

This walk is around 7 kms, that's about 4.5 miles and includes lots of farmland and open fields affording lovely views. It may not be best to attempt this one if you are terrified of cattle but the few in one of the fields I crossed paid absolutely no attention to me. At the time of walking this it had been very wet and so wellies or stout waterproof boots were very much a necessity - farmland not being best suited to skyscraper heels....

Start by heading to Okehurst Lane, which runs between The Haven and the A272 at (roughly) Newbridge. From the south, on the A272, head north (it starts off as Rowner Road) and after approximately 1.5 miles you will see the massive overhead electricity cables and huge pylons (which are a feature running East-West in this area) crossing the road.(TQ074272) Find somewhere to park as near as you can to this giving consideration to the fact this lane is used by wide farm vehicles.

- Standing under the overhead wires facing north, head up the road for about 50 yds and take the first footpath signed off the road to the right taking you through a metal gate and into Hampshires, a farm. Continue through the farm and take the grassy (and well signed) footpath you see ahead of you taking you out of the farm.
- Stay on this entering a field via a metal gate. Cross this open field to a wooden gate, in to the next field, hugging the hedgerow and trees on your left. At the end of the field go through the metal gate and continue ahead, maintaining your direction, up the bridleway passing some old farm buildings and a large house on your left.
- After 200yds or so, turn left at the wooden fencing you see in front of you to run you alongside a smart new barn conversion bringing you out on to the lane). Turn right and immediately left in to Chalk Farm and Nursery(TQ090275). Go through (or over, as I had to....) two consecutive metal gates and in to the field beyond.
- Cross three stiles into each successive field. After the third stile, walk down the field and, staying in it, go round the edge of it by some old abandoned farm trailers and within 25yds or so, turn right over a stile out of the field and in to a wood.

- Almost immediately, cross the wooden footbridge over the deep stream. Then turn left, emerging within a few yards in to a field via a stile. Turn left, go over another stile and back in to the wood, exiting almost immediately again over another stile in to yet another field. (All this is well signed).
- Turn left and walk around the edge of this field until you see a stile in the far corner. Exit the field over this, walking briefly through the woodland and emerging in to another field. Walk half left over the field to the stile you see ahead.
- Over this stile follow the footpath through the woods for about 500yds until you see another on your left leaving the wood and taking you in to an arable field. Hug the wire fencing, then the hedgerow, until you reach the lane at the end of it. (TQ098278)
- Turn right up the lane. Within 100 yds or so, you reach Okehurst – a collection of buildings and a farm. Take the left signed after the barn conversion following the track round and behind it. Stay on this track for ¼ mile, passing to the left of another barn conversion and down to the old canal. Take the left through the metal gate and in to the field to run you alongside the canal on your right.
- At the bottom of the field and having gone through another metal gate you stay ahead on the path with the River Arun on your left until you cross the river over a large footbridge. Turn left. Loves Bridge crosses the canal here. Do not go over the bridge but stay left by going in to the cow field through a metal gate.
- Stay on the towpath, walking alongside the canal. When you reach Rowner Lock and Bridge, turn left over the field away from the canal and towards the river again. Ahead, you will see one of the closely spaced bridges over the weir/race. Cross this, and the next, until you emerge on footpaths after a non-descript concrete bridge.
- Turn left and up the short footpath/track. At the top, take the half left footpath option immediately crossing over a stile and in to a pony field. Walk down the field, following the overhead wires, over a stile and after another pony field, on to the lane.

- Turn left. Within a 100yds you are back to the start of the walk.

My tip-

Setting off in clear blue skies and sunshine, on my walk, the heavens opened. I had tied a waterproof coat around my waist. I was most grateful for it. At this time of year, a lovely walk can be ruined by getting cold and wet. Be prepared!