



Nymans Countryside, Nymans,  
Handcross, near Haywards  
Heath, RH17 6EB

TRAIL

**Walking**

GRADE

**Easy**

DISTANCE

**3.28km**

TIME

**Approximately 1 hour**

OS MAP

**Explorer134**

**Contact**

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[nymans@nationaltrust.org.uk](mailto:nymans@nationaltrust.org.uk)

**Facilities**

**National  
Trust**

[nationaltrust.org.uk/walks](http://nationaltrust.org.uk/walks)

# Nymans lakes, cascades and meadow short woods walk

Exploring Nymans gardens can be complimented by a walk around the surrounding estate, an area of the High Weald, designated an Area of Outstanding Natural Beauty in 1983. Discover this ancient woodland of towering redwoods, including the tallest tree is Sussex, lakes, cascades of water, foraging wildlife and carpets of wildflowers.



## Terrain

You will encounter some slopes and slight inclines. Areas of the route can be slippery and muddy, especially on the final ascent. Although this is a circular walk we recommend taking it in the order described, especially in wetter months, for increased safety on the final ascent. There are some stretches of boardwalk and public footpaths. Well-behaved dogs welcome in the woods but not gardens.

## Things to see



Nymans Countryside, Nymans, Handcross, near Haywards Heath, RH17 6EB

## Start/end

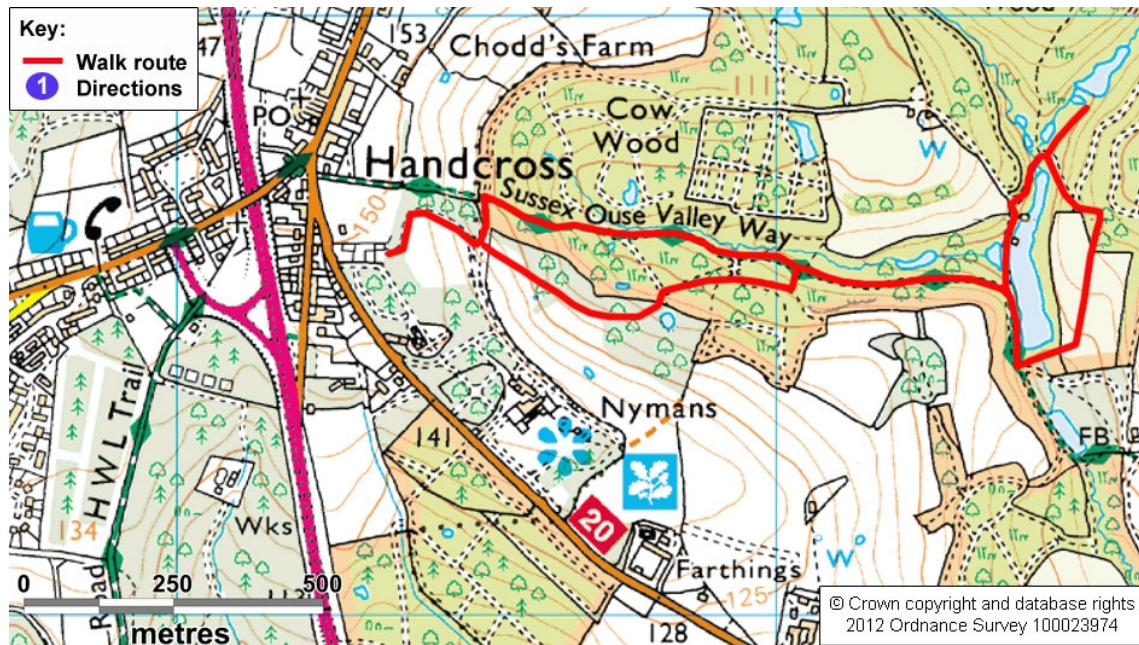
Start: National Trust, Nymans car park  
End: Nymans Carpark, off High Street, Handcross

## How to get there

By train: Balcombe 4 miles, Crawley 5 miles  
By road: off London to Brighton M23/A23  
By foot: 5 miles from Balcombe  
By bus: services from Brighton to Crawley and Haywards Heath to Crawley. All stop outside Nymans. Please note there are limited services on weekdays and Saturdays and no bus services on Sunday.  
By bike: NCN20 Sustrans

**National Trust**

[nationaltrust.org.uk/walks](http://nationaltrust.org.uk/walks)



1. To take advantage of stunning views over the Weald towards the South Downs, enter Nymans gardens via the visitor reception building (admission charges apply, free for members). Collect a free welcome map from Nymans staff and head towards the woods and Arboretum via the Pinetum path. Alternative access is available via the public footpath (from the rear of car park) following Sussex Ouse Valley Way, and excludes Arboretum loop of walk. For this route start the from direction 5.
2. Exit the formal gardens at the gate marked 'Woods and Arboretum'. Follow the path downhill towards the lower pond. Take the left hand gate near waymarker 2 and veer right onto the woodland track.
3. Enter Pookchurch Wood and a short section of board walk, weaving slightly downhill following the orange directional arrows (indicating the Millennium Walk) at waymarker 3 and 4.
4. As the path descends you will meet a second section of boardwalk that skirts a giant redwood, the tallest tree in Sussex. Turn right at the bottom of this hill on to the flat footpath following the orange route marked on waymarker 6. Continue down Conifer Avenue until waymarker 7.
5. Continue on the orange waymarked route towards the lake, following the public footpath sign. Turning left at waymarker 9, pass the bird hide and cross over the wooden bridge into a meadow clearing.
6. Cut left across the meadow (there may be a path cut through the grass depending on the season) towards a wide gate on the opposite side. Veer left on the path towards a junction of pathways.
7. At a fork take the right hand path towards a series of cascades. You can walk the length of cascades past ponds on your left. Turn back, tracing your steps towards the fork. Head right towards waymarker 17.
8. Climb the gentle slope and turn left at the top (away from the orange route) past waymarker 17, keeping the large lake and beach on your left and passing a smaller pond on the right. When you are in sight of waymarker 8 again, turn right to rejoin the public footpath. Head back along Conifer Avenue, continuing straight ahead at waymarker 6 on the blue marked route with the giant redwood on your left.
9. Continue along the public footpath as it begins to narrow. Take care as you approach steeper, muddier sections of path. Cross an intersecting path and continue uphill. This is the steepest section of the walk and may be slippery in wet weather. Cross a second intersecting path (Nymans garden will be visible through a gate to the left). Continue straight ahead, climbing towards the car park, (accessed via a gate on the left), or emerging onto Handcross High street, opposite the Red Lion pub.