

The Forest Way

Overview

Type of cycling: Mainly off-road cycling between Groombridge and East Grinstead

Difficulty: Easy

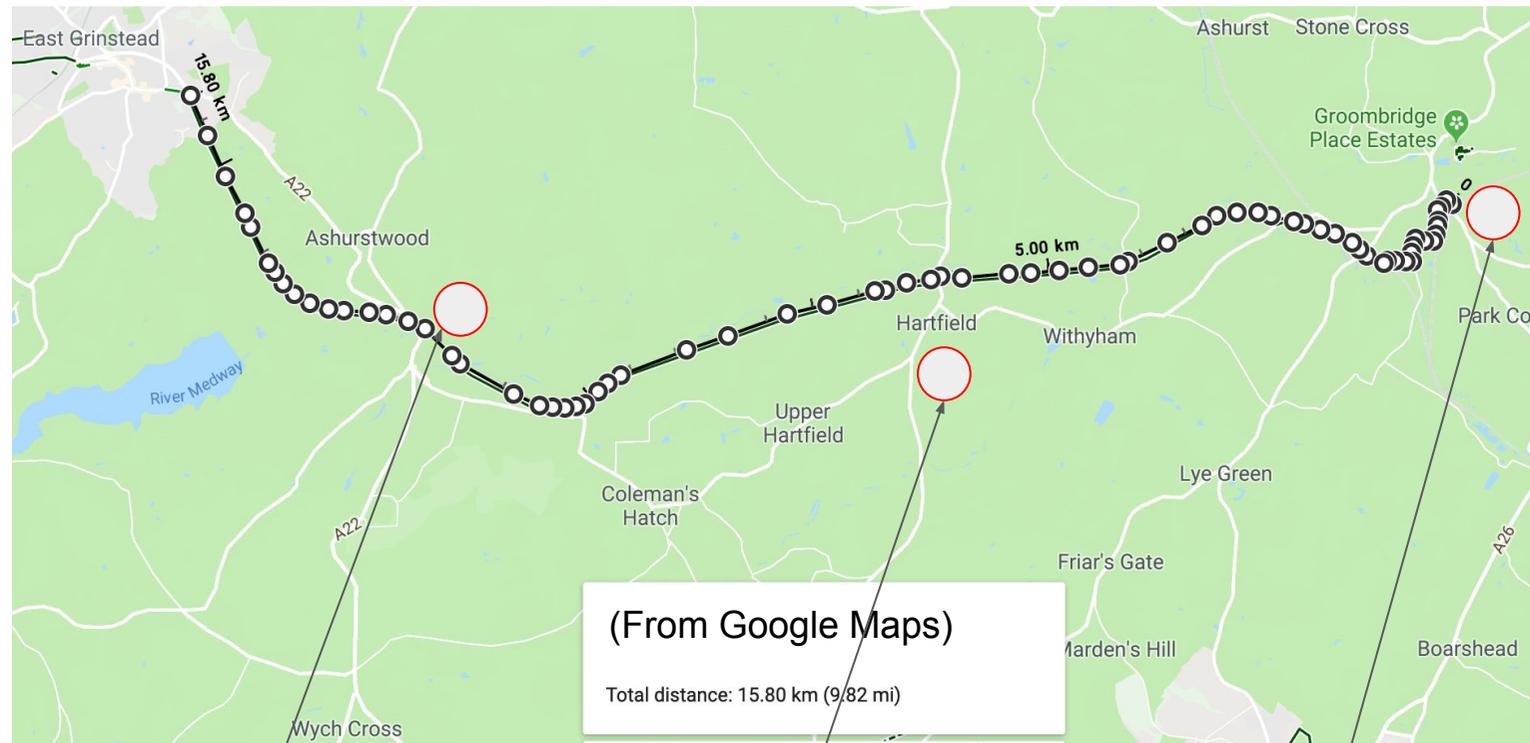
Suitability: Good for all including families and novices (just small amounts of cycling on the road to connect into the villages if you want)

Highlights: Stunning Weald countryside as the trail skirts along the end of the Medway river. Decent track suitable for all and away from the traffic. Along the trail you also pass by Hartfield (home of Winnie the Pooh). At Groombridge why not also try and spot a steam train at the Spa Valley Railway or head up to Birchden woods (Forrestry commision site) & Harisson;s rocks.

