

Members of the public who wish to try out any of these walks should contact our office (details at the foot of this page).

Walks Coordinator: Ian Lancaster
Strolls Coordinator: Mick Heywood

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.

Date & Time	Start Location OS Explorer Map / Grid Reference	Title and Outline of the Route Leader and Contact Details Notes, if applicable	Length (miles)
<u>Not the Rose and Crown</u>			
Tuesday 4 April 09:00 – 15:30	Church Road CP Scaynes Hill RH17 7NY 135 / TQ371236	Walstead Common, Cockhaise Farm, Heaven Farm, Spring Farm, Fletching (Pub – The Griffin), Newick, Sheffield Bridge, Hamhouse Stud <i>Notes: ///cute.blitz.fries</i>	14.4
<u>Loxwood Long Lope</u>			
Thursday 6 April 09:00 - 16:00	Loxwood Village Hall CP RH14 0SG OL34 / TQ039322	Rosemary Lane, Sidney Wood, Burntwood Kennels, Downlands Wood, Park Mill Farm (picnic), Burchfield, Plaistow, Loxwood <i>Notes: ///emptied.exits.pavilions</i> <i>A long-ish walk, but no hills.</i>	16.2
<u>Sussex Artists – Sir Oswald Birley</u>			
Thursday 6 April 10:00 - 13:00	Seven Sisters Country Park Forest CP Litlington Rd. BN25 4AD 123 / TV518995	Birley painted many famous portraits of the royal family and of Winston Churchill, whom he also tutored in painting. Friston Forest, Charleston Manor (his home), Westdean and church with his memorial bust, stairs to the best view of Cuckmere Haven, Exceat Church site, return by the river. Pub (Cuckmere Inn) after end. Options to walk about half the distance if preferred. <i>Notes: Car park entrance is on Litlington Rd.</i> <i>Accessible on bus route No12, with services from Brighton/Eastbourne</i> <i>Lifts offered from Hove Station area.</i>	6
<u>Duncton and Waltham Park</u>			
Tuesday 11 April 09:00 - 15:30	Lord's Piece CP RH20 1HQ OL10 / SU992170	Burton Park, Duncton, Barlavington Down, Glatting Farm, Sutton (Pub – White Horse), Waltham Park, Coates <i>Notes: ///cans.develop.consults</i>	12.3
<u>River Meander with an Arundel Park Kick</u>			
Tuesday 11 April 09:30 - 13:00	Burpham Village Hall CP BN18 9RR OL10 / TQ040088	Warningcamp, Arundel, Arundel Park, South Stoke <i>Notes: Parking at: ///rectangular.nipping.snooze</i>	8
<u>In The Footsteps Of Artistic Giants</u>			
Wednesday 12 April 10:30 - 12:00	The Horse Guards Inn, Upperton Rd, Tillington GU28 9AF OL34 / SU963220	The 800 years old Tillington Church is the only church in the country that both artistic giants – JMW Turner and John Constable – painted. We will trace the exact locations where these two painted the church from. Constable's painting is in the British Museum; Turner's is the Fighting Bucks in Petworth House. <i>Notes: By Car: 1 mile west of Petworth on A272, turn right following</i> <i>brown tourist sign to Horse Guards Inn. Parking on road.</i> <i>By Bus: No1 from Midhurst or Worthing. Stops at Tillington.</i> <i>W3W ///lifted.using.earlobes</i> <i>Dogs welcome</i>	3

A special stroll event – Guided stroll with Archaeologist James

Saturday 15 April 09:00 - 14:00	Burpham Village CP The Street, Burpham Nr Arundel BN18 9RR OL8 / TQ039088	Following last year's successful stroll, James has agreed to take the FotSD on a 7 mile stroll continuing the story from last year as we stroll from Burpham, Perry Hill, to the cross-dyke at Friday Church, then along Windy Ridge to Patching Woods, before making our way down Blakehurst Valley, over the Conyers and back to Burpham. This promises to be a very interesting and informative event. Book early! Cost per ticket is £8.00 from the FotSD office Booking by email to: FotSD Office enquiries@friendsofthesouthdowns.org.uk <i>Notes: Car Park - W3W///appraised.incisions.retrain Dogs welcome, I will be bringing my Border Collie along. Please note that due to expected larger than normal numbers of strollers and also we will pass through sheep fields, dogs will need to be kept on leads. Please bring packed lunch/refreshments Tickets can be obtained on a first come first served basis from: enquiries@friendsofthesouthdowns.org.uk</i>	7
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Sussex Artists – In the Footsteps of Ivor Hitchens

