A short distance further on, you will see to your left the Guard House for the Kingstanding broadcasting transmitter, which was constructed in 1941 and continued to operate until 1982. At the side of the road there are numerous concrete anti-tank pimples, not for stopping German tanks, but to keep Allied tanks off vulnerable areas during training!

Continue on the track. Walk past Camp Hill on the left side of the concrete pillar (trig point), and continue straight on, then take the left fork in the track after 30m.

A concrete hum with an anti-tank pimple hidden in the gorse at each end marks an entrance into the training area for tanks, and also protects a wartime underground power cable to Kingstanding from damage.

Return to the trig point and turn left, passing Camp Hill clump on your right and then heading downslope on the broad track with Old Lodge House straight ahead of you.

As you head down the slope, there are more First World War practice trenches and Second World War slit trenches in the gorse and bracken on both sides. In the valley to your right is a line of at least 16 field kitchens from 1793.

Pass the clump of silver birch trees on the right, where the slope levels out, and immediately turn left to follow the track with Friends Clump ahead of you. Follow the track down and round to the left ignoring the path on your right. After a further 150m turn right taking a minor track to cross the valley and stream by a small pond.

Climb up the slope to Box car park and turn right to follow the track straight up the hill ahead to return to Friends Clump.
Park in Friends car park, opposite Stonehill car park. Walk out of the back of the car park towards the pine trees of Friends Clump and then around its left side.

The shallow zig-zag depressions in the ground here are filled-in First World War practice trenches. Soldiers dug these during training exercises.

Walk on past the Clump towards the seat, and continue downslope. After 50m turn right into a cleared area.

Scattered around the cleared area and in the gorse to your left are numerous Second World War slit trenches. About 70m ahead is a small bracken-covered mound, the remains of a field kitchen from a vast 1793 military camp.

About 20m before you get to the field kitchen take a minor path which bends left down through the gorse, heading towards the radio mast on the skyline. When this meets a major track turn right and continue for another 50m.

You will come to three circular field kitchens: a very damaged one on the track; one beside the track on the right; and another, gorse covered, a short distance to the left. Archaeologists have found a ditch and numerous small ovens cut into these.

Turn around and head downslope on a grassy track with Old Lodge House on the skyline ahead. At the bottom of the hill turn right across the stream, and then head upslope following the track and keeping the wood on your left.

Just after crossing a wooden bridge (700m) you will see three gorse-covered mounds on the skyline on the right. These are the firing points of a First World War firing range, which were spaced at 100 yard (91m) intervals. As you approach these on the track, look to your left where there is another adjacent to the track, and then another 100 yards further on. The butts are hidden in the trees beyond. A second firing range is located another 200m further on.

Continue up the track for about 400m. Just before a gate turn right on a path with Camp Hill clump on the skyline ahead. After 50m turn left and follow a grass track parallel to the road towards Bushy Willow car park. After 50m you cross a faint disused road, possibly Roman in origin, slightly sunken with banks along each side. Continue past the car park, and then parallel to the road with the radio mast ahead. The track then bends right with Camp Hill on the skyline ahead.

After you pass a clump of trees on your right and draw level with the mast on your left, turn left to reach Roman Road car park where you will find a section of exposed Roman Road. Return to the track and head towards Camp Hill.