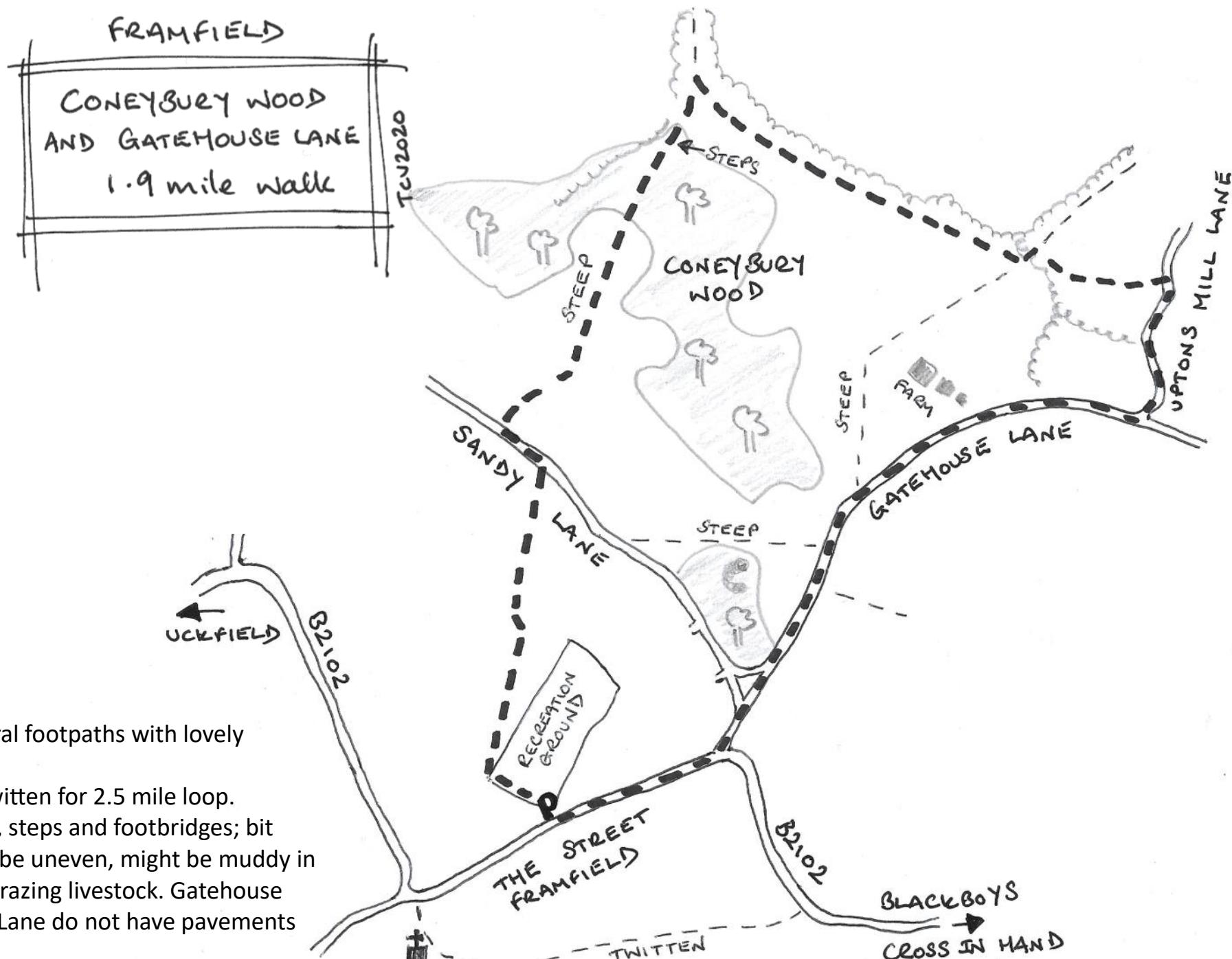


Notice nature,  
enjoy exercise,  
strengthen  
mental health



Description: Pretty rural footpaths with lovely countryside views.

Include Church and twitten for 2.5 mile loop.

Take care: Some stiles, steps and footbridges; bit steep in places; could be uneven, might be muddy in winter; possibility of grazing livestock. Gatehouse Lane and Uptons Mill Lane do not have pavements but very quiet.

Difficulty level: Easy when dry; moderate if muddy.

Nearby postcode: TN22 5NP