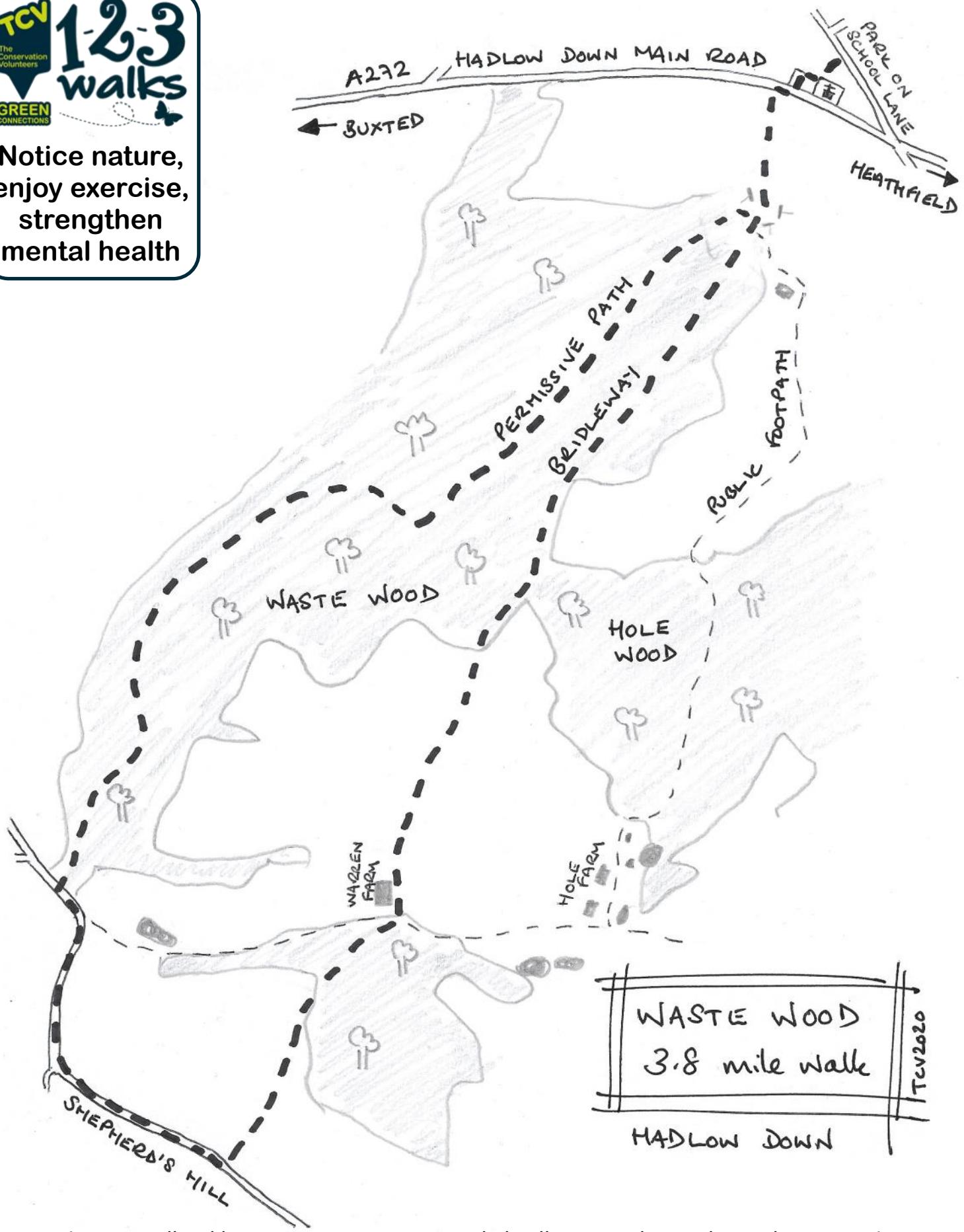


Notice nature,
enjoy exercise,
strengthen
mental health



Description: Woodland loop using permissive track, bridleway and quiet lane; shorter option through Hole Wood using public footpath (2.9mile loop).

Take care: Permissive track is surfaced, dry and fairly even. Bridleway is uneven in places and can be very muddy. Rural footpaths can be uneven and muddy, could be grazing livestock.

Difficulty level: Easy when dry; moderate if muddy.

Nearby postcode: TN22 4HY