

February – April 2019

Activities & Events

Dear Members,

The spring programme marks the changing of the guard following Rosemary's decision to hand over the baton as Walks Co-ordinator. During a marathon ten-and-a-half-year period, she compiled no fewer than 42 programmes for the rest of us to enjoy. We would like to take this opportunity to say 'Thank you' and wish her many more years of walking and strolling in and around the beautiful South Downs area.

Our Strolls Co-ordinator was worried that injury, illness and retirements were going to mean a depleted programme this time. However, a pleading letter to leaders and strollers alike provoked a fantastic response. Now nearly every week has two strolls, covering our area from East Dean near Eastbourne to Rowlands Castle in Hampshire. A huge thank you to you all - now let's get out there and show our appreciation!

Although we have a full programme of walks on Tuesdays and Thursdays, it has been noticeable that support for Saturdays from both leaders and walkers has been waning in recent months. Only half of Saturdays have a scheduled walk this time, so please give them your support if you can.

You'll notice that the programme format has changed again, following feedback from members. We hope that this will enable you to spot pertinent information more easily.

Walks Co-ordinator:	Ian Lancaster	E-Mail:	fotsd@lancasi.plus.com
Strolls Co-ordinator:	Judy Robinson	E-Mail:	judy.retiredatlast@gmail.com

Notes for walkers & cyclists:

- Please ensure you have read the 'Walks Guidance Notes' on our website: <https://friendsofthesouthdowns.org.uk> (go to 'About Us' then 'Public documents') or contact our office.
- Please remember to take care of your own safety on walks and strolls, and make sure you wear appropriate footwear and clothing and that you are fit for the walk or stroll outlined.
- Make your own way to the meeting place, but please consider the use of car-sharing or public transport where possible. For advice about a particular walk or stroll contact the leader, or the office on the number at the bottom of this page. The three figures before the grid reference, e.g. 121 or OL10, refers to maps in the OS 1:25,000 Explorer series. The postcode is a guide only; the six-digit grid reference will be more precise.
- New walkers: Please note that the start time on the programme is the time we start walking. It is best to arrive at the meeting place at least 15 minutes before this time, to allow for putting on boots, etc. The finish time is an estimate by the leader and may vary due to conditions on the day of the walk. DoW after the phone number means that the leader's mobile number is for the day of the walk only.
- All routes are circular unless stated otherwise. At lunch breaks, some people have a snack in the pub or café while others eat their packed lunch away from the pub premises and then go in for a drink or coffee. We usually stop for about an hour. Pub lunches at the end of strolls are usually optional.
- Strolls (shaded) are a maximum of 9 miles. Walks (un-shaded) are over 9 miles. E = Easy stroll, mostly flat with few or no stiles, well-suited for more gentle walking; D = Challenging walk with significant climbs (more than 2,000ft in total).
- Dogs: Where permitted, dogs must be under control and owners must do as requested by the leader; extendable leads are prohibited.
- Cyclists: Must be over 18 and experienced. Members are responsible for their own safety - helmets can help prevent a head injury if you fall from your bike. Please note that terrain may vary from bridleways to public roads.

