

Option 2
 Steady pace along
 Second Beach, moving
 into forest on Rawlings
 Trail, and returning
 along Lovers Lane,
 Tatlow Walk and Lost
 Lagoon

Allows some time for
 pictures, brief stops

Option 1
 Amble along the
 Second Beach, then
 move into the forest,
 following Bridle Path to
 Tatlow Walk, then head
 back along Lost
 Lagoon to car park

Allows time for
 stopping, pictures,
 forest bathing

Option 3
 Fast pace along Second
 Beach or Ceperely
 Green, enter the forest
 on Rawlings Trail,
 return along Bridle
 Path, Tatlow Walk, and
 Lost Lagoon

Steady Walking



▲ not to scale