NORTH SEAT MEDIUM 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 moderate easy walk with some challenging elements which will take you approximately 1 hour 30 minutes. It is not appropriate for pushchairs or prams although children who enjoy walking should be able to manage the route. You will burn approximately 250 calories during this walk. 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 right going through kissing gates by waymark 19 – then continue straight ahead.

When you reach the road take a moment to check the map board which will show you where you are. Cross over the road and continue to straight ahead along Barley 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

2

Level: Moderate

Time: 90 minutes

Distance: 3.5 miles/6k

Calories used: 250

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

ROUTE 2 - NORTH SEAT MEDIUM ROUTE

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

ORE CENTRE