

Taking a walk in the depths of the West Sussex countryside in the middle of winter is not for those averse to wet weather gear, wellies or stout mud-proof boots. If you do not count yourself as one of the fair weather walkers I allude to, then try this pleasant 4 mile stroll to the south of Plaistow.

I parked in the centre of the village alongside the Green.

- Begin by heading down Rumbolds Lane from the Kirdford road taking the signed footpath within 50 yds to the right and then immediately left through the wooden kissing gate. Walk around the corner of a garden and take the left hand fork path down the field.
- In the open field and after around 200 yds, head half left under the overhead wires down to a stile/pedestrian gate. Cross in to the wood. Go over the stream and stay left, in the direction of the sign to shortly exit the wood in to a field.
- Head over the field, hugging the left hand side and over two more heading for the buildings you see ahead.
- In the fourth field, go through the metal gate immediately on your left, taking you out of the field to skirt the large new build all the way around it's perimeter.
- Keep heading around the buildings to eventually walk down their driveway. On the first sharp right hand turn, turn left on the bridle path, through a metal gate and in to a field.
- Continue ahead hugging the hedgerow on your left. Veer left downhill when you enter the wooded area at the end of the field to take you right handed through a small gate, over a footbridge and then uphill again. Turn right on the bridleway in these woods.
- Continue along this path for a quarter of a mile to meet a driveway/track. Turn left to shortly reach a tarmac driveway. Walk down its length.
- Having passed Pipers Cottage on your right, turn left down the driveway of Upper Frithfold Farm.
- As you enter the farmyard itself, go through the wooden gate on your right, then another to your left, heading for yet another by a footpath sign. Enter the field and head in the direction of the

- sign, keeping to the right of the field, towards an old wooden gate at the end.
- Go through the gateway in to another field, keeping to the right of the woodland spur you see ahead of you. Follow the footpath signs around and to the left to shortly walk past the small white cottage. Immediately after this, cross in to the field to your left beside an old metal gate, to walk down the left hand side of the garden (of the large house to your right) and then to walk along the bottom edge of it as far as the orchard. Then turn left and walk (alongside the overhead telephone wires) down to the rustic iron gate at the bottom of the field, over a footbridge and up in to the woods beyond.
  - Turn left in the woods to keep low alongside a stream shortly to cross it. After veering right (following the signs) stay ahead on a straight path. After 400 yds take the left hand signed path away from the one you are on to exit the woods via a gate in to a field. Hug the right hand edge and in to another field.
  - Following all the signing, head over a slightly woody area of the field in to another, all the time veering right until you come in to a very large field to track half left to the far side to enter a woodland.
  - Having crossed a stream, exit the woodland via a stile (by a metal gate). Head up the field and within 50 yds go through the (unsigned) gap in the hedge to turn immediately right, alongside the wire fencing up to the stile. Cross in to the next field, hugging the right hand side aiming for the right of Rumbolds Farm you see ahead of you.
  - Head down the footpath to the right of the buildings to reach the Farm's driveway. Turn right and walk all the way down it's length (Rumbolds Lane) to bring you to the Kirdford road and the start point.

My tip : Try this walk after a dry spell. To attempt it after a prolonged period of rain will test your footwear!