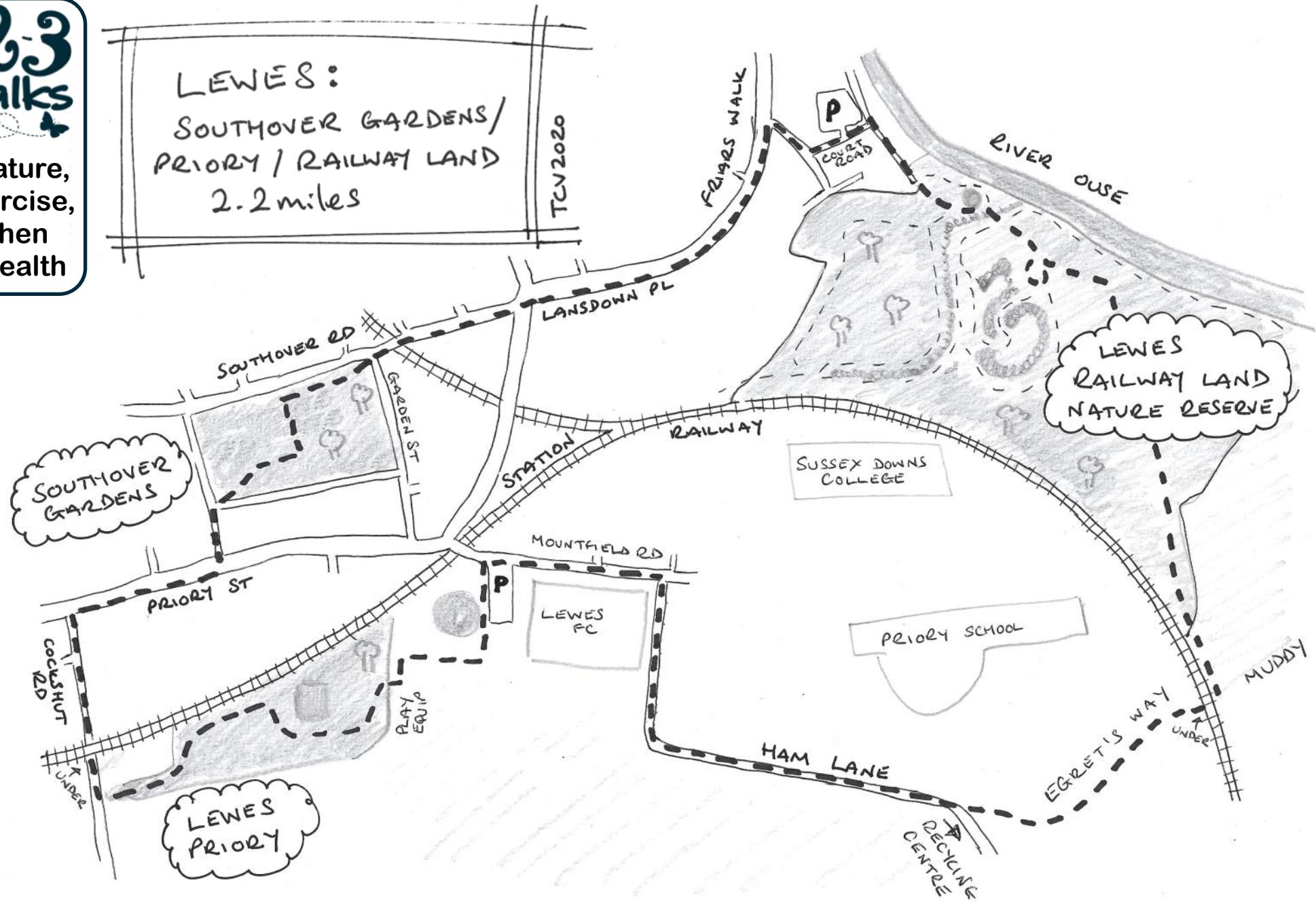


Notice nature,  
enjoy exercise,  
strengthen  
mental health



Description: Linking three lovely green spaces in the town.

Take care: No footpath on Ham Lane but limited traffic; minor footpaths in nature reserve can get muddy, this route sticks to the main track.

Difficulty level: Easy.

Nearby postcode: Friars Walk car park: BN7 2SA / Mountfield Road car park: BN7 2UR