Date & Time	Start Details OS Explorer Map / Grid Reference	Title and Outline of the Route Leader and Contact Details Notes, if applicable	Length (miles)
<u>Figure of Eight from Dial Post</u>			
Tuesday 5 February 09:30 - 15:00	Roadside parking near The Crown Inn, Dial Post RH14 8NH 121 / TQ155195	Partridge Green, West Grinstead, Jacksons Wood, Dial Post (Pub - The Crown Inn), Hampshires Farm. <i>Notes: Pre-lunch distance is 7 miles.</i>	11
<u>A Breath of Sea Air – Saltdean</u>			
Tuesday 5 February 10:00 - 13:00	Saltdean BN2 8SP 122 / TQ381021	Circular Walk on the Downs above Saltdean and return via Rottingdean on undercliff path. Café (White Cliffs) at end of stroll.	6
<u>The Sportsman Rides Again</u>			
Thursday 7 February 09:00 - 16:00	Lord's Piece CP RH20 1ET OL10 / SU993169	Serpent Trail, Sutton, Bignor Hill, South Downs Way, Amberley (Pub - The Sportsman), Amberley Wild Brooks, Coldwaltham, Coates Common.	16
<u>Lavington Common and Graffham</u>			
Friday 8 February 10:30 - 14:30	Lavington Common NT CP GU28 0QK 121 / SU948187	Mainly flat, commons and woods. Pub (White Horse, Graffham) en-route.	5
<u>Eight Tons in Nearly an Eight</u>			
Tuesday 12 February 09:15 - 16:15	Wilmington Priory CP, BN26 5SW 123 / TQ544042	Folkington, Jevington, Friston Forest, Litlington, Alfriston (pubs, cafés, sandwich shop), Greenway Bottom, Winton, Milton Street, Wilmington. <i>Notes: Dogs by prior agreement only, thank you – please phone leader.</i>	15 ½
<u>Petworth Ancient Trees Walk</u>			
Tuesday 12 February 10:30 - 12:30	Petworth Park North CP, London Road, GU28 9LS 121 / SU966240 <i>Bring National Trust card or cash for Parking</i>	Fascinating walk through the Park trees from 350-800 years old. Petworth's ancient trees walk is dotted with magnificent oaks, limes, beeches and chestnuts, and passes the Beelzebub Oak which has its own plaque in the wall behind it. It also passes by recently restored viewpoints from the North end of the Upper Pond. The fallow deer, long views and great trees make for a compelling walk. <i>Notes: Take the A283 (London Road) northwards out of Petworth towards Northchapel/Guildford and after 0.8 miles on the left is NT North Car Park. NB. North car park, not the Petworth House car park. Dogs are welcome.</i>	4
<u>Sutton Figure of Eight</u>			
Thursday 14 February 09:00 - 15:30	The Street, Sutton immediately N. of The White Horse RH20 1PS 121 / SU979152	Crouch Farm, Heath End, Duncton, Barlavington, Sutton (Pub - The White Horse), Glatting Beacon, Westburton Hill, Literary Trail, Sutton.	14

Peacehaven and Piddinghoe

Friday 15 February 10:00 - 13:30	Centenary Park, Peacehaven BN10 8RJ 122 / TQ415014	Cliff-top, Golf course, River Ouse, Piddinghoe (picnic or hot drink) with snowdrops, firm track over the Downs to return (hot drink or lunch at Gateway Café). Joint walk with Judy's U3A group. Leader: Judy Robinson 01273 708561 / 07742 879902 <i>Notes: Lifts offered, or buses 12 14 Brighton/Newhaven stop Gladys Ave</i>	6
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Bramber to Small Dole

Saturday 16 February 10:15 - 16:00	Bramber village CP BN44 3WE 122 / TQ188106	South Downs Way, Truleigh Hill, Edburton, Small Dole (Pub - The Fox), Streatham Manor, River Adur, Upper Beeding. Leader: Rosemary Warren 01403 783496 / 07933 952227 (DoW)	11
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Reigate Hill Trefoil

Tuesday 19 February 09:30 - 16:00	Reigate Hill NT CP, Wray Lane RH2 0HX 146 / TQ262523	Gatton Park, Nut Wood, Juniper Hill, Banstead Heath, Mogador (Pub - The Sportsman), Walton Heath, Bucklands Hill, Colley Hill Water Tower. <i>Notes: No charge for parking.</i>	14
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Ardingly Reservoir

Wednesday 20 February 10:00 - 13:00	Ardingly Inn CP, Street Lane, Ardingly RH17 6UA 122 / TQ347294	A flat stroll around the Ardingly Reservoir. Pub (Ardingly Inn) at end of stroll.	5
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Mend Our Ways

Thursday 21 February 10:00 - 16:00	Clayton Windmills BN6 9PG 122 / TQ303134	Ditchling Beacon, Ashcombe Bottom, Plumpton (Pub - Half Moon), Streat, Burnthouse Bostal. <i>Notes: Walk will take in the improvements to the South Downs Way which have been partly financed by the Society.</i>	13
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Bodiam Castle Circular

