

Dear Walkers,

We are now entering the final quarter of the Friends of the South Downs' Centenary celebration. Throughout this remarkable year, we've enjoyed several walks commemorating this significant milestone. In this quarter, we're delighted to present two captivating walks from Crowlink and another archaeological stroll with James Sainsbury.

While we engage in various activities beyond walking and strolling, there's no denying that our deep connection to the unique South Downs landscape is at the core of our identity. It's where our journey began. In the words of Richard Reed's history of the FotSD: "The story starts one spring day in 1923 on the chalk cliffs overlooking the Channel. Two men, brothers-in-law, were walking east from Brighton when they were dismayed to stumble upon the new settlement of Peacehaven... Robert Thurston Hopkins and Captain Irvine Bately returned to their homes in Brighton with a firm resolve to prevent any further loss of the precious South Downs landscape."

As we venture into our second century, let's continue connecting with the landscape and each other through regular walks to uphold this wonderful tradition and inspire others to do the same. The South Downs' unique beauty and significance are worth preserving for generations to come.

We look forward to seeing you out on the trails!

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.
- 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>The Magnificent Ouse Valley Viaduct</u>			
Monday 2 October 10:00 - 13:00	Ardingly Reservoir CP RH17 6SQ OL11 / TQ334287	Walk to the Ouse Valley Viaduct via the Ouse Valley Way, then under the 1480ft structure containing 11 million bricks, then returning by Pilstye farm and Stone Hall <i>Notes: Parking at W3W ///taped.importing.flinch Lunch if required at the Gardener's Arms</i>	5
<u>Four Sisters, Eight Bells</u>			
Tuesday 3 October 09:30 - 16:00	Crowlink N.T. CP, Crowlink Lane BN20 0AX OL25 / TV550979	Brass Point, Haven Brow, Exceat, Litlington, Jevington (Pub – Eight Bells), SDW, Ringwood Bottom, East Dean <i>Notes: ///polar.elephant.unwind Car park free for N.T. members.</i>	13
<u>Capel Caper</u>			
Thursday 5 October 09:00 - 16:00	Capel Village Hall RH5 5LB 146 / TQ176409	Newdigate, Reffolds Copse, Holmwood Common, South Holmwood, Coldharbour (Pub – Plough), Leith Hill Tower, Buckingham Fm, Minnickfold, Rugge Fm, Capel <i>Notes: ///raft.fend.admits</i>	15.8
<u>One Garden and Stanmer Park</u>			
Friday 6 October 11:00 - 14:00	Map opposite Circa In The Park Café, South Entrance, Stanmer Park, Brighton BN1 9PY OL11 / TQ342087	This is an outing as much as a walk, lots to see and do: Millions have been spent on redesigning this part of Stanmer Park and in designing the One Garden. The planting of the garden and maintenance is done by Plumpton College as part of its Stanmer campus. The veg and flower beds are beautiful, interesting and informative. Plenty of toilets and refreshment opportunities. We shall walk up to One Garden (0.8 miles) passing Stanmer House. In One Garden, the One Kitchen restaurant has a more modern menu. Smooth lawns and benches for a picnic, a food shop/cafe where we'll base for refreshment and to explore. Then through Stanmer Village and up a short steep path to the hills. There we have a choice, to take the shortest route down to the park entrance or go up just a little higher to walk back partly through the woods. That makes the longest walk at a total of about 4 miles. It's all lovely. I intend this to be very flexible; walkers are welcome to leave the group at any point to linger or to avoid the hilly bit or to lunch at Stanmer House as there is no way of getting lost – just make sure I know. <i>Notes: Car parks to the left and right as you enter Stanmer Park. Fee payable: £1.50 for 2 hours; £2.50 for 4 hours; parking meter by café. Served by bus routes 28, 29, 78, 25; also trains to Falmer Station.</i>	4
<u>"Inciders" view of Blackmoor Orchards</u>			
Saturday 7 October 10:00 - 14:00	Blackmoor Farm, Blackmoor Rd, Selborne GU33 3BW OL08 / SU779335	Out to Oakhanger and return through outskirts of Selborne, through the orchards and back to Blackmoor.	7

Boxgrove and Halnaker Windmill

Monday 9 October 10:00 - 13:00	Boxgrove Village Hall CP PO18 0EE OL10 / SU906076	Boxgrove, Stane Street, Halnaker Windmill, Boxgrove Priory <i>Notes: Car park is at W3W ///composer.mornings.shred</i>	5
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Cpl. Jones, Still Advocating Upham?

