

# Ballard Lake, New Milton Sensory Trail

**Start at: Ballard Lake,  
BH25 5NX**

**Distance: 0.31km / 0.19 miles**



## Getting there:

Car parking: There is on-street parking available by Ballard Lake on Lake Grove Road. This is a short stretch of free parking adjacent to the lake, though this is free it is restricted to 3 hours Monday to Saturday 9am – 5pm with Sundays unrestricted. Further parking spaces can be found in the Town Centre at the rear of Marks & Spencer which allows up to 2 hours free parking.

There is free on street parking locally but with restrictions which is dependent on location and offers 1- or 3-hour parking 9am – 5pm Monday to Friday.

Bus: The following services serve New Milton Town Centre

Bus numbers: -

119, [119 - Lymington to New Milton | morebus](#)

120, [120 - New Milton to Lymington | morebus](#)

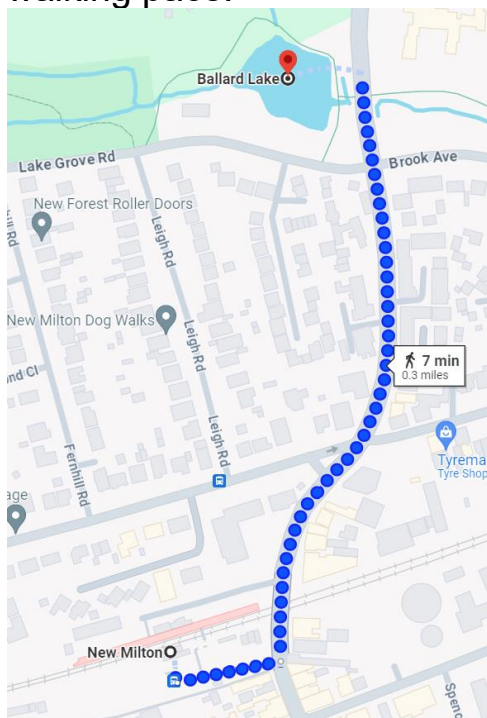
191, [191 - New Milton to Chatsworth Park \(circular\) | morebus](#)

193, [193 - New Milton to Barton on Sea \(circular\) | morebus](#)

X1, [X1 - Bournemouth to Lymington | morebus](#)

X2, [X2 - Bournemouth to Lymington | morebus](#)

Train: Ballard Lake is a short walk from New Milton Railway station. It takes around 10 minutes to walk from the station, depending on your walking pace.



Walking from town centre: Depending where you are starting your journey from it will take around 11 minutes to walk to Ballard Lake from New Milton Town Centre. The route is along the main high street so please take care around traffic.

### **Amenities:**

Accessible toilet: There are no toilets at Ballard Lake. An accessible toilet can be found at the local Tesco supermarket store or at New Milton Library, Gore Road, BH25 6RW

Changing Places toilet: The nearest Changing Places toilets are Barton on Sea beach toilets, Marine Drive East Car Park, BH25 7DU. Further information about local Accessible and Changing Places toilets can be found at [New Milton Recreation Ground public toilets - New Forest District Council](#)

Café or refreshments: There are no refreshments or café facilities available at Ballard Lake however there are several café's a short walk away in New Milton Town Centre.

**Route notes:** This is a very short trail. Some of the suggested 'Sensory Moments' on this route require you to bring items with you – a snack or duck food. Please read the suggested route before your visit if you want to follow the sensory moments in full. At the time of mapping the route at Ballard Lake improvement works were taking place. The route will take around 30 minutes allowing pauses to connect with nature, however the walk can be extended further into the woodland which is connected to the area. Ballard Lake is in a residential area of New Milton and there is a generous amount of green space in the vicinity. The walk can be muddy in wet weather however there are works underway at the site to improve access. As a result, some of the sensory moments may change during 2024. There is only one main road to cross and that is from Fernhill Lane into Lake Grove Road.

**Walk start:** Lake Grove Road side of the lake.

Sensory Moment One: What can you smell? Are there blossoms or flowers that smell? Can you smell damp earth and leaves?



Example of flowers found in the Spring at Sensory Moment One

Sensory Moment Two: Take a moment to sit and listen to the birds and ducks. Can you hear the sounds of the birds? Listen to the difference in the sounds between the ducks and the birds. How many different birds can you hear? Use a bird call identification app such as Merlin to find out what birds are nearby.



Sensory Moment Three: Take a moment to explore the information board. If you are able to, read the board to discover local history and the variety of birds you could see at Ballard Lake. If you would like to read further about the information listed, it is suggested to use the app [Be My Eyes - See the world together](#).



Sensory Moment Four: Take a moment to sit and enjoy a snack in the great outdoors. A perfect opportunity to enjoy a healthy snack whilst being at Ballard Lake, whether it is a sweet and succulent strawberry or crunchy carrot and cucumber. Does it taste different eating it outside in the fresh air?

Please note whilst this sensory moment is available all year round. It may become more challenging to enjoy in poor weather – suitable clothing for the weather is recommended!



Sensory Moment Five: Enjoy feeding the ducks. What sounds can you hear? What do the seeds feel like in your hand? How many ducks can you see? Note: It is recommended you feed the ducks seeds rather than bread. Seeds or food for the birds and ducks can be purchased from Superpets shop in New Milton. Or you could watch the ripples and reflections in the pond water. Can you spot any insects on the waters surface such as pond skaters or water boatmen?



Sensory Moment Six: Listen to the sound of the running water at the sluice gate. How does it make you feel? Can you hear any other sounds of insects or wildlife?



Sensory Moment Seven: Can you feel the bark of the tree? How does that feel? Does the bark feel soft or rough on your hand? Does the temperature feel different underneath the trees? Can you see anything else on the tree bark? Ivy or mosses and lichen? If you find some moss, how does that feel?



Sensory Moment Eight: Can you feel the texture of the leaves? Are they pointy or rounded? How many different leaf shapes can you find? How does the bark of this tree feel compared to the last tree? Can you feel the difference?



Finish point: You will have done a full loop around the lake finishing up back where you started. If you're able and interested, you can enjoy the wider [Ballard Water Meadows](#) – as the name suggests they can be wet underfoot so not suitable for all.

We cannot guarantee that the environment along the route has not been changed since this route was mapped. If you find something is incorrect please let us know by emailing: [public.health@hants.gov.uk](mailto:public.health@hants.gov.uk)

Remember to wash your hands after touching things! This route was created as part of a suite of sensory wellbeing trails in Hampshire, why not explore another?