Start: The walk starts in the Forestry Commission’s Firestone Copse where there are attractive car parking and picnic spaces. Grid Ref. SZ557911.

Description: A 4.3 mile circular walk with woodland, and farmland. There will be a hour stop to visit Quarr Abbey tearooms, garden and visitor centre.

Access information: Mainly gated walk. Muddy stretches are often found in the woodland and by Puckers Copse lake.

Refreshments: Tea room at Quarr Abbey.

Toilets: Adjacent to tea rooms at Quarr Abbey.

Routes: From the car park entrance (1) and facing the cars, there are two main tracks. Take the right hard fork after a metal barrier and climb steeply for 30 minutes take a path on your right (2) which goes uphill.

At the top you come to a T-junction where you turn left. Follow this track round bends and down to a junction of paths. At the bottom leave the main track (3) and take the first path on the right to go along a straight stretch. The path dips across a stream and then climbs to a road (4).

Turn left along the road to a junction with the main Newport — Ryde road at Kite Hill. Here go right, crossing the road at the traffic island to a footpath on the outside of the bend by a post box, Public Bridleway R1 (5).

Go down the lane and continue through woodland, crossing the stream. The path goes up to join a lane on a corner. Continue in the same direction to a sign ‘No public Right of Way beyond this point’. Turn right along an enclosed path on R1 to Fishbourne Lane.

At the road turn left, passing the Car Ferry Terminal to a bridleway and access lane on the right opposite the Fishbourne Inn (6). This track takes you to the entrance of Quarr Abbey where there is a garden tea room with toilets. (7). NB We will stay here for 1 hour to visit this recently restored heritage site.

Take the signposted woodland walk with sculptures and go left at a track. Continue on the bridleway towards the ancient ruins of Quarr Abbey and at a stone building on your left, take the track on your right (8). Follow this to the (very busy!) main road and cross to the Ramblers gate opposite.

Walk beside the field with the wood on your right to a gate. Follow the path through the wood, presently walking with a large pond to your left. Beyond the pond go through a gate and bear half left to climb gently between five single trees to a gate (9). Go right along the lane.

As the lane bends away to the right go straight ahead on the farm entrance. Continue in the same general direction through the farmyard with the main farm complex on your right. When you reach the field, go through a farm gate and forward with the hedge on your left to another farm gate and crossing a narrow field at the bottom climb to a stile. Climb to the Ramblers gate just to the left of the wood on the skyline. A War Memorial shrine is on the top of the hill.

Keeping the same direction, descend the hill to the gate at the bottom (10). Turn immediately right down the lane towards Firestone Copse. At the bottom corner (11) turn left into the wood and in a little while turn right along a path which will lead back to the car park.