

South Downs to the Sea



South Downs to the Sea

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We hope that you're looking forward to your holiday with Inntavel

You should already have received the following documents, either with your holiday confirmation/invoice, or by links on your MyInntavel webpage (please let us know if you have not received them):

- 'Preparing for your walking holiday' document

In addition to the following pages, you should also find in this pack:

- A copy of your outline itinerary
- 'Walk Safely' leaflet
- Luggage labels

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These notes are divided into three sections –

- **General Information**, where you will find important contact details, along with advice on practical matters, the weather, and some background information for the holiday.
- **Travel Information**, which includes details for travel to the start of the holiday, as well as returning from the end, and information on arriving at your first accommodation.
- **Route Information**, which, in addition to the daily walking notes, gives more detail on the overall route, and advice on how to make the most of the notes.

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General Information



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General Information

Contact details

The following pages contain contact information for emergency services, Inntavel, your hoteliers and local taxi drivers. **We recommend that you take this information with you each day.**

In the rare event that you should encounter any problems during your stay, please contact the accommodation owners in the first instance as they act as our representatives. Please do not wait to report any dissatisfaction until you return home as problems can only be rectified if you give us the chance to do so at the time.

Emergency

Emergency services in the UK can be contacted by dialling **999** or **112**. You will be asked which emergency service you require – Police, Ambulance, or Fire Service. If you need a search & rescue service then ask to be connected to the Police.

If you need to contact Inntavel on urgent matters, please phone:

[phone number].

Note that the international dialling code for the UK is **+44**.

Outside our office hours, your initial call to this number will be taken by our emergency assistance service. Please provide them with your contact telephone number, location, booking reference number (if you have this easily to hand) and a brief description of your problem; they will then immediately contact Inntavel's 24-hour Duty Officer, who will call you to assist. If you are unable to reach us on this number at any time, you should call **[phone number]** as an alternative way of reaching our emergency assistance service.

Please do not call this emergency number for routine matters or enquiries which can be most effectively handled by our full team during office hours by calling **[phone number]**.

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Accommodation

[Hotel 1 name]

[Address]

Tel: [number] / Email: [email address]

Manager: [Name]

OR...

[Hotel 1 alternative name]

[Address]

Tel: [number] / Email: [email address]

Manager: [Name]

[Hotel 2 name]

[Address]

Tel: [number] / Email: [email address]

Manager: [Name]

[Hotel 3 name]

[Address]

Tel: [number] / Email: [email address]

Manager: [Name]

[Hotel 4 name]

[Address]

Tel: [number] / Email: [email address]

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Manager: [Name]

[Hotel 5 name]

[Address]

Tel: [number] / Email: [email address]

Manager: [Name]

Taxis

[Company name]

[Link]

[Phone number]

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Practicalities

NB *It is important that you read the enclosed 'Walk Safely' notes for our full advice regarding walking holidays, and we trust that you have already read the 'Preparing for your walking holiday' document. The information below is additional to these, and should be read in conjunction with them:*

Important – before you travel

We provide links to websites for places of interest in our route notes and strongly recommend checking details such as opening times, prices and whether or not booking is required before you travel.

Where arrangements are on a bed & breakfast basis, we recommend making **table reservations** in advance if we have not indicated that a table has been reserved for you; whether choosing to eat in or elsewhere, please contact hotels/restaurants directly or use their online booking systems.

What you need to take

English weather is very changeable so come prepared for any eventuality! We recommend walking boots for this holiday and you will need to take your own water bottles.

Luggage transfers

Your luggage is transferred by a local taxi company. On the morning when you are moving on, please make sure you leave your luggage in reception and inform someone that it is there, ready for the transfer **by 1000** at the latest. Please use the Inntravel luggage transfer label to indicate the name of each hotel you will be visiting and the date. While it may be possible for you to travel with your bags to the next hotel, please do not assume you can do this; if you wish to do so, please discuss with the taxi driver.

Diet

We will have passed on any special dietary requirements you may have informed us of, but suggest that you also reconfirm this locally.

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Meals

One dinner is included on this holiday on your first evening in Bosham, with a table **reserved for you at 1900**. Please pay locally for other meals and/or drinks. A table is **reserved for you at 1900** on each night at the inns in Chilgrove and East Lavant. Please let them know as soon as possible if you wish to change the time or cancel a table booking. If you are staying at the guesthouse in East Lavant, you will need to book a table for dinner at the Royal Oak or the Earl of March in the village pub. Details on our pages with descriptions of each accommodation.