Tuesday 10 October 09:00 - 16:30	Cheesefoot Head CP SO21 1HW (PCNU) OL32 / SU528279	SDW, Allan Kings Way, Holden Farm, Holden Lane, High Stoke, SDW, Monarch's Way, Bower Preshaw Lane, Dean Farm, The Beeches, Upham (Pub – Brushmaker's Arms), Monarch's Way, Greenhill Lane, Allan Kings Way, Bushy Copse, Oakclose Plantation, Allan King Way <i>Notes: ///lawful.forgiving.ranked AM 11 miles, PM 6.5 miles</i>	17.5
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Burton Mill and Sutton

Thursday 12 October 09:00 - 15:45	Burton Mill Pond CP Burton Park Road GU28 0JR OL10 / SU979180	Heath End, Upper Norwood Farm, Lavington Stud Farm, Barlavington Down, Sutton (Pub – White Horse), Bignor, Tripphill Farm, Coates <i>Notes: ///bluff.instant.playback</i>	14
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A special stroll event – Guided stroll with Archaeologist James Sainsbury

Saturday 14 October 09:00 - 12:00	Swanbourne Lake Café, Mill Rd. Arundel BN18 9PA OL8 / TQ018079	Continuing our successful guided walks with Archaeologist James Sainsbury. This time James will take us on a 4 mile walk through Arundel Park. Created in the early Norman period by the Earls of Arundel, the lack of inhabitants and agriculture means that the Park is rich in archaeological remains, including an important later Iron Age-Roman transition settlement. We will also visit the enigmatic "War Dyke", from where we can see the whole Arun Valley and the ever-present Highdown Hill along the coast. Please note that although shorter than normal in distance there are steep ascents and descents in the park. Please bring refreshments. Booking by email to: FotSD Office enquiries@friendsofthesouthdowns.org.uk <i>Notes: Car park – free parking along Mill Rd, as well as a pay car park at the start of Mill Rd, nr. Arundel Museum. 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>	4
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Balcombe to Ardingly

Tuesday 17 October 10:00 - 15:30	Lay-by North of Balcombe Church RH17 6PY 135 / TQ307310	Pilstye Farm, Ardingly Reservoir, Ardingly (Café – Ardingly Café), Wakehurst, Balcombe Lake <i>Notes: ///pushing.reviews.headlight</i>	10.5
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Back to the Iron Age

Tuesday 17 October 09:30 - 13:15	Slaugham Furnace Pond CP, Coos Lane, Slaugham RH17 6AD OL34 / TQ250281	Slaugham, Playdells Farm, Steep Wood, Harvey's Farm. <i>Notes: Parking is at: W3W ///quit.rosier.quicksand</i>	8
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A Nicola Avis Walk

Thursday 19 October 09:00 - 15:30	Lords Piece CP RH20 1HQ (PCNU) OL10 / SU992170	Keyzaston Farm, Manor Farm, Prattendens Farm, High Titten, Amberley (Pub – Black Horse), Wild Brooks, Waltham Brooks Nature Reserve, Coates Common <i>Notes: ///cans.develop.consults</i>	14
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Amberley to Cootham

Saturday 21 October 10:00 - 15:30	Amberley Village CP BN18 9NB OL10 / TQ032129	Highdown, The Burgh, Rackham Hill, SDW, Paygate Cottage, Cootham (Pub – Crown Inn), Parham Park, Rackham Mill <i>Notes: ///nametag.rooting.annotated</i>	10
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In Gilbert White's Footsteps

Tuesday 24 October 09:15 - 16:00	Selborne Village CP GU34 8JR OL33 / SU742335	Sotherington Farm, Le Court, Empshott Green, Selborne (Pub – Selborne Arms or café), Wick Hill, Hartley Mauditt, Northfield Hill <i>Notes: ///voted.view.skillet</i> <i>AM 7.6 miles, PM 6.3 miles.</i>	14
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Along the Wey & Arun Canal

