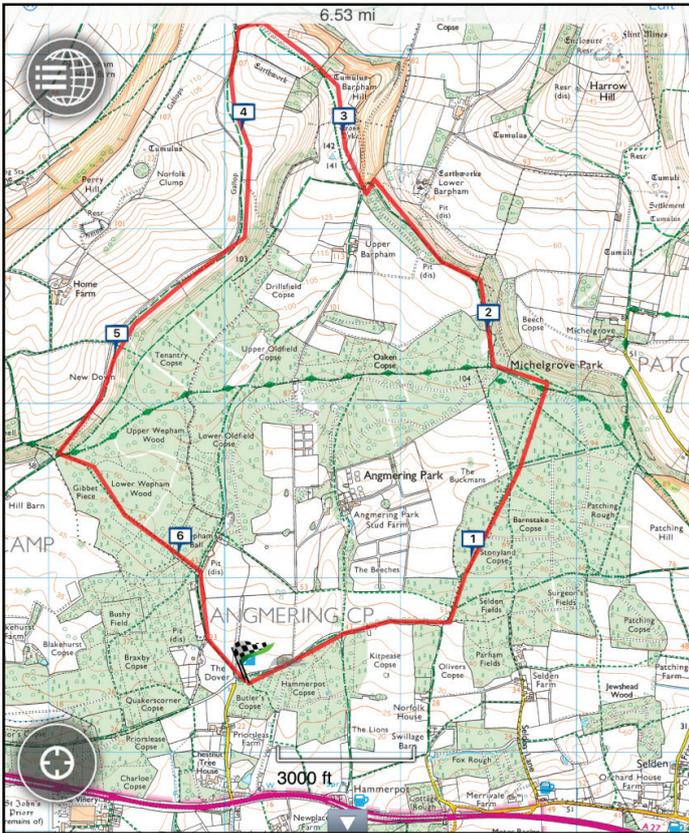




SELF-GUIDED WALK

Angmering Loop

A 6½ mile walk with a total ascent of 488 feet mostly long gentle climbs.



We did this walk at the end of April and the weather was delightful, however the path surface showed signs of having been very muddy in some places so be careful following spells of wet weather. You can start or join the walk anywhere, it is a loop that takes in woodland, scrub, downland and agricultural landscapes. There are some excellent views and a range of seasonal wildlife, We saw masses of dancing cowslips and May blossom on the downland slopes and patches of Early Purple Orchids in the woodland together with the late bluebells and other woodland flowers. There are also a range of archaeological features and stunning 360 degree views in the North East section.

Between mile markers 2 and 3 on the map there are several seats and view points over a steep downland slope across to the top of the escarpment and the South Downs Way with the occasional glint of sunlight from the car parks there. Below you the buildings at Lower Barpham Farm are evident and the adjoining field has some historic earthworks, all that remains of a Deserted Mediaeval Village (DMV), presumably

Lower Barpham. There are over 3000 known sites of deserted medieval towns and villages in England. Some villages were depopulated gradually by disease, enclosure or depleted local resources, others destroyed for aesthetic reasons by landowners, and others swept away by the effects of a changing climate. As we experience the effects of a global pandemic we can, perhaps, empathise with those peasant communities living in fear of the Black Death in the mid 14th century. It may have been the population decline that caused the abandonment of this, more marginal, settlement or simply the changes in land use away from arable farming towards sheep grazing as in the Scottish Highlands.

Parking is off road/unsurfaced Car park.

You can read more about some of the places mentioned above at the following:

https://ancientmonuments.uk/114093-deserted-medieval-settlement-at-lower-barpham-farm-angmering#.Xt8_DUVKiHt

<https://www.historyextra.com/period/medieval/in-case-you-missed-it-the-villages-that-disappeared/>