

Cowden station and Trugger's Gill

Welcome to the High Weald National Landscape, an unspoilt medieval landscape. This walk is a countryside section of High Weald landscape, walking through woods and fields often with wonderful views. During the construction of the Markbeech railway tunnel between Hever and Cowden in 1866 riots broke out when about 500 French workers were brought in to undercut the wage rates paid to English Navvies.

Distance and duration	A 5½ mile walk, taking about 2½ hours.
Level	Leisurely
Start point / Post code	Cowden railway station, TN8 7DS
OS map reference What-3-Words	Explorer 147, TQ476417 https://what3words.com/resort.foster.lift
Other information	Worth a sidetrack is Chiddingstone Hoath hamlet. It has The Rock Inn named after the rocks nearby. A proper old pub, with locally brewed Larkins beer. Notable buildings include Hoath House, and Stonewall Park, for some time home of the Meade-Waldo family. Click here to download a GPX file of the route

I-Spy - Something to look out for in the landscape



Two

Our thanks go to [Kent Ramblers](#) for permission to use this walk.

From the end of the station approach turn left and go up Blowers Hill.

Take the first turning on the right, Wickens Lane (it is not named but there is a footpath sign). Pass (on your left) the drives for Rickwoods House and Rickwoods Farm.

Turn left at a footpath sign to ascend a gravelly drive toward Curds.

Fifty yards short of the house, go through a little metal gate on your right to enter a field.

Head diagonally across the field to reach a little metal gate in the hedge-line. Go through the gate and turn half right.

Cross the field and pass through two little metal gates which stand either side of a rough track.

Once through the second gate you will see a short post with a yellow waymarker on it, in the middle of the field.

Walk over the brow and gently descend towards the tree-line on your right.

Half-way down this tree line cross a stile to enter a wood.

Follow the path through the wood and cross a stile to emerge into a very long, narrow field.

Walk through the field passing a lone oak tree, continue to a second lone oak tree on your left.

From the tree descend left to cross a stile and enter a wood.

Cross a footbridge and bear left along a path which climbs steeply then gradually levels out as you pass through the wood.

Go through a little metal gate to enter a field. Follow the hedge line on your right up to the top of the field.

Go through a metal kissing gate to join a path in a wood. When you emerge from the wood, veer left into a field and follow the hedge line on your right to a road.

Cross the road and follow the path uphill through a wood.

When you emerge from the wood at the top of a ridge, follow the path straight ahead (parallel with overhead cables) across a field.

Twenty yards short of a metal gate, which leads out onto a road, turn left at a T-junction.

The overhead cables have turned left with you.

Three

Follow the path across the field to pass through a metal kissing gate into a wood.

The zig-zaggy path leads you down through the wood to emerge via a metal kissing gate onto a road. Turn right.

Follow the road for 100 yards. On your left, between residential properties, join a tree-lined path and follow it downhill to a footbridge.

Continue along the more level path past gardens and through a field, until you enter Trugger's Gill wooded area.

Descend on a rough path, then climb uphill to emerge into a field.

Bear right, past trees, until the path takes you across an open level field towards a wood on the other side.

Enter the wood and follow the path which is quite zig-zaggy (and often muddy) until you reach a T-junction. Turn left.

Follow a broad track through the wood. It narrows into a path as you continue along a ridge, then opens out again into a clear track.

Follow the track until it enters Newtye Hurst Wood via a metal kissing gate.

Continue along the track through the wood until you reach a road. Turn left.

Take care on this narrow section of road, as tall hedges obscure the visibility of approaching vehicles.

After a short distance bear left at a junction.

At a footpath sign on your right, go down a driveway towards Mallett's Barn.

Just before the gate, bear right along a path, between a fence and a wall, to reach a metal kissing gate.

Go straight ahead across a field to reach a little metal gate.

A few yards ahead of you is a dilapidated wooden stile, and immediately behind it a copse full of dense vegetation. Ignore the stile.

Turn right and pass round the edge of the copse.

Continue across the field and descend to a double-gateway in a fence-line.

Enter a wide track, then almost immediately go through a metal gate on the right to enter a field.

Four

Walk up through the field for 100 yards to reach a large telegraph pole in the middle of the field. At the pole, bear slightly left.

Cross the field, looking out for a white house which is partially obscured by the hedge-line ahead.

Emerge from the field, via a metal kissing gate opposite the white house (The Old Bakehouse) onto Blowers Hill. Turn left.

Very soon turn right into Cow Lane. This climbs at first. As it levels out, cross a stile to join a path on your left.

The path leads steeply down the right edge of a field, through a small gate then over a stile.

Descend across a small field to cross another stile and enter a wood.

Soon you start to see the brickwork associated with the Markbeech Railway Tunnel.

After passing the entrance to the tunnel, on your left, you reach a T-junction in the wood. Turn left.

