

## 3rd Quarter 2026 Walks Programme

### Dear Walkers,

The High Weald Landscape Trail reaches its conclusion this quarter. Legs 4, 5 and 6 take place on consecutive days from 4th to 6th August, led by James Clower and David Green, completing the trail in six stages and ending in Rye.

The walk from Ditchling to Shoreham on 30th July returns by popular demand. At 16.2 miles, the main draw is the breakfast at the Nutmeg Tree Tea Room before setting out. On 3rd September, David Green leads the South Downs (East) Marathon from Wilmington Priory: a 26.3-mile route through some of the finest downland scenery in Sussex, taking in High and Over, the Seven Sisters and East Dean.

Richard Mason's Mid Sussex Meanders continues through the summer with shorter walks in the Sussex Weald.

Footpath closures are in effect around Exceat Bridge for the duration of the bridge replacement works. The affected paths are Seaford Footpaths 33a and 33b and Cuckmere Valley Footpaths 15e, 15f and 15g; sections of the eastern bank of the Cuckmere River are inaccessible, though some alternative routes are in place. Current diversions can be checked at the East Sussex County Council temporary closures portal: <https://www.eastsussex.gov.uk/leisure-tourism/discover-east-sussex/rights-of-way/east-sussex/temporary-path-closure/temporary-closures>

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### 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>Butterfly Bonanza in Madgeland Wood</b>			
<b>Wednesday 1 July</b> 10:00 - 13:30	Southwater Country Park CP RH13 9UN OL34 / TQ161259	Description: Downs Link, Marlpost Wood, Madgeland Wood, Sussex Diamond Way, Downs Link <i>Notes: CP is at W3W ///revise.rotations.crouches</i> <i>Charges apply, £3.40 3-4hours.</i>	7.2
<b>The Song Remains The Same</b>			
<b>Thursday 2 July</b> 09:00 - 15:30	Hellingly Cuckoo Trail CP Station Rd BN27 4FA OL25 / TQ584121	Upper Dicker, Marnhull Farm, Holmes Industrial Estate (Lunch – Happy Valley Café), Vanguard Way, Chiddingly, Rock Harbour Farm <i>Notes: ///snuck.tuck.retiring</i>	12
<b>Extended Bopeep Circular</b>			
<b>Friday 3 July</b> 10:00 - 13:00	Bo-Peep CP Selmeston BN26 6UJ OL25 / TQ494051	Bopeep car park, Firle Beacon, Blackcap Farm, Gardener's Hill, Norton Bottom, Five Lords. Lunch: Cricketers Arms, Berwick or The Barley Mow, Selmeston depending on the weather. <i>Notes: CP is at W3W ///expand.woes.unclaimed</i> <i>Warning: Dogs welcome, Stanley my Labradoodle will be with me.</i>	8
<b>Wey &amp; Arun Canal</b>			
<b>Monday 6 July</b> 10:00 - 13:00	Newbridge Rd West RH14 9LS OL34 / TQ079257	River Arun, Lording's Lock, Guildenhurst Bridge, Rowner Lock, Eaton Copse <i>Notes: CP is at W3W ///race.cabin.brisk</i> <i>Park at east end of no through road</i>	6
<b>Blackdown &amp; Lurgashall</b>			
<b>Thursday 9 July</b> 09:00 - 16:00	Blackdown NT CP Tennyson Ln GU27 3BJ OL33 / SU921309	Blackdown, Fernhurst, Windfallwood Common, Lurgashall (Pub – The Noah's Ark), Hillgrove, Northchapel, Roundhurst Common <i>Notes: ///lollipop.headstone.gloom</i>	14.5
<b>Flint and Squint</b>			
<b>Monday 13 July</b> 10:00 - 14:30	RSP St Botolph's Hardham RH20 1LB OL10 / TQ038176	Hardham (St Botoph's), Wey-South Path, Greatham Bridge, Wiggonholt, Pulborough Brooks, Pulborough (Pub – Oddfellows Arms), Rectory Lane, Coombelands Lane, Wey-South Path <i>Notes: CP is at W3W ///downturn.slower.comedy</i> <i>The start point is St Botolph's Church, Hardham, which contains the earliest near-complete series of wall paintings in England. And a hermit's squint.</i> <i>AM: 5.5 mi; PM: 3 mi.</i>	8.5