Monday 17 April 10:00 - 12:45	Lavington Common CP, Duncton Common Rd, East Lavington GU28 0QL OL10 / SU948187	Hitchens is particularly well known for panoramic landscape paintings created from blobs of colour. He moved to Lavington during WWII, after his London house was bombed. Lavington Common, Serpent Trail, Burton Park, Duncton Mill, Westerlands Farm <i>Notes: Car park W3W ///looms.gateway.avoid</i>	5.6
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Lost Sheep

Tuesday 18 April 09:00 - 16:00	Bo Peep CP BN26 6UJ OL25 / TQ494050	Norton Top, Poverty Bottom, Gardener's Hill, Firlie Village (Pub – The Ram), Firlie Tower, Charleston Farm, Alciston, SDW <i>Notes: ///found.horizons.decimals</i>	14.5
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Spring Flower Walk

Saturday 22 April 10:00 - 15:30	West Grinstead Station CP RH13 8LY OL34 / TQ184226	Haven Bridge, Steeds Corner, Alicelands, Sedgwick Park, Nuthurst (Pub – The Black Horse), Newells Rough, Woldringfold, Ivories Farm, Little Champions Farm <i>Notes: ///corrode.enjoys.contained</i>	10
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Café Culture

Tuesday 25 April 09:00 - 15:45	St Roche's Hill CP PO18 0SP OL8 / SU872110	East Dean, SDW, Cocking Hill Top (Lunch – Flint Barn Café), Keeper's Cottage, West Dean <i>Notes: ///accompany.bubbles.appear</i>	14.5
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Jack & Jill Went Down the Ditch

Thursday 27 April 09:00 - 16:00	Jack & Jill CP Clayton BN6 9PG OL11 / TQ303134	New Barn Farm, Hogtrough Bottom, Ewe Bottom, Lower Standean, North Bottom, Ditchling Beacon, Westmeston Bostall, Ditchling (Pub – The Bull), Streat, Westmeston, Underhill Lane, Burnhouse Bostall, SDW <i>Notes: ///chins.operating.fairy AM: 9 miles, PM: 6 miles</i>	15
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Shepherding A Flock Of Walkers

Saturday 29 April 10:00 - 13:00	Elsted Church GU31 5QB OL08 / SU816197	Climb up the SDW at Pen Hill, continue along past the Devils Jumps to Didling Hill. Descend to St. Andrew's Didling and back via Treyford. Lunch Refreshment available at The Three Horseshoes, Elsted <i>Notes: April is lambing time and Didling, with its tiny shepherd's church, is the perfect place to see fields of gambolling lambs. One steep climb & descent.</i>	6.5
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The Downs just East of the River Arun

Tuesday 2 May 10:00 - 15:30	The Dover Lane CP Hammerpot area BN18 9PX OL10 / TQ061064	Wepham Down, Amberley Mount, Houghton Bridge (Pub – Bridge Inn) Peppering Farm, The Knell <i>Notes: ///gown.turkeys.towels</i> <i>Dover Lane is accessed only via the eastbound carriage of the A27</i>	11.5
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Nymans

Tuesday 2 May 10:00 - 13:00	Victory Inn, Warninglid Rd, Staplefield RH17 6EU OL11 / TQ275280	Mud free stroll around Nymans. No NT membership needed. Staplefield, Nymans and Slaugham. A couple of steep hills that will be taken slowly! <i>Notes: Parking is "on road" near the pub.</i> <i>Lunch if required at the Victory Inn</i>	6
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Bluebells and other good things

