Exit Ashstead station to the north, and you are immediately onto Ashstead Common, a National Nature Reserve and Site of Special Scientific Interest (SSSI). The common is an area of woodland, heathland and meadows. 300 metres into the common, fork right along the Rye path which will take you up to Epsom Common. Just before reaching the B 280 on the north perimeter of Epsom Common, turn back towards Horton Heath and the Higher Meadows, then on to the Great Pond and the Stew Pond. Then follow the bridle path to Woodcock corner, and then on past Newton Wood back to Ashstead common. Follow the northwest perimeter path as far as the A243. For the shorter walk, return to Ashstead station just before meeting the A243: otherwise, cross over the A243, and carry on into Prince's Coverts, which are crown property woodlands. There is a pub, the Star, at the point where you cross the A243. You will then follow a marked trail (footpath or bridleway) through Prince's Coverts. The marked trail runs clockwise from the entrance bottom left (off the map) on the A244 road. Return to Ashstead station by retracing your path to the A 243, and crossing back across Ashstead Common.