

## 2nd Quarter 2026 Walks Programme

### Dear Walkers,

Our second-quarter programme for 2026 offers another varied selection of routes across the Downs and Weald, with something to interest both regulars and those looking to try something new. In June we begin the first three of seven planned legs of the High Weald Landscape Trail, starting what promises to be a rewarding exploration of this distinctive and historic landscape.

The themed walks continue to prove popular, and this quarter we include another in the “Politicians in Sussex” series, this time focusing on the economist and thinker John Maynard Keynes. We are also pleased to welcome back historian James Sainsbury of the Worthing Museum, who will lead a guided exploration of The Caburn. Numbers for this walk are limited to 25, so early booking will be essential.

A warm welcome to former leader, Richard Mason, who will be introducing a series of shorter walks in the Sussex Weald (Mid Sussex Meanders). We hope these will provide an accessible and enjoyable way for more members to take part in the programme.

Finally, walkers are asked to familiarise themselves with the recent change in the law regarding disturbance of livestock, which has implications for all of us using the countryside. Please take a moment to read the guidance here: <https://tinyurl.com/LawLivestock>.

**Walks co-ordinators:** Ian Lancaster  
Mick Heywood

### Notes for walkers:

- All walks must be pre-booked with the walk leader or, for non-members, through the Friends’ office.
- Please ensure you have read the ‘Walks Guidance Notes’ on our website.
- Please remember to take care of your own safety on walks, make sure you wear appropriate footwear and clothing and that you are fit for the walk 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 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 postcode 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 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.
- 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 walks are optional.
- Shorter walks (usually less than 10 miles) are highlighted in the programme by shading.
- Abbreviations in use:  
CP=Car Park; PCNU=PostCode 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)
<b><u>The Curse of K-Pop</u></b>			
<b>Thursday 2 April</b> 09:00 - 16:00	South Hill Barn CP Seaford BN25 4JQ OL25 / TV504981	Cuckmere Haven, Exceat, Long Brow, The Long Man, Alfriston (Lunch), Greenway Bottom, The Comp <i>Notes: ///idea.adopts.establish</i>	14.4
<b><u>Boxing Season On The Norfolk Estate</u></b>			
<b>Thursday 2 April</b> 08:30 - 11:30	Kithurst Hill CP Amberley Rd Parham RH20 4HN OL10 / TQ070125	SDW, Rackham Hill, Medley Bottom, The Burgh, Rackham Hill, SDW. Chance to see Hares. <i>Notes: CP is at W3W ///croaking.rewrites.unions</i> <i>This is an earlyish start to try and see Brown Hares during their mating season. This will be more of an "amble" than a walk, bring binoculars if you wish and during coffee I will talk about hares.</i>	5.9
<b><u>Commons Without Muck (hopefully)</u></b>			
<b>Tuesday 7 April</b> 09:00 - 15:45	Lavington Common GU28 0QL OL10 / SU949187	Serpent Trail (Graffham Common, Heyshott Common, Ambersham Common, Walkers Fm, Cocking, Flint Barn (Lunch – Flint Barn Café), SDW, Graffham Down, Lavington Stud Fm, Lavington Common <i>Notes: ///divisible.animals.glow</i>	15.2
<b><u>Harting Down, Hooksway and The Mardens</u></b>			
<b>Thursday 9 April</b> 09:00 - 15:45	Harting Down CP N off B2141 at top of hill GU31 5PN OL8 / SU791180	Hucksholt Fm, Compton, Up Marden, East Marden, Hooksway (Pub – The Royal Oak), Treyford Hill, Beacon Hill, Harting Down <i>Notes: ///requests.renovated.tolerable</i> <i>AM: 9.5 mi; PM: 4.4 mi.</i>	13.9
<b><u>Great Down and More</u></b>			
<b>Friday 10 April</b> 10:00 - 13:30	Whiteways CP A29 Houghton BN18 9FD OL10 / TQ002109	The Denture, Great Down, Madehurst <i>Notes: CP is at W3W ///salsa.adopt.standards</i>	7
<b><u>Kingston A La Carte</u></b>			
<b>Tuesday 14 April</b> 09:00 - 14:30	Southeast YHA ORP BN8 6JS OL11 / TQ433056	Rodmell Cricket Ground, Swanborough Manor, Kingston A27 (Lunch – Food Bar), Lewes Racecourse, Wallands Park, Lewes Train Station <i>Notes: CP is at W3W ///decking.booklets.brush</i> <i>We shall be walking from Southeast Railway Station to Lewes Railway Station and then getting a train back to Southeast.</i>	9.5