Thursday 4 May 10:00 - 13:30	Hampers Green GU28 9NN 133 / SU976227	Via Petworth Park, Warren Wood and Brinksole Heath <i>Notes:</i>	7
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Newick and Chailey

Tuesday 9 May 09:00 - 15:30	Wivelsfield Village Hall and Sports Ground CP RH17 7QG OL11 / TQ346200	Sussex Border Path, Wapsbourne Wood, Newick (Pub – The Bull), Chailey, Melbourne Farm <i>Notes: ///trunk.heats.basis</i>	14.5
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Long Lunch at the White Charger

Thursday 11 May 09:00 - 16:00	Busbridge RSP along Hambledon Rd (c/ds - access N end only) GU7 1TY 145 / SU979427	Tuesley, Milford Station, Hambledon, Hascombe (Pub – White Horse), GSW, Thorncombe St, Munstead Heath <i>Notes: ///trick.above.secure</i> <i>Extended lunch at The White Horse</i>	13.7
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Sussex Artists – Gluck

Thursday 11 May 10:30 - 13:00	Bramber Village CP BN44 3WE 122 / TQ187106	Inspired some years back by the Brighton Museum exhibition Gluck: Art and Identity. Botolphs, climb to SDW, Steyning Round Hill, Chantry House, Grade II* listed home of Gluck (born Hannah Gluckstein, of Lyons catering family). Pub in Bramber (The Castle) at end. <i>Notes: Lifts offered from Hove station Area</i>	5
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Sussex Artists – William Blake

Friday 12 May 10:15 - 13:00	Bognor Regis Railway Station Richmond Rd PO21 1QD 0110 / SZ934993	Walk through Hotham Park then to Felpham, visit the Church and William Blake's cottage. Back along sea front. Lunch (café during walk) on seafront. <i>Notes: Meet outside railway station ticket office.</i>	4.5
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Walderton Figure of Eight

Tuesday 16 May 09:00 - 16:00	Walderton Corner PO18 9EA OL8 / SU788105	Racton Monument, Stanstead Forest, Forestside, Broadreed Farm, Walderton (Pub – Barley Mow), Inholmes Wood, Stoughton Down, Bow Hill, Kingley Vale <i>Notes: ///from.roost.camcorder.</i> <i>CP is just east of B2146 where it crosses river Ems. Alternative parking may be available at pub (TBC).</i> <i>AM: 8.5 miles, PM: 7.3 miles</i>	15.8
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See the Sea

Thursday 18 May 10:00 - 13:00	Saltdean Lido CP Saltdean Park Rd. Rottingdean BN2 8SN 122 / TQ381021	Circular stroll on the Downs above Saltdean, return via Rottingdean on the Undercliff path.	7
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St Leonard's Forest

Friday 19 May 10:00 - 13:15	Roosthole CP Hammerpond Road Nr Horsham RH13 6PG OL34 / TQ207298	Mad Mick's Mile, High Weald Landscape Trail (HWLT), Barnsnap <i>Notes: ///myth.deeds.blown</i>	8.5
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Something to Spur us on

Tuesday 23 May 09:15 - 15:45	Swanbourne Lodge Tea Room, Mill Road, Arundel BN18 9PA OL10 / TQ018079	Houghton, Madehurst, Slindon, (Pub – The Spur), Park Farm, Arundel <i>Notes: ///alley.approach.buildings</i> <i>AM: 9 miles, PM: 4 miles</i>	13
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Into the Wilds of Plaistow Parish

Tuesday 23 May 09:30 - 13:00	Lay-by on south side of Plaistow Village RH14 0NR 134 / TQ005307	Piper's Cottages, Hayward's Farm, Dungate Farm, Plaistow Place <i>Notes: W3W///convinced.infects.amending for lay-by</i>	8
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Politicians and Sussex - Harold Macmillan

Tuesday 30 May 09:30 - 15:30	Horsted Keynes Recreation Ground CP RH17 7AF OL135 / TQ384282	Heaven Farm, Chelwood Common, Birch Grove House, Chelwood Gate (Pub – The Red Lion), Stumbleweed Common, Broadhurst Manor <i>Notes: ///apricot.access.rankings</i> <i>This is a repeat of last year's walk by popular request.</i>	9.5
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Turner's Bridge