Continue through the wood, with the railway on your left and a stream on your right, until you reach a road (Blowers Hill again!)

Turn left. Pass under the railway bridge and turn left into the station approach of Cowden Station.

At all times please follow the Countryside Code



Respect everyone

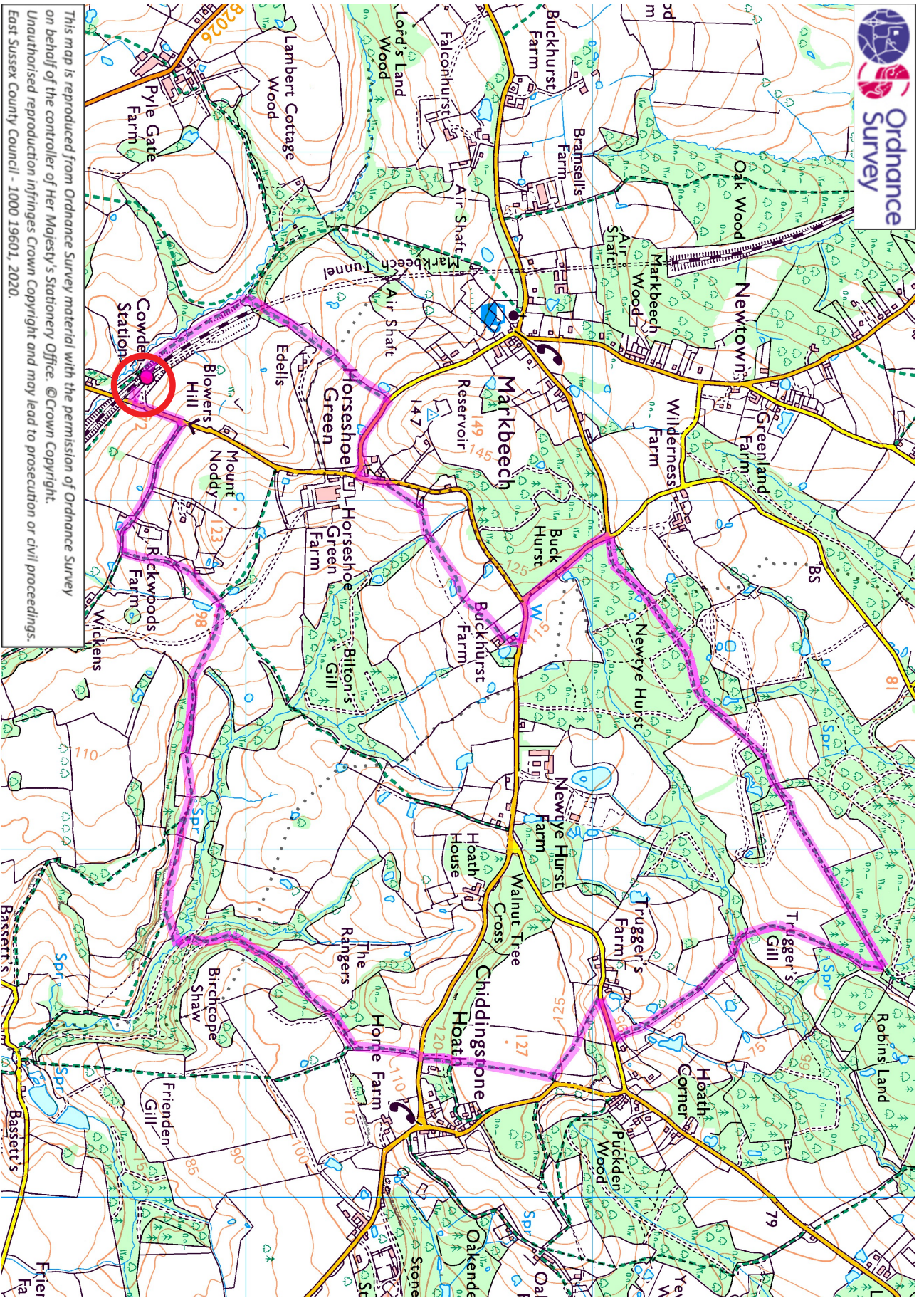
- be considerate to those living in, working in and enjoying the countryside
- leave gates and property as you find them
- do not block access to gateways or driveways when parking
- be nice, say hello, share the space
- follow local signs and keep to marked paths unless wider access is available

Protect the environment

- take your litter home – leave no trace of your visit
- do not light fires and only have barbeques where signs say you can
- always keep dogs under control and in sight
- dog poo – bag it and bin it – any public waste bin will do
- care for nature – do not cause damage or disturbance

Enjoy the outdoors

- check your route and local conditions
- plan your adventure – know what to expect and what you can do
- enjoy your visit, have fun, make a memory



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