

East Grinstead to Cowden – 8 miles (Start point TQ036332)

Parking in East Grinstead town centre and roadside parking in Cowden.

From East Grinstead Railway Station take road eastwards past Mid-Sussex Timber Co. warehouses on left.

At mini-roundabout bear right along London Road and at second mini-roundabout left along High Street.

About 200 yards past East Grinstead Church turn left along B2110 (College Lane).

Cross bridge over bypass in cutting.

After 50 yards, turn right along Estcots Drive and immediately go left along access drive to Council Offices.

After 50 yards, fork right along narrow lane.

After passing houses, continue along narrow path behind housing estate.

Pass to right of pond and continue along well-trodden path, soon with stream on left.

After crossing footbridge, fork left, still with houses on right at first.

At T-junction with tarmac drive, turn left out to A 264 at TQ409395.

Turn left for a few yards, then turn right along signed path, soon veering slightly right downhill across undulating area of patchy grass and scrub to enter woodland.

Cross plank bridge and stile and head NE across field, aiming for gap in far corner.

Cross two stiles and driveway and continue on same bearing across another field.

On the far side, go through gateway with stile beside it into woodland with pond on right.

In 150 yards, ignore track to right, then cross stream, curve right with main track and climb to road.

Turn right and about 80 yards short of Old Surrey Hall which is straight ahead, turn left along fenced path which skirts to left of garden.

Bear left and climb within hollow way.

Where track opens out, turn right along narrow sunken path.

Keep left of pylon and continue between banks to road at TQ424406 and turn left.

Soon after passing entrance of drive to 'Old Surrey Hall' on left and cottage on right, turn right into drive to 'Bidbury' and, immediately, go ahead through field gate.

Pass to right of barn/stables and, in 50 yards, go ahead over stile.

Descend with plantation on right at first.

In a few yards, where plantation ends, keep straight on, passing to left of pit and pond.

Immediately beyond pond, turn right over stile and cross field to join drive over stile near far field corner.

Turn right along drive and, after 70 yards, go left over stile and follow headland path with stream and belt of woodland on right.

At field corner go over a stile and along woodland track, crossing minor stream (currently unbridged).

Leave wood and climb between fence and hedge.

Pass between buildings at 'Old Lodge Farm' to T-junction with drive and turn right.

At 'Dry Hill House', go right and left between buildings and continue east on wide track.

Just after entering woodland, bear right along clear track.

After a quarter mile (TQ436418), fork left along track through conifer plantation and then with wood on right, large field to left and good views northwards.

A few yards after track bends left, turn right through wood and then along right field edge with wood on right.

Go through bridle gate out into field corner, veer half left across field to stile in corner and along left edge of next field.

In field corner go through metal swing gate, across track, through similar gate and on along woodland path.

Follow path through wood, passing swampy pond on right. Path comes out to corner of next field.

Turn right and follow edge of field.

At corner, turn left and continue along right field edge with woodland on right.

Ignore first gate on right, continuing along right field edge.

In field corner at TQ448409, go over stile beside gate and head SE along left field edge.

In next field corner, cross stile to left of gate and descend along right field edge.

In field corner, go over stile, pass to right of dilapidated building and keep near left edge of field.

In corner, turn left through wood.

Just short of gate at far side of wood, turn right and, once out into open, head diagonally across field.

Go through gap and head squarely across next field.

Enter woodland, cross footbridge and climb along narrow woodland path, ignoring signed path to left.

At top of wood, go through gate to join and follow drive from 'Weystrode Manor'.

At road (TQ461407) bear right into Cowden village.