Tuesday 30 May 10:00 - 13:15	Meeting Point: Canal Trust Building, Canal Wharf, Basin Rd, Chichester PO19 8DT OL8 / SU858041	Walk down Chichester canal to Hunston Bridge to see Chichester Cathedral as Turner would have seen it. Option to return via canal walk or continue to Chichester Harbour and back via Dell Quay/Apuldram <i>Notes: There is 4 hrs free parking at Chichester Gate. PO19 8SG</i> <i>The 3 mile walk follows tow path back to canal basin and will finish at c. 11.30. Return leg will be unescorted.</i> <i>Full 8 mile walk will continue along canal to Chichester Yacht Basin then to Dell Quay and Apuldram before returning to start point.</i> <i>Dogs welcome, I will be bringing my Border Collie along.</i>	3 or 8
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Amberley to the Burgh

Monday 5 June 10:00 - 13:00	Amberley Station CP BN18 9LR OL10 / TQ026118	River Arun, Amberley Castle, The Burgh, North Stoke Leader: Peter Holmes 01903 774847 / 07783 399499 (DoW) Booking by email to: peterjamesholmes@yahoo.com <i>Notes: Car Park – W3W///cone.advances.hexes</i>	6.75
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Crouching Bacon, Hidden Sausage

Tuesday 6 June 06:45 - 12:00	Star & Garter pub East Dean PO18 0JG OL10 / SU904129	Pond Barn, Forest Hanger, SDW, Marlpit Brow, Lamb Lee, Oxen Down, Droke, Selhurst Park, Eastdean Hill, East Dean (Pub – Star & Garter) <i>Notes: ///extend.warmers.strutting</i> <i>1. This is a pre-breakfast (or, more properly, pre-brunch) walk, starting and ending at currently one of the best pubs in West Sussex.</i> <i>2. We finish walking c. 10:30 am; the 12:00 end time shown on the left incorporates a leisurely pub breakfast.</i>	10
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Central South Downs Marathon

Thursday 8 June 08:00 - 18:30	The Spotted Cow CP, 1 High Street, Angmering BN16 4AW OL11 / TQ076043	Patching Pond, Clapham, Tolmare Farm, Highden Barn, SDW, Springhead Hill, Amberley (Pub – The Bridge), North Stoke, The Burgh, Peppering Farm, Wepham, Michelgrove, Orchard House Farm, Ham Spinney <i>Notes: ///music.group.explain</i>	26.6
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Leading You Up The Garden Path

Thursday 8 June 10:00 - 15:30	Iping Common CP GU31 5QR OL08 / SU852219	Stedham to Woolbeding, time to wander around the National Trust gardens, return via The Severals & Stedham Common <i>Notes: This walk is a day out as it involves a circular walk to and from the National Trust's Woolbeding garden. Please be aware that an entrance fee is payable unless you have NT membership. There is a café at Woolbeding, but it is also a lovely spot for a picnic. We will aim to spend at least 2/3 hrs at the garden</i>	5.5
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The Downs above Ditchling

Saturday 10 June 10:00 - 15:30	Jack and Jill CP Clayton BN6 9PG OL11 / TQ303134	Lower Standean, Ditchling Beacon, Westmeston, Ditchling (Pub – The Bull), Ditchling Beacon Nature Reserve, South Downs Way <i>Notes: ///chins.operating.fairy</i>	10
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Seaford and 7 Sisters Views

Tuesday 13 June 10:15 - 13:00	Seaford Museum (Martello Tower No74) Esplanade, Seaford BN25 1JH OL34 / TV484984	Seaford sea front, follow Vanguard Way, Seaford Head path, Lifeguard cottages, along river return via Seaford. Lunch at end of stroll. Venue TBC on the day. <i>Notes: Parking along Esplanade nr Museum. Please be aware there is a charge to park</i>	7
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In Praise of Free Car Parks

