

This circular walk for is one of delightful contrasts. It incorporates open fields and views with woodland paths and Forestry Commission tracks. It is a little under 4 miles with not too many styles to negotiate. It is surprisingly hilly in parts but there is certainly nothing too onerous. A very lovely walk indeed and all the paths have reassuring footpath/bridle path signs. (I use OS Explorer 134 map)

It begins in Plaistow (RH14). Car parking in the village is relatively easy but it goes without saying that you need to park sensibly.

- Starting roughly behind Plaistow Church (TQ005310) and with the pub behind you, walk up the long gravel driveway you see ahead to Plaistow Place. (There is a footpath sign indicating the direction).
- At the top of the drive and through a gateway you pass farm buildings on your right. Within a few dozen yards, by a small pond, turn left and through a (well signed) gateway in to a field/orchard.
- Walk down this little field keeping to the right hand side. In the far corner cross the style in to another field and again, stay alongside the right hand side sticking to the hedgerow and woodland.
- At the end of the field, cross the style in to Hog Wood and continue ahead in the same direction on to a wide path.
- Within 100 yds or so a clear footpath sign indicates a path to the right. Take this and then take a left within about 20 or so yds still on the same wide path. Continue ahead and down as it narrows a little through the woodland.
- After around 200yds you will come to a clearing in the wood. A post marks the Sussex Border Path. Take this SBP path up and to your right emerging after 100yds or so on to a wide logging track. Turn left up this track to shortly reach another harder cross track. Ignoring the path ahead of you turn right and walk along this hard track (TQ012326)
- Stay on this winding track through the Forestry Commission. After around three quarters of a mile you emerge on to a better made up track. This is Poundfield Lane. Turn right, soon passing a small narrow lake on your left. At the top of the first slight incline take the marked footpath to your right (TQ018316) off the lane and round the back of a shed to bring you out over a style and in to a field.

- Hugging the left hand side of the field, go over another stile (by a gate) and in to another field. Again hug the left hand side going through the gap between the trees at the far end of the field.
- Once through the gap continue ahead straight up through the field to reach a solitary hedgerow and walk down the left hand side of it for a few yards and over the stile (by a metal gate) in to the next field.
- Walk down the right hand side of this field, hugging the hedge and staying in the field. (You will begin to see Plaistow Place through the trees up and over to your right.)
- As you go through the opening from this field in to the next, turn left - this is signed, to walk past the water troughs (though it is tempting to continue ahead and hug the right hand side of it. Don't ! It is not a footpath.)
- Within a few dozen yards follow the sign and turn right to walk down the side of a rather indistinct and broken hedge. Continue along it for the whole length of the field and then ahead and uphill maintaining the same direction, an area of scrub on your right, to bring you out on to the Plaistow Place driveway once more.
- Turn left and walk down the driveway to bring you to the Church and the finish of the walk.

My tip: You may need to concentrate a little on these directions towards the end so try not to bring too chatty a friend! Both of my pedometers reckoned I did about 7200 steps though one said I burned 644 calories and the other 289! Either way, it's a bun or two.