On this holiday, two **picnics** are included: for the day around Chilgrove and the day you move on to East Lavant; there are no shops or places for lunch on these walks. If you'd like a picnic another day, please order one at the inn the evening before and pay locally.

NB please note that drinks are not provided with the picnics; we encourage you to take your own water bottles rather than asking hoteliers to provide drinks which are likely to involve single-use plastics. If you nevertheless require a drink to be provided, please liaise with the hoteliers on arrival, and pay locally if required.

Money

ATMs are only available in Chichester. The hotels accept credit cards.

Mobile reception

Mobile reception can be fairly poor in Chilgrove and East Lavant but it may depend on the network. Wi-fi is available at each accommodation.

Public transport

The local Stagecoach bus service can be used to shorten some of the walks. Where this is possible, details are provided in the route notes. Take your bus pass if you have one; otherwise, use a card to pay on the bus.

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Tides

From Day 4, short sections of paths are flooded at high tide – this is not something to be concerned about, and should not deter you from setting off on any of our routes, but it is something that you need to be aware of.

Our walks in this area all follow parts of routes that are suggested by the Conservancy Agency and the advice is to check high tide times before setting off (we recommend a couple of days before going away to have a general idea and the evening before your walk as a reminder) as it may be prudent to adjust the time you start a walk. However, if you find you have misjudged tide times, you usually only have to wait a short while before your path is clear enough to use.

For each of these walks, we explain at the start in the 'Important' section which part may be affected by the tide and where this comes in the walk. We also let you know if there is an alternative route for a section that floods or if you need to wait a while – and where best to wait.

A prediction of tide times in this area can be found on several websites and we found the one below to be the clearest. Please note that these are only predictions as tide levels can be influenced by low pressure and weather.

On this website you can see local tide times for around one week ahead:

www.tidetimes.org.uk/chichester-harbour-entrance-tide-times

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Your Holiday – An Overview

Described by Rudyard Kipling as the “*blunt, bow-headed, whale-backed Downs*”, the landscape you first walk in is protected and promoted by its National Park status. The rolling elevated chalk grasslands of the South Downs stretch from Winchester, in Hampshire, traversing the counties of West and East Sussex, then gently arcing south-eastwards to reach the English Channel beyond Brighton above the Seven Sisters chalk cliffs.

To the south, there are expansive views to Chichester Harbour National Landscape and The Solent, the strait separating the Isle of Wight from the mainland; this is the area you are travelling to on foot, with Chichester’s cathedral spire often visible in between.

You begin with a circular walk from the inn at Chilgrove in the National Park that takes you up to the ancient ridgeway where you join the South Downs Way long-distance trail eastwards; the views from the ridgeway found writer Virginia Woolf “*overcome by beauty more extravagantly than one could expect*”. This route is a favourite of ours for its varied walking through quintessential English countryside, with plenty of historical interest and some fabulous views, especially from Beacon Hill – the highest point reached during your holiday. We include another circular walk here for those staying another night in lieu of a night at East Lavant.

As your walk unfolds through the foothills and the stunning Kingley Vale nature reserve to reach gentler gradients around East Lavant, you will encounter prehistoric burial sites and hilltop forts, ancient yew groves and pretty villages with traditional pubs. There is the opportunity to visit several places of interest, including West Dean Gardens, the Weald & Downland Living Museum of rural life, and Chichester itself.

Continuing south, the landscape changes entirely as you reach the quiet coastal village of Bosham, set amid the nature reserves and protected wildlife habitats of Chichester Harbour. A relaxed destination at your journey’s end, the walks from here are on the flat and you can choose to do as much or as little as you like. Potter around Bosham observing the sailing activity from the quayside or

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take a bus into Chichester for a stroll around the walls and a leisurely lunch. We include two walks from the hotel that allow you to soak up the atmosphere of what is one of the least developed sections of coastline in southern England.

Enjoy your walk!

Background Information

History

Archaeological evidence has revealed that these downlands have been inhabited and utilised for thousands of years. The oldest human remains in Britain have been found at Eartham Pit in Boxgrove, just a few miles east of East Lavant and Goodwood. Owing to its proximity to the coastal, the area has succumbed to numerous coastal invasions and migrations throughout its history, with Neolithic flint mines, Bronze Age burial mounds such as the Devil's Jumps (near Chilgrove) and Iron Age hill forts like The Trundle (near East Lavant) bearing witness to this.

The Romans invaded the south of England in AD43, finding good access and anchorage in Chichester Harbour, among other locations, and going on to build a 'major' settlement at the intersection of roads running north-south and east-west called Noviomagus Reginorum – known now as Chichester, this city marks the start point of Stane Street, a Roman road to London.