### Mid Sussex Meanders No.3 of 6

<b>Wednesday 15 July</b> 10:30 - 12:30	St. Giles Church Rd. Horstead Keynes RH17 7AY 135 / TQ384283	New Barn Farm, Twyford Farm, Grinstead Woods, Broadhurst Manor, Sussex Border Path. A section of the walk is over rutted and potential mud after heavy or prolonged rain making the walk most suitable for the more energetic stroller. <i>Notes: CP is at W3W ///revolting.vocal.premiums</i> <i>Free Car Park adjacent to church</i>	5
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### The Rowhook Gambit

<b>Thursday 16 July</b> 09:00 - 15:30	Bucks Green Recreation Grnd CP RH12 3JJ OL34 / TQ079329	Slinfold, Warnham Manor, Wesbrook, Rowhook (Pub – Chequers), SBP, Hyes, Rudgwick, Lynwick St, Bucks Green <i>Notes: ///dangerously.fight.deploying</i>	14.6
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### Long Man is Calling

<b>Thursday 23 July</b> 09:00 - 15:30	Long Man of Wilmington CP The Street Wilmington BN26 5SW OL25 / TQ544042	Long Man, Jevington Place, Litlington Nature Reserve, Alfriston (Pub – The George), Berwick, Wilmington <i>Notes: ///tell.grin.stuff</i> <i>CP is signposted on A27.</i>	14
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### Cuckfield to Ansty

<b>Friday 24 July</b> 10:00 - 13:30	Cuckfield Recreation Ground CP RH17 5AT OL10 / TQ303252	Newbury Pond, Lodge Farm, Ansty Village, Black Forest, Sussex Diamond Way <i>Notes: CP is at W3W ///continues.graver.copying</i> <i>Car Park off High Street</i>	6.3
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### Cissbury Ring to Chanctonbury Ring

<b>Tuesday 28 July</b> 09:00 - 15:30	Findon Storrington Rise CP BN14 0HT OL10 / TQ129077	Cissbury Ring, Steep Down, SDW, Chanctonbury Ring, Washington (Pub – Frankland Arms), SDW, Findon <i>Notes: ///kinks.jams.severe</i>	13
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### Breakfast at Nutmeg Tree's (Linear Walk)

<b>Thursday 30 July</b> 08:30 - 17:00	Shoreham Adur Recreation Ground CP BN43 5LT OL11 / TQ211049	Ditchling (09:00 breakfast at Nutmeg Tree Tea Room before the walk), SBP, SDW, W side of River Adur, Shoreham <i>Notes: The specified meeting place (///whirlwind.note.client) 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 Ditchling Village Hall CP (BN6 8TT, ///glitter.outlines.shredder) in exchange for a lift back from someone to retrieve your car afterwards.</i>	16.2
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### High Weald Landscape Trail – Leg 4

<b>Tuesday 4 August</b> 09:00 - 17:00	RSP Spelmonden Rd off B2162 TN12 8DR 136 / TQ696397	Eridge Green, Frant, Romford (Picnic lunch), Matfield, Brenchley, Sprivers <i>Notes: The specified meeting point (///specifies.clues.birthdays) 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 Eridge Rocks Nature Reserve carpark, Warren Farm Lane, Eridge Green (Postcode TN3 9JG, Map 135 TQ555356, ///icons.finishes.titles) in exchange for a lift back there to retrieve your car after the walk. The postcode for the meeting point (TN12 8DR) is on the B2162 about 200m SW – keep driving north and after 200m take the next right into Spelmonden Rd to locate the roadside parking. The walk uses O.S. Explorer maps 135 and 136.</i>	15.4
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### High Weald Landscape Trail – Leg 5

<b>Wednesday 5 August</b> 09:00 - 17:00	RSP Frensham Rd Rolvenden Layne TN17 4FA 125 / TQ853303	Goudhurst, Cranbrook (Picnic lunch), Benenden, Rolvenden, Rolvenden Layne <i>Notes: The specified meeting point (///mistaken.flashing flaunting) 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 RSP Spelmonden Rd, off B2162 (Nearest postcode TN12 8DR, Map 136 TQ696397 (///specifies.clues.birthdays) in exchange for a lift back there to get your car after the walk</i>	16.2
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### Stedham and Iping Commons

<b>Wednesday 5 August</b> 10:00 - 13:30	Iping Common CP Elsted Rd just S of A272 . GU29 0PB OL33 / SU852220	Description: Stedham Common, Serpent Trail, Midhurst Common, The Warren, Mitchell's Common, Iping Common, Iping, Stedham <i>Notes: CP is at W3W ///rugs.ballparks.elevator</i>	7.3
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### High Weald Landscape Trail – Leg 6

