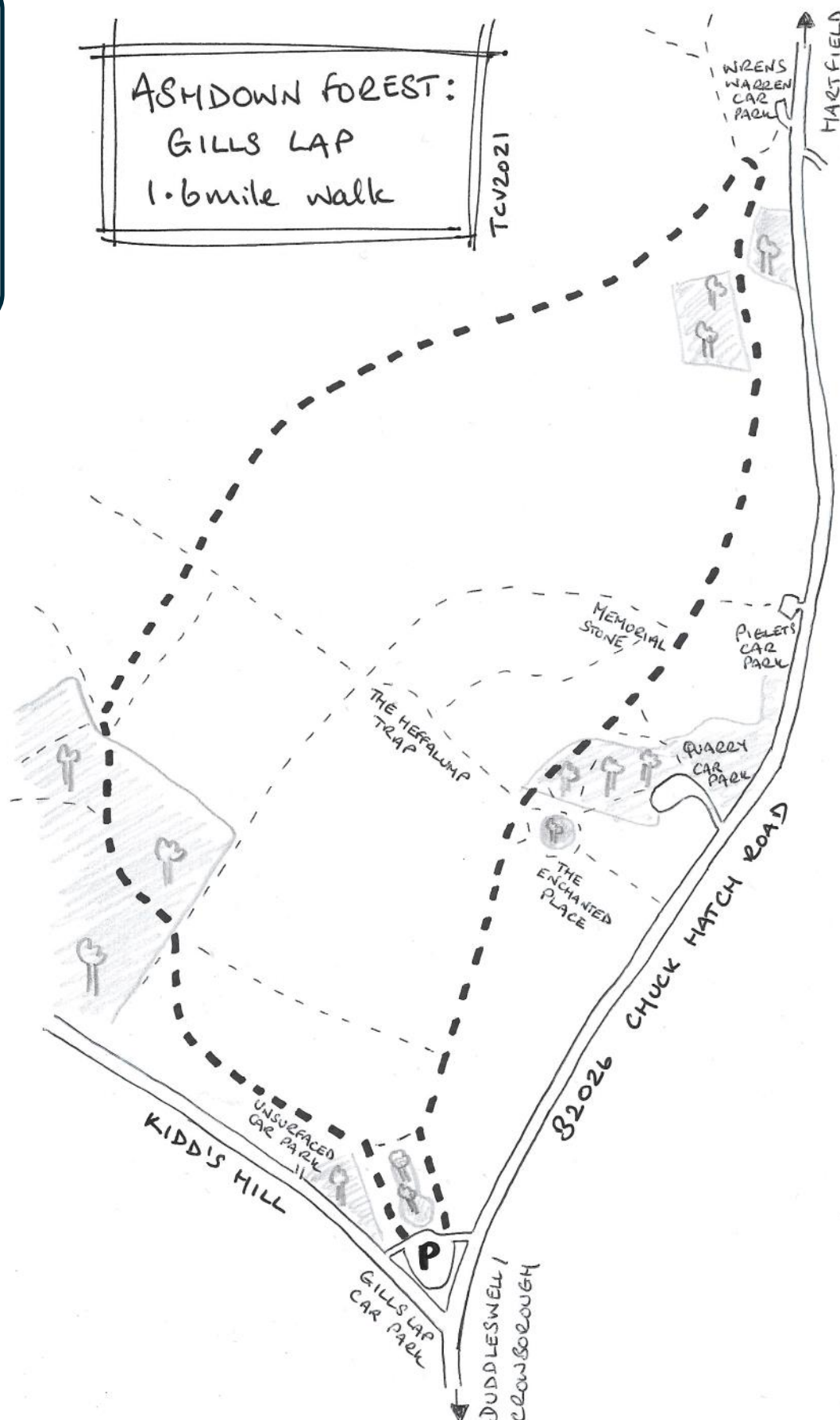


Notice nature,  
enjoy exercise,  
strengthen  
mental health



Description: Rugged rural paths through undulating heathland with stunning views, this loop including several Winne the Pooh landmarks. Lots of opportunities for other walks or longer routes around Ashdown Forest and from many starting points; see the Ashdown Forest website and get a map.

Take care: Quite uneven in places; bit steep in places; can be VERY muddy in winter.

Difficulty level: Easy when dry; slightly challenging if muddy.

Nearby postcode: TN22 3JD (very approximate); What3Words = daylight.fortress.lightbulb