What we call the South Downs was a high-status area for the Romans and villas were constructed that could exploit the river valleys and the downland for agriculture. Bignor (further east near the South Downs Way, which had already been used since the Stone Age as a kind of 'motorway' and drier alternative to the wet lowlands) boasts the remains of one such villa with superb mosaics and a well-preserved hypocaust underfloor-heated dining room. Remains of a Roman villa can be seen at Fishbourne, just outside Chichester; excavated Roman baths are a highlight of the city's museum. Romans also exploited the area for iron production on an industrial scale.

Saxons started to settle in the area by the late C5th, creating the Kingdom of Sussex (or Kingdom of 'South Saxons'), absorbed later into the Kingdom of Wessex, before eventually becoming the county of Sussex. As a former kingdom, Sussex had a strong regional identity, enhanced by its location; the long coastline, marshes to the east and west, hills of the South Downs and wooded Weald and sticky clays to the north, together with poor roads, all led to relative isolation at least until the C18th. Author Hilaire Belloc, writing in 1929, referred to

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Sussex as “*the resistant county*”, stating that “*one may talk a little fantastically but without too much exaggeration of the kingdom of Sussex*”. Indeed, the unofficial Sussex motto ‘*We wunt be druv*’ (or ‘We will not be driven’) demonstrates independence of thought and a resistance to being pushed around by others.

It has been estimated that the tree cover of the Downs was largely cleared over 3000 years ago, though patches of ancient woodland remain on the escarpment slopes and in secluded vales or coombes, such as in Kingley Vale. The typical scenery of close turf is the result of continual grazing by sheep, though during and immediately after WWII much of this grassland was lost to the plough for much-needed food production, such that only about 4% of the South Downs National Park these days consists of it.

In medieval times, the market towns, such as Chichester, began to thrive but the hamlets and isolated farmsteads saw little change. Some grand houses were built such as at Goodwood (and Arundel Castle further east). The traditional rural housing and crafts of the area can be seen at The Weald & Downland Living Museum near East Lavant – this also being the site where BBC’s popular ‘The Repair Shop’ is filmed (skilled artisans and crafts people rescue and repair treasured but broken items that otherwise would probably have been thrown away).

The South Downs received National Park status in 2010 to protect and promote its special qualities of landscape, wildlife, farming and heritage. And although the south-east of England is the most populous region (and this doesn’t include London’s population) this area remains largely quiet and peaceful; London is easily accessed by rail or road, yet there is a feeling of remoteness on many of these paths.

To the south of the Downs, along the coastline, an Area of Outstanding Natural Beauty was designated in 1964; named Chichester Harbour, this marked formal recognition of the importance of nurturing and safeguarding this characteristic landscape – a wide expanse of tidal inlets and wetlands.

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Geography and Geology

The South Downs

The term 'downs' comes from Old English '*dūn*' meaning 'hill'; this generic description acquired its more specific sense of 'elevated rolling grassland' around the C14th. This upland 'downs' landscape (shared with lower-lying, waving corn fields in a historically balanced relationship) is epitomised by a fine, short, springy turf covering rounded hills with well-drained, thin, chalky soils and grazed by sheep (as well as nibbled by rabbits, such as those of *Watership Down* fame, just westwards).

This landscape has been described by the poet Swinburne as "*the green smooth-swellung unending downs*" and was evoked by Thomas Hardy in his novels 'Far from the Madding Crowd' and 'Tess of the d'Urbervilles'. Use of the land for essential food production in WWII, combined with development pressures of encroaching population centres (such as Brighton) led to the creation of the National Park, and the protection of this landscape.

Geologically speaking, the chalk rock that underlies the South Downs (and more northerly outcrops in the Yorkshire and Lincolnshire Wolds, swathing down through the Chilterns north of London to meet the westerly ends of the North and South Downs, then joining to form the North Wessex Downs and beyond into Dorset to the west) was laid down 'only' some 145–65 million years ago in the so-called Cretaceous period. This chalk is the youngest layer of 'proper' rock, before even more 'recent' unbounded clays were deposited. It is a quite thick band of soft porous rock (a type of limestone but one that has not had time to be compressed into more dense rock) and originally lay over the top of all the other horizontal layers or 'strata' of older rock.

