

# Waveney Ramblers Harleston 18 Mendham, Metfield and Withersdale

OS Map: X 230, 231 Track: [TM 24672 81584](#) [GPX for SatNav](#) 4.6 to 10.5 Miles Updated: 2018

Start from the Mendham village car park.  
Head east, then NE along Withersdale Road, soon Denny's Hill, then Sconch Beck Road.  
Turn left, NE, across meadows and grazing along the Angles Way.  
Turn right, SE, along Downs Farm Road.  
Turn left, NE, along Target Hill.  
Turn right, east, along Sandy Lane. Consider the field-side path parallel with the road.  
Cross the Beck and head south, drain left.  
Cross the drain and head SE, drain right.  
Turn right, SW, on a tarmac lane. Continue south to the T junction in the tarmac.  
Turn off the road, east, across fields.  
Turn right, south, towards the Old Vicarage.  
Continue roughly south to Rookery Farm. Merge south into Mill Lane.  
Head south down Metfield Street via the church.  
From the church, head south on a footpath.  
Turn left along Fressingfield Road for a few metres, then right, south, on a footpath.  
Head south past Nut Tree Farm for 100 metres. Turn right, west, to the lane.  
Turn left, south along Fressingfield Road for 50 metres.  
Turn right and immediately left, south, on a footpath diverging from the road.  
At the T junction in the path, turn right, west, to Mount Hill.  
Kink right, then left, west. Turn right, north, through trees.  
Continue north then NE towards Oak Farm.  
Turn left, west, soon NW, towards Withersdale Church.  
After the church, cross Metfield Road and head north on a footpath.  
Head towards Mundy's Farm. At Mundy's Road, turn left, NW, towards Mendham.

There are multiple shortcuts and alternative paths in this area.



**Mendham, Metfield and Withersdale  
4.6 to 10.5 Miles - Harleston - 18  
Harleston, Grinders Lane  
nutrients.forgiving.vegans**

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200m / 1000ft

**OS Trail on  
Smartphone**

