

1st Quarter 2023 Walks & Strolls

Dear Walkers,

We are pleased to report that, thanks to our leaders, once again we have a varied selection of walks and strolls for the first quarter, covering all parts of our region.

We aim to put on several society-themed walks during our centenary year, the first of which is on Thursday, 9th of March. If members have any good suggestions for more, please email them to Ian or Mick who will coordinate with our leaders.

Please note that for walkers who prefer to do their own thing, as a result of our collaboration with Sussex Life magazine last year, we now have a good selection of self-guided walks under 10 miles on our website. They can be found at the bottom-right of this page: <https://friendsofthesouthdowns.org.uk/self-guided-walks>. There are links to .pdf files with easy-to-follow, turn-by-turn directions, and clips of Ordnance Survey 1:25,000 maps for you to download and try out.

Walks Coordinator:	Ian Lancaster	E-Mail: fotsd@lancasi.plus.com
Strolls Coordinator:	Mick Heywood	E-Mail: mickheywood15@gmail.com

Notes for walkers:

- 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.
- If the walk says: 'Booking by email to', then please contact the leader in advance so that he knows how many walkers to cater for and can notify you of any late alterations.
- 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 as 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 code before the grid reference, e.g. 121 or OL10, refers to maps in the OS 1:25,000 Explorer series. The post code is a guide only; the six-digit grid reference will be more precise and where that may be ambiguous the What3Words address in the format ///word1.word2.word3 more accurate still.
- New walkers: Please note that the start time on the programme is the time we start walking. Arrive at the meeting place at least 15 minutes before this time to allow for putting on boots and listening to the safety briefing from the leader. 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 to be used 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 (unless the walk is picnic only) while others eat their packed lunch away from the pub premises and then go there for a drink or coffee. We usually stop for about an hour. Pub lunches at the end of strolls are optional.
- Strolls (shaded) are a maximum of 9 miles. Walks (unshaded) are over 9 miles. Abbreviations in use: CP=Car Park; PCNU=Post Code Not Useful; RSP=Roadside Parking; ORP=Off-Road Parking (i.e. not a car park); well-known trails may also be abbreviated, e.g. SDW=South Downs Way, SBP=Sussex Border Path.
- 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 from a fall. Please note that terrain may vary from bridleways to public roads.

Date & Time	Start Location OS Explorer Map / Grid Reference	Title and Outline of the Route Leader and Contact Details Notes, if applicable	Length (miles)
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Clear the Head Stroll over Levin Down and Singleton Woods

Tuesday 3 January 10:00 - 13:00	Footpath next to Singleton Primary School, Singleton PO18 OHP OL13 / SU879132	Walk up Levin Down, through Singleton Woods, Venus Wood back round to Hat Hill. <i>Notes: The stroll starts at the footpath next to the Primary school. There is on road parking in the village, but please park considerately. Dogs welcome, I will be bringing my Border Collie along.</i>	7
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Great British Pub of the Year

Thursday 5 January 09:00 - 15:30	Chantry Post CP RH20 4AB OL10 / TQ087120	Wepham Down, Gallop, New Down, Upper Wepham Wood, Oaken Copse, Michelgrove, Myrtle Grove Farm, MW, Findon (Pub – Gun Inn), Coventry Plantation, SDW <i>Notes: ///worked.pursuing.denoting AM: 10 miles; PM: 5m. The lunchtime pub is the winner of the 2022 Great British Pub Awards.</i>	15
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Lost Sheep

Tuesday 10 January 09:00 - 16:00	Bo Peep CP BN26 6UJ OL25 / TQ494050	Norton Top, Poverty Bottom, Gardener's Hill, Firle Village (Pub – The Ram), Firle Tower, Charleston Farm, Alciston, SDW <i>Notes: ///found.horizons.decimals</i>	14.5
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Slindon and Upwaltham

Thursday 12 January 09:00 - 15:45	Park Lane CP Slindon BN18 0QY OL10 / SU961077	North Wood, Upwaltham, North Side, East Dean (Pub – Star and Garter), Chiseldown, Monarch's Way, Nore Hill <i>Notes: ///submerge.amuses.musically</i>	14
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In Search of Colour In January