It was composed of the microscopic skeletons of plankton, bits of shells (hence its colour) and silica-filled shrimp burrows that became nodules of flint. These creatures lived in the warm shallow sea that once extended across most of Northern Europe, which itself lay nearer the equator. Layer upon layer of sediment amassed on the sea bed as white ooze, thousands of feet thick. And all this on top of the other strata of rock, deposited in previous millions of years,

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each layer eventually being compressed to form a different type of rock according to what material got deposited (sandy, muddy, limey coral, minerally or even plant material whose sediments came to produce carboniferous coal, oil and gas measures), and under what climatic conditions, different depths of sea, no sea, jungle trees or huge marshy river deltas. They became known as 'sedimentary rocks', to distinguish them from rocks made by other processes such as volcanoes.

So far so good, all the strata laid down pretty much horizontally. (Older layers may have been hilly or even mountainous in the primordial past but in their turn got eroded to a plateau before the next layer covered them.) By now our completely widespread latest top layer of chalk (a comparatively soft rock) was already beginning to erode, nibbled away by waves, rivers, frost, wind and rain. But then two catastrophic geological events took place. 55million years ago the Atlantic seabed stretched and rifted, causing America to break off from Scotland and drift away, and the North Sea and Channel to rush in and make us an island. And even more recently, 25m years ago, the 'African' section of the earth's crust (or 'tectonic plate') shifted and collided with the 'Eurasian' plate; this massive force lifted up and crumpled all the layers of rocks into new mountains, such as the Alps, the Pyrenees, the Atlas Mountains, and by ripple-effect (because further away from the actual collision) the Pennines, Cotswolds and our Downs.

The once horizontal layers of rock – now lifted up, folded and bent in this way – became exposed and subject to both 'faulting' (when the rocks crack under pressure and the strata slide past each other) and erosion. This erosion happened over more millions of years but at different rates according to the relative hardness of the rock, such that the softest, newest layer of chalk got worn away first, disappearing in places, leaving older rocks exposed.

But that's not the end of the geological story. The already eroding rocks now experienced an even more dynamic earth force: ice. The last great Ice Age ended only about 11,000 years ago. In this country, the valleys were not really deep enough for glaciers to form but most of it was covered by an ice sheet hundreds of feet thick and stretching across to Scandinavia. When the

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temperature rose, the ice sheet released billions of gallons of meltwater which cut new wide valleys very rapidly. Afterwards these valleys may have offered themselves as easy troughs for cuckoo-like streams and rivers but some remained dry if the rock was permeable, such as chalk – so around here many coombes are dry.

Meanwhile, the exposed chalk uplands continued to erode and soften their shape, the hills again not supporting streams because rainwater quickly percolates underground only to emerge much lower down as springs when the water hits an older impervious layer of rock.

The uplands' remaining soils are thin, just a blanket of Ice Age boulder clay, sand, gravel, marl and bits of chalk, which is what is left when large quantities of chalk have been dissolved away. Such soils can support only grass for grazing and lime-loving plants and wildflowers. Lower down, mixed farming takes place on the spring-fed richer soils. The South Downs are one of the few remaining examples of chalk landscape and habitat in the country, let alone Europe.

Chichester Harbour

The first-time visitor is likely to find this area quite different from what is usually envisaged by the word 'harbour'. Chichester Harbour is in fact a nationally important biological and geological Site of Special Scientific Interest (SSSI) consisting primarily of wetlands, tidal flats and a vast series of intricate creeks. Extending from Hampshire (west of Chichester) into the county of West Sussex (south of Chichester) this SSSI forms part of the area that has been designated as Chichester Harbour Area of Outstanding Natural Beauty. It is a natural harbour and you will find marinas, boatyards and quays here, but the whole area is essentially a wildlife haven.

This region is all about the water – protected species and wildlife flourish alongside the popular British passion for messing about in boats, from the barges along Chichester Canal to the swanky yachts berthed in Chichester Marina (some three miles or so from the city centre) with sailing craft of all proportions in between. A number of attractive quays – some quiet and

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unassuming, others bustling and buzzing in summertime with an inviting café or pub – make for focal points for anyone exploring the area.

Many of the coastal settlements date from Roman times, including the small quayside village of Bosham (pronounced ‘Bozzum’) and have played an important part in history due to their strategic location; the majority have remained pleasantly small and relatively undeveloped. The maze of inlets led to Chichester Harbour being a not uncommon spot for smuggling!

Today, along with sporting and leisurely water-based pursuits, including sailing, kayaking, paddle-boarding and angling, opportunities abound for gentle walks by the sea shore and easy-going cycling. Understandably popular with bird-watchers and wildlife enthusiasts, the landscape also attracts photographers and artists.

While many visitors come for recreational activities, your surroundings are far removed from typical English seaside destinations with their associated commercial trappings. Whether water or land-based, whatever the season or time of day, there is plenty to appreciate; in terms of wildlife-watching, you are likely to see something special.

