

## **East Grinstead to Crawley Down – 4 miles** (Start point TQ387382)

Parking in East Grinstead town centre and in layby in Crawley Down at TQ341371.

In front of East Grinstead station entrance bear right and take the stepped ramp which leads to the footbridge over the railway.

Continue straight ahead, keeping to the right of the car park, on to the Worth Way, passing an information board about the Worth Way Country Park.

Continue along the Worth Way, passing under two bridges.

After about 1½ miles look out for a small bench seat on the left and 'Gullege Manor' visible across a field, to the right and then a smaller path crossing the Worth Way.

Turn left here, leaving the Worth Way, through a wooden kissing gate, keeping the pond to your right.

Continue ahead across the field and through a gap in the hedge/tree line at the far side.

Carry on in the same general direction, keeping a small copse, surrounding a pond, to the left.

At the far side of the field join a well-defined farm track continuing ahead towards 'Ticehurst Farm', which will now be visible in the distance.

100 yards before reaching the farm, turn sharp right down the left side of the hedgerow (marked by a 4-way finger post).

At the end of this first field pass through a gap in the hedge by a lone tree, continuing straight ahead downhill through a large field to a metal kissing gate.

Continue to the next kissing gate and a plank bridge over a stream.

Keep straight ahead through another kissing gate and head uphill alongside the fence to two more metal kissing gates separated by a well-defined track.

Continue ahead and uphill through two fields keeping to the left-hand boundary, after which the path becomes more defined alongside 'Burleigh House Farm'.

After passing through the kissing gate at the end of the path bear right onto the surfaced road (Burleigh Lane) and continue for half a mile to the junction with Sandhill Lane.

Continue straight-ahead following Sandhill Lane round a right-hand bend and downhill to reach Crawley Down village and the junction with Grange Road/Station Road/Kiln Road.

Continue straight ahead onto Station Road, turning left at the start of the shops into Old Station Close, passing the hairdresser and chemist shops.

Continue to the end of Old Station Road and re-join the Worth Way, soon passing under the B2028 road bridge (TQ341371).