Friday 13 January 10:00 - 12:30	Iping Common, CP Elsted Rd, just south of A272 GU29 0JT OL33 / SU8552219	Iping, Oakham Common, Stubb Hill, Moorhouse Lane, Chithurst, Trotton & Iping Common <i>Notes: Options of drink or lunch at the Elsted Inn afterwards – pub short distance by car.</i>	6.5
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The Drinking Pig

Tuesday 17 January 09:00 – 15:30	Counters Gate CP PO18 0QE OL8 / SU899113	East Dean, North Down, Singleton, The Trundle, East Lavant (Pub – Royal Oak), Great Combes, Goodwood Country Park <i>Notes: ///fees.earth.sculpting</i>	13.7
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The Mardens Incorporated

Thursday 19 January Harting Down CP
GU31 5PN
09:00 - 15:45 OL8 / SU790181

North Marden, East Marden, Up Marden, West Marden (Pub – Victoria Inn), Compton Down, Hucksholt Farm
*Notes: ///requests.renovated.tolerable
PayByPhone for non-NT members*

Lunch with Fred & Wilma

Saturday 21 January Cocking Hill CP
GU29 0HT
10:30 - 13:45 OL10 / SU875166

SDW, New Farm Plantation, Bepton Down, Henley Lane, Crypt Farm, Cocking Hill (Café - Flint Barn).
*Notes: ///confetti.revise.carbonate
As you can see from the above, we finish with lunch at a (newish) café – rather than a pub; their toasties, soup & coffee are marvellous for a winter's day. However, Barnie & Betty Rubble send their apologies.*

Hindhead Common and Chiddingfold

Tuesday 24 January Haslemere Rec'n
Ground CP
09:00 - 15:30 GU27 3AR
OL33 / SU905322

Hindhead Common, Gibbet Hill, Grayswood, Chiddingfold (Pub – Swan Inn), Roundhurst, Serpent Trail, Haslemere
Notes: ///curve.farmed.unionists

Tillington's mini stately home – Pitshill House

Thursday 26 January The Horse Guards
Inn, Upperton Rd,
10:30 - 12:00 Tillington
GU28 9AF
OL33 / SU963220

This lovely stroll is via the Tillington vineyards to see the outside of Pitshill House. It won the 2017 Georgian Group's top Architectural Award and was awarded second prize in the 2017 Historic Houses Association Awards. Time to pause and admire this mini-Stately Home. Firm and pleasant going.
Notes: Car park what3words///lifted.using.earlobes 1 mile west from Petworth on A272, then in middle of Tillington head north following brown tourist sign to the Horse Guards. Parking is on the roadside just past the pub. No.1 bus from Midhurst or Worthing to Tillington.

The Devil May Care

Thursday 26 January Iping Common CP
GU29 0PB
09:00 - 15:45 OL33 / SU852220

Chithurst, Terwick Common, Elsted (Pub – Three Horseshoes), Devils Jumps, Monkton House
Notes: ///rugs.ballparks.elevator

Kingley Vale

Monday 30 January Kingley Vale CP
Downs Road,
10:00 - 12:30 West Stoke nr.
Funtingdon
PO18 9LS
OL8 / SU825088

Kingley Vale, Yew Tree trail, Devil's Humps, Bow Hill
Notes: Car parking – W3W///expensive.hillside.evenings

Not Early and No Breakfast

Tuesday 31 January 09:30 – 15:15	Washington SDW CP off A24 north- bound carriageway RH20 4AX OL10 / TQ120120	Sullington Hill, Blackpatch Hill, Tolmare Farm, Church Hill Shaw (Pub – Village Inn), Buddington Bottom, Chanctonbury Ring and Hill <i>Notes: ///encloses.rich.exhaled</i>	12
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Exploring the Downs and Commons at Duncton

Tuesday 31 January 09:30 - 13:00	The Cricketers Pub, Duncton GU28 0LB 121 / SU959169	Seaford College, Graffham, Lavington and Duncton Common, Burton Park. If required, lunch at pub (The Cricketers) at end of the stroll. <i>Notes: Parking at: ///gathering.spilled.apparatus</i>	8
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Shere Drop if we're Lucky