### **Nore Folly, Bluebells and a Sculpture**

<b>Tuesday 14 April</b> 10:00 - 13:00	Eartham Woods Forestry CP Eartham Ln Eartham PO18 0LU OL10 / SU939107	Stroll through Eartham woods round to Nore Folly and, hopefully, the wonderful bluebells on Nore Hill. Then through the new Northwoods to see the sculpture by Jon Edgar in celebration of the "Rise of the Northwoods". <i>Notes: CP is at W3W ///fortunes.veal.unloading</i> <i>Dogs welcome, I will be bringing my Border Collie along</i>	6
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### **The Octagon Parish**

<b>Tuesday 21 April</b> 09:00 - 16:00	Stansted Walkers CP PO9 6DU OL8 / SU757100	Forestside, West Marden, Compton, North Marden, East Marden, Up Marden, Stoughton, Walderton, Racton, Stansted <i>Notes: ///shaped.fooling.harnessed</i> <i>Please bring picnic. Option for drink stop at Hare and Hounds Stoughton in afternoon.</i>	16
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### **Lets Have a Coffee At The Brewery – Forest And Downland**

<b>Tuesday 21 April</b> 10:00 - 13:00	Exceat Woodland CP, Litlington Rd BN26 5RF OL25 / TV508996	Exceat CP, Westdean, through Friston Forest, Litlington (Coffee stop/toilets at Cadence Café, Church Farm) Return via SDW. Lunch end of stroll at Plough & Harrow, Litlington. <i>Notes: CP is at W3W ///validated.deal.takeover</i> <i>Warning: Bridge works may have started at Exceat on A259 so check and if so use alternative route from A27 Dogs welcome, Stanley my Labradoodle will be with me.</i>	6
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### **Lord's Piece and Duncton**

<b>Thursday 23 April</b> 09:00 - 15:30	Lords Piece Blue Doors Rd CP RH20 1HQ OL10 / SU992170	Bignor Park, Bignor - Glatting Beacon, Duncton (Pub – The Cricketers), Duncton Common - Serpent Trail, Sutton End <i>Notes: ///cans.develop.consults</i>	12.5
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### **Mid Sussex Meanders No. 1 of 6**

<b>Thursday 23 April</b> 10:00 - 12:00	Ditchling Country Park Folders Ln East Ditchling BN6 8SQ 135 / TQ337180	Mid Sussex Border Path, Lockstrood Farm, Purchase Wood, Stubs Copse. Easy going, mostly flat, short sections of mud (Unlikely) after heavy or consistent rain. <i>Notes: CP is at W3W ///scarves.fees.thrashed</i> <i>Free Car Park</i>	4.5
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## The Caburn: Special Event – Guided Walk with Archaeologist James Sainsbury

<b>Sunday 26 April</b> 09:00 - 13:00	Wharf Cottage The Street Glynde BN8 6SS OL12 / TV550979	A venture onto the Lewes Downs with views over the beautiful Ouse Valley. The Caburn is an impressive Iron Age hillfort that has seen extensive excavations over the last 150 years. It is a rare example of a hill fort that seems to have been reused in later times of emergency. The Caburn sits on a fascinating block of Downland, with numerous archaeological features still visible in the grassy landscape, including 4000 year old barrow cemeteries. This walk involves a long steep climb at the beginning (And a long easy descent at the end!).	4
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*Notes: CP is at W3W ///grounded.compiler.iron*

*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*

### Spring Flowers And The South Downs Way

<b>Monday 27 April</b> 10:00 - 13:00	Cocking Hill CP Cocking Hill Cocking GU29 0HT OL10 / SU875166	Walk west up onto the SDW, then left into Venus Woods walking to West Dean. Back up to the SDW via Venus Woods, which should be full of wild daffodils and bluebells. Refreshments at the Cadence cafe to finish.	7.5
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*Notes: CP is at W3W ///eventful.forces.beam*

*Dogs are welcome, I will be accompanied by my two dogs, Freddy and Sheba*

### Meon View Walk

<b>Tuesday 28 April</b> 09:00 - 15:45	East Meon CP GU32 1PF OL32 / SU677222	Drayton, Whitewool Farm, Chidden, Sustainability Centre (Lunch – café), Limekiln Lane, Greenway Copse	14
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*Notes: ///bills.flippers.pricing  
Café or picnic for lunch*

