**Start**

At the estuary crossing at The Causeway. Park along roadside or take bus (7 or 12) to Hooke Hill, Freshwater and walk along Church Place to The Causeway. This walk also links to the easy access trail around the Yar estuary (4 miles).

1. From the estuary, follow the lane towards the downs. Pass the entrance to Afton Manor and then go left onto bridleway F25 opposite Woodland Cottage.
2. Follow the path across open countryside. Cross a lane into a drive, and then after 20 yds, follow footpath F27 through trees at a footpath sign.
3. Emerge in an open field and small airstrip. Cross the field to a hedge gap and go through two gates. Continue across a field heading towards a farm complex on the hill, to find a wooden kissing gate in a wire fence.
4. Cross a scrub area and then go half right across a field and continue through a kissing gate in the right hand corner of the field.
5. Here turn right and cross a field, passing a telegraph pole, towards the downs, and well left of farm buildings, to a waymarked post in the field.
6. Here turn left on a new footpath (not marked on OS maps) and head to a metal farm gate with a side gate for pedestrians.
7. Continue uphill in the middle of the field and go through a wooden gate.
8. Cross the farm road and go through a kissing gate. Continue across the open fields and go through four kissing gates.
9. At a waymark post continue ahead to find a gate in the left corner of the field.
10. Cross a lane and go half right across a field path S34. Continue past a post and at a crossing path, turn right onto the Hamstead trail.
11. The grass path becomes a soft gravel track and reaches a lane. Go left for 20yds and then take the right hand path S19 past “The Quarries”. Continue on a grass path to reach the main road.
12. Turn right onto a path which follows the bottom of the downs and continues ahead for 1.5 miles. The grass path can be muddy in parts, and eventually goes through a gate onto a golf course. The path, F32 Pilgrims Way continues between trees and greens, so beware of wayward shots! Just past the last green, head for the right hand corner to a hedge gap.
13. Follow bridleway F31, part of the Freshwater Way. Cross the open field with paddocks on the right, and tall trees to reach a metal bridlegate. Turn right onto a track to reach the main road.
14. Take care in crossing this road, then turn left and soon right into the Causeway. Follow this lane as it goes left and then continue straight on to the starting point.

**Short cut**

At the post (A), continue to a gate and up a bank. Cross the busy road and then go through a gap next to a seven-bar gate. Follow the enclosed path F28 to a gate, and in a few yards turn right to rejoin main route (B).