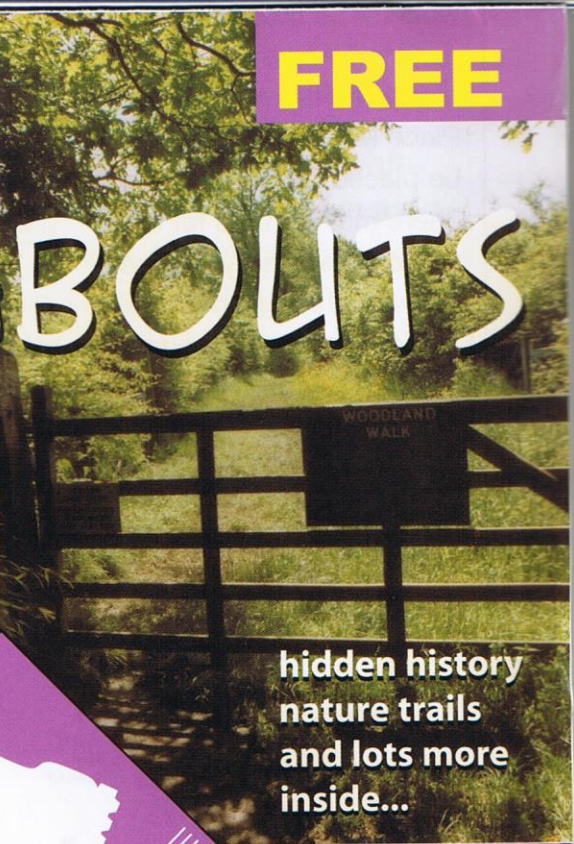
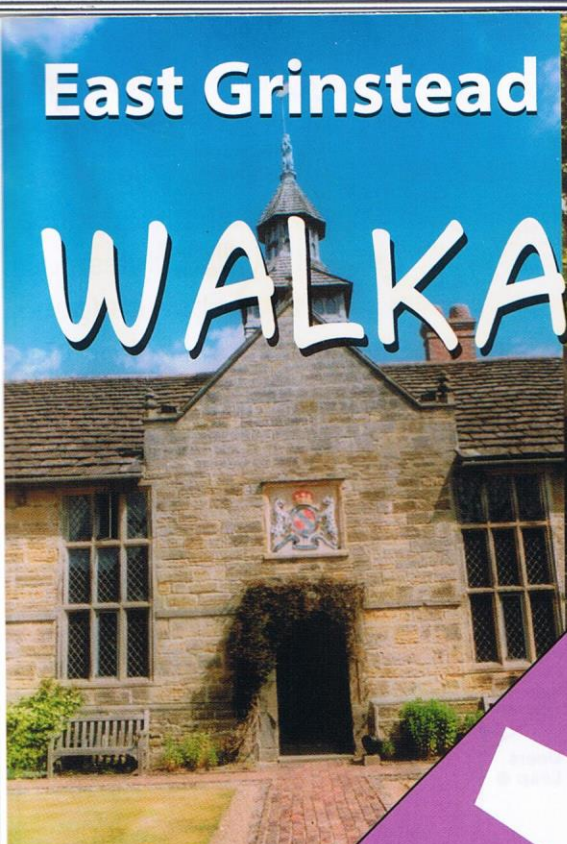