One important thing to always be aware of is that this is a tidal district and high tide times affects access to sections of some footpaths.

Fauna and Flora

The habitats you pass through in the earlier part of the holiday are rich in wildlife, some protected as Nature Reserves. The rolling chalk downland features vast fields, grassy hilltops, secluded vales (coombes) and swathes of timeless mixed woodland. Wild orchids (including frog orchid, pyramidal orchid, bee orchid and burnt orchid) are among the plants that love the thin alkaline chalk soils, as well as the delicate purple-coloured round-headed rampion, the county flower and known locally as ‘the pride of Sussex’.

Eyebright is another delicate, seemingly insignificant flower often found on the South Downs – yet on closer examination the white petals with yellow blotches reveal a complex internal patterning that resembles the iris of an eye. (It was named according to the herbalists’ ‘doctrine of the signatures’ which stated that

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herbs and plants resembling parts of the body could be used to treat ailments of those body parts.)

Kingley Vale National Nature Reserve is famous for its groves of twisted and ancient yew trees, among the oldest living things in Britain. Above this horseshoe-shaped coombe lies downland: of the 58 species of butterfly that breed in England, 39 have been recorded here, including Chalkhill Blue, Holly Blue, Adonis and Brimstone. The attractive Marbled White favours slightly longer downland grasses. The escarpment is patrolled by buzzards and red kites, the fields are graced by skylarks, whilst within the woodland there may be nightjars, owls and woodcock.

Chichester Harbour is home to a wide variety of animals and creatures, both land and water-based; while some are relatively easy to spot, others require a keen or knowing eye as they're more likely to be concealed by intertidal mud or the sea itself. Around 40 harbour seals (also called the common seal) live in the Solent and regularly visit Chichester Harbour, while an Atlantic grey seal has occasionally been spotted.

This is the most important site on the south coast of England for waders and waterfowl, with over 55,000 visiting each year. Birds nest in the mud banks, tidal channels and inlets, and feed in the neighbouring saltmarsh, mudflats, sand dunes and fields. In addition to ideal living conditions and an abundance of food, there is very little pollution. Curlew, godwits, redshank and dunlin can often be seen looking for small marine animals in the mud, while Brent geese, wigeon, coot and mute swans feed on plants, and terns, heron, grebes, cormorants and various sea ducks find fish here.

The waters and mud are full of marine life. A number of crustaceans and molluscs thrive here, in particular cockles, crabs and shrimp, along with worms, limpets, anemones and sponges. Insects to look out for are the Peacock butterfly and the Speckled Wood butterfly. Nationally rare species of plants that can be found in the harbour include orchids (the Bee Orchid is typically seen) and others that thrive in salt water or dunes, or can tolerate sea spray, such as sea lavender, marram grass and golden samphire.

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Food & Drink

Sussex has always been a county of plenty: sea to the south, rolling pastures and farmland, and warmer climes make for super produce all year round.

Researching the historical cuisine of the region, we came across reference to the '*seven good things of Sussex*', namely Pulborough eel, Selsey cockles, Chichester lobster, Rye herring, Arundel mullet, Amberley trout and Bourne wheatear (a type of bird). Today, even if not all of these delicacies appeal, from artisan cheese, 'super food' watercress and wild venison to micro-breweries and excellent wineries, the South Downs are still prospering.

Sussex is also renowned as an area for great traditional British puddings, the most famous of which is probably Sussex Pond Pudding – a warming rich suet pastry, filled with butter and sugar and steamed for several hours. The first recorded recipe for this pudding dates from 1672 whilst in the C18th, a local shopkeeper and diarist described it as 'butter pond pudding' bemoaning the cost and quantity of butter it contained! The inclusion of a whole lemon to the pudding seems to be a later addition.

Other local sweet treats include cakes and biscuits known as Sussex Plum Heavies and Sussex Lardy Johns, and the county also lays claim to the invention of Banoffee Pie, in 1971, by the owners of The Hungry Monk Restaurant in Jevington, East Sussex. They adapted a flawed American recipe for 'Blum's Coffee Toffee Pie', including apple and then mandarin before finally settling on banana. The dessert was a massive success but was often marketed in restaurants and supermarkets as 'an American Pie' causing its creators to offer a £10 000 prize to anyone who could disprove their claim as the English inventors of the dish!

With around 50 vineyards, Sussex produces more than a quarter of the UK's wine and was the first major wine area in the UK to apply for Protected Status. The region has a similar climate and soil types to Champagne in France, its many south-facing slopes proving suitable for the cultivation of grape varieties found in sparkling wine, such as Chardonnay, Pinot Noir and Pinot Meunier. The protected status means that all wines using the name 'Sussex Wine' have to be

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produced from grapes grown in Sussex and the producers must meet stringent quality guidelines.

