**West Sussex Literary Trail Part 1, Saturday 3rd November 2018**

7 walkers, 20 miles – leader Peter Buchwald

The grassy Wealden landscape  
Runners out on a Saturday morn  
Woodland under cool winter sun  
The ancient church at Itchingfield

Lunchtime beers in a country pub  
The Quaker's Blue Idol House  
Curious bulls at sunset time  
In grassy emerald green fields.

This peaceful wooded fertile land  
Once gave form to great minds  
Romantic revolutionaries like Shelley,  
Social reformers like William Penn  
Who railed against all tyrannies  
And formed our modern democracies.

Photographs by Peter Buchwald