

1st Quarter 2024 Walks & Strolls

Dear Walkers,

We are pleased to present our 2024 first quarter line-up of walks and strolls, showcasing the best scenery and landscapes the South Downs National Park and Surrey Hills have to offer. Even though we only have 22 active leaders at the moment, they have put together a robust programme guaranteed to appeal.

Whether you enjoy a challenging hike across hill and dale or prefer a more leisurely amble along riverbanks and through winding woodlands, we have a walk or stroll for you. From the dramatic cliffs of Beachy Head and Seaford Head, the panoramic views from Firle and Ditchling Beacons, to the wooded wonders of Kingley Vale and Winterfold Forest, we will lead you to the region's most spectacular viewpoints. We will explore hidden gems such as Jelley's Hollow, Hesworth Common and some of Petworth's historic past. Veterans of our longer walks will also enjoy revisiting well-trodden routes for lunches at favourite pubs in East Dean, Hascombe, and Holmbury St Mary.

In short, our modest but experienced group of leaders possess years of expertise exploring and traversing the National Park and surrounds. They look forward to sharing their knowledge of these landscapes, flora, and fauna, and providing historical insights along the way. We encourage you to review our schedule to see which walk or stroll best suits your interests and experience level.

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>Rings Around the Roses</u>			
Tuesday 2 January 09:00 - 15:45	Storrington Rise CP Findon Valley BN14 0HT OL10 / TQ129077	Vineyard Hill, Pest House, North Farm, Barnsfarm Hill, Highden Hill, Rowdell, Washington (picnic), Chanctonbury Ring, SDW, No Man's Land, Stump Bottom <i>Notes: ///kinks.jams.severe</i>	14.9
<u>Mouse Lane and a Bit More</u>			
Tuesday 9 January 09:30 - 13:15	Chanctonbury Ring CP. Chanctonbury Ring Rd, Wiston BN44 3DR 121 / TQ145124	Stile free walk to Steyning then along SDW to Chanctonbury Ring <i>Notes: Car park – W3W ///chief.shredding.lies</i>	8
<u>Eslindone</u>			
Thursday 11 January 09:00 - 15:45	Slindon Park Lane CP BN18 0QY OL10 / SU961077	Butt Lane, Stane Street, Glatting Beacon, Northcomb Barn, Sutton (Pub – White Horse), Jays Farm, Bignor Hill, Mill Lane <i>Notes: ///submerge.amuses.musically</i>	13.4
<u>To Infinity and Beyond Haven Brow</u>			
Tuesday 16 January 10:00 - 14:00	Exceat Woodland CP, Litlington Rd, Cuckmere Valley BN26 5RF OL25 / TV518996	A lemniscate shaped walk from Seven Sisters Country Park Centre to Walls Brow, Seaford Head, Coastguard Cottages, River Cuckmere, round to Haven Brow, taking the less steep path to the top. Options to do full 8 miles, or just Seaford Head (5miles) or Haven Brow (3 miles). Let me know and I will co-ordinate meeting times etc. <i>Notes: Car Park – W3W//validated.deal.takeover Dogs welcome, I will be bringing my Border Collie along.</i>	8/5/3
<u>The Ouse Valley</u>			
Tuesday 16 January 09:00 - 15:30	Glynde CP BN8 6SS OL25 / TQ458088	Beddingham Hill, SDW, Rodmell (Pub – Abergavenny Arms), Sussex Ouse Valley Way, Lewes, Oxteddle Bottom <i>Notes: ///grounded.compiler.iron</i>	12
<u>Butser Haul</u>			
Thursday 18 January 09:00 - 15:45	Buriton Halls Hill CP GU31 5SJ OL8 / SU734198	Butser Hill, East Meon, (Lunch – Sustainability Centre Café), QE Country Park <i>Notes: ///jogging.dumpling.sprinkler</i>	15
<u>Stansted to Compton and back</u>			
Tuesday 23 January 09:00 - 15:30	Stansted Park Garden Centre overflow CP PO9 6DU OL8 / SU757100	Finchdean, Chalton Down, Compton (Lunch – picnic or café), West Marden <i>Notes: ///shaped.fooling.harnessed Pub in Compton (Coach & Horses) may not be open at this time of year.</i>	15

Around Cowdray Park

Tuesday 23 January 10:00 - 13:00	The White Horse Pub CP, Easebourne GU29 0AL 133 / SU896227	Budgenor Lodge, Poor's Common, Vining Farm, Moor Farm <i>Notes: Car park – W3W ///radiating.lungs.feathers</i>	6.75
------------------------------------------------	---------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------	------