English sparkling wines are thus no joke these days, winning several international awards over their established continental rivals. They are typically fruity and light (without any developed biscuity-ness). They are also quite pricey. Still white wines are produced too, typically blends of northerly German grape varieties but also some varietals, and even a few reds. A chilled local white or rosé makes an excellent apéritif.

Tinwood Estate is the closest vineyard to the area in which your holiday takes place, located to the east of Lavant, at Halnaker. The family company work in conjunction with Ridge View vineyard to produce three classic sparkling varieties. Tours and tastings are available to book; if interested, please see www.tinwoodestate.com. You could contact Starline Taxis to visit. Other wineries in this area are at Upperton and Stopham.

Local breweries in Sussex (using water filtered slowly through the chalk rocks) include Langham Brewery, Long Man, Bedlam, Ballards (actually Hampshire), Downlands (their fruity pale ale is called 'Whapple Way' after the Sussex dialect for bridlepath, their chocolatey porter is called 'Devil's Dyke'), Burning Sky (try their 'Devil's Rest' strong IPA), Beachy Head (who could resist their 'Legless Rambler'?), and Harvey's (the oldest established independent brewers – their artesian well reaches 60ft below the site).

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Goodwood

The extensive Goodwood Estate is close to East Lavant and comprises a number of venues for different activities, some of which are highlights on the annual social sporting calendar. The First Earl of Richmond acquired the grand house on the estate around 1697 and there have been later additions to the house: two wings, a stable block and kennels. Both the house and grounds are Grade I listed.

Guided tours of the State Apartments and Old House are offered in small groups most Sun & Mon afternoons (Sun–Thu in Aug). Phone or email to book: [phone number] or [email address]. Please see the website for further details: www.goodwood.com/stay-dine-relax/goodwood-house/plan-your-visit/guided-tours/

Goodwood Race Course

If you are a horse-racing fan, you will need no introduction to this famous course and its 'Glorious Goodwood' festival held every year in July–August, including high-prize races such as the Sussex Stakes, King George Stakes, Goodwood Cup and the Nassau Stakes. (This main meeting lasts over five days but there are other meetings in May, August and September.)

Goodwood's tentative beginnings were in 1802 when the Third Duke of Richmond launched races for local officers on his Goodwood estate (he was the colonel of the Sussex Militia). It became the location for the first 'flag start' on a British racecourse, after a particularly shambolic "off" caused by an elderly deaf starter with a speech impediment. Horseracing was suspended during World War II but increased in popularity thereafter. It was first televised on the BBC in 1956.

The course is used for flat racing only so there are no fences to jump. However, it is an unusual, complex racecourse (courses are typically between one and three miles) including straights of some six furlongs but some sharp turns and severe undulations. Its attractive setting beneath The Trundle allows the slopes of the hill to be used as an informal grandstand.

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Goodwood Festival of Speed

The aristocratic family are very enterprising; this annual motoring fest plus garden party, held in mid-July, is essentially a hill-climb featuring historic motor racing vehicles, and attracts thousands of enthusiasts for the 3-day event.

www.goodwood.com/motorsport/festival-of-speed/

Goodwood Motor Racing

This legendary motor racing circuit (located less than a mile south-east of your hotel in East Lavant) was devised around the perimeter of an airfield in 1948 (the aerodrome itself was built during the Second World War and was used by both the RAF and USAAF, primarily as a relief landing ground for the nearby RAF station Tangmere, although two fighter squadrons were based here during the Battle of Britain). Its heyday in the 1950s and 60s saw the contemporary pinnacle of racing cars and famous drivers.

It is this circuit that ended the career of Stirling Moss who crashed on one of the bends, and its last major race was in 1966 because the owners did not want to modify the track with chicanes to control the increased speed of modern racing cars. Nonetheless in 1998 a new vintage event called **Goodwood Revival** was introduced showing off the kind of classic competitive sports and racing vehicles on two and four wheels that the circuit originally hosted; this popular event is held in September. www.goodwood.com/motorsport/goodwood-revival/

At other times there are race events for enthusiasts and lessons. In 2015 it was a filming location for the TV series 'Downton Abbey' (final season).

The airfield is still in daily use for light aircraft, including bi-planes and Spitfires offering pleasure trips – you're likely to see these as you walk.