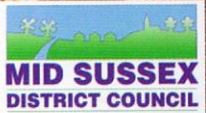
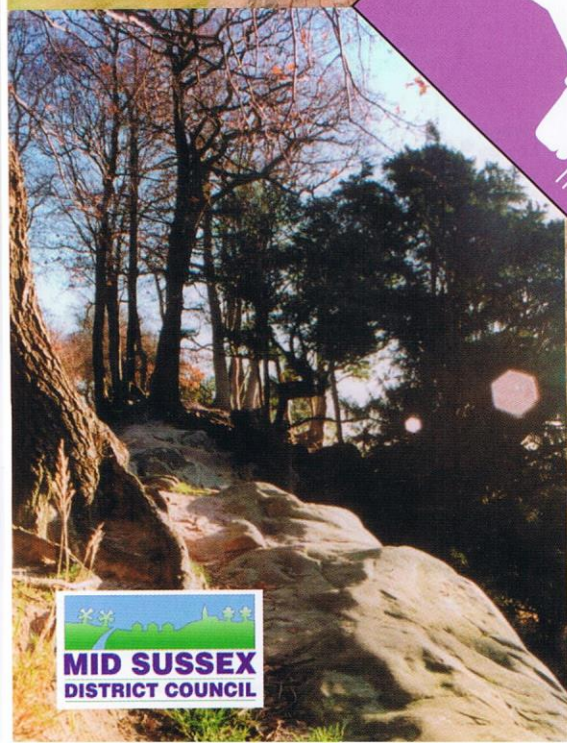
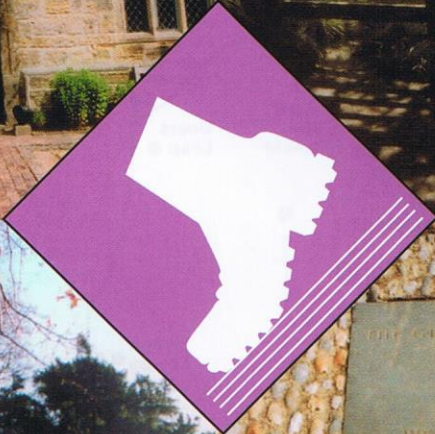
East Grinstead

FREE

WALKABOUTS



hidden history
nature trails
and lots more
inside...



East
Grinstead
Town Council



BENEFITS OF WALKING

The feel-good factor

A walk, a wander, a stroll, take in the air or enjoy a constitutional, whatever you call it, walking works. It will:

- ◆ Make you feel good
- ◆ Give you more energy
- ◆ Help you sleep better
- ◆ Help you reduce stress
- ◆ Keep your heart 'strong'
- ◆ Reduce blood pressure
- ◆ Help manage your weight



Tips to get started

If you are FREE of serious health problems you can start walking more with confidence.

- ◆ Think before you drive less than a mile
- ◆ Walk to the shop or post box
- ◆ Get off the bus a stop earlier
- ◆ Park the car further away at the supermarket
- ◆ Take the stairs not the lift
- ◆ Enjoy a walking lunch
- ◆ Take a friend's dog for a walk

It's free its fun...

Forget about the gym, fancy equipment and fitness regimes, walking is the easiest way to keep in trim and it doesn't cost a penny. Even a short stroll allows you to let the day's worries slip away. Its a chance to bump into an old friend or make a new one. A chance to pass the time of day rather than race around in your car. You can start slowly and build up gently. It's free and easy and it doesn't hurt!

The walk of life...

You can start out by walking ten minutes three times a day or 15 minutes twice a day. 'Brisk' walking means walking so that you breathe a little faster, feel warmer and have a slightly faster heart beat – it doesn't need to be 'hard' and you should still be able to talk, when you walk with friends that's half the pleasure! The most important thing is that you start 'where you're at' and build up gradually.

Tips to remember...

- ◆ Clothing – Loose fitting clothing allows you to move more freely.
- ◆ Wear thin layers rather than heavy, chunky clothing!
- ◆ If it's a hot day then take a bottle of water with you.
- ◆ It's a good idea to stick to areas you are already familiar with when you walk on your own.
- ◆ But you can use this map to design a circular route that links local paths, parks and other open spaces with your more familiar routes.

More information on the Walking for Health Initiative web site at www.whi.org.uk or you can get more walks leaflets at the Tourist desk in the East Grinstead Library in West Street.

Put your shoes on now and take in the air!

COUNTRYSIDE CODE

We would ask that you always take care to respect the wildlife and work of the countryside through the 'Countryside Code'.

- ◆ Enjoy the countryside and respect its life and work
- ◆ Guard against risk of fire
- ◆ Fasten all gates
- ◆ Keep your dogs under close control and clear up mess on or near paths
- ◆ Keep to public paths across farmland
- ◆ Use gates and stiles to cross fences, hedges & walls
- ◆ Leave livestock, crops and machinery alone
- ◆ Take your litter home
- ◆ Help to keep all water clean
- ◆ Protect wildlife, plants and trees
- ◆ Take special care on country roads
- ◆ Make no unnecessary noise



What to wear and bring

Sensible footwear is essential. For all countryside walks, it is advisable to wear walking boots or stout footwear. Trainers are not really suitable, except for cycle rides and town walks. Warm and waterproof clothing may also be needed.