Thursday 2 February 09:00 - 16:00	Starveall Corner CP Leith Hill RH5 6LU 146 / TQ130433	GSW, Holmbury Hill, Peaslake, Farley Heath, Albury Heath (Pub – William IV), Shere, Abinger Hammer, Friday Street <i>Notes: ///slate.crowd.lakes</i>	15.8
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Peacehaven and Piddinghoe

Thursday 2 February 10:00 - 13:30	Centenary Park, CP is at the top of Piddinghoe Ave. Peacehaven BN10 8RJ 122 / TQ418012	Cliff-top, golf course, River Ouse, Piddinghoe (coffee stop) where the snowdrops bloom by the church. Firm track over the Downs to return. Lunch at café (Gateway Café) at end of stroll <i>Notes: Lifts offered from Hove Station area. Bus service 12 and 14 Brighton/Newhaven, stop is Gladys Avenue Car Park W3W///family.prettiest.nicer</i>	6
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Cuckmere

Tuesday 7 February 09:00 - 16:00	Seaford South Hill Barn CP BN25 4JQ OL25 / TV504981	Seaford Head, Exceat Bridge, Friston Forest, SDW, Ringwood Bottom, East Dean (Lunch – picnic, pub or café), Crowlink, Seven Sisters, VGW <i>Notes: ///idea.adopts.establish</i>	15
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Jevington: Around Jevington through Forest, Heath and Downland

Tuesday 7 February 10:00 - 12:45	Jevington CP Jevington Rd, Jevington BN26 5QJ 123 / TO563013	Friston Forest, Lullington Heath, Winchester Pond, SDW, Holt Bottom, Willingdon Lane <i>Notes: CP is at W3W///fact.native.stores</i>	5.75
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Hart to Hart

Thursday 9 February 09:00 - 15:45	Harting Down NT CP GU31 5PN OL8 / SU791180	SDW, Sussex Border Path, Woodcroft Farm, Staunton Way, SDW, South Harting (Pub – White Hart), East Harting, Elsted Hanger, SDW <i>Notes: ///requests.renovated.tolerable (PayByPhone charge for non- members). AM: 10.5 miles; PM: 5 miles.</i>	15.5
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Petworth to Lurgashall

Saturday 11 February	Sylvia Beaufoy CP Petworth GU20 0ET OL33 / SU975214	Upperton, Mill Farm, Lurgashall (Pub – Noah’s Ark), Pheasants Copse, Petworth Park <i>Notes: ///stammer.podcast.retract</i>	10
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In Case the School Bus Stops Running

Tuesday 14 February	Lancing Ring CP BN15 0QD OL11 / TQ183063	Cissbury Ring, Steep Down, SDW, Steyning (Pub – The Chequer), Steyning Round Hill, SDW, Cowbottom Hovel <i>Notes: ///overruns.saunas.camps</i>	14.5
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Short Stroll to Shoreham Redoubt (1857)

Wednesday 15 February	Shoreham Recreation Ground BN43 5LT 122 / TQ210050	Rained off in November, so here’s a chance to stroll past the houseboats and to the Redoubt, viewing all the new developments. The fort was built in response to the perceived threat of a French invasion and overlooks the harbour. Back along seaside boardwalks, over the footbridge and through the town. All flat walking <i>Notes: Lifts offered from Hove Station area.</i>	3.5
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High and Over and Milton Street

Thursday 16 February	High and Over CP BN25 3AB OL25 / TQ507011	Exceat, West Dean, Long Brow, SDW, Milton Street (Pub – Sussex Ox), Alfriston, The Comp <i>Notes: ///type.cinemas.coverings</i>	14.5
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Lavington Common Circular

Tuesday 21 February	Lavington Common CP GU28 0QL OL10 / SU949187	Duncton Common, Burton Park, Fountain Copse, Stickingspit Bottom, Droke, East Dean (Pub – Star and Garter), Graffham Down, Lavington Stud Farm <i>Notes: ///divisible.animals.glow</i>	15
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North of The Arun/Wey Canal