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Climate

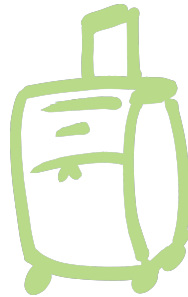
Southern England can be subject to continental weather influences that bring hot, humid spells in summer, and is furthest from the paths of most Atlantic depressions with their associated cloud, wind and rain, so on the whole the climate here is relatively calm, dry and mild. West Sussex is officially the sunniest county in the UK according to the Met Office! www.metoffice.gov.uk/

This raises the question why a historic dialect in Sussex had an unusually large number of words for 'mud' (in a similar way to the popular belief that the Inuit have a particularly large vocabulary to describe snow). And the answer is that this most likely refers to the Weald area of the county rather than the better draining chalk downs, but you may still encounter muddy sections.

Sunshine above or mud underfoot, this is still the UK so waterproofs should be an essential part of your daily kit.

South Downs to the Sea

Travel Information



South Downs to the Sea

South Downs to the Sea

Travel Information

By rail

For rail times, please see www.nationalrail.co.uk

Arrival

The nearest mainline railway station to Chilgrove is Chichester; there is a frequent service from London Victoria. Journey time approx. 1h30.

You will be met at Chichester station at the time shown on your itinerary by a driver from Starline Taxis [phone number] – their driver will be waiting **on the north side of the station in the car park** (on the ticket office/Foundry Pub side), and not at the taxi rank with black taxis. Journey time 20mins.

Please contact the taxi company to warn them if your train is delayed.

Departure

You will be transferred from your accommodation in Bosham to Chichester station at the time shown on your itinerary by a driver from Starline Taxis [phone number]. Please be ready in reception with your luggage for the transfer. Journey time 15–20mins.

South Downs to the Sea

By car

Arrival

You should park at the first hotel, The White Horse, [address] for the duration of your holiday; there is ample space in the car park.

Chilgrove is on the B2141, about 12km/7.5miles N of Chichester. There is no village centre, just several scattered buildings; the inn is located just off the B2141. If approaching the junction for the inn **from the south**, look out for white buildings on the right with a car park and large open grassy area in front, just before the road bends right. If approaching **from the north**, this junction is signed left with 'reduce speed now' and comes immediately after an arrival in Chilgrove sign and a bend to the left.

We provide suggested routes below, depending where you're driving from.

From the London area/M25 (E)

A3 to Petersfield, B2146 to South Harting, B2141 to Chilgrove

From the Bristol area (W)

M4 to J13 Oxford/Newbury, A34 to Winchester, A31 & A272 to Petersfield, B2146 to South Harting, B2141 to Chilgrove

From the Oxford area (N)

A34 to Winchester, A31 & A272 to Petersfield, B2146 to South Harting, B2141 to Chilgrove

From the Southampton area (S)

M27 & A27 to Chichester, A259 & Westgate through Chichester, A286 to Lavant, B2141 to Chilgrove

Departure

You will be transferred from your final hotel by a driver from Starline Taxis (phone number) at the time shown on your itinerary to collect your car. Please be ready in reception with your luggage for the transfer.

Route Information



South Downs to the Sea

Route Information

The Routes

Where the walks follow Public Rights of Way and other permissive paths, you have the legal right to be on these paths, but you should responsibly stick to these paths. Occasionally, where a path crosses a cropped field, for example, it may be practical to go around the edge instead. A map may not show a path which exists on the ground; please always follow the guidance of the notes. Most routes are straightforward to follow and well waymarked, and the gates and stiles well maintained.

There is some walking along country lanes; these are mostly quiet but there are a few unavoidable short sections that are busier. In summer, when the undergrowth is lush, watch out for overhanging branches; in a few spots, plants such as brambles and nettles may make narrow paths more of a challenge. Walking poles are useful for clearing the way ahead.

Initially, the terrain is mostly undulating through grassland and woodland or across fields and for the most part away from settlement. Occasional gradients are steepish but not very long. Chalk downs are well drained but there may be some muddiness in places. During the latter part of the holiday, the terrain is flat but it can be damp in parts underfoot so boots remain the best footwear.

Note that your routes take you along what we try to refer to in a consistent manner as 'lanes', 'tracks' and 'paths'. A lane is a minor country road (likely with a tarmac surface); a track is wide enough to be used by vehicles (with a rough surface – stony or grassy); a path is typically narrower (stony, soil, grassy). A pavement has a raised kerb (in towns and some villages).

Some walks pass through mostly unpopulated areas so there may be no opportunity to buy refreshment along the way. Please check the 'food & drink' information at the start of each walk before setting off and always carry plenty of water and snacks.

