NORTH SEAT LONG WALK

The Ore Trails Project is a partnership of four local organisations Ore In Bloom, The Hastings Academy, Ore Community Land Trust and Ramblers and is funded by the East Sussex Health Improvement Partnership. The Ore Trails Project will benefit all residents of Ore and its immediate neighbourhoods. Walking routes are being mapped to encourage residents of all ages to enjoy the benefits of a more active lifestyle, as well as introducing them to accessible, historic and picturesque open public space.

This is a demanding walk, with one long steep section, that is more suitable for people who are reasonably fit and not for young children. However it is a very interesting walk for people who like to do long walks and want to improve their fitness level. The scenery and views are superb and there is a cafe half way along the route that could be used to break the walk into two parts. We recommend you wear walking boots and possibly long trousers as parts of the walk can get overgrown and muddy at certain times of the year.

The walk starts and finishes at Ore Centre where there is a café which is open Monday to Saturday. There are also toilet facilities here. Take the footpath to the immediate left of Ore Centre Manhattan Gardens. At the top turn left and pass the Old King John pub. Follow Middle Road up to the top where it divides and take the footpath bearing to your left passing Downs Farm Community Centre on your left. Continue up this track keeping the fence which borders The Hastings Academy on your left. Just as you reach the Academy building the track becomes a footpath. Follow this to the end and bear right and then at the T junction take a sharp right onto Mill Lane. Walk up Mill Lane to North Seat, which is on your right hand side. Turn immediately left here and pass through some kissing gates, walk down this footpath and take the first footpath/bridleway (which is part of the 1066 Country Walk Hastings Link) to your left, crossing over a track and continue to follow the path downhill. There is farm land all around you and panoramic views to Romney Marsh and the North Downs

This will take you to Martineau Lane, cross carefully and immediately opposite there is a stile to a well walked footpath to the right of a field. Not long after this you will come to a well-marked stile on your immediate right, cross over into a wooded copse. Walk straight ahead to a fence and then bear right keeping the fence to your left and a small duck pond to your right. Cross the private road and bear left onto a footpath (do not go through the gate bearing to your right). Follow this footpath keeping the sea on your left. On a clear day you can see all the way to Dungeness. Continue up until you reach Fairlight Road, which can be busy so cross carefully.

Here you reach Hastings Country Park, which is managed by Hastings Borough Council.Take the road into the Country Park slightly to your left – then turn immediately right onto the permissive footpath. Take the first turning on your left through kissing gates into the Country Park. Follow the footpath to the bottom of the field, taking in the views, then turn left at **Marker Post 19** and continue on the footpath, heading east past Little Warren Cottage on the right through gates and up to **Marker Post 20**.

Follow the sign to the Quarry taking the footpath to the left and follow it through the Quarry area until you reach the vertical rock face. Keep on the path until you reach the narrow steps cut into the rock. Go up these steps and at the top take the footpath to the left. This takes you through a gate and along a well maintained footpath to the road and car park next to the Visitors Centre at Fairlight. There is a cafe along an access road reached from behind the Visitors Centre in the direction of Fairlight Church.

To continue on the route turn right when you reach the car park and continue until you reach a hard surfaced path at the end of the car park running off to your left. Follow this path (with long distance views across Rye Bay and as far as the white cliffs of the North Downs at Folkestone) until you see a new fence at the far side of the grass field on your left. Walk across to this fence and follow it down the slope, keeping the wooded area on your right, until you reach **Marker Post 26**.

Bear left and follow the footpath that runs along the edge of the wood to the right of the field boundary until you get to the end where there is a kissing gate ahead of you. Don't go through the gate but turn right and follow the path up a slope and down towards the sea that becomes visible at the top of the slope until you reach **Marker Post 27**. At this point you need to turn right but take the path closest to the cliff edge and follow this up the slope bearing left where paths meet until you can see the Coastguard Station and the radar. Keep to the left boundary fencing to the cliff edge until you reach **Marker Post 24**.

Follow the path that runs down towards Warren Glen (with scenic views along the Country Park cliffs and out to sea) until you reach **Marker Post 22**. Take the steps down on your left and bear left at the bottom of the steps and follow the path into a wooded area until you reach **Marker Post 21**.

Carry straight on and climb the steepest section of the whole route (there is a very useful seat at the 2/3 point in this climb! with views back to Dungeness) until you reach **Marker Post 18**.

Do not turn right but carry straight on and up the steps to the top of this hill and follow the path to more steps that descend into Fairlight Glen until you reach **Marker Post 17**.

At this point turn right and follow the path in the woodland past the rock face on your right around the top of the Glen and past the waterfalls to right and left until you reach **Marker Post 15**.

There are a number of footpaths that meet at this point and you need take the one that is signed to Barley Lane and continues around the top of the Glen and climbs a slope before running between fields and field boundaries until you reach **Marker Post 13**.

Continue ahead on the main path towards Barley Lane until your reach Barley Lane at **Marker Post 11.** Turn left and follow the tarmac surfaced Lane. This is very easy walking and will take you past Fishpond Cottages on your left. When you reach a metal gate across the road on which you are walking pass through and then turn immediately right onto a footpath signposted to Fairlight Road and Ore.

This will take you into Shearbarn Campsite. Walk straight across this field keeping the building in front of you slightly to your right. Pass this building then go towards and through a line of trees to a gate in front of you. Once you are at the gate take the footpath to your right going sharply downhill. Follow this footpath all the way into Ore Village. It comes out on Fairlight Avenue where after going through some metal kissing gates you turn right then left onto Fairlight Road. Then take the first right onto The Broadway which takes you back to Middle Road and the Old King John pub. Here you can either stop for a well-deserved drink or make your way back to the Ore Centre down Manhatten Gardens.

NHS Regular walking has been shown to reduce the risk of chronic illnesses, such as heart disease, type 2 diabetes, asthma, stroke and some cancers.

A person weighing approx 60kg burns in 30 minutes:

- strolling (2mph): 75 calories
- walking (3mph): 99 calories
- fast walking (4mph): 150 calories

For long walks, you may want to take some water, healthy snacks, a spare top, sunscreen and a sunhat in a small backpack. You can break up your activity into 10-minute chunks, as long as you're doing your activity at a moderate intensity. In order to get the best out of your walk, make sure you combine physical activity with healthy eating.

Ore in Bloom

Ore Community Land Trust

The Hastings Academy

ramblers at the heart of walking

ORE TRAILS

3

Level: Challenging

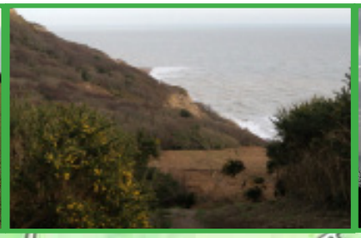
Time: 3 hours

Distance: 5.5 miles/10k

Calories used: 500

Ore Trails, 455 Old London Road, Hastings TN35 5BH
ore.clt@hotmail.com

ROUTE 3 - NORTH SEAT LONG ROUTE



ORE CENTRE

Fairlight Hall
Martineau Lane
Rye Road
The Ridge
Fairlight Road
Visitor Centre
Knowle Wood
Fairligh
Firehills
Old London Road
Barley Lane
Glen Wood
Eccelsbourne Reservoir
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Please note this map is not to scale