<b>Thursday 6 August</b> 09:00 - 17:00	Gibbets Marsh CP Long stay CP Udimore Rd (off B2089) Rye TN31 7DT 125 / TQ913202	Tenterden, Small Hythe, Wittersham (Picnic lunch), Peasmarsh, Rye <i>Notes: The specified meeting point ( ///otherwise.wicket.prep) 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 RSP Frensham Road, Rolvenden Layne, (Nearest postcode (TN17 4FA ), Map 125 TQ853303 (///mistaken.flashing flaunting) in exchange for a lift back there to get your car after the walk. The Long stay Gibbets Marsh CP has an all day charge currently £2.75.</i>	16.2
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### Bike Ride

<b>Friday 7 August</b> 10:30 - 13:15	Arlington Reservoir CP Station Rd. Berwick BN26 6TG OL25 / TQ528075	Arlington Reservoir, Weald Way, Wilmington, Monken Pyn <i>Notes: CP is at W3W ///giraffes.amused.circular CP is P&amp;D currently £2.50 but there is limited free parking in the lay-by opposite the entrance</i>	7.2
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### Storrington to Amberley

**Tuesday 11 August** 09:00 - 16:00 Sullington Warren CP (Opp Sandgate Quarry)  
RH20 3LY  
OL10 / TQ099142

Chantry Hill, Wepham Down, Amberley (Café: Amberley Tea Room), WS Lirerary Trail, Wiggonholt Common, Hurston Place, Sullington Warren  
*Notes: ///accent.hawks.bleaching*

15.5

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### Mid Sussex Meanders No.4 of 6

**Wednesday 12 August** 10:30 - 12:30 Ardingly Reservoir CP Ardingly  
RH17 6SQ  
135 / TQ336287

Town House Farm, South of England Showground, Tillinghurst Farm "Worlds Prettiest Bridge", Tilgate Wood, West Hill, Ardingly Reservoir footpath. Two ascending footpaths and two descending make the stroll more suitable for the more energetic stroller.  
*Notes: CP is at W3W ///palettes.joined.voltage*  
*Free Car Park adjacent to reservoir dam*

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### Beehave, Honey

**Thursday 13 August** 09:00 - 15:45 Beeding Hill CP  
BN44 3TA  
OL11 / TQ208097

Monarch's Way, Bushy Bottom, Freshcombe & Summersdeane Fram, Edburton Hill, Summers Deane, Mileoak Barn, Cockroost Hill, SBP, Poynings (Pub – Royal Oak), Brook House, Longlands Wood, Tottington Mount, SDW  
*Notes: ///plunger.presume.tucked*  
*Some of you may remember in July 2023 visiting the home of Helena Lewis (FSD life member) near Truleigh Hill YHA, and buying her marvellous honey. We shall have this opportunity again on the afternoon of this walk.*  
*AM: 8.5 mi; PM: 5.5 mi.*

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### Chalk Downs and Green Sand at Heyshott

**Monday 17 August** 10:00 - 14:00 Cocking Hill CP  
GU29 0HT  
OL8 / SU875166

Walk through Mill Hanger, Hoe Copse, Dunford Hollow to Heyshott. Chance to see a wild flower meadow and butterflies at Heyshott. Return along quiet lane to Cocking then up Mill Hanger. Lunch at end of stroll at Cadence Café, Cocking.  
*Notes: CP is at W3W ///solutions.budgeted.dimension*  
*for car park . Dogs welcome, I will be bringing my Border Collie along.*

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### Ditchling Common to Plumpton Green

**Tuesday 18 August** 09:45 - 15:30 Ditchling Common Country CP  
BN6 8SQ  
OL11 / TQ337180

Blackbrook Wood, Streat, East Chiltington, Plumpton Green (Pub – The Fountain Inn), St Helena Farm, SBP  
*Notes: ///Tadpole.lobby.blur*

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### Stoughton Down to West Marden

**Thursday 20 August** 09:00 - 15:30 Stoughton Forest CP  
PO18 9JG  
OL8 / SU815126

Bow Hill, Kingley Vale, Walderton Village, West Marden (Pub – The Victoria Inn), Up Marden, Apple Down, East Marden, Chilgrove Hill  
*Notes: ///train.loitering.ranked*

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### **Edburton Village to Oreham Common**

<b>Friday 21 August</b> 10:00 - 13:30	The Springs CP Edburton Rd Henfield BN5 9LN OL10 / TQ231114	Longlands Wood, South Tottington Sands, Oreham Common, Edburton Sands, Fulking Village <i>Notes: CP is at W3W ///obliging.portfolio.accompany</i> <i>Car Park is opposite the Springs Fish Shop &amp; Café. If any one wishes to have lunch at the café then please let the leaders know in good time so they can to book a table.</i>	7
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### **Eridge and Harrison Rocks**