Friday 22 February 10:30 - 14:30	Bodiam Castle NT CP TN32 5UB 136 / TQ783254	Brasses Farm, Salehurst, (Pub - The Salehurst Halt), Six Acre Wood. <i>Notes: Pay & Display car park (free to NT members - bring card).</i>	7
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Findon to Steyning

Saturday 23 February 09:45 - 15:45	Storrington Rise CP, Findon Valley BN14 0HT 121 / TQ129077	Canada Bottom, South Downs Way, Monarch's Way, Steyning (Pub - The Chequer Inn or café), South Downs Way, Stump Barn.	11 ¼
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Clayton and Windmills

Monday 25 February 10:00 - 12:30	Clayton Windmills CP, BN6 9PG 122 / TQ303134	Lower Standean, Ditchling Beacon, Clayton (Pub - Jack and Jill) near the end.	5 ½
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A 'Tolmare' Special

Tuesday 26 February 09:45 - 15:30	Kithurst Hill CP OL10 / TQ070125	Chantry Post, Clapham, Hammerpot (Pub - The Woodman Arms), Wepham Ball.	13 ½
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Burpham, near Arundel

Thursday 28 February 9:45 - 12:45	CP behind The George, Burpham BN18 9RR 121 / TQ039089	Downland walk via Wepham and Norfolk Clump. A couple of short steep ascents but generally gradual climb; some stiles. Pub (The George) at end of stroll.	6
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The Sad Story of Sir Roger

Thursday 28 February 09:30 - 16:00	Rudgwick Village Hall / Sports Centre CP, Bucks Green RH12 3JJ OL34 / TQ079329	Baynards Park, Knowle Lane, Alfold Bars (Pub - Sir Roger Tichborne), Loxwood, Barnsfold, Tisman's Common.	14 ½
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Lavington Park

Tuesday 5 March 10:30 - 13:00	The Cricketers CP, Duncton GU28 0LB 121 / SU960170	Duncton Mill, Beechwood Lane, Lavington Park and Stud Farm, grounds of Seaford College. Pub (The Cricketers) at end of stroll. <i>Notes: Firm going with hard surfaces for most of route.</i>	4 ½
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Findon Valley to Steyning

Tuesday 5 March 09:15 - 15:30	Coombe Rise CP, Findon Valley BN14 0ED 121 / TQ134066	Shipton Holt, Stump Barn, Mouse Lane, Steyning (Pub - The Chequer Inn), New Inn Barn, Cissbury Ring trig point. <i>Notes: No dogs please.</i>	13 ½
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Ovingdean and Rottingdean

Wednesday 6 March 10:15 - 14:30	Ovingdean Greenways BN2 7BS 122 / TQ360027	Saltdean via undercliff. Pickers Hill Farm, Whiteways, Rottingdean (Pub - The Plough), return to Greenways via Beacon Hill. <i>Notes: Buses 12, 14, 27 to bottom of Greenways A259.</i>	6
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Surely Neither Big nor Roman

Thursday 7 March 09:00 - 16:00	Bignor Hill CP, RH20 1PR OL10 / SU973129	Barlavington Hanger, Graffham Down, Middleheath Copse, Lavington Common, Coultershaw Bridge (Pub - Badgers), Serpent Trail, Literary Trail, Westburton Hill.	16
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Buxted to Blackboys

Saturday 9 March 09:45 - 15:45	Buxted Park, near the church. TN22 4AY 135 / TQ486231	High Hurstwood, Pound Green, Blackboys (Pub - Blackboys Inn), Wealdway, Highlands Wood.	13
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Stopham with Daffodils

Monday 11 March 10:30 - 13:00	The White Hart CP Stopham Bridge RH20 1DS 121 / TQ031183	Ancient Stopham Bridge and church, Harwoods Green, Pallingham Quay Farm, Fittleworth woods. Usually wild daffodils abound in this area. Pub (The White Hart) at end of stroll. <i>Notes: Lifts offered from Hove Station area.</i>	5
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Dane Hill to Chelwood