There are great pubs at Groombridge, Hartfield and Forest Row and a great Farm shop and cafe at Tablehust Farm (one of our partner venues)

The trees take the edge off things on a hot day and shelter you on the less nice days. It really is a great route for all seasons.

Pooh Sticks anyone?



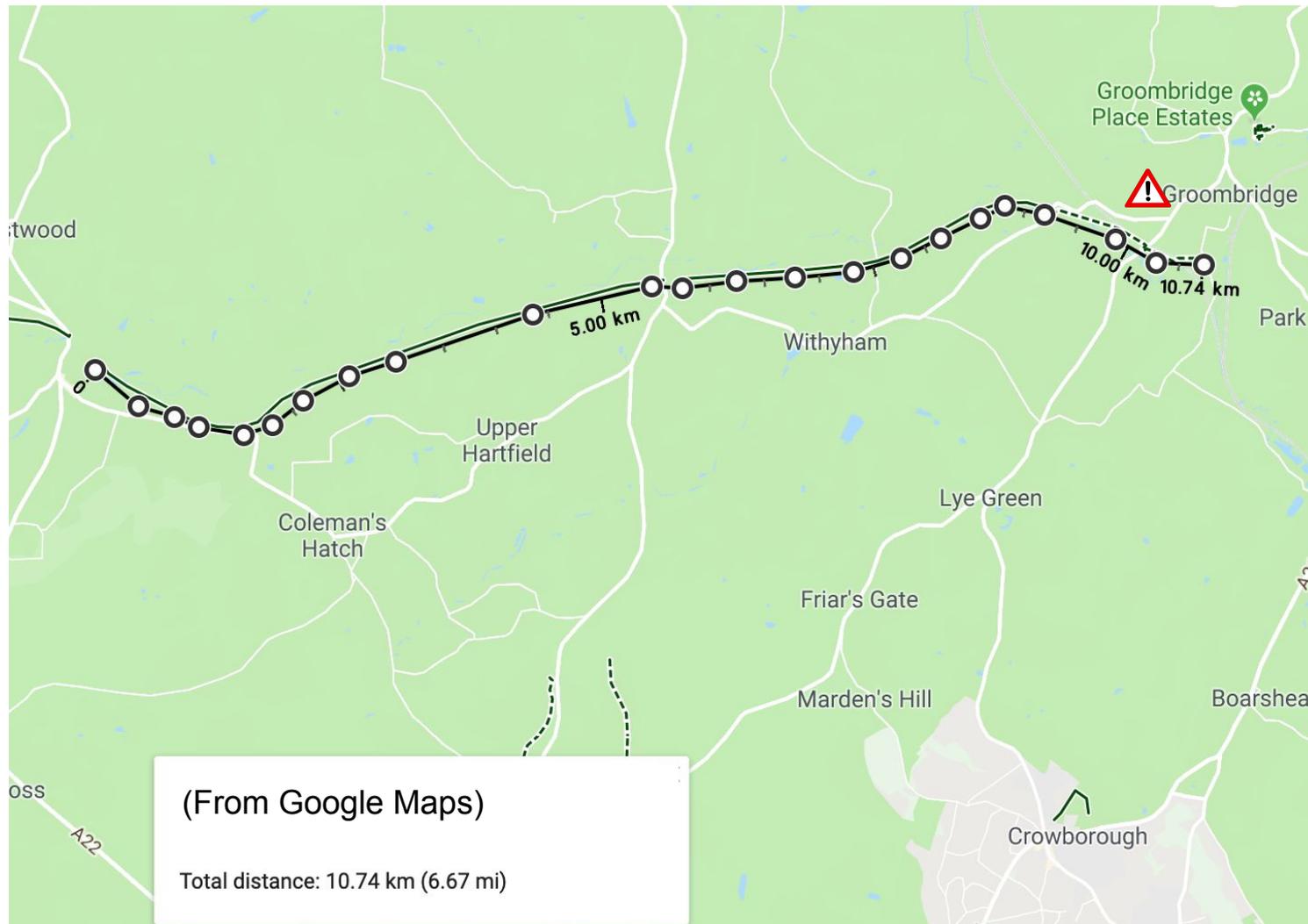
Forest Row

Forest Row to Groombridge

One of our favorites! This old railway line is pretty flat and great for novices, families and olds and young alike.

The route skirts along the midway through stunning countryside and passes by Hartfield (home of Winnie the Pooh) along the way.

We have bikes stationed at Forest row (Tablehurst Farm), Hartfield (The Anchor) and Groombridge (The Spa Valley Railway) making this route more accessible than ever before.



