

# FIND YOUR WAY TO NATURE

Natalie Leal finds shady pinewoods and open heath land provide the backdrop for this summery stroll in West Sussex. The circular walk begins and ends in the sleepy village of Stedham by the River Rother

**1** Park at the village green and walk up the road for approximately 100 yards before taking the first right opposite the old rectory. Follow the lane until a footpath forks off to the left. Take this path which leads past cottages to a large open field. Once in the field follow the path as it heads diagonally across towards the A272, passing an estate road lined with small trees at its mid point. At the far end of the field the path drops down a short flight of steps and crosses an old road and footbridge before climbing to the main road. Cross the A272 and turn right before taking the lane to the left which heads up into the woods. At the top of a short climb take a permissive footpath to your right into the pinewoods.

**2** Follow the footpath for approximately half a mile until you reach a cross roads beyond a sharp left-hand bend. Here, take the path to the right which leads downhill. You soon reach a T junction where you turn left. After around 400 yards you reach a second crossroads where you turn right. The path winds through the trees and thick rhododendron cover for around 200 yards and then reaches a slightly staggered crossroads. Turn right and follow the path slightly downhill and continue along it for around 500 yards until you come to a signed fork in the path. Take the footpath to the right. This soon brings you back out onto a quiet lane. Turn right and then right again taking the path along the gravel drive. After 20 yards the path forks right and

leads you back into the woods.

**3** This well surfaced path leads straight through pinewoods for around 500 yards until you reach a T junction. Turn right here. This leads down to a footbridge and then into a field. Head across the field to a stile, then cross this and go towards the farm yard keeping to the right of the fields. Walk to a metal gate and go through it taking the track past a cottage on your right. Follow the path straight ahead along the old tarmac track – this soon leads you to a lane.

**4** Turn right onto the lane and then after 50 yards take the bridleway to the left. Follow the bridleway past a few old stone cottages and a row of mature oak trees to a T junction – turn left. Follow the bridleway along the edge of the field and back into a patch of woodland. When you get to a T junction take the turning to the left.

This leads down a tree lined bridleway with grassland on either side. You soon reach a fork by a stone built house. Take the turn to the right and head back towards the trees. Stay on this bridleway ignoring a bridleway to the right and crossing a broad private driveway.

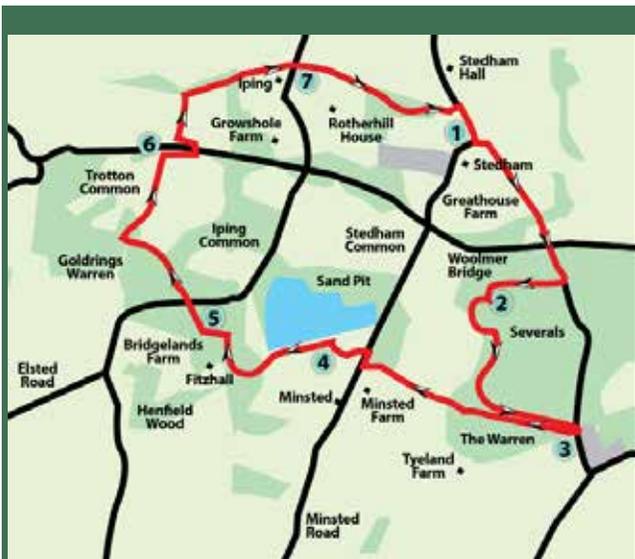
**5** Around 100 yards after crossing the driveway the bridleway splits. Take the



trail to the right which leads you downhill towards a road. Cross the road and take the bridleway straight ahead onto Iping Common. Iping and Stedham Commons is a lowland heath nature reserve and Site of Special Scientific Interest. For more information on the variety of wildlife found there visit [sussexwildlifetrust.org.uk/visit/iping-stedham-commons](http://sussexwildlifetrust.org.uk/visit/iping-stedham-commons).

After 100 yards you come to a cross roads. Continue straight ahead. The bridleway is soon crossed by a second path. Continue straight ahead again heading uphill through the heather and scattered trees. When you reach the trees at the top of the hill the bridleway splits. Turn right here and then after a further 50 yards right again at a cross roads. Follow the bridleway for around 200 yards. It is then crossed by a broad sandy track. Cross this track and continue straight ahead.

**6** As the bridleway nears the main road it turns to the right following the course of the road for 50 to 100 yards before turning left and crossing.



## Top tips for travelling to the outdoors

**DISTANCE/TIME:** A circular walk of six miles, taking around three hours.

**BY CAR:** The village of Stedham lies two miles west of Midhurst just north of the A272. There is roadside parking by the village green where the walk begins and ends. Postcode: GU29 0NQ. Grid Ref: SU 86232238.

**BY PUBLIC TRANSPORT:** The number 92 bus runs from nearby Midhurst to Stedham. Travel details at [travelinesoutheast.org.uk](http://travelinesoutheast.org.uk), phone 0871 200 2233.

**WHAT'S UNDERFOOT:** A mixture of quiet lanes, footpaths and bridleways. Due to sandy soil the paths are in generally good condition and well drained. Thirsty work: The Hamilton Arms pub is situated in the village of Stedham – the start and end point of the walk.

**SO YOU DON'T GET LOST:** OS Explorer map 133 (or OL33), plus a compass for general direction.

Care should be taken here especially at rush hour. Take the road opposite and follow the footpath through the meadow passing a garage on the left. At the end of the meadow turn right passing over a stile into a second meadow. After approximately 200 yards you reach a second stile. Cross this and follow the path into a patch of trees, over a small stream and along the edge of a field towards the small village of Iping.

When you reach the road take the bridleway which leads up the bank directly opposite. This passes a cottage and

then forks to the right. Parts of the bridleway have been allowed to get very overgrown as it leads between the fields so I would suggest following a path along the top of the field on the left which runs parallel to the bridleway. The path rejoins the bridleway at the end of the field and continues along a broad clear track through the trees with the river Rother to the left. Follow the bridleway as it leads gently downhill and back to the village of Stedham. Once at the road turn right and follow the road for 100 yards back to the starting point.

- For more guided walks, visit [theargus.co.uk/magazine/sussex\\_walks](http://theargus.co.uk/magazine/sussex_walks).
- Guides walks at [theargus.co.uk/events](http://theargus.co.uk/events).



FIRST FOOT CLINIC  
PODIATRY/CHIROPODY

**Foot pain?**  
Then make us the  
**First Foot Clinic** you call for...

- Nail cutting
- Corns and callus
- Heel pain (including ultrasound therapy)
- Verrucae (including cryotherapy)
- Athletes foot
- Fungal nails
- Ingrown toe nail surgery
- Diabetic foot assessments
- Biomechanical assessment
- Orthotic therapy

Contact us on:

01273 455080

84 High Street  
Shoreham-By-Sea  
BN43 5DB

email@firstfootclinic.co.uk  
www.firstfootclinic.co.uk

# REGENCY CARPETS

[www.regencycarpets.com](http://www.regencycarpets.com)



Suppliers of

**Karndean**  
Designflooring

End of roll carpet deals available in our Goring shop NOW!  
For good honest advice, give us a call or pop into either of our showrooms we will be more than happy to help!

**Findon Valley Shop:**

166 Kings Parade, Findon Valley,  
West Sussex BN14 0EL

**Goring Shop:**

Caravelle House 17, Goring Road,  
Worthing, West Sussex, BN12 4AP

Call now for more information  
or a **FREE** quote on

**01903 262277**

Call now for more information  
or a **FREE** quote on

**01903 500505**