Tuesday 12 March 09:45 - 15:15	School Lane CP, Dane Hill, RH17 7HY 135 / TQ405279	Sussex Border Path, Twyford Lodge, Birch Grove, Chelwood Gate (Café - Cats Protection League), Chelwood Farm, Heaven Farm.	11 ½
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West Stoke to West Marden

Thursday 14 March 09:30 - 16:00	West Stoke CP PO18 9BE 120 / SU824088	Tansley Stone, Bow Hill Farm, Up Marden, West Marden (Pub - Victoria Inn), Watergate, Stoughton.	14 ½
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Stansted Park

Thursday 14 March 11:00 - 12:30	Visitor CP in front of Garden Centre PO9 6DX 120 / SU759101	A circular stroll through the park. Mostly surfaced tracks, no stiles. Dogs under control. Restaurant, café, or farm shop for refreshments at end of stroll.	2 ½ E
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West Chiltington

Monday 18 March 10:00 - 12:30	West Chiltington Recreation Ground RH20 2PZ 121 / TQ083178	Nutbourne, Nyetimber, West Chiltington. Pub (Queen's Head) at end of stroll.	5 ½
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Berwick, Arlington & Alfriston

Tuesday 19 March 09:30 - 16:00	Berwick Station CP BN26 6TA 123 / TQ526068	Mays Farm, Vanguard Way, Arlington, Wealdway, Milton Street (Pub - Sussex Ox), Litlington, Alfriston, Vanguard Way.	14
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South Downs Improvements

Thursday 21 March 10:30 - 13:00	Ditchling Beacon CP 122 / TQ333130	Mainly flat, seeing the stretch of the South Downs Way we have paid to improve. Pub (White Horse Inn) at end of stroll.	5
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Compton and West Marden

Thursday 21 March 10:00 - 14:30	Compton Recreation CP (off B2146) PO18 9EX 120 / SU775145	The walk is mainly on the chalk downs with wide views and some slopes taken gently. Pub (Victoria Inn, West Marden) near the end at about 1 p.m. with short walk back to the car park afterwards. <i>Notes: To ensure this walk takes place please let us know of your intention to join it. Please telephone or e-mail by 8 p.m. on the previous evening.</i>	6
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The Blackstone Experience

Thursday 21 March 09:15 - 16:30	Lay-by on A281 S. of Mock Bridge BN5 9AL 122 / TQ213179	Abbeylands, Ruckford Mill, Hurstpierpoint (Pub - The Poacher), Henfield, Little Betley.	16
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Arundel to Slindon

Saturday 23 March 10:00 - 15:30	Mill Road, Arundel BN48 9PA 120 / TQ020071	Yew Tree Gate, Little Down, Slindon (Pub - The Spur), Rewell Wood, Watercress Beds.	10 ½
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Clayton and Ditchling

Tuesday 26 March 10:00 - 12:00	Clayton Recreation Ground CP BN6 9PQ 122 / TQ298141	Easy walk to Ditchling and back to Clayton. Pub (Jack and Jill) at end of stroll.	4
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Walk to the Cat

Tuesday 26 March 10:00 - 15:30	Balcombe Church CP, RH17 6PY 135 / TQ307310	Little Strudgate Farm, West Hoathly (Pub - The Cat Inn), Philpots Farm.	11
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Harting Down to Chilgrove

Thursday 28 March 09:30 - 16:00	Harting Down NT CP, GU31 5PN 120 / SU791181	South Downs Way, Buriton Farm, Linch Down, Chilgrove (Pub – The White Horse), East Marden, Harting Hill. <i>Notes: There is a car park charge of £2 for non-NT members.</i>	14
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Downland and Forest

Saturday 30 March 10:00 - 15:30	Seven Sisters Country Park CP (charge) BN25 4AD 123 / TV518995	Exceat New Barn, Brass Point, Gap Bottom, East Dean (pub or café), Friston Bottom. <i>Notes: a.m. 5m, bus back to start if required (don't forget your bus pass!), p.m. 3m. [12X bus every 20 mins from Brighton and Eastbourne and points between]</i>	8 or 5
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Sompting Downland Circular

