



RINGWOOD NATURAL HISTORY SOCIETY

Abbotts Well Walk

Date: 30th March 2026
 Weather: Sunny Spells
 Walk Leader: Jean Crawford
 Attendees: 14

Frogham is a small village in the civil parish of Hyde, it is the second largest settlement in the parish after Hyde itself. It is situated on a plateau overlooking the heathland of the New Forest to the east. The village is situated around a crossroads leading to the nearby settlements of Hyde, Blissford and Stuckton. Its nearest town is Fordingbridge, which lies approximately 1.8 miles (2.5 KM) west of the village. The earliest records mention Frogham dating from the beginning of the 14th century. There are many legends which identify the Frogham area as being a centre for smuggling in the 18th century.

Our morning walk started from Abbots Well car park at Frogham. We turned right out of the car park to passing Rose Cottage, Well House, and the famous Abbots Well, this perpetual spring dates from the Middle Ages and was the main watering hole for travellers on the old road to Southampton. Following the path to walk over Hampton Ridge which offers views of Godshill Ridge and Pitts Wood Inclosure to the north and Latchmore Bottom and its brook along with Hasley Inclosure to the south. We followed the track to a junction of tracks at Ashley Cross, circling round returning back to the car park,

Birds	Flowering Plants	Others
Song Thrush	Blackthorn	Buff-tailed Bumblebee
House Sparrow	Wavy Bittercress	Brimstone Butterfly
Stonechat	Common Dog Violet	
Dartford Warbler	Ladies Smock	
Carrion Crow	Round-leaved Water Crowfoot	
Chaffinch	Heath Milkwort	
Meadow Pipit	Wood Sorrel	
Skylark	Primrose	
Buzzard	Common Gorse	
Ravens		



View towards Hampton Ridge by GerryTraves



Abbots Well Walk Ladies Smock by Lyn Traves