



Activities

Walking Trails

The Oak Walk Trail (1.25 km / Half hour) and the Abbot's Amble Trail (2.5 km / One hour) are both beautiful circular walks which start at the car park.

Horse Riding

Riding on the forest trails is available to TROT members who also have the added benefit of designated horse box parking on site. Call **01622 735599** to enquire about membership.

BBQs

With three bookable group-size BBQs you can cook up a sizzling get-together in any season. To book and pay please visit: forestryengland.uk/bbq-abbots-wood or phone **0300 0680400**. No portable or disposable BBQs allowed.

Family space

A large open space near the car park is ideal for the kids to play games, have a go on the nest swing or enjoy a picnic.

Cycling

Cyclists are welcome on the forest tracks and bridleways.

Welcome to Abbot's Wood

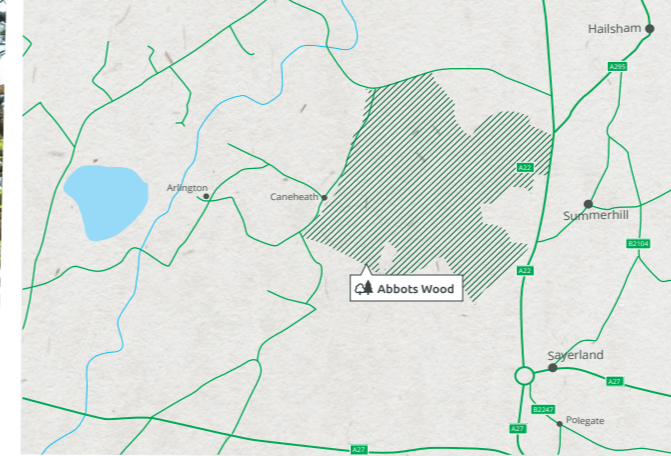
At 360 hectares, Abbot's Wood is a large and ancient woodland. Records of its name go back to the time of Henry 1, when it was overseen by the abbot of Battle Abbey. Today, Abbot's Wood continues to produce timber whilst also being a great space for people and wildlife. Whether you're here to take a relaxing stroll around the paths, listen to the birdsong or enjoy a summer BBQ in the woods, Abbot's Wood is the place for you.

Forestry England is part of the Forestry Commission, which is celebrating its centenary in 2019. Find out more by visiting forestryengland.uk/100

Join today

Support your local forest and get free parking and discounts with our membership

forestryengland.uk/membership



Contact us

t: 0300 067 4480

e: info.wealdbeat@forestryengland.uk

Location

OS grid ref: TQ55480722

Postcode: BN266SL

Opening hours:

Our car park is open from 8am all year. Closing times vary so please check our website for details.

forestryengland.uk/abbots-wood



Forestry England

Abbot's Wood



Forestry England woodlands have been certified in accordance with the rules of the Forest Stewardship Council®



For alternative formats, please get in touch:
Call **0300 067 4000** or email info@forestryengland.uk

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Walk in medieval footsteps!

Just as the monks walked these woods, there are two circular trails for you to enjoy. The longer of the two, the Abbot's Amble, leads to the lake which was originally dug in the 13th century by monks from Michelham Priory. At this time the wood would have been mainly oak, and even now the shorter Oak Walk takes you through oak woodland with a bed of bluebells to enjoy in the spring.

While taking a trip through history, you can think of the thousands of soldiers who camped here before the D-Day landings.

Trails

All trails start from the car park

Abbot's Amble Trail ●●●
2.5 km (1.9 miles)
A circular walk, passing the lake and beautiful woodland.

Oak Walk Trail ●●●
1.25 km (0.78 miles)
A circular walk, taking you through the oak woodland with a bed of bluebells to enjoy in the spring.



Emergency info
Name of key location: Abbot's wood BN26 6SL
Grid ref: TQ565078
Nearest access road: Caneheath
In case of an emergency call 999. Inform Forestry England on 0300 067 4500
Mobile phone coverage: poor
Nearest public phone: Arlington village. 9 am – 5 pm (emergency only)
Hospital with A&E unit: Eastbourne District General Hospital, BN21 2UD
 T: 01323 417400

- Forest code**
- Guard against all risks of fire
 - Protect and respect wildlife, plants and trees
 - Keep dogs under control and clean up after them
 - Take your litter home
 - Make no unnecessary noise
 - Take only memories away

Key

- Parking
- Picnic area
- Play area
- Barbeque Area
- Toilets
- Bridleway
- Forest path/footpath
- Forest track

With the exception of bridleways, horse riding is by permit only.
 Please keep dogs close and on leads when you see horses. Professional dog-walking companies must apply for permission.
 Cyclists are welcome on the forest tracks and bridleways.

0 200 400 600m