

Family activity. 30 mins sessions. £5 per feeder. 10am, 11am, 1pm & 2pm.

Join us in the classroom to make a hanging willow bird feeder to encourage feathered friends into your garden. If you bring more than one child per adult (maximum 3) it is best to make one feeder at a time with all of you working together.

Children must be aged over 5 years and be accompanied. Children will need adult help.

March

Wednesday 28 March

Easter Babes in the Wood

Toddlers 14 months-2½ with adult.
Session 1: 10.30am-12noon
Session 2: 2-3.30pm. £8 child

Spring has sprung with eggs and bunnies galore. We take an activity packed walk through the woods then return to the classroom for spring crafts. Refreshments are included.

Thursday 29 March

Easter Little Explorers

Pre-school children aged 3-4 with adult. Session 1: 10-11.30am.
Session 2: 2.30-4pm. £8 child.

Similar to the Easter Babes in the Wood but a little more advanced! Lots of fun and refreshments included.

Easter Holidays

Saturday 30 March to Sunday 15 April

Easter Clue Trail

£2.50 per sheet.

Follow the forest trail, solve the clues and enter your sheet into the grand prize draw for a year long discovery pass! There's a chocolate treat, too, if you return your completed sheet. The route is accessible for wheelchairs and pushchairs but some clues are off the path and not accessible to wheelchair users. Sheets are available from Quench Cycles.

Self-led. No booking required.

Wednesday 4 April

Den Building

8yrs+. 10am-12noon. £7 child.

A green home, a natural shelter or a luxury dwelling? Which will your team create? Dress for the weather.

Thursday 5 April

Easter Antics

4-7 years. Session 1: 10-11.30am.
Session 2: 1.30-3pm. £7 child.

An action packed session of activities in the forest. You'll hunt for evidence that spring has sprung, search for easter eggs and join in some egg challenges. Don't forget to bring an adult with you!

Wednesday 11 April

Camp Fire and Food

10 yrs+. 3-6pm. £10 child.

Learn essential camp skills - fire lighting and tasty cooking. Join Nigel, one of our rangers, for an outdoor forest supper. "Sizzling sausages, marshmallow heaven, whether you're 10 or over 11, come join the fun, give mum the time off, cook on the campfire and have a great scoff!"

Visit www.forestry.gov.uk/aliceholt

Saturday 14 April

Family Bushcraft Day

10am-4pm. All ages.
Adults £25, under 16 £15,
under 3 free.
Minimum one adult per group.

As a family, learn the secrets of the forest. From fire lighting to shelter building and a spot of open fire cooking, we will cover the skills you need to feel comfortable and confident in the wildest of woods!

Please remember to bring your own packed lunches but refreshments will be available all day.

To book contact Mollie on
07979 321369 / 01252 781309,
molliebutters@hotmail.com,
gonetothewoods.co.uk

Summer Half Term

Wednesday 6 June

Willow Butterflies

Family activity. 45min sessions.
10-10.45am & 11-11.45am. £6 child.

From butterflies to dragonflies or even flying dragons these natural crafts let your imagination soar. Join us making winged wildlife from beautiful bendy willow. Children must be aged over 6 years and be accompanied. Children will need adult help.

Thursday 7 June

Den building

8yrs+. 10am-12noon. £7 child.

Can you make a super shelter? One that keeps you dry as well as out of the wind? Do you know anything about surviving in the woods? Come and try your hand and get your friends along too – it's brilliant fun!



Willow butterflies

The small print

Booking is essential for all events and parking charges apply. Please park in the main car parks and walk to the classroom for your event unless otherwise stated.

Children under 8yrs must always be accompanied.

Easy access trail a big hit



Our work with Treloars in developing the Easy Access Discovery Trail has been the highlight of 2011.