The Forest Way

From the Spa Valley Railway to the start of the Trail

Head out of the station platform and onto the road heading towards the village. Turn left after about 50m next to the Junction pub.

Follow the road round to the left and up past the church. The road then turns right and left again down a hill on the other side.

The start of the Trail is at the foot of the hill on the right hand side.

This side detour to Harsison's Rocks and Birchden wood is very much worth exploring (about 500m from the railway)

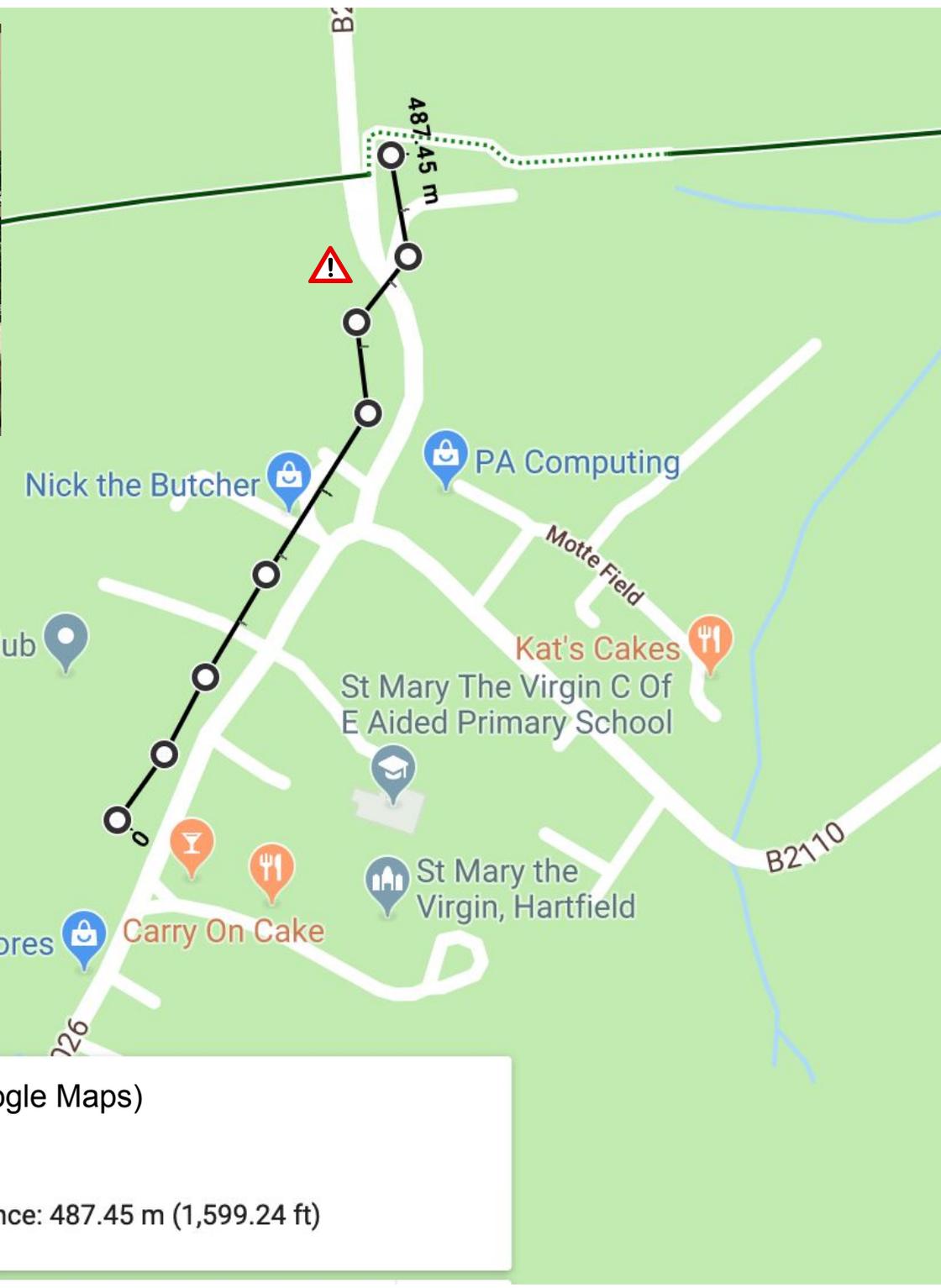
You can cycle on the main laid paths but please be considerate of dogs and walkers in this popular local hidden gem. On foot, there are woods to explore, and stunning rocks where people climb and scramble.