You Can't Stop Them

Thursday 25 January 09:00 - 16:00	Wisborough Green RSP by Village Green RH14 0DS OL34 / TQ050260	Brinsbury College, Birdham Bridge (Pub – The White Hart), Fittleworth Woods, Wey South Path <i>Notes: ///diverged.raced.indeed</i>	15
-------------------------------------------------	----------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------	----

Parham and the Downs

Monday 29 January 10:00 - 12:30	Rackham Street opposite School House, Rackham RH20 2EU OL10 / TQ051144	Climb up the Downs and return through Parham Park <i>Notes: One steep ascent and one steep descent. Car parking – W3W ///veto.breath.slouched</i>	5.5
-----------------------------------------------	------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------	-----

From Elsted to Westminster in a matter of Weekes

Thursday 1 February 09:00 - 15:30	Harting Down CP GU31 5PN OL8 / SU791180	SDW, Hooksway, SDW, Linch Down, Linch Fm, Clay Lane, Didling, New House Fm, Elsted (Pub – Three Horseshoes), Knightsfield, Mount Sinai, Beacon Hill, Bramshott Bottom, Kill Devil Copse, Harting Hill <i>Notes: ///requests.renovated.tolerable CP free for NT members. £3.00 for non-members; can use Pay by Phone app (location code 805444). AM 9 mi, PM 6 mi.</i>	15
-------------------------------------------------	-----------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	----

Around the Downs – and Back Up

Saturday 3 February 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
-------------------------------------------------	-------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------	------

Eastbourne Parks and Twittens

Tuesday 6 February 10:00 - 12:00	Lamb Inn, High Street, Eastbourne BN21 1HH 123 / TQ599994	Manor Gardens, Vicarage Rd, Motcombe Gardens, Ocklynge Rd, Hatfield Gardens, The Goffs, Gilderedge Park, Manor Gardens. Lunch in café in Gilderedge Park	4.5
------------------------------------------------	--------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------	-----

Return to Birch Grove

Tuesday 6 February 09:00 - 16:00	Finches Field CP, West Hoathly RH19 4PN 135 / TQ367326	New Coombe Farm, Weir Wood Reservoir. SBP, Highgate, Ashdown Park Hotel, Chelwood Gate (Pub – Red Lion), Stumblewood Common, Sharphorne <i>Notes: ///frozen.cavalier.field</i>	14.7
------------------------------------------------	-----------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	------

Made by Romans

Friday 9 February 10:30 - 12:45	Bignor Hill CP RH20 1PR OL10 / SU974129	Monarch's Way, Stane Street, Little Bottom Wood <i>Notes: Car parking – W3W ///munch.hails.hormones</i>	5.2
-----------------------------------------------	-----------------------------------------------	------------------------------------------------------------------------------------------------------------	-----

Bo Peep Circular

Monday 12 February 10:00 - 13:00	Bo Peep Car Park, Bo Peep Bostal, Alciston BN26 6UJ OL25 / TQ494050	Bo Peep car park, Firle Beacon, Blackcap Farm, Gardener's Hill. Lunch (Barley Mow) pub at end of stroll <i>Notes: Car parking – W3W ///found.horizons.decimals</i>	5
------------------------------------------------	---------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---

Four Sisters and Eight Bells

Tuesday 13 February 09:00 - 16:00	Crowlink CP BN20 0AX OL25 / TV550979	Crowlink, Westdean, Friston Hill, Jevington (Pub – The Eight Bells), Combe Hill, Willingdon Hill, East Dean. <i>Notes: ///polar.elephant.unwind</i> <i>CP free for NT members, £6 for non-members.</i>	15
-------------------------------------------------	--------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	----

Petworth Town Tour

Thursday 15 February 10:30 - 11:30	St Mary's Church Petworth GU28 0AD OL34 / SU976218	Did you know that there was a prison in the town and a cell still exists? Did Petworth have 26 pubs at one time? Come and find out with our guided exploration of the streets of Petworth. Discover the rich history of this historic town - including the Leconfield Hall, Mrs Cumming's Cottage, Egremont Row and the ancient Lombard Street. Petworth has been shaped by its close connection and proximity to Petworth House and Lord Egremont (our President)'s Leconfield Estate. <i>Notes: Ample parking in Pound St. Car Park, Petworth GU28 0ES</i> <i>By Bus: No1 from Midhurst or Worthing. Stops in Market Square. 3mins walk to meeting place. Dogs welcome</i>	1
--------------------------------------------------	-------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---

Clayton and Falmer

Thursday 15 February 09:00 - 15:30	Jack & Jill Mills CP Clayton BN6 9PG OL11 / TQ303134	SDW, Westdean, Ditchling Beacon, Plumpton Plain, Falmer (Pub – The Swan), Stanmer Park, Lower Standean <i>Notes: ///chins.operating.fairy</i>	12.5
--------------------------------------------------	---------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------	------