### Lancing, Walking, Steyning, Lunching, Walking, Lancing, Sleeping

<b>Thursday 30 April</b> 09:00 - 16:00	Lancing Ring CP BN15 0QA OL11 / TQ183063	Steep Down, Cissbury Ring, SDW, Steyning (Pub – The Chequer), Steyning Round Hill, SDW, Cowbottom Hovel	14.5
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*Notes: ///overruns.saunas.camps  
CP is straight ahead at top end of Mill Road.*

### Castle Hill and Balsdean Lost Village

<b>Thursday 30 April</b> 10:30 - 13:00	The Drove Woodingdean BN2 6QA 122 / TQ356063	Castle Hill National Nature Reserve, Standean Bottom, Balsdean, now deserted but with links to Bronze Age, Saxon, Roman and Medieval times, finally evacuated in WW2. Return on an ancient drovers' trail. Anyone knowing where to find Early Spider Orchids, please come along!	5
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*Notes: CP is at W3W ///late.slept.taped*

*Lifts offered from Hove Railway Station area*

### Eartham Wood to Houghton Village

<b>Tuesday 5 May</b> 09:00 - 15:30	Eartham Wood CP PO18 OLU OL10 / SU939107	Stane Street Roman Road, Upwaltham Hill, West Burton Hill, SDW, Houghton Village (Pub – The George & Dragon), Houghton Forest, Fairmile Bottom, Dale Park House <i>Notes: ///fortunes.veal.unloading</i> <i>CP off Eartham Lane</i>	14
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### I Was Feeling Kinda Seasick

<b>Thursday 7 May</b> 08:45 - 18:10	Portsmouth Hbr Catamaran Terminal PO1 3PS OL29 / SZ629999	Atherley Rd, Hope Rd, loW Coastal Path, Priory Rd, Worsley Trail, Winstone Fm, Freemantle Copse, Worsley Trail, Stenbury Trail, Span Lodge, West St, Wroxall (Picnic – St John’s Church), Wroxall Down, Bonchurch Down, Luccombe Down, Shanklin Down, Upper Hyde, Disused Railway Line, Shanklin <i>Notes: ///loss.bolts.each</i> <i>1. The title is not a commentary on the ferry journey, but rather, it’s the third line of Procul Harum’s most famous 1960s song, appropriate given the location is the Isle of Wight.</i> <i>2. The specified meeting point is the recommended travel departure and return point from the mainland to the Isle of Wight. The actual walk starts at 10:30 at Shanklin train station. Text Paul with your email address and he will send fact sheet with full details of all travel options.</i> <i>AM: 7.5 mi; PM: 5 mi.</i>	12.5
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### Broadmoor to Leith Hill

<b>Friday 8 May</b> 10:00 - 14:00	Broadmoor CP Sheephouse Ln RH5 5JY OL146 / TQ133454	Squire’s Great Wood, Coldharbour, Leith Hill, Wotton Common <i>Notes: CP is at W3W ///stuff.sketch.moral</i> <i>Small CP at Severells Copse</i>	6.5
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### Now is the Winter of our Discontent Made Glorious Spring

<b>Tuesday 12 May</b> 09:00 - 15:45	Hurtwood CP 4 (Judge’s Seat) Winterfold Heath GU6 7NL 145 / TQ075425	Jellys Hollow, Rowly, Palmers Cross, Hascombe (Pub – White Horse), GSW -> Rooks Hill, Woodhill, Winterfold <i>Notes: ///lunged.unopposed.ferried</i>	14.7
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### Petworth Park Ancient Tree Walk Part 1

<b>Tuesday 12 May</b> 10:30 - 12:15	Petworth Park North CP GU28 9LS OL34 / SU966238	Part 1 of the Ancient Tree walk is a fascinating walk through the Park trees from 350-800 years old. Some of the most ancient trees in Europe. It is dotted with magnificent oaks, beeches and sweet chestnuts, and we pass the Beelzebub Oak which has its own plaque in the wall behind it. It also passes by the viewpoint from the North end of the Upper Pond. The fallow deer, long views and great trees make for a compelling walk. <i>Notes: CP is at W3W ///become.financial.learns</i> <i>Dogs welcome</i>	3
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### Old Binders

**Thursday 14 May** Goodwood Triangle CP Singleton, Colworth Down, Stoughton Down, Stoughton (Pub – Hare and Hound), Stoke Down, Binderton House, WSLT 13.7  
09:00 - 15:45 PO18 OPT *Notes: ///badminton.invested.octagonal*  
OL25 / SU879114

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### **Politicians and Sussex - John Maynard Keynes**

