



Nature for everyone: inclusion in practice at New Forest National Park

Presentation by
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Introductions

The New Forest National Park

- One of the UK's most visited National Parks: **16m day visits/year**
- Highly protected and valuable landscape - Hampshire / UK nationally / internationally
- 'Inclusive National Park' is a strategic partnership objective



PEDALL

10 Years of Overcoming Barriers to Cycling

- Extended fleet of 20+ specialist types of cycle
- Serves people with long-term health conditions, mobility or balance challenges, physical or intellectual disabilities, dementia, or brain injury
- 7,000 rides in 2025 through 600 guided ride sessions and community events



PEDALL

Poppy's Story

- Poppy, 16, has Down's syndrome; each week she heads into the Forest with her mum on a PEDALL bike
- The side-by-side bike allows them to be buddies without the usual concerns about safety or risk
- They sing as they ride, spotting ponies and deer



PEDALL

Tricia's Story

- Tricia has a rare inherited progressive condition that affects her mobility
- Her and John used to ride a tandem together; as Tricia's condition advanced, that became impossible
- PEDALL has restored their connections to nature and wellbeing



New Forest Tour

180km Network of Open-Top Bus Routes

- Car-free and carefree
- Audio commentary tells the story of the New Forest's medieval beginnings and how to visit responsibly
- Broad appeal, in particular local outreach groups

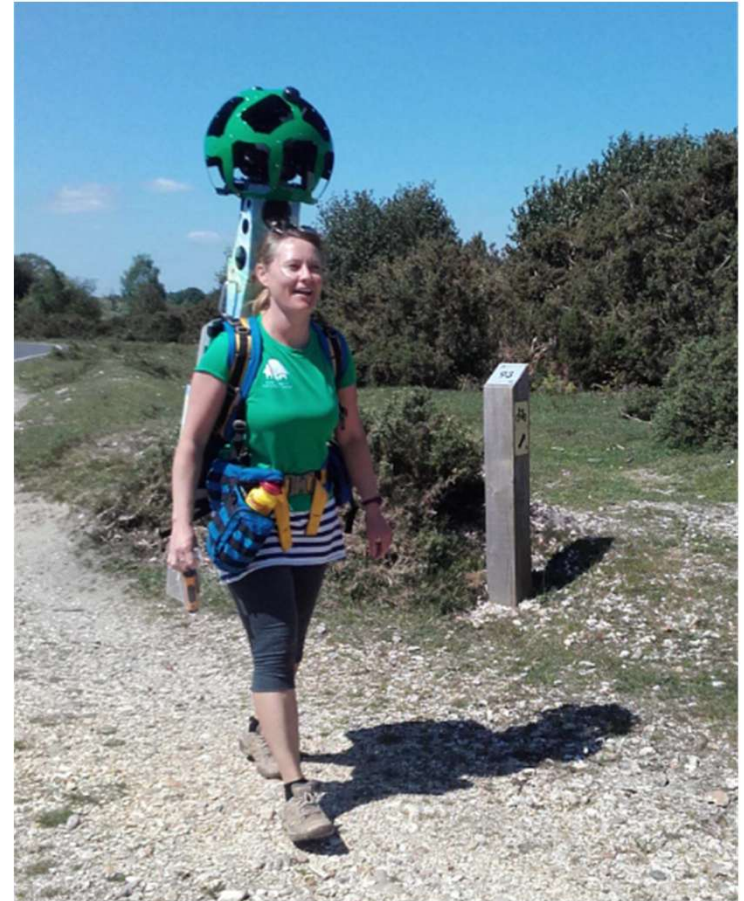


Photo credit: Chris Balcombe

Virtual Access

Bringing the Forest to the Desktop

- Google Trekker camera on loan
- Recording of tracks and trails to enable people to better plan their visit
- Those with constrained mobility can enjoy the experience virtually



Diverse Audiences

Healing Power of Nature for All

- Encourage refugee communities and groups into the Forest
- Wellbeing benefits include easing trauma and facilitating rehabilitation
- Engaging younger audiences: junior ranger and young carer programmes



Green Health Hub

A Prescription for Nature

- 'Natural Health Service'
- An online directory of opportunities that improve health and wellbeing
- PEDALL is one of many activities on offer



Looking to the Future

Scaling up Access with Resilience

- Upskill and expand recruitment of volunteers especially those with 'lived experience'
- Invest in electrification of NFT bus fleet
- Strengthening our funding and climate resilience





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Questions?

