

If you need to walk off that wonderful Christmas dinner or any other excesses of the festive season, here is a New Year's stroll that might just do the trick. It encompasses all the efforts of the village during the Parish Bench Fund Appeal and the opportunity to enjoy the wonderful environment in which we live. Start the route at The Queen's Bench in the heart of the village and head west up Chalk Pit Lane where you'll find a second bench opposite the public footpath to The White Horse. The energetic might want to keep going but it's a good pit stop for those who need one. Resist the urge to veer off to the boozer!

Carry on up the hill to Chilcombe farm and bear left down the track at the fingerpost. Go through the steel gate and follow the track till you reach bench 3, aptly named 'Rest and Wait Awhile,' by its generous donor.

If you do, you will enjoy panoramic views over Lyme Bay and the beautiful West Dorset countryside.

Walk on till you reach a polytunnel on your right at the junction of three gates. Take the middle gate, follow the track to Coombe, down past a range of cottages and barns, over two cattle grids and up towards the A35.

Just before the final cattle grid, turn right and follow the fence back towards Litton. Go through the gate and head diagonally across the pasture till you hit Chalk Pit Lane once again. Cross the road and follow the footpath down through the vineyard. Here you'll pass two more benches ideal for drinking in views over the Village.

Exit via the little gate in the bottom right-hand corner of the vineyard and rejoin Chalk Pit Lane. Turn left past The Queen's bench, along Redway till you reach The Snicket on your left where bench 6 awaits.

You now have the choice of either heading across the fields or joining Hinds Mead Lane. Either way you will reach School Lane and Thorner's School where bench 7 offers picturesque views of the Church.

At the bottom of School Lane turn right to complete the circle, or if your timing's right, turn left for that well-deserved pint at "The Horse". Next time you could try jogging it!