Tuesday 21 February	Wey & Arun CP Rear of Onslow Arms, Loxwood GU29 0AL 143 / SU896227	Pephurts Farm, Barnsfold, Rikkyo School, Songhurst farm	6.5
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A White Man’s Path to Victory

Thursday 23 February	Whitemans Green Rec’n Ground RH17 5HX 135 / TQ300256	Cuckfield, Bolney, Warninglid, Slaugham, Staplefield (Pub – Victory), Spicer’s Fm, Sidnye Fm, SOVW, Whitemans Green <i>Notes: ///funky.crouch.probing</i>	14.8
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Cocking Hill circular

Tuesday 28 February 10:00 - 14:00	South Downs Way, Cocking Hill CP PO18 OHL OL3 / SU875166	Walk on SDW to Monkton House, chance to see the Devil's Humps, Lynchball Wood, Bepton Wood and Cocking Down <i>Notes: Car Park - W3W///fills.reinstate.bright</i> <i>Dogs welcome, I will be bringing my Border Collie along</i>	8
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Graffham Figure of 8

Thursday 2 March 09:15 - 16:15	The White Horse Graffham GU28 ONT OL10 / SU921176	Woodcote Farm, Hoyle Farm, Graffham (Pub – White Horse), Tegleaze, Ripshook, Marlpit Brow <i>Notes: ///hurtles.nips.beyond</i> <i>Approx. 7 miles morning and afternoon</i>	14
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A Glass Half Full?

Tuesday 7 March 09:00 - 15:45	Petworth North NT CP GU28 9LS OL33 / SU966239	Petworth Park, Balls Cross, Ebernoe, Northchapel (Pub – Half Moon), Lurgashall <i>Notes: ///sparkle.joints.lines</i> <i>Car park £3 for non-NT members - PayByPhone location 803378</i>	15.5
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Peacehaven 1923 – The Story Begins

Thursday 9 March 09:00 - 15:45	Norton Drive CP Woodingdean BN2 6NT OL11 / TQ356063	Norton Drive, Standean Bottom, Pickers Hill, High Dole Hill, Telscombe Tye, Pedlersburgh, Telscombe Cliffs Esplanade, Telscombe, Cricketing Bottom, Rodmell (Pub – Abergavenny Arms), Mill Hill, SDW, Newmarket Hill, Drove Avenue <i>Notes: ///late.slept.taped</i> <i>AM: 10.5 miles; PM: 5.5 miles</i> <i>'In the Spring of 1923 two men, Captain Irvine Bately and his brother-in-law Mr. Thurston Hopkins, were walking from Brighton on the Downs and came to Peacehaven, which was in the course of development in a piece-meal fashion. The sight of this gave them cause for much concern, and they determined to see what might be done.'</i> <i>The Society of Sussex Downsmen: A Brief History by John O'Riley 2001.</i>	16
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The Caburn

Friday 10 March 10:00 - 13:00	Glynde CP BN8 6SS OL11 / TQ458088	Saxon Down, Saxon Cross, Oxtedde Bottom, The Caburn and Glynde <i>Notes: ///grounded.compiler.iron</i>	5.5
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Flower Power

Saturday 11 March 10:15 - 12:45	Grange Rd Car Park, Claremont Way, Midhurst GU29 9QN OL33 / SU884212	If you go down to West Dean woods this spring, you are sure of a big surprise. However, it won't be a teddy bear's picnic you find, but a mass of small, two-tone, wild daffodils. It is their relatively short stature, compared to garden species, and pale-yellow petals surrounding a darker yellow trumpet that mark these increasingly rare species out from their better-known, cultivated cousins. Route: SDW; Linch Ball; West Dean Woods; Staple Ash Farm; Colworth Down; Venus Wood; Flint Barn Café (for those who wish to partake) <i>Notes: The Cocking SDW car park isn't very big and likely to fill quickly on a Saturday, so I will be parking in The Grange car park in Midhurst and taking the 10.04 bus from in front of St Mary & St Francis Church. Parking is not expensive in Midhurst. The bus arrives at Cocking Hill around 10.15.</i>	6.3
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Cissbury and Chanctonbury