Hydon Seek

Tuesday 20 February 09:15 – 16:00	Hydon's Ball CP GU8 4BB 145 / SU979402	Horsehatches, Wormley, Chiddingfold (Pub – The Crown), Hookhouse Farm, The Hurtwood, Field Barn, Hydon's Ball <i>Notes: ///kitchens.life.bogus</i> <i>Please book AFTER Jan 30th specifying whether you want to eat in the pub.</i>	15
-------------------------------------------------	----------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	----

Woodland walk around Charlton, Cocking and Singleton

Tuesday 20 February 10:00 - 14:00	North Lane, Charlton, West Sussex PO18 0HU 120 / SU887130	Walk up Levin Down then through Singleton Forest to Heyshott Down. Along SDW to Cocking Hill. Coffee at Cadence Café, then up to Venus Woods down to Hacking Copse and through Nightingale Woods <i>Notes: Lay-by for Car Park – W3W ///sensibly.posting.develop</i> <i>Parking at this spot is very limited. You may need to park on the road nr. The Fox Goes Free pub.</i> <i>Dogs welcome, I will be bringing my Border Collie along</i>	8.5
-------------------------------------------------	-----------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-----

A Sinuous and Common Walk

Tuesday 27 February 10:00 - 15:30
Petworth - Sylvia Beaufoy CP
GU28 0ET
OL33 / SU975214

Brinkshole Heath, Serpent Trail, Fittleworth Common, Fittleworth (Lunch – Fittleworth Stores Café next to Playing Ground), Hesworth Common, Haslingbourne
Notes: ///stammer.podcast.retract

11

Winterfold Wonderland Walk

Thursday 29 February 09:00 - 16:00
Hurtwood CP 6 (Radar Site)
Winterfold Hill
PCNU
145 / TQ058427

Jelley's Hollow, Cranleigh (outskirts), Smithbrook, Hascombe (Pub – White Horse), GSW, Sandhurst Copse, Mayor House Fm, Winterfold Heath
Notes: ///committed.hiding.uproot

15.5

To the Chattri

Thursday 29 February 10:00 - 14:00
Jack & Jill CP
Mill Lane, Charlton
BN6 9PG
OL11 / TQ303134

Downland walk via SDW, Chattri, Heathy Brow and Ditchling Beacon.
Notes: Car park – W3W ///bins.evenly.input

6.5

From Cockermonth to Culloden

Tuesday 5 March 09:00 - 16:00
Petworth North CP
GU28 9LS
OL33 / SU966239

Great Spring Pond, Chillinghurst Plantations, Hillgrove, Shophill Farm, Ramsfold Wood, Temple o/t Winds, Scouting Lane End, Lower Calhams, Stroud Lane, Verdley Wood, Henley (Pub – Duke of Cumberland Arms), Serpent Trail, Westland Copse Lane
Notes: ///sparkle.joints.lines
CP free for NT members. £3.00 for non-members; can use Pay by Phone app (location code 803378). AM 10 mi, PM 6 mi.

16

Along Long Furlong

Tuesday 5 March 10:00 - 13:00
Clapham Church CP
Church Close,
Clapham. Nr
Worthing
BN13 3XP
OL10 / TQ095066

Walk through the villages of Clapham and Patching, up to Patching Rough, Michelgrove Park, Myrtle Grove, Tolmare Farm, Long Furlong and Richardson's Wood.
Notes: Car park – W3W ///tricks.owners.huts

6.5

High and Windover

Thursday 7 March 09:00 - 16:00
High & Over CP,
Alfriston Rd.
BN25 3AB
OL25 / TQ509011

Friston Forest, Jevington, Windover Hill, Alfriston (Pub – The George or picnic on The Tye), SDW, The Comp
Notes: Car park is a short distance along road, NE of the postcode. ///working.button.commented

14

In The Footsteps Of Artistic Giants

Friday 8 March 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 brown tourist sign to Horse Guards Inn. Parking on road. By Bus: No1 from Midhurst or Worthing. Stops at Tillington. Car park – W3W ///lifted.using.earlobes Dogs welcome.</i>	3
--------------------------------------------	-------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---

West Sussex Literary Trail

Saturday 9 March 10:00 - 15:30	Barns Green Village Hall CP RH13 OPT OL34 / TQ125272	WSLT, Sharpenhurst Farm, Marpost Wood, Trawlers Farm, Dragons Green (Pub – George and Dragon), Abraham's Well, WSLT <i>Notes: ///alpha.snapping.plod</i>	10
----------------------------------------------	---------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------	----

