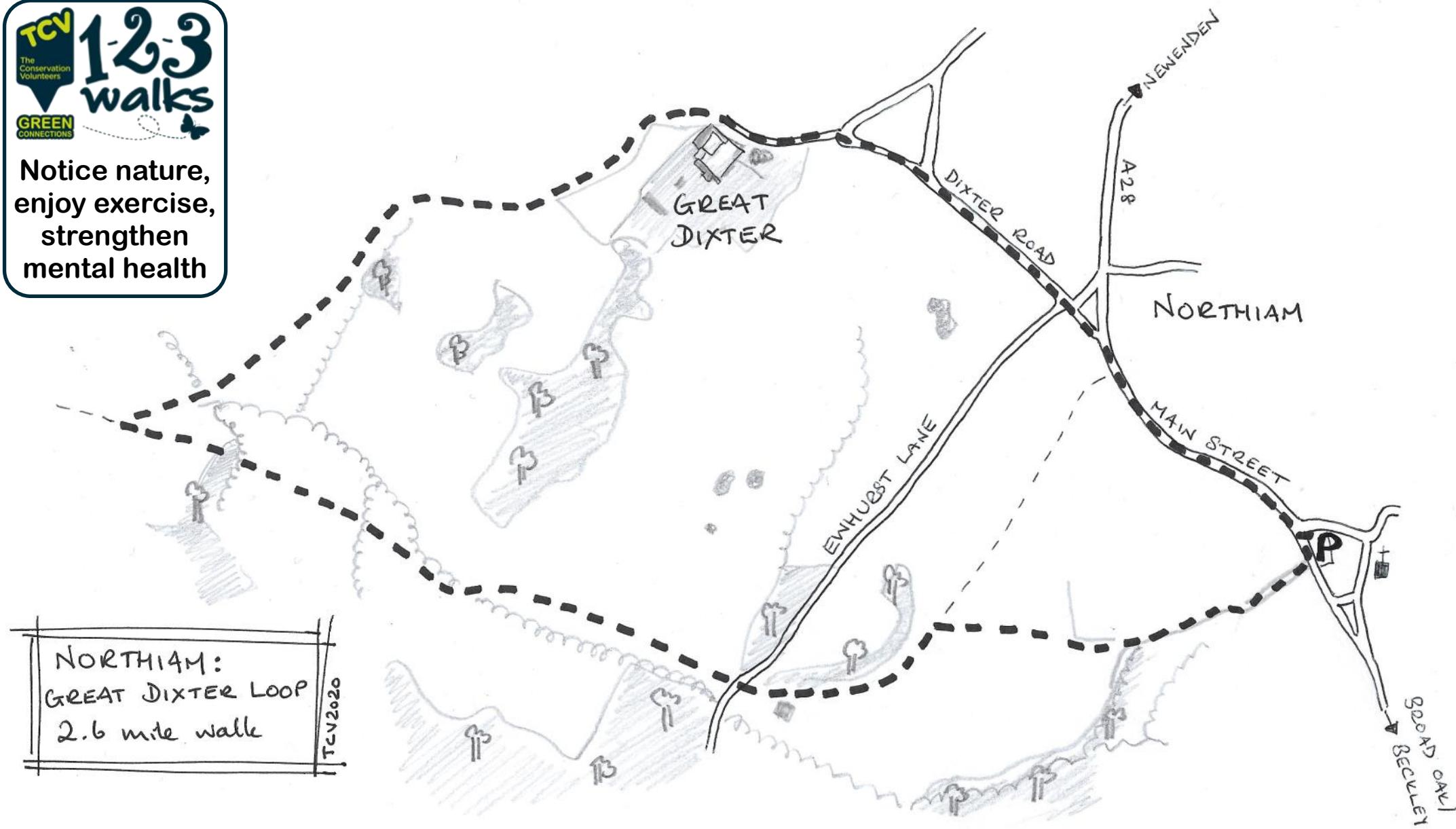


Notice nature,
enjoy exercise,
strengthen
mental health



Description: Rural footpaths through farmland with scenic countryside views, past Great Dixter House & Gardens, and through the pretty village.

Take care: Footpaths can be uneven and slightly steep; could be muddy in winter; several footbridges with steps; livestock in fields; road crossing; traffic on lane to tourist attraction.

Difficulty level: Easy when dry, moderate if muddy.

Nearby postcode: TN31 6ND