Monday 13 March 10:00 - 13:00	Cissbury CP Monarch's way Nepcote, Findon BN14 0SQ OL10 / TQ139085	Cissbury, Chanctonbury, Buddington Bottom, Circuit of Cissbury Ring <i>Notes: Car parking – W3W///downhill.thickened.income The road to the car park is off Nepcote Lane at the junction with Convent Gardens, between Nepcote and Findon</i>	7.5
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A vintage walk

Tuesday 14 March 09:00 - 15:45	East Meon CP GU32 1PF OL32 / SU677222	South Farm, Hyden Cross, Chidden Down, Hermitage Farm, Hambledon (Pub – The Vine), West End Farms, Whitewool Farm <i>Notes: ///bills.flippers.pricing (not the village hall)</i>	14.5
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Arlington Reservoir

Tuesday 14 March 10:30 - 12:30	Arlington Reservoir CP, Station Rd, Berwick BN26 6TG OL25 / TQ528075	Short walk exploring the reservoir and Arlington. Some stiles. <i>Notes: There is a charge to use car park. Cards only, no cash. W3W///giraffes.amused.circular</i>	3
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Bostalls and Bottoms

Thursday 16 March 09:00 – 15:45	Summer Down CP Devil's Dyke Road BN45 7DD OL11 / TQ269117	SDW, Lower Standean, Ditchling Beacon, Westmeston, Ditchling (Pub – White Horse), Burnhouse Bostall, Clayton, Cow Down <i>Notes: ///canoe.harmonica.amplifier</i>	14.8
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You go up, then a Little Down

Saturday 18 March	Mill Road, Arundel RSP nr. Visitor Centre BN18 9AA OL10 / TQ020071	Yew Tree Gate, Little Down, Slindon (Pub – The Spur), Rewell Wood, Screens Wood South <i>Notes: ///engages.packages.shelving</i>	10.8
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Jack & Jill to the Moon

Tuesday 21 March	Jack & Jill Windmills CP, Clayton BN6 9PG OL11 / TQ303134	Lower Standean, High Park Farm, Streathill Farm, Plumpton (Pub – Half Moon), Streat, Westmeston, Ditchling Beacon <i>Notes: ///chins.operating.fairy</i>	13
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Newtimber and Wolstonbury Hill

Wednesday 22 March	Pyecombe Street (far north end of the old A23, about half mile from Plough Inn) BN45 7EE 122 / TQ284129	Newtimber Holt, Newtimber Church, Wolstonbury Hill. Usually cattle in the first field. Some steep climbs up and down – taken slowly. <i>Notes: Lifts offered from Hove Station area. Pyecombe Street is at the north end of the old A23 near the footbridge across the main road. W3W///protrude.villager.feels</i>	5
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In Kevin's Honour

Thursday 23 March	Shortheath Common CP GU35 9JP OL33 / SU774369	Hangers Way, Hawkey (Pub – Hawkey Inn), Standfast Lane, Brockbridge <i>Notes: ///tapers.flagpole.suspended</i>	16
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Hindhead Common and Chiddingfold

Tuesday 28 March	Fernhurst Village CP GU27 3JL OL33 / SU895284	Black Down, Temple of the Winds, SBP, Kingsley Green, Marley Heights, Older Hill, Henley (Pub – Duke of Cumberland Arms), Fernhurst <i>Notes: ///plums.lushly.debt</i>	15
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East Meon Valley and Beacon Hill

Tuesday 28 March	Church Lane, Exton, NR junction with A32, north of Exton SO32 3NU O13 / SU617212	Stroll through along the old Meon valley Railway line, then climb to Beacon Hill via Wheely Down and Beacon Hill Beeches. Back via SDW. One steep descent. Pub (Shoe Inn) at end of stroll. <i>Notes: Car park - W3W///joined.written.gems Dogs welcome, I will be bringing my Border Collie along</i>	5
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Lancing and Steyning

Thursday 30 March	Cuckoo's Corner CP, Coombes Rd Lancing BN15 0RP OL11 / TQ202067	Lancing Ring, Canada Bottom, Steyning (Pub – The Chequer), Bramber, Castle Town, River Adur tow path <i>Notes: ///measure.inspected.director</i>	14.5
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