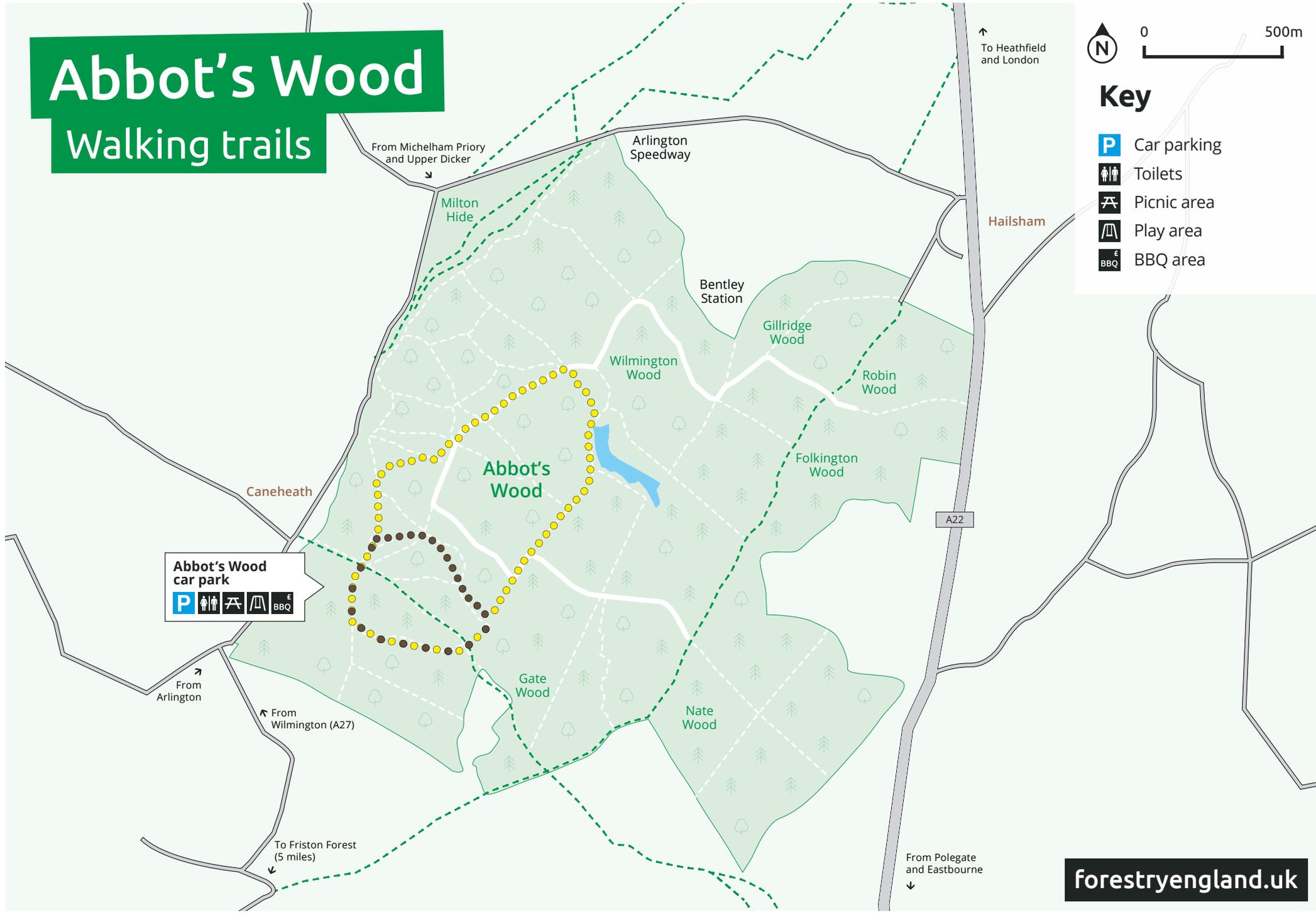


Abbot's Wood

Walking trails



0 500m

Key

- Car parking
- Toilets
- Picnic area
- Play area
- BBQ area

Abbot's Wood car park

- Car parking
- Toilets
- Picnic area
- Play area
- BBQ area

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Walking trails at

Abbot's Wood

There are miles of tracks to discover here at Abbot's Wood, explore the woodland along one of these two routes.

Trail information

Abbot's Amble Trail ●●●

3km (1.9 miles) Easy

The Abbot's Amble is a partially surfaced route leading to the lake which was originally dug in medieval times by monks who lived at Michelham Priory.

The trail takes visitors through a variety of habitats, including bluebell woods with oak trees and Douglas fir plantations. Keep your eyes peeled for wildlife such as Goldcrests and Roe deer, which can be seen from the trail.

Oak Walk Trail ●●●

1.5km (0.9 miles) Easy

The Oak Walk is a short stroll through the oak trees, which come alive during the spring with a carpet of bluebells.

Bird nest boxes have been placed along this trail. Keep an eye out for the woodland birds using them.

Emergency info

Name of key location:

Abbot's Wood BN26 6SL

Grid Ref: TQ565078

Nearest access road: Caneheath

Mobile phone coverage: Poor

Nearest public phone:

Arlington village. 9 am – 5pm
(emergency only)

Nearest A&E hospital facilities:

Eastbourne District General
Hospital, BN21 2UD
T: 01323 417400

In case of an emergency call 999.

Inform Forestry England, 0300 067 4500

Forest code

- Protect and respect wildlife, plants and trees.
- Guard against all risks of fire.
- Take your litter home.
- Make no unnecessary noise.
- Take only memories away.
- The forest is for everyone. Please be aware of other visitors.