<b>Monday 24 August</b> 10:00 - 14:00	Birchden Woods TC CP Eridge Rd Tunbridge Wells TN3 9NJ 121 / TQ534360	Walk through woods and fields, chance to see a steam train then enjoy the spectacular sandstone outcrops that are Harrison Rocks. You can explore the rock formations at your leisure at the end of the walk. <i>Notes: CP is at W3W ///baseballs.grasp.stunt</i> <i>Dogs welcome, I will be bringing my Border Collie along</i>	8
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### **Deans, Downs and Bottoms**

<b>Tuesday 25 August</b> 09:00 - 16:00	Norton Drive CP BN2 6NT OL11 / TQ356063	Standean Bottom, Balsdean Bottom, Swanborough Hill, Harveys Cross, Telscombe Cliffs, Saltdean Undercliff, Rottingdean (Pub – Plough, café or beach picnic), High Hill, Falmer Bottom, Newmarket Hill <i>Notes: ///late.slept.taped</i> <i>(alternate parking nearby along Bexhill Road)</i>	15.7
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### **Return to The Sportsman**

<b>Thursday 27 August</b> 09:00 - 15:45	Mill Rd Arundel BN18 9AB OL10 / TQ021074	Wepham Down, SDW, Crossgate (Pub – The Sportsman), Amberley, Arundel Park <i>Notes: ///carpentry.sports.arrive</i>	15
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### **Another Glass for Our Kinsman**

<b>Tuesday 8 September</b> 09:00 - 16:00	Sullington Warren CP RH20 3LY OL10 / TQ099142	Manley's Hill, Nightingale Lane, Downsview Avenue, Fryern Home Farm, Hurston Street Farm, Hurston Lane, WSLT, Gobbles Cottages, Hatch's Farm, West Chilmington Road (Restaurant – Kinsbrook Vineyard), Bramblefield, Thakeham, Strawberry Lane, Greenhurst Farm, Highbar Copse, Northlands Lane, Water Lane, Sullington Warren <i>Notes: ///accent.hawks.bleaching</i> <i>AM: 10 mi; PM: 5 mi.</i>	15
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### **Mid Sussex Meanders No.5 of 6**

<b>Wednesday 2 September</b> 10:30 - 12:30	Ansty Village Hall Deaks Ln Ansty RH17 5AS 134 / TQ290234	Butler Farm, Hilders Farm, Lovells Farm, Bolney Crossways, Wealdway, West up Wood, Deaks Lane. Remote possibility of mud after heavy and consistent rain. <i>Notes: CP is at W3W ///locals.rocket.fight</i>	5
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### **South Downs (East) Marathon**

<b>Thursday 3 September</b> 08:00 - 18:30	Wilmington Priory CP BN26 5SW OL25 / TQ544042	Winton, Greenway Bottom, High and Over, Exceat, Seven Sisters, Gap Bottom, East Dean (Lunch), Cornish Farm, Black Robin Farm, Cold Crouch, Jevington, Folkington Hill <i>Notes: ///jumps.jars.behind</i>	26.3
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### **18 Holes – Eastbourne Downs Golf Club Circular – Downland Walking with Long Views**

<b>Friday 4 September</b> 10:00 - 13:00	East Dean Golf Club CP BN20 8ES OL25 / TV586990	Eastbourne Downs Golf club car park, Ringwood Farm, fringes of East Dean, Willington Hill, Wealdway , SDW. Lunch : Golf Club café. <i>Notes: CP is at W3W ///script.scan.public</i> <i>Warning: Dogs welcome, Stanley my Labradoodle will be with me.</i>	7
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### **Springs Circular**

<b>Friday 11 September</b> 10:00 - 13:30	The Springs CP Edburton Rd Henfield BN5 9LN OL10 / TQ231114	Walk from Springs Café, up the escarpment to Truleigh Hill and back via Beeding Hill, Toddington Manor and woods <i>Notes: CP is at W3W ///obliging.portfolio.accompany</i> <i>Car Park is opposite the Springs Fish Shop &amp; Café. Please park at far end. Lunch/refreshments/fish to buy available at café at end of walk. No need to book ahead.</i>	7.5
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### **One Garden and Stanmer Park**