Public rights of way

There are three types of rights of way. Footpaths - available to walkers, Bridleways - available to walkers, horseriders and cyclists, Byways - available to all, including vehicles. The Rights of Way team in the County Planning Department is responsible for their management. If you have any problems or queries concerning the network, please contact West Sussex County Council, Planning Department, Tower Street, Chichester, West Sussex PO19 1RL, or telephone Public Rights of Way enquiries: - 01243 777928 Legal queries: - 01243 777196 Countryside Sites Projects and Ranger Services: High Weald Area Manager: 01243 756847 Low Weald Area Manager: 01243 756863

Dog fouling

If you have a dog, be responsible, think of others: no fouling. Please clear up after your dog, even if bins are not always provided. Mid Sussex District Council is enforcing the Dogs (Fouling of Land) Act 1996. Leaflets regarding this can be obtained from Help Points, Libraries and Council Offices. The Act brings the prospect of fixed penalty notices or court imposed fines of up to £1000 for persistent offenders or those refusing and / or failing to pay the fixed penalty notices.



EAST GRINSTEAD TOWN WALKABOUT



Our stroll starts from the car park behind St Swithun's Church. From the High Street turn up Church Lane and park in either of the two long term car parks towards the end of the lane. Charges apply every day except Sundays and Bank Holidays. Walk back down Church Lane heading south and after passing Sackville College on your left, enter the churchyard through the lychgate to your right. The present church was built in 1789 after the tower of the earlier 14th century church collapsed - having been poorly rebuilt following a lightning strike. It is constructed from sandstone in the Gothic style. The magnificent tower, completed in 1812, houses the largest peal of bells in West Sussex. There are several brasses and stained glass windows. Leave the churchyard opposite the passage down the High Street and turn right.

Most of the buildings on this side of the High Street have modern frontages and at first glance it is difficult to appreciate their antiquity. Several

of the buildings do, however, date back to the 1600s. The timber framing in the pizza restaurant can be seen through the windows and the name of the bar next door alludes to the earlier Crown Hotel, which occupied this site for nearly 500 years. Cross Canteloupe Road, noting the 19th century Lewes Old Bank sign on the first building, and walk ahead to Lloyds Bank. Cross the High Street carefully using the traffic island and walk to the right of the large Constitutional Building opposite, towards Clarendon House.

This beautiful building, built around 1500 in classic Wealden style, once housed the George Inn and the Old Stone House to its right was a later extension, having been built as recently as 1630. Turn left to walk back along the south side of the High Street. The passageway beside the island site of the Constitutional Club building is known as Judges Terrace. Roads across Sussex were notoriously bad and the judges from London were not keen to venture any further south to attend court. This was where the assize judges would lodge during sessions in East Grinstead. Continue along this attractive street, shaded by its pollarded lime trees, to walk past the Victorian jubilee fountain towards Middle Row.

As you pass Tudor House, which dates back to the 1400s, look up to see the cork bark cladding on the first floor frontage - a strange addition some 400 years later. At the end of Middle Row, cross Hermitage Lane to walk past the Dorset Arms Inn and a