Tuesday 24 October 09:30 - 13:00	Bat & Ball pub Newpound Lane Wisborough Green RH14 0EH 134 / TQ060268	Wisborough Green, Harsfold Farm, returning on the Wey and Arun canal. <i>Notes: Parking is at W3W ///radiating.lungs.feathers</i>	7.5
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Somewhat Betwixt and Between

Thursday 26 October 09:30 - 15:30	Bucks Green Rec. Ground CP RH12 3JJ OL34 / TQ079329	Hyes, Old Ockleys, SBP, Rudgwick (Pub – Kings Head), SBP, Rikkyo School, Tisman's Common <i>Notes: ///dangerously.fight.deploying</i> <i>AM 6.5 miles, PM 4.5 miles</i> <i>Nearly a figure-of-8 as lunch stop is 1.5 miles away from the start.</i>	11
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The Long Man in Autumn

Tuesday 31 October 10:00 - 12:00	Wilmington Priory CP, The Street, Willmington BN26 5SW 123 / TQ543041	A short Autumn stroll visiting The Long Man, Folkington and Wilmington <i>Notes: Parking is at W3W ///jumps.jars.behind</i>	4.5
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Britton to Geoff via Ray

Tuesday 31 October 09:15 - 16:00	Fernhurst CP GU27 3JL OL33 / SU895284	Shulbrede Priory, Iron Hill, Milland (Pub – Rising Sun or café), Slathurst Farm, Older Hill, Lower Hawkfold, Fernhurst <i>Notes: ///plums.lushly.debt</i>	13.5
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The Gunpowder Plot

Thursday 2 November 09:00 - 16:15
Silent Pool CP
GU5 9BW
145 / TQ059485

Fox Way, NDW, Hillside Fm, King's Hill, Oaken Grove, Hackhurst Downs, Gomshall, Shere (Pub – White Horse), Pilgrims' Way, Albury Mill, Chilworth Manor, St Martha's Hill, Albury Downs, NDW, Fox Way

Notes: ///chief.miss.dine

All Souls, Graveyards and Yew Trees

Saturday 4 November 10:00 - 13:00
Selborne Arms pub
High St, Selborne
GU34 3JR
OL08 / SU742335

This area has some of the county's oldest Yews. Walk to Selborne Common, Newton Vallence, Upper Farringdon and back to Selborne. Various lunch options at the end if you would like (Selborne Arms or Gilbert White)

Notes: Meet in the small car park behind the pub. Small car park is free, larger Gilbert White one behind is paid. CP at Selborne Common, GU34 3JT, W3W ///fulfilled.returns.farmland

Chithurst, Coombe and Commons

Tuesday 7 November 09:00 - 15:30
Iping Common CP
GU29 OPB
OL33 / SU852220

Chithurst, Coombe, Maysleith, Woodmans Green, Older Hill, Woolbeeding Common, Stedham

*Notes: ///rugs.ballparks.elevator.
No pub so please bring picnic.*

Chichester Harbour

Thursday 9 November 09:00 - 16:00
Chichester Marina CP
PO20 7EG
OL8 / SU836010

Birdham Pool, West Itchenor, Ella Nore Lane, East Head, West Wittering (Pub – The Wittering or café), Salterns Way, Chichester Marina

Notes: ///implanted.helpers.yield

Hascombe

Friday 10 November 10:00 - 13:00
Old Rectory CP
Godalming Road
Hascombe Hill
GU8 4BQ
OL34 / TQ002391

Nore Hanger, Langhurst Farm, Hascombe Hill, Creek Copse

Notes: Car park is at W3W ///burglars.ditching.collides

Lancing Ring to Steyning Bowl

Monday 13 November 10:00 - 13:00
Lancing Ring Nature Reserve CP, Mill Road
BN15 0QF
OL11 / TQ182062

