



Uncover your own active adventure in Hampshire in 2016

Hampshire is a fantastic destination for an action-packed adventure holidays in the UK. From hitting the waves in the home of windsurfing to exploring more than 750 miles of off-road and family-friendly cycle routes, here are our top picks for how to get active in Hampshire in 2016.

Our landscape is a rich fabric of contrasts and the beauty of some of England's most inspiring countryside can easily be experienced on foot. Here you'll find **more than 3,000 miles of footpaths**, bridleways and byways through charming villages, ancient woodland, tranquil valleys and open downlands.

More seasoned walkers will enjoy our network of 13 long distance routes. These include the **Clarendon Way** that stretches from Winchester to Salisbury, **The Solent** from Milford-on-Sea to Emsworth and the new 50-mile **Shipwright's Way**, which starts in Alice Holt Forest and winds its way through to Portsmouth's Historic Dockyard.

If you'd prefer to walk in the footsteps of local literary greats then you can join one of our **6 literary walks**. Learn more about **Jane Austen** as Hampshire prepares to mark the 200th anniversary of her death, as well as pioneering naturalist **Gilbert White** and the wartime poet **Edward Thomas**.

You'll have just as much fun exploring on two wheels, whether you're meandering with your family, testing yourself to our limits or trying out an electric bike in the South.

Families will love the **Billy Hill Path** on Hayling Island and **Test Way Path** near Romsey, which offer flat and easy going cycling along disused railway lines. Then there's the natural wonder that is the New Forest with **over 100 miles** of gravel tracks just waiting to be explored by bike. For a more adrenaline-fuelled pursuit, why not sample the mountain biking trails available at the **Queen Elizabeth Country Park**, or the **Ox Drove** off-road trail that crosses 25 miles of hills and woodland at the heart of rural Hampshire.

There's no doubting Hampshire is one of the UK's top destinations for watersports, with the annual **Americas Cup World Series** sailing competition being held in Portsmouth in July. The city offers much more than sailing, however - Standup Paddle Boarding is one of the fastest-growing watersports in the world and you can learn it here with **Portsmouth Watersports Centre**.

Alternatively head to **Hayling Island**, the spiritual home of windsurfing, and West Beach where the West Winner sand bar acts as an ideal breakwater, extending almost a mile into the Solent to offer the perfect location for watersports breaks.

Why not make 2016 the year in which you learn a new skill outdoors? Hampshire offers a wide range of **bushcraft** opportunities. **Adhurst Yurts** has welcomed two new qualified bushcraft instructors and a whole new menu of options for outdoor activities including whittling; fire starting; poaching fish; and dutch oven cooking.

Or head to **Butser Ancient Farm** for workshops including flint-knapping, bronze sword-making, copper-smelting and even cave-painting. Discover the delights of foraging for wild plants and learn how to cook, prepare and preserve them, or try your hand at building your own clay pizza oven – all at **The Sustainability Centre**.

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