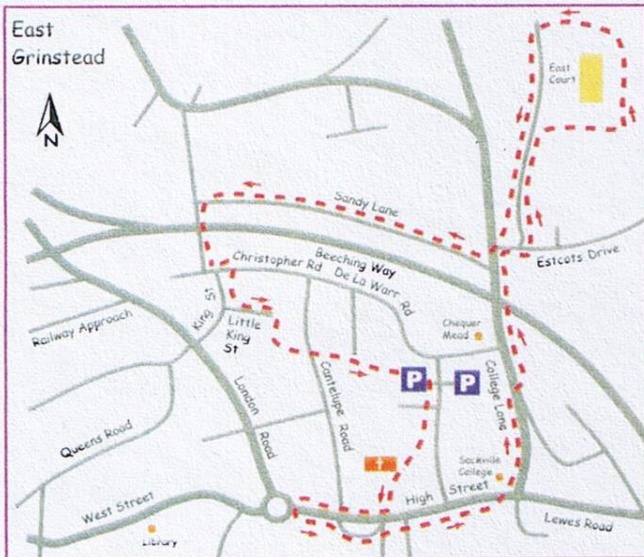
series of splendid houses, the earliest of which date back to about 1340. After passing Porch House, cross the road carefully to walk beneath a magnificent plane tree to the entrance to Sackville College. This is not a college in the academic sense - the Latin word "collegium" simply means company or society. It was founded in 1609 and, like the Oxbridge colleges, it is set around a grassy quadrangle. It was founded by the Earl of Dorset as a home for the elderly on low incomes and continues as such to this day. In a study adjoining the chapel Reverend John Mason Neale wrote the hymn Good King Wenceslas.

Walk along the sandstone front of the building to College Lane and turn left. Cross the road carefully when you can and walk over the deep cut of the road below to reach Estcots Drive. Cross over to the tarmac path opposite and follow this into the grounds of East Court. At the sign for the War Memorial Gardens turn right down a narrow path. The path opens out onto a terrace with spectacular views of Ashdown Forest and the High Weald to the east. There is a plaque in the ground here marking the line of the Greenwich Meridian, allowing you momentarily to stand with one foot in either hemisphere. Walk now across the front of East Court to the Millennium Stone and turn

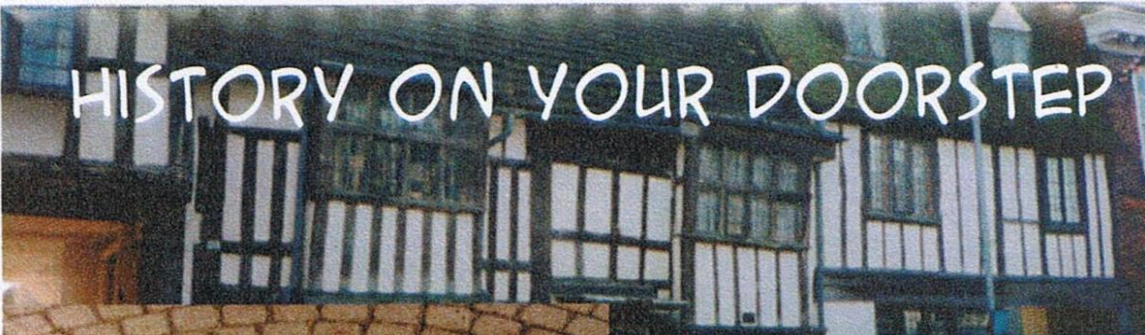
left to rejoin the path back to the main road. There are toilet facilities here.