**Tuesday 19 May** Wilmington SDW CP Alfriston, New Barn, Tilton Farm House, Charleston Farmhouse, 9  
10:00 - 15:30 BN26 5QX Selmeston (Pub – The Barley Mow), Vanguard Way, Berwick, Winton  
OL25 / TQ532032 *Notes: CP is at W3W ///noted.dips.luck*

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### Amberley to Arundel

**Thursday 21 May** Amberley Village CP Amberley Mount, Burpham, Arundel (Pub – The Red Lion), Arundel Park, 13.7  
09:00 - 15:45 BN18 9NB Houghton  
OL10 / TQ032129 *Notes: ///nametag.rooting.annotated*  
*AM: 7.7 mi; PM: 6 mi.*

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### The Mens to Petworth

**Tuesday 26 May** The Mens Petsails Copse, Keyfox Farm, Petworth Park, Petworth (Pub – Stonemason's Arms), Brinkshole Heath, Warren Barn, Bedham 12.6  
09:00 - 15:30 RH14 0HR  
OL34 / TQ024237 *Notes: ///factually.focal.detective*

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### **Stoughton Down to Devil's Humps**

**Friday 29 May** Stoughton Forest CP Stoughton Down, Bow Hill, Devil's Humps, Stoughton, Wildhams Wood, 7.5  
10:00 - 13:00 PO18 9JG  
OL8 / SU815126 *Notes: CP is at W3W ///train.loitering.ranked*  
*CP On sharp bend NE of Stoughton*

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### Scaynes Hill to Horsted Keynes

**Tuesday 2 June** CP Scaynes Hill SBP, Hammer Wood, Town Place, SBP, Horsted Keynes (Pub – Green Man), East Wood, East Mascalls, Little Walstead Farm 11.5  
09:45 - 15:30 RH17 7EQ  
135 / TQ371236 *Notes: ///tone.librarian.phones*  
*This is a small CP, road side parking also available.*

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### **Round the Vineyard**

**Tuesday 2 June** Alfriston Willows CP Alfriston Willows CP (P&D), circle the Rathfinny Vineyard with coffee 6  
10:00 - 13:00 BN26 5UQ there. Back via the river path. Lunch in pub/café in Alfriston at end of  
OL25 / TQ521033 stroll.  
*Notes: CP is at W3W ///assembles.crash.nuggets*  
*Dogs welcome, Stanley my Labradoodle will be with me.*

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### **Mid Sussex Meanders No. 2 of 6**

**Wednesday 3 June** Northern end of Blackwoods Ln Eastern Road Nature Reserve, Hangman's Acre, Sussex Ouse Valley Way, 4  
10:00 - 12:00 Lindfield Cockhaise Farm, Nunnery Wood, Lindfield Bridge and High Street. Easy  
RH16 2EB going, mostly flat, short sections of mud (Unlikely) after heavy and  
OL11 / TQ346251 consistent rain. A short section of uphill road walk between Lindfield  
Bridge and Lindfield High Street.  
*Notes: CP is at W3W ///levels.talkative.bumpy*  
*There are 2 free car parks in this area, this one is by the Bowls Club*

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### Black Robin Circular

**Thursday 4 June** 09:00 - 16:00 East Dean CP Village Green Ln BN20 0DR OL25 / TV557978 Horseshoe Plantation, Black Robin Farm, Cold Crouch, Jevington (Pub – Eight Bells), Winchester’s Pond, Snap Hill, Friston Place  
*Notes: ///took.jolt.itself* 13.6

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### Parham to Wiggonholt

**Monday 8 June** 10:00 - 13:00 Rackham St opposite The Old School House RH20 2EU OL10 / TQ051144 Parham Park, Cootham, Hurston Place, Wiggonholt  
*Notes: CP is at W3W ///veto.breath.slouched* 5.5

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### High Weald Landscape Trail – Leg 1

**Tuesday 9 June** 09:00 - 16:15 Whitemans Green Rec CP RH17 5HX 135 / TQ300256 Mick’s Cross, Lester Wood, Wykehurst Park, Slaugham, Bolney (Pub – Bolney Stage), Winscot  
*Notes: The specified meeting place (///funky.crouch.probing) is the walk end point and the start time refers to leaving from that location. You may be asked to drive fellow walkers to the start which is Leechpool Wood car park off Harwood Road, Horsham, RH13 6SG (///guard.mice.safe) in exchange for a lift back to your car afterwards* 14.3

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### High Weald Landscape Trail – Leg 2