<b>Wednesday 16 September</b> 10.30 - 13.00	Freestanding map opposite Circa In The Park Café South Entrance Stanmer Park Brighton BN1 9PY OL11 / TQ342087	An easy stroll, 1-3.5 miles as preferred at the time. The full walk takes in One Garden and Stanmer Village before going onto downland. Several toilets and places for refreshment. The historic Palm House has now been restored and is a butterfly sanctuary (£9 admission) so we'll pause to investigate; then coffee stop in One Garden to allow time to explore there. One short fairly steep climb, which is taken slowly, to a gradual uphill into woods, then flat and downhill all the way. <i>Notes: Car parks to the left and right as you enter Stanmer Park. Fee payable. - £1.70 for 2 hours, £2.80 for 4 hours. Please note you will need to download the "Pay by Phone" parking App to pay for parking. Served by bus routes 28, 29, 78, 25; also trains to Falmer Station.</i>	4
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### **Flowers of Pickwell Farm**

<b>Thursday 17 September</b> 09:00 - 15:30	RSP Bolnore Farm Ln Haywards Heath (it is a no through road). RH16 4BQ 135 / TQ319237	Holy Trinity, Cuckfield, New England Wood, Sussex High Weald Vineyard, Pickwell Estate, Bolney (Pub – Eight Bells), Ansty, Copyhold Lane <i>Notes: ///tips.elder.froze</i>	13
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### **Knepp Safari**

<b>Monday 21 September</b> 10:00 - 12:45	School Ln RH13 8PL / TQ144219	Knepp Castle, New Barn Farm, Bentons Place Farm, Pen Bridge <i>Notes: CP is at W3W ///balanced.thinnest.muddy</i> <i>is limited so numbers will be restricted. May be muddy.</i>	6
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### **The Mens to Petworth**

<b>Tuesday 22 September</b> 09:00 - 15:30	The Mens RH14 0HR OL34 / TQ024237	Petsails Copse, Keyfox Farm, Petworth Park, Petworth (Pub – Stonemason's Arms), Brinkshole Heath, Warren Barn, Bedham <i>Notes: ///factually.focal.detective</i>	12.6
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### **Petworth Park Ancient Tree Walk Part 2**

<b>Wednesday 23 September</b> 10:30 - 12:00	The Horse Guards Inn Upperton Rd Tillington GU28 9AF OL34 / SU963220	PART 2 of the Ancient Tree Walk. Marvel at some of the oldest and largest trees in the country, from 350-800 years old. Discover more about the ancient trees that dominate the skyline of Petworth Park. Marvel at some of the oldest and largest trees in the country and see a 1,000-year-old ancient oak that has survived all the major landscape changes since the 12th century. The gnarled and twisted bark of our magnificent ancient specimens make natural and amazing works of art. Our walk passes Capability Brown's famous view across Upper Pond to Petworth House. <i>Notes: By Car: 1 mile west from Petworth on A272, then, in the middle of Tillington, turn north following brown tourist sign to The Horse Guards. Parking in road. By Bus No.1 from Worthing to Midhurst Dogs welcome</i>	3
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### **Duncton, Lavington & Graffham**

<b>Thursday 24 September</b> 09:00 - 16:00	Duncton Hill CP aka Duncton viewpoint (small) GU28 0NA OL10 / SU955161	Duncton Down, Duncton Common, Selham, Graffham (Pub – The Foresters Arms), SDW <i>Notes: ///masking.wheat.spurtd Small car park so car share if possible</i>	14
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### **Leg it from Lurgashall**

<b>Tuesday 29 September</b> 09:00 - 15:45	Midhurst North St CP GU29 9DR OL33 / SU887218	Poor's Common, Verdley Wood, Lower House Farm, Lurgashall (Pub or Café), River Park Farm, Lodsworth <i>Notes: ///dating.scatters.grades P&amp;D CP off A272</i>	15
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### **Judy's Big Birthday Walk**

<b>Tuesday 29 September</b> 13:00 - 16:00	Sullington Manor Farm Sullington Ln RH20 4AE OL10 / TQ099131	Please ease the pain of reaching the milestone age of 80 by joining me for a walk followed by a birthday tea in the barn, (Dating from 1685 and said to be the finest example of a barn to be found in West Sussex). While there, look at the church with its ancient yew, its Saxon nave and its Crusader tomb. My walk heads first to Waterfall Cottage, fairly steep ascent to the SDW, heads east and descends towards Rowdell then we return west to our tea. If enough are interested I could offer a shorter flatter alternative, with another leader. Everyone is welcome, and some u3a walking friends may join us too. Please no Presents/Cards/Gifts just your presence! <i>Notes: Lifts offered from Hove Railway Station area</i>	5
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