Lancing Ring, Steep Down, Steyning Bowl, Coombe Head, Cow Bottom

Notes: Car park is at W3W ///enable.jousting.soggy

To Tea Room or Not To Tea Room

Tuesday 14 November 09:00 – 16:00	Clayton Jack & Jill CP BN6 9PG OL11 / TQ303134	New Barn Farm, Lower Standean, North Bottom, High Park Farm, White Thorn, Western Brow, Streat Hill, Old Middleton, Hayleigh Farm, Ditchling (Tea Room – Nutmeg Tree or pubs), Westmeston Place, Westmeston Bostall, Ditchling Beacon, SDW <i>Notes: that is the question. The specified lunch venue is The Nutmeg Tree, the location where, in 2009, Hilary Benn MP signed the order confirming creation of the South Downs National Park. However, there are also two pubs in the town for those who prefer that option. ///chins.operating.fairy AM 10.5 miles, PM 5.5 miles</i>	16
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Shoreham and Bramber

Thursday 16 November 09:30 - 15:30	Adur Recreation Ground CP, Shoreham BN43 5LT OL11 / TQ211049	Old Erringham Farm, Beeding Hill, Room Bottom, Windmill Hill, Upper Beeding (Pub – Rising Sun), Downs Link, Adur towpath <i>Notes: ///whirlwind.note.client</i>	12
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Around the Downs – and Back Up

Saturday 18 November 10:00 - 15:30	Kithurst Hill CP RH20 4HW OL10 / TQ070125	Chantry Hill, Wepham Down, Burpham (Pub – The George), Peppering Farm, The Burgh <i>Notes: ///croaking.rewrites.unions</i>	10.5
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Two Bites at Peaslake

Tuesday 21 November 09:00 - 15:30	Hurtwood CP 2 Walking Bottom, Peaslake GU5 9QW 145 / TQ084445	Lockhurst Hatch Farm, Pithouse Copse, GSW, Pitch Hill, Peaslake (Pub – Hurtwood Inn), Duke of Kent School, Holmbury Hill, Hurtwood Chase <i>Notes: ///slate.lifts.grab This is a figure-of-8 walk. AM 8.6 miles, PM 5.5 miles</i>	14
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A Winter Exploration of Eastbourne – Parks, Meads Village and Seafront

Tuesday 21 November 10:00 - 13:15	Outside Lamb Inn, 36 High St, Eastbourne BN21 1HH 123 / TV598995	Manor Gardens, Golf Course, Ascham Memorial Arch, Meads Village, Seafront, Town Hall, Gildredge Park. Lunch (café) Manor Gardens café near end of walk <i>Notes: Road side parking near Lamb Inn. Bus routes 12A, 12X Coaster 13X, stop nr the Lamb Inn.</i>	6
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East Meon Valley and Winchester Hill

Wednesday 22 November 10:00 - 13:00	Church Lane, Exton, nr. junction with A32, north of Exton SO32 3NU OI3 / SU617212	Stroll through along the old Meon valley Railway line, then climb to Winchester Hill via Monarch's Way. Back via SDW. One short steep ascent. Time to explore the Hill Fort and nature reserve on top of the hill. Pub (Shoe Inn) at end of stroll <i>Notes: Car Park is at W3W///joined.written.gems Dogs welcome, I will be bringing my Border Collie along.</i>	5
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Harting Down Loop

Thursday 23 November	Harting Down CP GU31 5PN 09:15 - 15:30 OL8 / SU791180	SDW, Horsley Farm, Compton (Pub – Coach & Horses or café) Locksash Farm, ST. Michael's Church, Up Marden <i>Notes: ///requests.renovated.tolerable</i> <i>CP free to NT members, otherwise £3 per day Pay-by-Phone App or call 03300 604037, location code 805444.</i>	13.5
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Seven Sisters CP Circuit

Tuesday 28 November	Crowlink CP BN20 0AX 09:00 - 15:30 OL25 / TV550979	East Dean, Jevington, SDW, Wilmington, Milton Street (Pub – Sussex Ox), Litlington, West Dean, Exceat, Seven Sisters Way <i>Notes: ///polar.elephant.unwind</i> <i>AM 6 miles, PM 8 miles</i>	14
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The Pub's the Star

