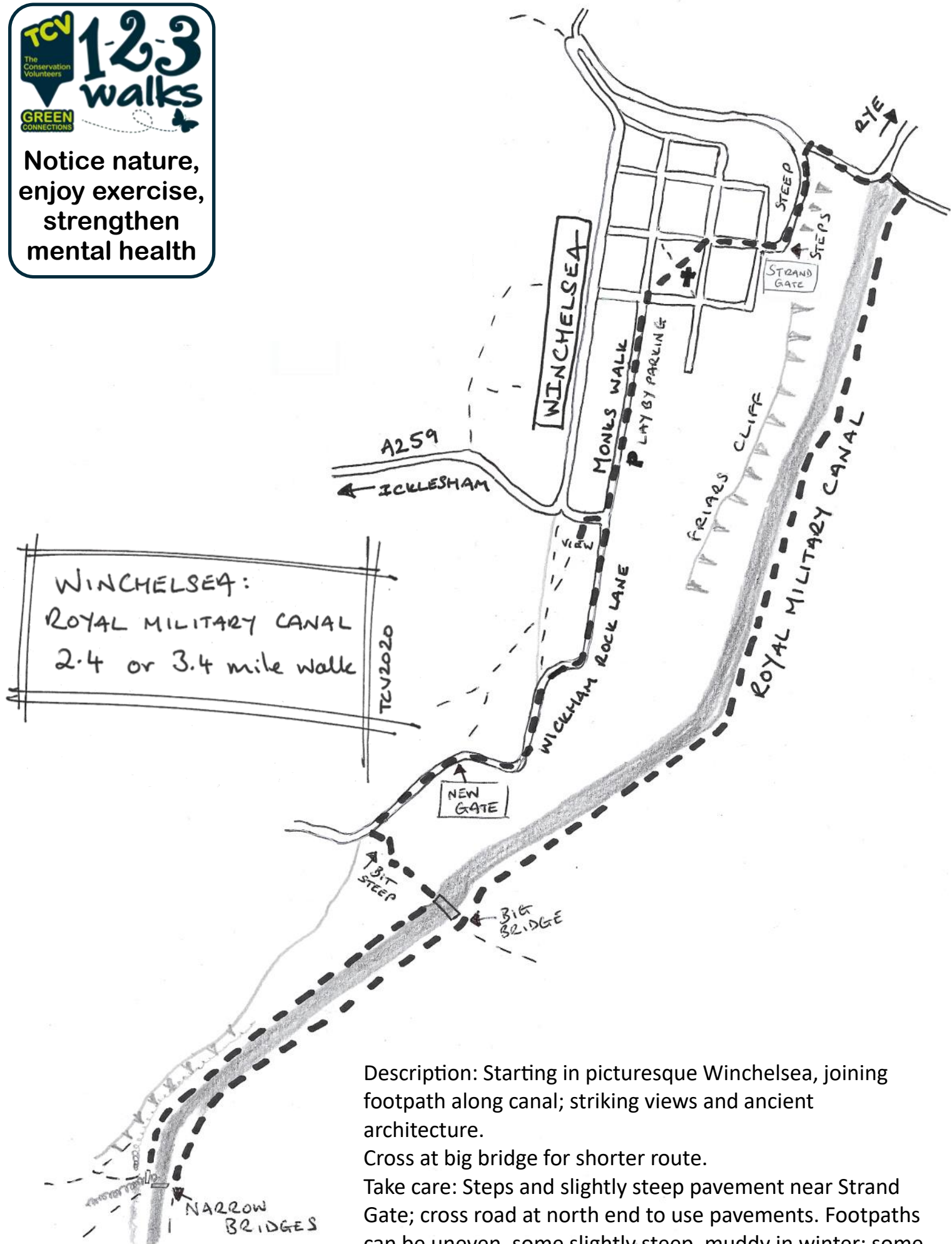


Notice nature,  
enjoy exercise,  
strengthen  
mental health



Description: Starting in picturesque Winchelsea, joining footpath along canal; striking views and ancient architecture.

Cross at big bridge for shorter route.

Take care: Steps and slightly steep pavement near Strand Gate; cross road at north end to use pavements. Footpaths can be uneven, some slightly steep, muddy in winter; some stiles. Two quite narrow bridges at far end. Grazing livestock. Difficulty level: Easy when dry; moderate in winter.

Nearby postcode: TN36 4ES