Thursday 15 June 09:00 - 16:00	Amberley CP BN18 9LX OL10 / TQ031129	Wey South Path, Amberley Mount, Wepham Down, Coombe Lane, Peppering Farm, The Burgh, Wey South Path, Amberley (Village Tea Room), Amberley Wild Brooks, Greatham Bridge, Greatham, Rackham Plantation, Cross Gate. <i>Notes: ///nametag.rooting.annotated</i> <i>A welcome contrast to the growth of charging at car parks along the SDW is the recent opening of a new free one in Amberley village, where this walk starts and ends.</i> <i>AM: 9 miles, PM: 6 miles</i>	15
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Downs & Deans

Tuesday 20 June 09:00 - 15:30	Norton Drive CP BN2 6NT OL11 / TQ356063	Standean Bottom, Balsdean Bottom, Swanborough Hill, Harveys Cross, Telscombe Cliffs, Saltdean Undercliff, Rottingdean (Molly's At-The-Beach Café or picnic on the beach), High Hill, Falmer Bottom, Newmarket Hill. <i>Notes: ///late.slept.taped (alt. parking along Bexhill Road)</i>	15.7
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Sussex Artists – Roland Penrose & Lee Miller

Tuesday 20 June 10:30 - 13:00	The Gun Pub CP Gun Hill, Chiddingly TN21 0JU 123 / TQ566145	Wealdway, Chiddingly and Church (with Jefferay monument) Muddles Green, Farley Farmhouse, the home of the British Surrealist movement, where Roland and photographer Lee entertained the likes of Picasso and Man Ray. Return to the Gun via Thunder's Hill and World's End Farm. <i>Notes: Lifts offered from Hove Station area.</i>	5
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Return to the White Horse

Thursday 22 June 09:00 - 16:15	Ambersham Common CP GU29 0BY OL10 / SU913194	Graffham Down, Littleton Farm, Bignor Hill CP, Sutton (Pub – White Horse), Barlavington, Ridlington Farm <i>Notes: ///northward.alpha.golf</i>	16
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Three Schools, two Churches and an old Railway Line

Saturday 24 June 10:00 - 15:30
Barns Green Recreation Ground
CP, Muntham Drive
RH13 OPT
OL34 / TQ125272

Lawsons Farm, Downslink, Slinfold (Pub – Red Lyon), Holmbush Manor, Itchingfield
Notes: ///dugouts.necklace.reconnect

11

High Weald

Tuesday 27 June 09:00 - 16:00
Roosthole CP
Hammerpond Road
nr. Horsham
RH13 6PG
OL34 / TQ207298

Mad Mick's Mile, High Weald Landscape Trail, Nuthurst, Warninglid (Pub – The Half Moon), Slaugham, St Leonard's Forest
Notes: ///myth.deeds.blown

16.2

FotSD Centenary Stroll – Heyshott Down

Tuesday 27 June 10:00 - 14:00
Cocking Hill CP
GU29 0HT
OL8 / SU875166

Walk through Mill Hanger, Hoe Copse, Dunford Hollow to Heyshott Down. Chance to see rare orchids and butterflies, all because FotSD helped acquire a lease of 50 acres of land in the early 70's. Steep ascent on final 100 metres of Heyshott Down, but we will rest and enjoy fine views at the top! Return along SDW.
Notes: W3W///solutions.budgeted.dimension for car park. Dogs welcome, I will be bringing my Border Collie along.

7

The 'How Did It Get Its Name' Walk

Thursday 29 June 09:00 – 15:30
Lay-by opposite Showground N of Ardingly on B2028
RH17 6TJ
135 / TQ344303

Wakehurst Place, Great Strudgate Farm, Selsfield Common, Minepit Wood, Shagswell Wood, West Hoathly (lunch The Cat), Cookhams, Highbrook, Withyland, Ardingly College
Notes: ///denim.defenders.thigh

15

Up and Down the Downs

Thursday 29 June 10:00 - 13:00
Clayton Mills, Mill Lane, Pyecombe
BN6 9PG
122 / TQ304134

Circular walk to Ditchling Beacon via Lower Standean Farm. Fine views on a clear day.
Notes: 273 bus from Crawley/Brighton or 40/40x from Brighton or Haywards Heath/Burgess Hill

7
