

Alresford/Frating

Distance: 4 miles
Time: 2 hours



A walk through farmland from Alresford to Frating Cross

Commence the walk from Alresford Business Centre, at the junction of Coach Road and St Osyth Road. Take the sign-posted lane to the right of the Centre, which leads to Tenpenny Farm and cottages. Once past the farm, go through a gate ahead following a grassy track down to a field which leads to Tenpenny Brook at the edge of woodland. Take the path over the brook and up through woods, where you eventually emerge on a path in an area of gorse and scrub. Passing a small reservoir, you emerge onto a lane by Park Cottage where you should bear right following the lane. The lane passes through orchards to a crossroads where turning left, you will eventually come onto Rectory Road.

Bear left onto Rectory Road and just before an old church, which has been renovated for residential purposes, you will see a sign-posted lane on your right, alongside some outbuildings. Take this path until you come out onto a field edged path. Following the field edged path around several fields, you will eventually come via an old gate, to the main road at Frating Cross, where if you turn right, you will come across the Kings Arms Public House.