Up or Down the A3

Tuesday 12 March 09:00 - 15:45	Bramshott Common CP GU26 6DN OL33 / SU855337	Waggoners Wells, Linchmere Common, Stanley Common, Griggs Green (Pub – The Deer Hut), Forest Mere, Passfield Manor <i>Notes: ///february.ruled.imprints</i>	14.5
----------------------------------------------	-------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------	------

Firle Circular

Tuesday 12 March 10:00 - 13:00	Firle Village CP The Street, Firle BN8 6NT OL11 / TQ469074	Firle Village CP, Firle Place, Firle Beacon, Charleston Farmhouse. Lunch (The Ram Inn) pub at end of stroll <i>Notes: Car park – W3W ///sinkhole.morphing.bloomers</i>	5
----------------------------------------------	------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---

Slindon and East Dean

Thursday 14 March 09:00 - 16:15	Slindon Wood CP, Park Lane BN18 0QY OL10 / SU961077	North Wood, Upwaltham, East Dean (Pub – The Star and Garter), The Rough, Nore Wood <i>Notes: ///submerge.amuses.musically</i>	15
-----------------------------------------------	--------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------	----

Kingley Vale

Monday 18 March 10:00 - 12:30	Kingley Vale CP Downs Rd, West Stoke, Chichester PO18 9LS OL8 / SU825088	Kingley Vale, Yew Tree Trail, Devil's Humps, Bow Hill <i>Notes: Car park – W3W///expensive.hillside.evenings Please note postcode is an approximate location.</i>	5.5
---------------------------------------------	--------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-----

Surrey Hills from the South

Tuesday 19 March 09:00 - 15:30	Hurtwood CP 4 (Judge's Seat) Greensand Ln, jctn with Barhatch Rd GU6 7NL 145 / TQ075425	Ewhurst Windmill, Pitch Hill, Duke Of Kent School, Holmbury Hill, Bulmer Farm, Burnthouse Copse, Leith Hill Wood, Forest Green, Ewhurst (Pub – The Bulls Head), Wykehurst Farm, Winterfold House, Jelley's Hollow, Reynards Hill <i>Notes: ///lunged.unopposed.ferried Morning is approx. 9 miles</i>	12.5
----------------------------------------------	--------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	------

In the Realms of Academia

Thursday 21 March 09:00 - 16:00	Falmer Pond (RSP on west side of the Pond) BN1 9PT OL11 / TQ354087	The Ridge, SDW, Wootton Farm, East Chiltington (Pub – Jolly Sportsman), Streat, Westmeston, Stanmer Park <i>Notes: ///guilty.whispers.socialite</i>	14.4
-----------------------------------------------	--------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------	------

Stony Rock

Tuesday 26 March 09:00 - 16:00	Stony Rock CP Ranmore Common RH5 6SY 146 / TQ124505	NDW, Hackhurst Downs, Peaslake, Holmbury St Mary (Pub – King's Head), GSW, Broadmoor, GSW, White Downs, Great Copse <i>Notes: ///crisp.submit.wash</i>	15.2
----------------------------------------------	--------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------	------

Birling Gap and Beachy Head

Tuesday 26 March 10:00 - 12:45	Birling Gap CP East Dean BN20 0AA 123 / TV554960	Horseshoe Plantation, Hodcombe Farm, Beachy Head, Viewpoint, Bomber Command Memorial, Return along Cliffs. <i>Notes: Fee payable at CP, unless NT Member. Lifts offered from Bus Stop in East Dean. Contact Ingrid for details</i>	5
----------------------------------------------	-----------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---

Belloc Stops & We Stay on OL8

Thursday 28 March 09:00 – 16:00	RSP opp. White Hart, South Harting GU31 5QA OL8 / SU785194	The Warren, SDW, Ludgersham Copse, Shipwright's Way, Manor Farm, Huckwood Lane, Cowdown Lane, Compton (Pub – Coach & Horses), Bevis's Thumb, Kill Devil Copse, Harting Hill, Hampshire Cottage <i>Notes: ///rams.jogged.pupils AM 10 mi, PM 5 mi.</i>	15
-----------------------------------------------	---------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	----

Partridge Green Circular

Thursday 28 March 10:00 - 13:00	Partridge Green Village Hall CP RH13 8JY OL11 / TQ190192	Mainly tarmac bridleways, farm tracks and open fields. Locks Farm, Rookcross Lane, Rookcross Farm, (a short stop at West Grinstead CofE Church), Hatterell Bridge, Downs Link. Pub (The Partridge) at end of stroll. There are 5 stiles in the latter part of stroll, one or two are tricky and may not be dog friendly! <i>Notes: Car Park – W3W///breezy.influence.humidity</i>	6.5
-----------------------------------------------	-------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-----