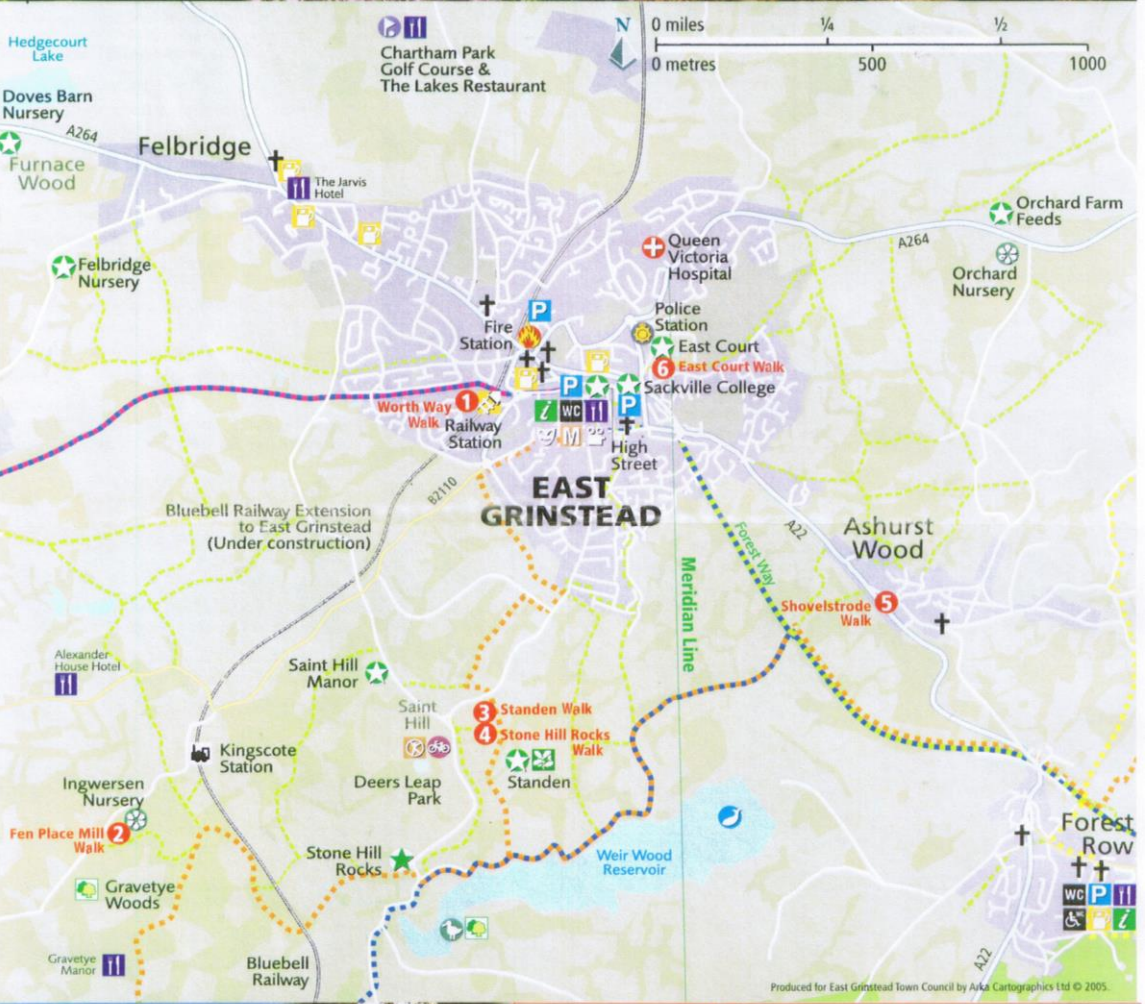
East Court, built in 1769 as a private house, is now home to the Town Council. It also houses the Town Museum (moving to Canteloupe Road, open free of charge each Wednesday and Sunday afternoon). On reaching College Lane again cross carefully by the red letter box, before the Beeching cutting, and turn left down the broad, rough track. This is Sandy Lane. At the end, turn left over the footbridge into Christopher Road.

The cutting below was the line of an east-west railway from Three Bridges through East Grinstead to Tunbridge Wells. It was axed in 1967. A few years earlier the north-south line to Lewes had also been closed. Now, thanks to an enormous effort started by three schoolboys, the final northern section of the Bluebell Line may soon reconnect with East Grinstead. After the footbridge turn left and then right beside the car park. At the corner with the Atrium Cinema turn left into Little King Street. At the end of this road turn right up a flight of steps into a tarmac passageway known as Institute Walk - one of the Sussex twittens that run through many of our towns and villages. At the T-junction ahead turn left and at the next public road cross straight over to the right of number 30. This will lead back towards the car parks in Church Lane.



HISTORY ON YOUR DOORSTEP





Produced for East Grinstead Town Council by Avka Cartographics Ltd © 2005.

STANDEN

This leaflet has been produced by East Grinstead Town Council with partnership support from Mid Sussex District Council. Circular walks on the centre page, courtesy of the Ashdown Rambling Club. Town walkabout map courtesy of Footprints of Sussex.

