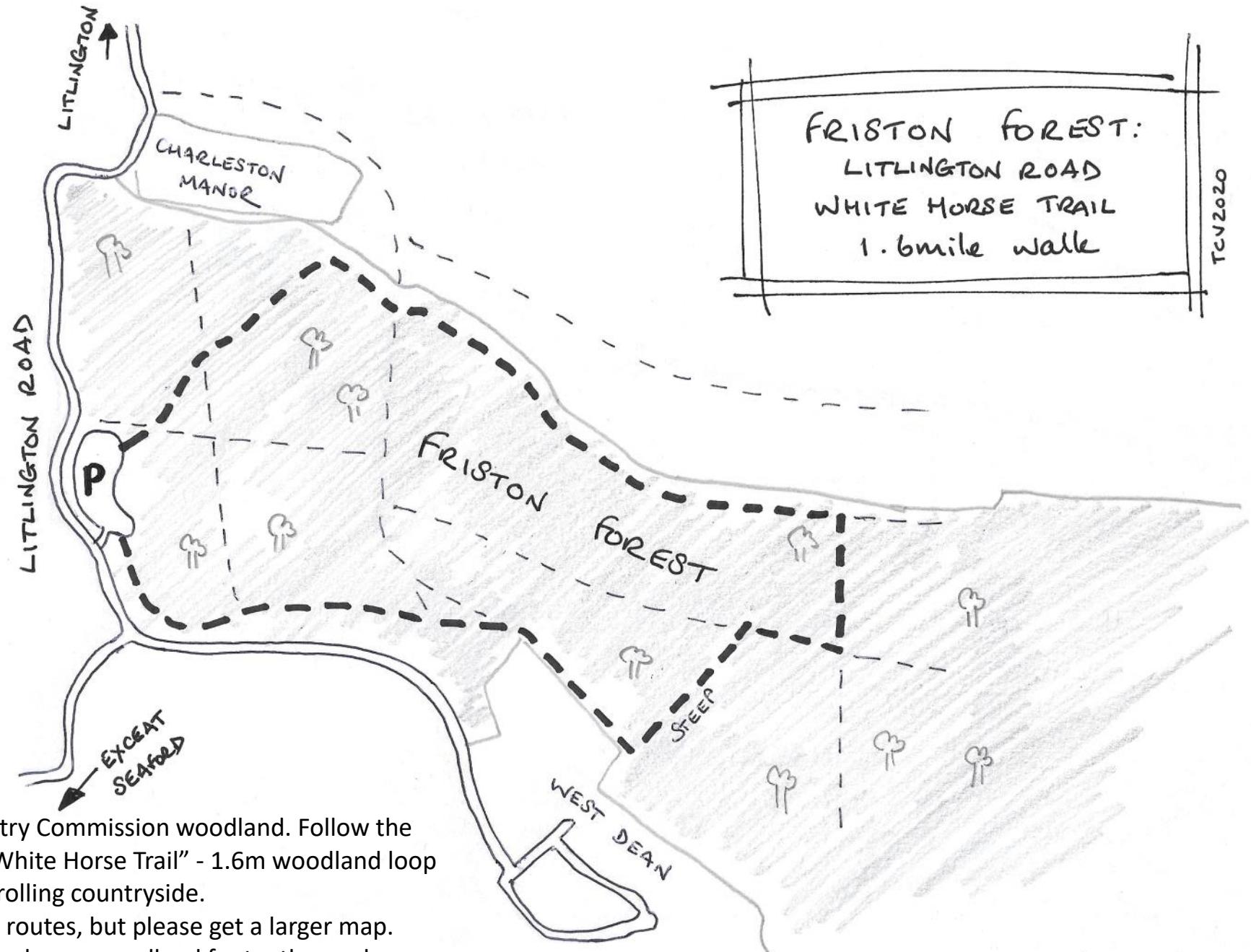


Notice nature,  
enjoy exercise,  
strengthen  
mental health



Description: Large Forestry Commission woodland. Follow the white markers for the "White Horse Trail" - 1.6m woodland loop with superb views over rolling countryside.

Many options for longer routes, but please get a larger map.

Take care: Quite steep in places; woodland footpaths can be uneven or muddy in places.

Difficulty level: Easy, well signed, no stiles or steps, but steep at times.

Nearby postcode: BN25 4AD

FRISTON  
EAST DEAN  
EASTBOURNE