

This walk sees us back south of Ifold once again and in an attempt to avoid the mud, this one includes lanes, a little bit of road and some dryish tracks (ok, there's a little bit of mud...). This walk is just short of 4 miles and very pretty.

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 left on this bridle path and continue ahead. Passing Fox Cottage gates maintain your direction on the path ahead of you.
3. Within 200 yds look out for a footpath sign taking you in to a field on your right out of the woodland. Follow round the edge of the field and just after swinging left, take the little footbridge taking you out of the field to a path alongside a paddock.
4. Continue up this path and exit out on to Skiff Lane via the driveway (beside the tennis court) of Beldhamland Farm.
5. Turn right and continue walking down the lane. After $\frac{3}{4}$ mile take the right hand driveway/lane signed to Wephurst Park.
6. Walk down this lane, continuing for around a mile to reach Wephurst House on your right. The lane swings right handed to take you up along the side of the house. Just before the top of the rise, turn left on the signed path away from the lane on a track. Follow this track and then, the (now) path will swing you left handed. Exit the woodland in to the field on your right via the new kissing gate.
7. Walk down the field with the central hedgerow on your right down to the Plaistow road via a wooden gate.
8. Turn right on the road and walk for another $\frac{3}{4}$ mile to reach your car.

My tip: One of the few walks that you can just about get away with wearing trainers, even at this time of the year. Good for having a clean dog at the end of it.