

## WALK 3

**This walk is suitable for pedestrians only. Wellies in winter and strong shoes in summer.**

**Time:** approx 1.5 – 2 hours.  
**Distance:** approx 4 miles.

Starting point is by the pond at Bentfield Upper Green **(A)**.

Walk towards Bentfield Lower Green and turn left into Pennington Lane.

Continue along here for approx 0.75 mile until you reach **(B)** and take BR3 on the left, walking in a westerly direction until the track turns towards the north **(C)**.

At this point leave the track and walk **BR3** along the northern boundary of the field towards Manuden and continue along the northern boundary of the next field making for a spinney which has a large fir tree in its centre and, bearing left, follow the edge of the field to the southern end and turn left. Go through the gate towards Down Cottages. The field often contains a flock of sheep so please fasten the gate.

You meet a concrete track (Manuden **FP22**) and turn left towards the sewage works. [A right turn here will bring you into Manuden at the river bridge].

Passing the sewage works on your right, through a gate then between two fences and follow the edge of the field with the River Stort on your right to the Manuden Road **(D)**.

Turn right onto the road, then left at the T-junction into Hazel End Road for approx 500 yards, then left onto **FP5** in an easterly direction to Hole Farm, emerging at Lime Kiln Lane.

You can then follow the road back to Bentfield Upper Green or take **FP8** which will bring you back to the same place.