It was opened on 5th October by Tony Reid, the Chief Executive of the Treloar Trust. The Easy Access Trail itself has been improved to make it more accessible to people with a range of disabilities. Additionally, the Discovery Trail activity leaflet has been updated and 'Talking Pictures' has been created. 'Talking Pictures' is a booklet with communications symbols which enables people with little or no speech to take a full part in the trail activities. It was developed by Laila Emms, a Treloar speech and language specialist. There's also a very special den structure so people in wheelchairs can enjoy den building just like anyone else.

'Talking Pictures' is available for hire free of charge (deposit required) from the café and the office. Trail leaflets are in car park dispensers.

War horses in the forest



Last autumn, Steven Spielberg came to Forestry Commission-owned Bourne Woods to film Michael Morpurgo's epic 'War Horse'.

As we can now reveal, our famous wood was host to hundreds of horses, a World War I German camp and huge guns for some of the scenes in this blockbuster movie. Many of the horses they used were actually rescue horses whose lives had been turned around by a caring owner and are now much sought-after movie stars!

Go Ape!
TREE TOP ADVENTURE

£5 OFF
USING PROMO CODE APE500
*Conditions apply

2012 OPENING TIMES
February Half Term (Monday 13th – Sunday 19th February)
Weekends throughout March
Daily from Tuesday 27th March - Wednesday 31st October
Weekends throughout November

GO APE! ALICE HOLT
Take a look & book at goape.co.uk
or call 0845 643 9215

Minimum age 10. Minimum height 1.4m.
*Offer valid throughout 2012 Sunday to Friday at Go Ape! Alice Holt. Subject to availability.

Visit www.forestry.gov.uk/aliceholt

Café culture

The café continues to go from strength to strength and is very popular with all of our visitors. Using fresh local produce, the new menu offers a selection of homemade cakes, soups and seasonal daily specials, with something to suit every taste. Bookings can also be taken for events and birthday parties – why not combine your visit with an organised party from Quench Cycles or Go Ape?

For more information on menus, group catering, birthday parties, barbecues, picnic boxes and corporate events, please call **01420 521267** or visit www.cafeonthegreen.co



Quench cycles offers great mountain bikes for hire, including push-a-long balance bikes, go karts, bikes for 5yrs+, as well as tag-a-longs, baby seats, carriages and tandems.

Also on offer at Quench Cycles:

- **Kid's after school and Saturday Club**

Children's after school clubs from Monday 16 April, 4-6pm, £90 per term
Saturday Club starts weekly from 3 March.

- **Real spin fitness classes**

Get out of the gym and into the forest!
Real spin sessions Mondays, Thursdays and Fridays 10-11am from the cycle shop.
Trial session £7 then £50 for 10 sessions including bike hire. Children welcome – buggies and child seats available.

- **Birthday parties**

Stuck for ideas? Try two hours cycling in the forest with a professional guide. Tackle an obstacle course, practise skills and enjoy the forest trails in a traffic free environment.

- **Courses and guiding**

One on one coaching for cyclists from complete beginners to seasoned trail riders. Learn new skills, improve confidence and expand maintenance knowledge with a qualified coach at Quench.

- **Pole hire**

Nordic Walking poles are now available for hire from Quench Cycles at £2 for 1 hour and £1.50 for each extra hour. (For safety reasons hirers need to have learned the Nordic walking technique from a qualified instructor before attempting to use Nordic Walking poles).

Open seven days a week 9am-5pm all year. For more information contact Quench Cycles on **01420 520355** or email alice.holt@quenchuk.co.uk or visit www.quenchuk.co.uk



Save money support the forest

If you're a regular visitor to Alice Holt, then why not get a Discovery Pass? At £40 for the year, it is excellent value for money (around £3.33 a month). Cheaper than other local annual memberships, it is perfect for getting the family out and about in the fresh air without breaking the bank. The pass provides free car parking, discounts at the café, Quench Cycles and Go Ape, as well as a host of other local and national benefits. These include discounts at local outdoor retailers and offers for family attractions and Forest Holidays (please check website for latest offers).

The money from the pass provides a large part of the funding for our work and goes into maintaining the forest.

Buy online at forestry.gov.uk/pass or on site at off peak times.

Call **01420 23666**.