

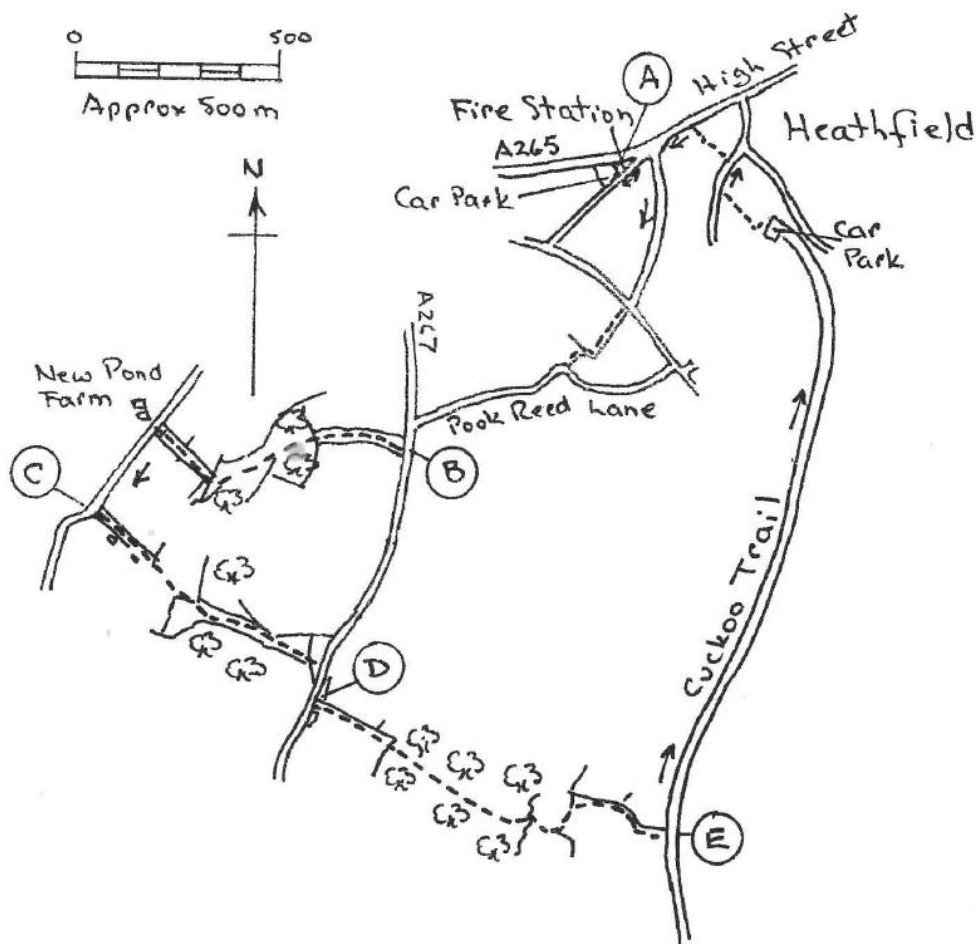
## Walk No 3

### HEATHFIELD – SOUTH WEST (6.5Km)

This is a 6.5Km (4 miles) circular walk, taking about two hours, which takes you to the west of Heathfield through leafy woodlands, and back via the Cuckoo Trail.

If required, park at the Mill Road public car park which is behind the Fire Station, on Heathfield High Street, the A265 road.

Please note this is easy walking but the woodland section from point B down to the stream can be boggy when wet. There are several stiles, and it is a dog friendly walk.



- A. Starting at the Mill Road Car Park in Heathfield turn left at the entrance and walk down Mill Road before turning right into Tilsmore Road. Continue on this road going south to where it ends at Ghyll Road. Cross over to an enclosed path by the footpath marker opposite. Follow the path round to a short green track that leads onto Pook Reed Lane. Keep right on to the end of this lane then turn left for 50m on the busy A267 Little London Rd, taking great caution.

- B. Cross over at the footpath marker opposite then go over a stile beside the gate in the green track between trees, which leads on into woodland, going gradually downhill. This part of the path can be boggy when wet. Cross the stream at the bottom and carry on now slowly climbing, out onto a green track which leads up to New Pond Hill. Turn left and walk down the road for about 250m.
- C. At the bottom of the hill, turn left at a yellow waymarker on a telegraph pole into New Pond Lane. Follow this to the end, and adjacent to a house called Owlsbrook, turn left over a waymarked stile. Follow the footpath round to the right and then straight ahead downhill through the trees, over a stream at a bridge, then over a stile into a field. Keep slightly right, crossing a wooden plank, and walk towards the trees on the far side where there is a stile, and the path goes on uphill in the trees. After 50 or 60m another path joins from the right. Go through the gates to the left into a green ride which leads into a grassy field. Keep well to the right of the red brick houses through a gate into a smaller field, and then on to a wicket gate beside a larger gate to come out on the main A267 road again. Turn right for about 100m taking great care.
- D. Turn left off the road at a yellow waymarker at a layby into a short access to a field gate, with a stile beside it, and head at right angles from the road beside a wire fence to a stile in the corner, leading into woods. Carry on in the same direction. After 250m you cross another path, and carry on gently downhill. After another 150m cross a stream over a bridge and follow the path, to the left and gradually uphill between fences, up the other side. This leads you out of the wood, round a wide bend to the left beside a grass field and back right to a stile. Go over the stile into a fenced path beside a short field, and proceed straight ahead to another stile, which brings you out onto the old railway track, now the Cuckoo Trail a foot-and-cycleway between Heathfield, Hailsham, and Polegate, which is well signposted.
- E. Turn left and follow the Cuckoo Trail for 1500m back to Newnham car park, first cross over Treetops Way, where there is a housing estate on the left, continue on the track after crossing Ghyll Road and passing Frenches Halt (a signal box) before reaching Newnham Way where there is a car park. The railbed now becomes a dead-end access road into an industrial area, Browning Road, so cross Newnham Way and then turn left & immediately right onto a twitten footpath which parallels the old track, coming out into Thorny Close. Turn right over the bridge, and immediately left, opposite the old station building, onto a footpath which climbs up to the High Street, turn left here and follow the High Street before turning left onto Mill Road and so back to where you started.