KEY	
Forest Way	Worth Way
Vanguard Way	High Weald Landscape Trail
Other Roads	Other Footpaths
Tourist Information Point	Parking
Attraction	Petrol
Other Place of Interest	Toilet
Church	Toilet - Disabled
Place to Eat	Railway Station
Nursery/Garden Centre	National Trust
Climbing/Outdoor Pursuits	Cinema
Woodland Site	Theatre
Nature Reserve - no dogs	Museum
Fishing	Golf
Cycling	
Railways - Preserved	

There are 164 public rights of way in the civil parish of East Grinstead with a total length of over 51kms. These rights of way comprise footpaths, bridleways, byways and roads used as public paths. The public rights of way network enables everyone to experience and enjoy the countryside and provides an alternative to pavements in more urban areas. This map can't show the entire network but the Ordnance Survey Explorer Map 135, titled Ashdown Forest (ISBN 0319 235750) clearly show the defined paths within East Grinstead. The West Sussex County Council website at www.westsussex.gov.uk (follow the links through Leisure and Tourism to Public Rights of Way) has an excellent interactive map (imap) where all the West Sussex public rights of way can be viewed in fine detail together with further useful information.



WALK ON THE WILD SIDE

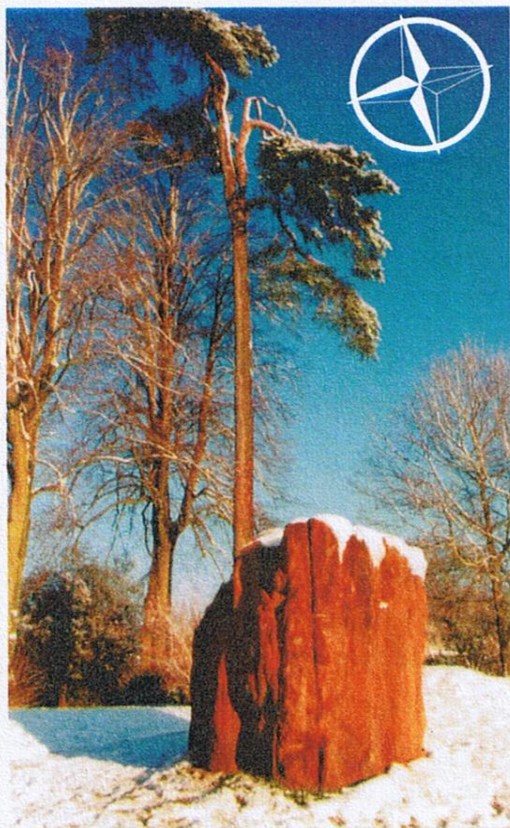
Our Area of Outstanding Natural Beauty (AONB)

Weir Wood reservoir boasts a nature reserve on its southern shore. From the viewing hide just off Legsheath Lane you can spot many species of bird such as the Great Crested Grebe, Grey Heron and Canada Geese. Less common are the Fish Eating Ospreys, and in the autumn if water levels are low, many shore birds can be seen feeding on the exposed mud.

Many of the fields that you pass by on walks around the town are no longer actively used for agricultural purposes, but are part of the 'set aside' arrangements by which farmers are paid to take certain fields or parts of fields out of use. As our heavy clay soil was impossible to plough we still retain many undisturbed wildflower-rich hay meadows and pastures. These unimproved grasslands are a haven for wildlife conservation supporting up to 100 kinds of grasses and wildflowers – which in turn support a great variety of insects and other creatures.

Here in the High Weald we boast a greater than national average of woodland with 25% coverage. Much of this woodland is Ancient Woodland (in other words, having existed continuously since AD 1600) in fact an amazing 68% of the High Weald's woodland is classed as Ancient. Sometimes, if you know where to look, you can see signs of past coppicing, pollarding, saw pits and charcoal hearths. In the summer look out for plants such as the Wood Anemone, Wood Sorrel, Yellow Archangel and Early Purple Orchid all indicators of an ancient woodland site.

To learn more about the High Weald visit the High Weald AONB unit's website at www.highweald.org or pick up a copy of their excellent publication the High Weald Anvil at the Tourist Information Office in the Library.