Thursday 30 November	Bignor Hill CP RH20 1PR 09:00 - 15:45 OL10 / SU974129	Slindon, Nore Hill, Selhurst Park, East Dean (Pub – Star & Garter), Tegleaze, SDW <i>Notes: ///munch.hails.hormones</i>	15
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Eartham and Bignor Hill

Thursday 30 November	Eartham Woods car park, Eartham Lane, Eartham PO18 0LU 121 / SU939107	Via Cross Dykes and Monarch's Way <i>Notes: Car park is at W3W ///fortunes.veal.unloading</i> <i>No dogs, please.</i>	5
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Ashington and Sutton

Tuesday 5 December	Chanctonbury Ring CP BN44 3DR 09:00 - 15:30 OL10 / TQ146125	SDW, Highden Hill, Washington Common, Ashington (Pub – Red Lion), Jessops Farm, Spithandle Lane, Wiston <i>Notes: ///chum.that.editor</i>	12
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Christmas Carols Walk

Thursday 7 December	RSP by Newtimber Church, Church Lane, Newtimber BN6 9BT 09:00 - 16:30 OL11 / TQ271135	Wolstonbury Hill, Cow Down, Saddlescombe, Poynings Grange Farm, Fulking (Pub – Shepherd and Dog), Brook House, Newtimber (carols and mince pies at the church after the walk) <i>Notes: ///restores.demoted.chief</i>	11.6
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Christmas Carols Stroll

Thursday 7 December	Newtimber Church BN6 9BT RH16 2QE 09:30 - 16:30 OL11 / TQ271135	A short (2.8-mile) stroll to meet the "walkers" for lunch at the Shepherd and Dog pub, Fulking. Then head for the Church for carols starting ca. 3.30 pm followed by tea and mince pies.	5.6
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Petworth Park to See the Deer and Hear the History of House and Park

Friday 8 December 10:30 - 12:00	Horse Guards Inn, Upperton Rd, Tillington nr. Petworth GU28 9AF OL33 / SU963223	Come and see some of the 700 fallow deer in Petworth Park, and hear the history of the Park and the House over 800 years. Very good footpaths. <i>Notes: On-street car parking just beyond the pub. Dogs welcome.</i>	3
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In Search of Christmas Spirit

Saturday 9 December 10:00 - 14:00	Chapel Common CP London Rd (B2070) Rake GU30 7JL OL8 / SU813285	Across the common and over to Weavers Down. Cross Longmoor Ranges to Wylds Farm for some Christmas Spirit https://wylds-farm-christmas-trees.co.uk/events-activities/ then back along the lanes <i>Notes: Car park is at W3W ///staging.signified.starfish</i>	7.5
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Humza Wants Nae Skinking Ware

Tuesday 12 December 09:00 - 15:45	RSP opposite St Mary's Church, Madehurst BN18 0NJ OL10 / SU984100	Madehurst, Lower Farm, Whiteways, Monarch's Way, Houghton, Arundel Park, Hiorne Tower, London Road roundabout, Tortington Common, OLD SCOTLAND LANE, Binsted (Pub – The Black Horse), Binsted Wood, Pains Wood, Renwell Wood, Yewtree Gate, Fairmile Bottom <i>Notes: ///alleyway.deliver.truck AM 10 miles, PM 5 miles</i>	15
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Leg it from Lurgashall

Thursday 14 December 09:00 - 15:45	Benbow Pond CP GU28 9BX OL33 / SU914222	Ovis Common, Temple of the Winds, Lurgashall (Pub – Noah's Ark), River Park Farm, Lodsworth <i>Notes: ///restore.ripen.trend</i>	14.5
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Post-Christmas Stroll Around Bignor

Thursday 28 December 09:00 - 13:00	Bignor Hill CP Bignor Down, Bignor RH20 1PR OL10 / SU974129	Burn off those Christmas Calories! This route takes in Glatting Beacon, Northcombe Wood, Sutton, Bignor and back up to Bignor Hill via Egg Bottom Coppice. One steep descent and one very steep ascent (650 feet in 1.5 miles). <i>Notes: Car park is at W3W ///munch.hails.hormones Dogs welcome, I will be bringing my Border Collie along.</i>	7.5
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