

## Circular Walk from The Fox and Hounds Public House

Distance: 2 miles (3.2 km)

Time :1 hour

Starting point: Fox and Hounds Car Park, Fox Hill



Start at Fox & Hounds car park, taking the Public Footpath which begins close to the pub and leads into a field.

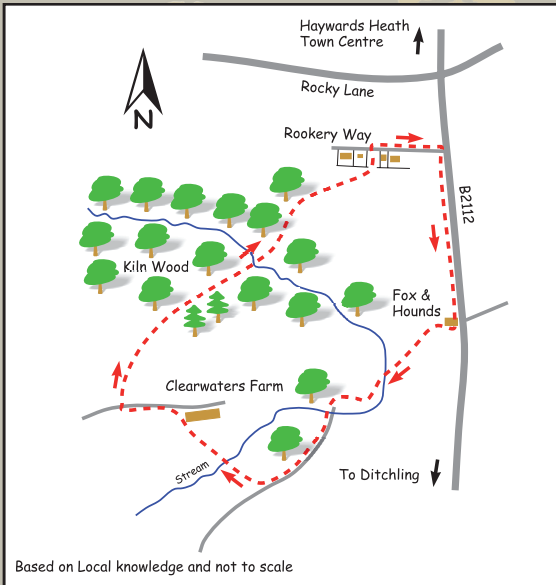
Go down the field, cross a footbridge and continue beside a stream. This stream flows from the Ashenground Woods north of Rocky Lane and continues westwards as a tributary of the Adur River. The Fox and Hounds is on the low ridge that forms the watershed between two river catchments, the Adur reaching the sea at Shoreham and the Ouse reaching the sea at Lewes.

Leaving the stream through the gate leading into a field, you come back to it in a marshy area and cross over a footbridge leading to a broad green lane bordered by ancient banks. The marshy area is fine wildlife habitat with willow trees. The lane is overhung by twisted hornbeam trees. In days gone by, these trees would have been regularly cut down to ground level (coppiced).

After about 300 metres go over the stile on the right hand side; keeping the hedge on your left, continue down the field. Shortly, there is a

small bridge taking you into the neighbouring field, where you look across the valley to Clearwaters Farm, reached by a bridge across the stream.

Head up slope towards the left hand side of the farm, where a gate and a stile lead to Clearwater Lane. Turn left, continue along the lane for 200 metres and look out for a garden on the right hand side. Follow the Public Footpath beside this garden, up the edge of the field, over a stile into another field and left towards a large wood.



This is Kiln Wood, a mixed deciduous woodland. Enter the wood and see, on your right, an area of trees enclosed by earth banks. This is a plantation of hornbeams, which were coppiced up to about 40 years ago. Coppices were particularly valuable parts of woodland. In the past, the banks were often topped by hedges or palings to keep out browsing animals. Coppicing provided wood for many rural needs, such as stakes, hurdles and thatching spars. Anything left over was good fuel. The path leads through the wood and down to a footbridge over a stream, then uphill to a stile leading into a field.

Go diagonally across to the corner of this field and up the Public Footpath into Rookery Way. Turn right along Rookery Way until the main road (B2112) is reached. Turn right and walk down the hill to the Fox & Hounds.