



## WELCOME TO SID AND FLOSS's EASY- GOING WALKS

### **Introduction.**

We have designed these maps to help you choose a walk that is suitable for your own abilities and circumstances. The maps are primarily for people with disabilities and for parents or grandparents pushing a buggy.

We have tried to keep the maps simple and easy to read whilst including as much relevant access information as possible. They all have a link to a Forestry Commission or National Park Authority website for more information.

The New Forest is an excellent area for people with disabilities. It has many trails, paths and cycle routes that are suitable for wheelchair and scooter users. Some trails have seats for those who need to rest frequently.

Please take care. Take a companion with you; remember that gravel and grass trails will flatten your battery much more quickly than tarmac; take a mobile phone (though not all areas may have reception) and **ENJOY OUR WONDERFUL NEW FOREST.**

Two characters to help you are **FLOSS** and **SID**.



**FLOSS** stands for:

- F**acilities
- L**ength of walk
- O**bstacles
- S**lopes (gradients and cross falls).
- S**urfaces

These are the main qualities of a trail that will help you decide if it is suitable for you.



**SID** stands for:

- S**upplementary
- I**nformation for the
- D**isabled.

SID will give you bits of information that we can not easily show on the maps.

### **OBSTACLES.**

None of our walks have stiles, steps, or a width restriction that would make it impossible for a wheelchair to pass. Many gates in the Forest are fitted with an easy access trombone latch which can be operated from a wheelchair as well as by horse riders. Some gates can be opened with a Radar key. Other 'obstacles' on our routes might be chicanes, prominent tree roots, or other hazards like potholes which may require a little care.



## SLOPES.



GRADIENTS are very difficult to measure accurately in the countryside, as rural paths do not travel up or down in straight lines like urban concrete ramps, but we believe our measurements provide a useful guide.

A gradient of 5% or less is probably not significant, so our first marked gradient is a slope of 5-10%. The second is a gradient of more than 10%. (8% is considered the maximum gradient for a ramp in an urban setting for a manual wheelchair). If there is a particularly steep slope we have given a maximum gradient as well.

Gradients of 5-10% are marked on the maps with a single arrow > along the trail. Gradients 10% or greater have a double arrow >>. The arrows always point downhill.

CROSS FALLS can be a serious problem for people using manual or electric wheelchairs and for the ambulant disabled. We have marked these where we feel they are significant. Many country paths have some cross fall, but as long as they have a reasonably level area wide enough for a wheelchair to pass we have not shown them on the map.



Significant cross falls are shown with a triangle symbol ▲ on the downhill side of the trail.



## SURFACES.

All our trails are shown with a black edge. We have colour coded them to show how easy they are to use rather than what they are made of. Roads are marked in **red** without a black edge.

1. Hard, smooth surfaces. e.g. a sealed surface (tarmac) or concrete, boardwalks, or brick pavers.

2. Firm, mostly smooth surfaces. Compacted gravel (few loose stones), firm earth/gravel/grass mix.

**Most of our walks have this surface for most of their length.**

Some of these paths can easily become unsuitable after rain and they are marked with a broken blue and white line.

**3. Firm surfaces, with some irregularities.** This includes compacted gravel with frequent loose stones more than 25 mm (1 inch), potholes, and protruding tree roots which obstruct the trail. Our walks may contain small sections of this quality of surface. Again some of these paths can easily become unsuitable after rain and they are marked with a broken yellow and white line.



**4. Routes not recommended.** (marked in white). This may be for a wide variety of reasons e.g. because the surface is too soft (soft sand, loose gravel, long grass, muddy, etc), because the path is too steep or too rough, because it is temporarily closed or unsuitable for other reasons which **SID** will explain.

We have chosen these colours to help the 8% of men with colour vision difficulties.

**PLEASE NOTE:**

***These walks have all been surveyed by members of NFAFA. The information about these walks is given in good faith and we believe it to be an accurate representation of the walks on the date we surveyed them.***

***However, we can accept no responsibility or liability for any accident or damage to any person or equipment as a result of using this information; for any closures or changes to the condition of the routes since we surveyed them; or for any other occurrence beyond our control.***

***If we are informed about any changes, errors or omissions we will try to update the maps and information as soon as possible.***