STONE HILL ROCKS

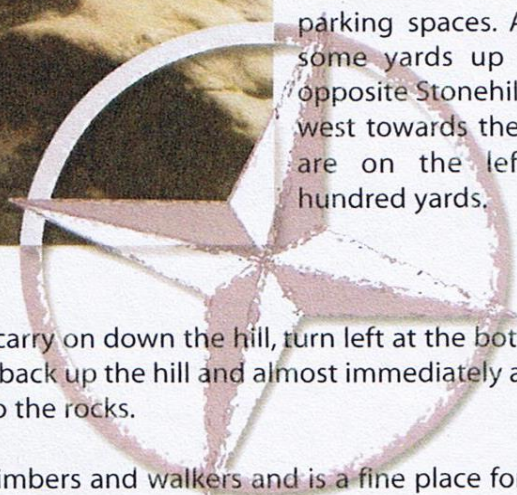
Site of Special Scientific Interest

A small area of woodland and sandstone rocks on a hill with fine views over Weir Wood Reservoir, Stone Hill Rocks is a Site of Special Scientific Interest for geological reasons.

The rocks are located to the south-south-west of East Grinstead at grid reference 381347 on Ordnance Survey map 187. Take the B2110 from East Grinstead in the direction of Turners Hill, follow the Brown Tourist Signs for Saint Hill, Standen, Sports Club, then continue on past Deers Leap Park where the road goes downhill and there is a lane to the left leading to some parking spaces. A bridle path some yards up the hill and opposite Stonehill House leads west towards the rocks, which are on the left after two hundred yards.

If the parking spaces are full, carry on down the hill, turn left at the bottom and park by Weir Wood Reservoir. Walk back up the hill and almost immediately a footpath left leads over fields straight up to the rocks.

Stone Hill Rocks is used by climbers and walkers and is a fine place for a picnic. It is open to the public at all times without charge. Please take great care not to damage the rocks or the vegetation, and take all your litter home.





MORE INFORMATION



The Visitor Information Office

Library Buildings
West Street
East Grinstead
01342 410121

email tourism@eastgrinstead.gov.uk

Information, maps, leaflets and advice on all things connected with walking and the network of walks and trails around the town. One of the largest selections of walks leaflets in the South East can be found here.

The Help Point - Town Library

West Street
East Grinstead
01342 300780

Report any problems with footpaths here.

Mid Sussex District Council

Haywards Heath
01444 458166

www.midsussex.gov.uk

More information on local parks and open spaces. Also information on 'Walking the way to health' walking groups.

West Sussex County Council

01243 777100

www.westsussex.gov.uk

Public rights of way, footpaths and bridleways.

East Grinstead Town Council

01342 323636

www.eastgrinstead.gov.uk

East Court Gardens and Play Area, Turners Hill Road Recreation Ground

East Grinstead Tourism Initiative

Library Buildings
West Street
East Grinstead,
West Sussex
RH19 4SR

01342 410121 Fax 01342 410262

www.eastgrinstead.gov.uk

Ashdown Rambling Club

We have a variety of walks ranging from 2 miles to 12 miles. Short walks, 2-3 miles on a Sunday morning. Medium Walks 4-6 miles on Wednesday and Sunday afternoon. Long walks 8-12 miles on a Wednesday and Sunday all day and short evening walks. We meet in East Court and Chequer Mead car park. Further details at the town Library in West Street or

www.ashdownramblers.org.uk

Footprints of Sussex

The East Grinstead town walk was researched by Footprints of Sussex who published laminated copies of this and many other walks. Tel: 01903 813381

www.footprintsofsussex.co.uk

Disabled Access to the Countryside

Access for the disabled will be limited due to the very nature of some of the paths and trails. There are however excellent opportunities for one and all to enjoy the Worth Way and the Forest Way, which are hard surfaced with graded slopes and can be walked all through the year. Disabled access is also available to the bird hide on Legsheath Lane on the southern shore of Weir Wood Reservoir. Further walks with easy access are also to be found on the East Court estate.

Countryside Agency

Access Helpline 0845 1003298

www.countryside.gov.uk

Rural Ways

Walks over the South East of England

www.ruralways.org.uk

This leaflet is a partnership project between East Grinstead Town Council and Mid Sussex District Council. Bluebell Railway picture courtesy WSCC/PPL (01243) 555561. All other pictures Simon Kerr (01342) 410121 Design: DJH Advertising (01273)206157