Tuesday 2 April 10:30 - 13:00	Gardeners Arms Sompting BN15 0AR 121 / TQ160051	Stroll past ancient Sompting Church, coffee break at the restored Downs Barn and return. Pub (Gardeners Arms) at end of stroll. <i>Notes: Good paths and no stiles.</i>	4E
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Clapham to Highdown

Tuesday 2 April 10:00 - 15:30	Clapham Church CP BN13 3XP 121 / TQ095066	Michelgrove, Monarchs Way, Hammerpot (Pub - The Woodman Arms), Highdown Hill.	10
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Ashdown Forest: Friends' Clump to Coleman's Hatch

Tuesday 2 April 10:00 - 16:00	Friends' Clump CP TN22 3HY 135 / TQ456288	Ashdown Park Hotel, Coleman's Hatch (Pub - The Hatch Inn), Gills Lap, Camp Hill.	11
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Through the Hampshire Downs

Thursday 4 April 09:30 - 16:15	East Meon CP GU32 1PF OL3 / SU677222	Drayton, Peake Farm, Exton, Meonstoke (Pub - The Bucks Head), Old Winchester Hill, Whitewool Farm.	15
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Rowlands Castle to Finchdean Loop

Thursday 4 April 10:30 - 13:00	Rowlands Castle Recreation Ground CP, PO9 6AD 120 / SU730107	Golf Course, The Holt, Pyle Farm, Wick Hanger, Finchdean, Sussex Border Path, Rowlands Castle. Numerous stiles and one steep-ish uphill out of Finchdean. Village pubs or café at end of stroll. <i>Notes: Car park is in The Fairway opposite the parish hall in Links Lane.</i>	5 ¾
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Stopham Bridge to Fittleworth

Saturday 6 April 10:00 - 15:30	Cul-de-sac off A283 opposite Wyvale GC RH20 1DS OL10 / TQ031183	Fittleworth Wood, Brinkwells, Little Bognor, Fittleworth (Pub – The Swan Inn), Coldwaltham. <i>Notes: Postcode is for The White Hart at end of cul-de-sac.</i>	11
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Burwash with Bateman's

Monday 8 April 10:00 - 14:00	Burwash Village CP TN19 7EX 124 / TQ674246	Circular walk passing Bateman's – Kipling's Good and Peaceable Place. Pub (Bear Inn) at end of stroll.	6
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Hartfield to Langton Green

Tuesday 9 April 09:45 - 16:00	CP beside Hartfield School, TN7 4AA 135 / TQ479358	Balls Green, Groombridge, Langton Green (Pub - The Hare), Stone Cross, Lyewood House.	14
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Bignor and Sutton

Thursday 11 April 10:15 - 15:00	Lords Piece (south) CP RH20 1HQ (near) 121 / SU992169	Across common and woodlands via Bignor Park to Bignor and then Sutton. Lunch at White Horse (or picnic) en-route. Easy final stretch via fields and woods to car park. Two short sharp hills and some stiles.	5 ½
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Whiteways to Sutton

Thursday 11 April 09:45 - 16:15	Whiteways CP BN18 9LL 121 / TQ003108	The Denture, Glatting Beacon, Barlavington, Sutton (Pub - The White Horse), West Burton, Bury, South Downs Way.	13 ½
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Rosemary's Walk

Tuesday 16 April 09:30 - 15:30	Newbridge Garden Centre CP ² off A264, Broadbridge Heath RH12 3LN 134 / TQ143310	Itchingfield, Slinfold, Rowhook (Pub - The Chequers), Warnham, followed by cream tea ¹ at Stooks Café in Newbridge Garden Centre (self-funded). <i>Notes: * 11m option available by reducing pre-lunch distance to 5¼m. ¹ Please advise leader at least latest 48hrs in advance of your intention to join us for tea (both walkers and non-walkers welcome), in order to get some idea of numbers for the restaurant. ² Parking by kind permission of the garden centre.</i>	13 (11*)
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Lambing Time Stroll - Clayton

