

THE ANGEL INN

○ = Assists

○ = Landmarks

MAP

1 From the pub, cross main road at the lights and turn right. Continue along pavement for 150 yards and turn left at brideway sign.

Follow track through trees for 60 yards and bear left (see assist). Continue for 80 yards and turn left then follow path for 80 yards, passing to left of metal gate. Bear left on to horseshoe track & 100 yards on, pass house and turn right at T junction on to track.

Stay on track passing paddocks to the left and on to the Canford Estate. The next, birch lined section may be soft underfoot for 200 yards. Continue with paddocks on the left past ponds to the right. A garden nursery appears to the left.

Pass under power cables as track kinks right then left. Walk past large clumps of bamboo to road junction. Turn right and walk gently uphill for 150 yards past Knoll Gardens.

B Turn right on to track (see assist) and follow passing

laurel hedges to right and paddocks to left.

2 After 200 yards, pass phone mast to left and continue on track between the trees. 150 yards on, continue ahead past house on right ignoring fork to left (see assist).

C 60 yards on, you enter Ferndown Common Nature Reserve through a gated fence. Continue ahead on gorse lined path with fence to left. 80 yards on, ignore minor path to right and continue ahead on main path.

D Bear right as you pass under power cables with small fence to left (see assist) and follow winding path. 100 yards on, pass under minor cables and track bends to right. The next section may be soft underfoot.

E Pass old stile to left and, 30 yards on, continue ahead (see assist). Follow with cables to right for 100 yards then pass under and continue with cables to left. Track may have sections of water or be soft for c. 200 yards.

Pass under power lines again and stay on track through gorse and bracken for 500 yards back to the main road.

Turn right and follow pavement for 150 yards back to the pub for some well earned refreshment.



Statistics

- 3 miles
- 40% heathland
- 10% lanes & roads
- 50% tracks
- 75-95 mins