**Thursday 11 June** 08:45 - 16:30 Ashurst Wood Recreation Grd CP RH19 3TQ 135 / TQ420364 Whitemans Green, Lower Sparks Farm, Borde Hill, River’s Wood, Ardingly Reservoir (Café), Ardingly College, Pickeridge Farm, Philpots Farm, West Hoathly (Pub – The Cat), Mill Place Wood, Weir Wood Reservoir, Standen House, Busses Farm, Forest Way  
*Notes: The specified meeting place (///expect.impulsive.skunks) is the walk end point and the start time relates to driving from that location. You may be asked to drive fellow walkers to the start point at Whitemans Green Recreation Ground CP, (RH17 5HX, TQ300256, ///funky.crouch.probing) in exchange for a lift back to retrieve your car afterwards.*  
*AM: 9 mi; PM: 5.9 mi.* 14.9

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### Mile Oak Circular

**Thursday 11 June** 10:00 - 13:00 Mile Oak Farm Mile Oak Rd Portslade BN41 2RF OL11 / TQ241079 Mile Oak Farm, up to downs via Perching Barns and over to Truleigh Hill then back down to Thundersbarrow and over Southwick Hill. Refreshments available at Mile Oak Farm shop.  
*Notes: CP is at W3W ///chins.lung.asking*  
*By Public Transport: Brighton & Hove Buses number 1 or 1a, the nearest bus stop is at Chrisdory Road, Farm Shop is 500 yards north from the bus stop through the tunnel under the A27.* 6

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### **Woods and Views**

<b>Tuesday 16 June</b> 10:00 - 13:00	Eartham Woods Forestry CP Eartham Ln Eartham PO18 0LU OL10 / SU939107	Stroll through Eartham woods to Gumber Farm. Then up towards Glatting Beacon and along the path below Sutton Down offering lovely views over Slindon and to the coast. <i>Notes: CP is at W3W ///fortunes.veal.unloading Dogs welcome, I will be bringing my Border Collie along</i>	6.5
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### **Harting Down to Rogate**

<b>Thursday 18 June</b> 09:00 - 15:45	Harting Down CP GU31 5PN OL8 / SU791180	SDW, Torberry Hill, SBP, West Harting, Rogate Village (Pub – The White Horse), Nyewood, East Harting <i>Notes: ///requests.renovated.tolerable CP N off B2141 at top of hill</i>	14.7
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### **Why The Three Horseshoes?**

<b>Tuesday 23 June</b> 09:00 - 16:00	Ambersham Common CP PCNU OL10 / SU912194	Heyshott, Cocking, Monkton Farm, Elsted (Pub – The Three Horseshoes), Minsted, Cocking Causeway <i>Notes: ///those.wide.mingles</i>	16
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### **Back in the UATR**

<b>Thursday 25 June</b> 09:00 - 16:00	Amberley CP BN18 9NB OL10 / TQ032129	Wey South Path, High Titten, North Stoke, The Burgh, Kithurst CP, SDW, Amberley, (Tea Room), Amberley Wild Brooks, Greatham Bridge, Manor Farm, Rackham Plantation, Cross Gate <i>Notes: ///nametag.rooting.annotated – Hurrah! The unbeatable Amberley Tea Room is open again after a change of ownership. So no apology for being back there. – The route is a 'figure-of-eight', so there is also the option to do just either the morning or afternoon. AM: 9.5 mi; PM: 5.5 mi.</i>	15
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### **Arundel Park And South Stoke**

<b>Thursday 25 June</b> 10:00 - 14:00	Mill Rd Arundel RSP BN18 9AB OL10 / TQ021074	Arundel Castle, Arundel Park, South Stoke, Wetland Centre, Arundel Castle <i>Notes: CP is at W3W ///carpentry.sports.arrive Please note Mill Road can fill up making parking limited, alternative parking is available in the Pay and Display CP at the Arundel Town end of Mill Road</i>	7.9
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### **High Weald Landscape Trail – Leg 3**

<b>Tuesday 30 June</b> 09:00 - 17:00	Eridge Rocks NR CP Warren Fm Ln Eridge Green TN3 9JG 135 / TQ555356	Forest Row, Hartfield, Withyham, Park Grove (Picnic), Groombridge, Harrison's Rocks, Eridge Rocks <i>Notes: The specified meeting place (///icons.finishes.titles) is the walk end point and the start time refers to leaving from that location. You may be asked to drive fellow walkers to the start which is Ashurst Wood recreation ground CP (///expect.impulsive.skunks) in exchange for a lift back from someone to retrieve your car afterwards. 1436 ft ascent; Picnic only.</i>	14.6
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