Just be a little careful on the main road out of the village after the railway bridge and keep an eye out for traffic. Once you turn into the woods the trails are all off-road.



(From Google Maps)

Total distance: 1.04 km (3,414.90 ft)



(From Google Maps)

Total distance: 487.45 m (1,599.24 ft)

The Forest Way

Joining the Forest Way from Hartfield

From the Anchor pub, turn right out of the car park. After about 200m the road narrows to calm traffic entering the village.

On the Left hand side is Nick the Butcher farm shop (great shop!).

Take the next left hand turn down the hill and take the very first right hand turn down to the old station on the bend. A path leads down to the Trail. Turn right to head towards Groombridge or Turn left towards Forest Row and East Grinstead.

If you were turn turn left out of the Anchor pub car park or head deeper into the village there is also a great village shop and also a Winnie the Pooh shop and cafe.

If you are visiting the village from the trial, just follow the directions in reverse of course.

The Forest Way

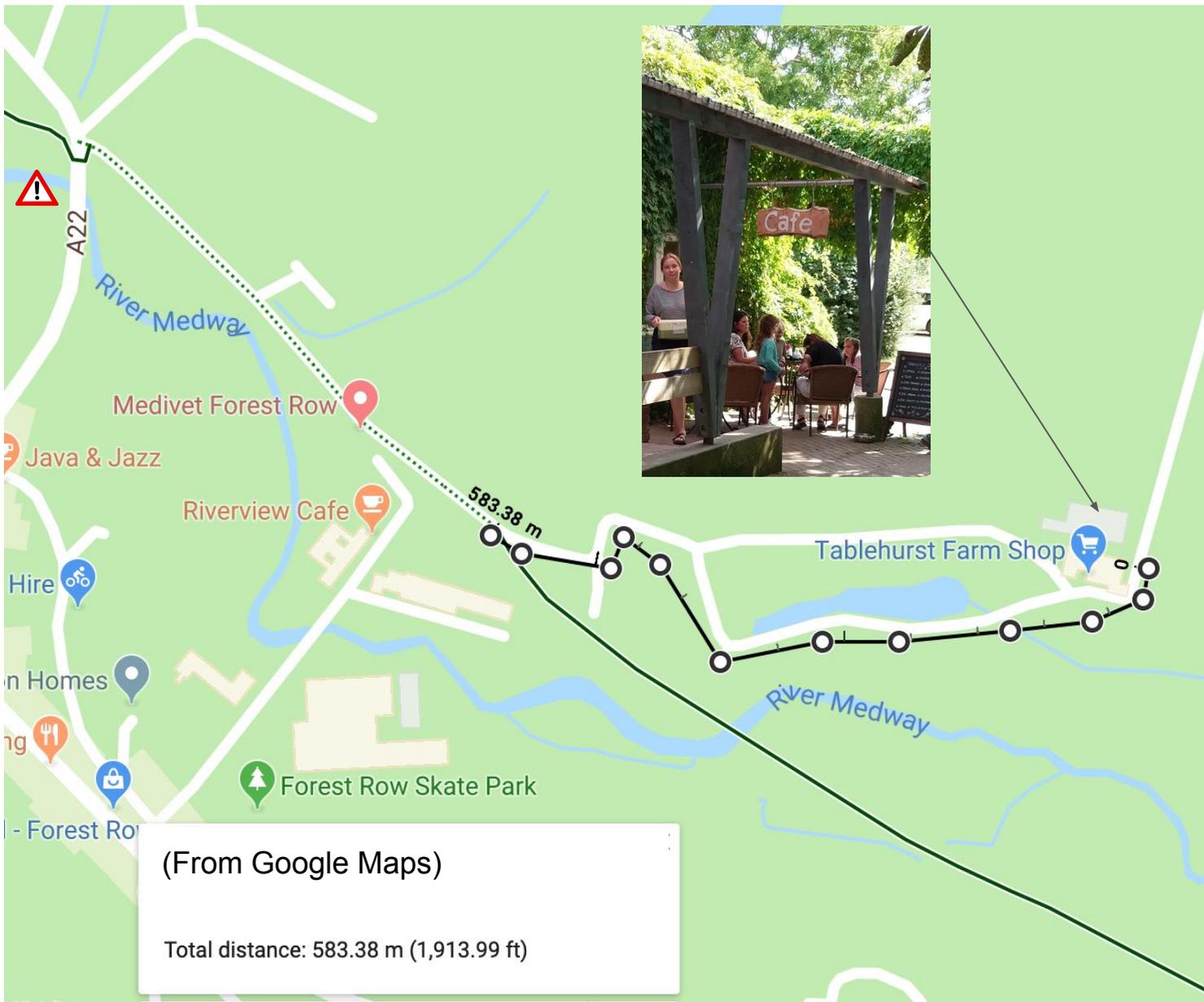
Joining The Forest Way from Tablehurst Farm

Leave the farm, shop and cafe car park along the lower lane (one way). The lane skirts along the side of a pod before turning right and rejoining the lane that takes you up to the far.

Turn left following the lane around the farm buildings and follow the road around to the right.

At the brow of the short slope after the farm house the trail is sign posted on the left hand side. The route then runs off-road all the way to Groombridge (recommended route)

If you continue on, the trail runs the length of the lane before crossing over the main road and heading off-road to East Grinstead.



Forest Row

East Grinstead to Forest Row

..or visa versa.

We deliver bikes to East grinstead station also by the way.

Pass along the high street and the trail is sign-posted as you reach the round about for the A22.

Here you head off-road all the way to forest row. The route is down hill in this direction although the hill is gradual and easy to do in the opposite direction

Along the way, there are great views, deep cuttings and wonderful wooded stretches ideal for all.

When you reach Forest row, cross the main road at the traffic lights and continue along the Farm lane towards Tablehurst Farm (cafe and farm shop). Turn right a few hundred meters past the waterworks to continue along the off-road route. (on onto Tablehurst Farm for a break)