Tuesday 16 April 10:00 - 13:00	Clayton Recreation Ground CP BN6 9PQ 122 / TQ298141	Flat farmland and a chance to see Badger Faced (rare breed) lambs. Pub (Jack and Jill) at end of stroll.	4 ½
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Two Ways

Thursday 18 April 09:30 - 16:00	North Road, Alfriston, BN26 5XD 123/ TQ516034	Vanguard Way, Eckington Corner, Chalvington (Pub - Yew Tree Inn), Wealdway, Burlough Castle.	14 ½
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Chailey Behind the Brickworks

Friday 19 April 10:30 - 13:00	Horns Lodge CP South Chailey BN8 4BD 122 / TQ391182	A farmland and woodland walk. Pub (Horns Lodge) at end of stroll. <i>Notes: Lifts offered from Hove Station area.</i>	5
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Figure of Eight from Rottingdean

Saturday 20 April 10:00 - 15:45	Meet by The Plough Inn, Rottingdean BN2 7HD OL11 / TQ369025	Balsdean, Harvey's Monument, Telscombe Tye, Undercliff, Rottingdean (various pubs & cafés), Beacon Hill, Ovingdean, Undercliff, Roedean. <i>Notes: Roadside parking in Rottingdean on Whiteway Lane, or Marine Cliffs CP off A259 (charge).</i>	12
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Horsted Keynes to Nutley

Tuesday 23 April 09:45 - 16:15	Horsted Keynes CP RH17 7EF 135 / TQ384282	Woodgate Farm, Perryman's Hill, Hollybush Wood, Nutley (Pub - Nutley Arms) Bowyer's Wood, Sheffield Mill Farm, Sussex Border Path.	13
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Discovering the Seven Sisters

Wednesday 24 April 10:00 - 12:45	East Dean CP BN20 0DR 123 / TQ556977	Went Hill, Birling Gap (coffee), Flagstaff Point, Crowlink, Hobbs Eares, East Dean. Pub or café at end of stroll.	5
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Duncton Hill View Point

Thursday 25 April 10:30 - 13:00	The Cricketers CP GU28 0LB 121 / SU960170	Duncton Mill, Duncton Hill View Point, Lime Kilns, Burton Park. Pub (The Cricketers) at end of stroll.	4 ½
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Around and About Mid-Sussex

Thursday 25 April 09:15 - 16:15	Whitemans Green Recreation Ground CP, RH17 5HX 135 / TQ300256	South to Hookhouse Farm, Lunces Hall, Wivelsfield Hall, Sussex Border Path, Scaynes Hill (Pub - The Farmers), Ouse Valley Way, High Weald Landscape Trail.	16
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Chiddingly Morning Circular

Saturday 27 April 10:00 - 13:00	Chiddingly village CP, BN8 6HT 123 / TQ545143	Stream Farm, Graywood Farm, Frith's Farm, return. Pub (The Six Bells) at end of stroll.	5 ½
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Spring Flower Walk

Saturday 27 April 09:45 - 15:45	Southwater Country Park CP RH13 9UN 134 / TQ162259	Sedgwick Park, Nuthurst, Newell's Rough, Crabtree (Pub - The Crabtree), Boyd's Wood, Elliotts Farm, Copsale. <i>Notes: There is a charge of £3 for the car park.</i>	11
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Downland North of Brighton

Tuesday 30 April 9:45 - 13:00	Waterhall BN1 8ZD 122 / TQ295092	Waterhall, Pyecombe, Chattri circular. Pub (Miller and Carter, Patcham) at end of stroll. No dogs please. <i>Notes: Car parking: through tunnel, turn right, park at side of road leading to footpath.</i>	7
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Circular from Cissbury Ring

Tuesday 30 April 09:30 - 15:45	Kithurst Hill CP 121 / TQ070121	Wepham Down, Patching, Findon (Pub - The Village House), Myrtle Grove Farm.	15
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