

A stroll around Plaistow is this month's walk and a pleasant 3.5 miles it is too.

- Begin by parking in the centre of Plaistow and head down Rumbolds Lane (off Rickman's Lane – Plaistow to Kirdford). After ½ mile, as the lane swings right handed, head down the bridle path ahead of you, immediately after Rumbolds Stud Farm.
- Stay on this path for ½ mile and turn left at the end on to a hard track.
- Continue for ½ mile and turn left when you draw alongside a large house on your right, at the footpath sign, in front of it's main gate. Maintain your direction to walk in to an open area, away from the main track, with large farm buildings on your right.
- Keep the buildings on your right and then head up the track ahead of you to leave them behind. Stay ahead for 1/3 mile and turn right on the bridle path before the track curves left handed.
- Stay on this path to reach the road. Turn right and then almost immediately left on a footpath. After 100yds and before the gate, take the second of two stiles on the right by a footpath sign, to shortly cross another and in to a field.
- Maintaining your direction head for the metal gate you see ahead of you. Cross the track and into the next field. Head down the field to the pedestrian gate to enter a wood. Stay ahead and exit the wood via another pedestrian gate. Continue directly over the field.
- Upon reaching another track, turn left and walk down it's length (you can veer left on to the path if you wish at the bottom of the dip – it runs parallel and soon emerges again on to the track).
- Upon reaching a crossing track, stay ahead on the footpath, maintaining your direction.
- When the path veers round to the left, cross the stile in to the field ahead of you, track half left to a bridge and another stile and then turn left. Continue through a tall pedestrian gate to walk through a "kept" area with tall clipped hedges, through another tall gate and emerge on to the lane. Turn right to walk back in to Plaistow village, Rumbolds Lane soon on your left.

My tip :- Don't be too tempted to wear shorts, even in hot weather. Long lightweight trousers are more protection against nettles and briars and insects such as ticks and horseflies.

If you would like to explore further the breathtakingly beautiful countryside to be found in West Sussex, have a look at [www.b-footloose.co.uk](http://www.b-footloose.co.uk) to discover how to get away for a weekend for a tailor made break incorporating guided or unguided walks and accommodation arranged for you. Or email me at [walks@b-footloose.co.uk](mailto:walks@b-footloose.co.uk) for advice or suggestions for any walks – guided or unguided.