

This walk encompasses a small area south of Ifold. Short and shady in anticipation of lovely, long hot days (well, we can but hope....) this is a perfect walk when venturing out too far seems sweaty and unnecessary.

This is a fabulously easy walk; ideal for the dog or for children but still enough to give you all a bit of exercise - at 2.5 miles it is not too onerous for anyone.

Begin by parking in the small lay by on the corner of the Plaistow Road where it meets Foxbridge Lane at its southern end. (TQ019297)

1. From the lay by head through the metal gates on to the footpath with the golf course on your left. Continue ahead on this track as it enters a slightly woodier area.
2. Emerging in to a more open area, swing round to the left following the bridle path (a small white cottage on your right) to take you along the edge of a big field. Continue around on this path/track with the field on your right to reach a T-junction. Turn right on this bridle path.
3. Continue ahead until you reach the tarmac driveway of Wephurst Park. Turn right to walk down the drive towards the house, (TQ025291) soon walking in front of it and then up the side of it.
4. 150 yds past the house, opposite some cottages on the right, turn left off the road, over a stile and in to a field.
5. Hug the woodland on your right and after 50 yds take the stile on your right in to these woods, veering immediately left and after 30 yds turning right following the small overhead power lines.
6. Continue down this slightly overgrown path to reach a hedge forcing you to turn right, almost immediately meeting the footpath you started out on. Turn left to walk back down to your car, the golf course now on your right.

My tip : The last part of this walk had a few thorns and brambles to step over and with stinging nettles still around, however tempted you may be to wear shorts, long lightweight trousers are a safer option.