South Downs to the Sea

Abbreviations

Our directions are written in a concise bullet-point style. Please familiarise yourself with the following abbreviations before setting off:

L	left;	R	right
LHS	left hand side;	RHS	right hand side
SA	straight ahead, straight across or straight on		
J	junction		
TJ	T-junction		
YJ	Y-junction or fork		
X-roads	crossroads (also used for paths & tracks)		
SP	sign post or signposted to (may be a road sign to a place or a wooden fingerpost for a public footpath or track)		
WM	way marker disc/symbol (for public footpath or bridleway)		
FP	public footpath (often yellow arrow) for walkers only		
BW	bridleway (blue arrow) shared with horse-riders & cyclists		

Compass directions are also written in abbreviated form: N for north, SE for south-east etc. Your route will not require compass skills but directions may be given for general helpfulness.

Walking times given are just that; in other words, they do not take into account lunch stops, visits or photo opportunities and are calculated for average walking speeds.

The **scale for the daily route elevation profiles** varies, so ensure that you look at the scale when viewing profiles, particularly if comparing one day with another.

South Downs to the Sea

We also include a **small map for each route** to give you an idea of the route you will be following each day. These small maps are NOT intended for day-to-day navigation – the scale is far too small. Always refer to your detailed daily route notes and gpx tracks (if using them) when setting out each day.

gpx files are available to download from your 'MyIntravel' page, along with an explanation of what they are and how they can be used in an appropriate GPS device or smartphone. Please note that they are not essential for navigation, but can be a useful addition to our written route notes.

South Downs to the Sea

Long Distance Trails

Some of our routes include sections along long-distance trails, which come with their own name, symbol and theme. The best known in this area is the South Downs Way, one of England's designated National Trails.

South Downs Way (Day 1)

This National Trail stretches 100 miles between Winchester (the first capital of England) and the white chalk cliffs at Eastbourne, running through the middle of the undulating South Downs, largely along the ancient ridgeway, and taking in visible prehistory. It is waymarked with an **acorn** symbol and much of the trail is usable by cyclists and horse-riders too. Your encounter with this trail on Day 1 gives you an excellent flavour of this popular trail.

West Sussex Literary Trail (Day 2 & Day 3 option A)

This 55-mile walking route links Horsham, on the fringe of the Weald in West Sussex, with Chichester Cathedral, via sites connected to a number of authors: Shelley, William Penn, John Galsworthy, Hilaire Belloc, William Blake and John Keats. You do not need to have read any of these writers' works to appreciate the landscape it passes through; the trail is waymarked with a **pen and book** symbol on a blue background.

Monarch's Way (Day 3 options A & B)

This long-distance walk follows King Charles II's escape route in 1651 following the Royalist defeat against rebel Parliamentarians led by Oliver Cromwell, which marked the end of the English Civil War. A distance of some 620 miles, it runs from Worcester in the Midlands to Shoreham-on-Sea in Sussex, via Stratford-upon-Avon, the Cotswolds, the Mendip Hills, Wells and Yeovil in Somerset, Cranborne Chase & the Hampshire Downs, and finally through the South Downs to the coast, where he took a coal boat to France. The route is waymarked by yellow discs showing a symbol of the **coal ship Surprise** above the Prince of Wales three-point feathered crown, superimposed over a black Royal Oak.

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New Lipchis Way (Day 3 options A & B; Day 4; Day 5 option A)

New Lipchis Way is a 39-mile trail that links Liphook in Hampshire with West Wittering on the coast in Chichester Harbour National Landscape. The trail symbol reflects the main geologies of West Sussex, depicting **downs, rivers and sea**, complete with sailboat. A section of this trail to the north of Chichester is also called **Centurion Way**, a shared pedestrian/cycle route (Day 4).

Stagecoach buses

Some of our walks can be adapted using the local bus service if you wish. The easiest method of payment is to **buy tickets on the bus by card**. You need to give the name of the bus stop you will get off at and this is included in the walk notes if taking a bus is an option. Although payment by cash on the bus is possible, the exact fare is essential as change is not available. Drivers much prefer payment by card – you will receive a paper ticket.

We suggest you download the Stagecoach App to your Smart phone. As you arrive at a bus stop, the App will then provide the time of the next bus. Look at the current timetable before setting off on the walk to have an idea of bus times; PDFs are available for each route on the website – to find these, you need to scroll down the page on the link provided in the route notes. To download the bus App: www.stagecoachbus.com/promos-and-offers/national/stagecoachbusapp

Note: single journey tickets can't be purchased via the App; you can use the App to buy a weekly pass (and others) but these aren't economical for this holiday.

South Downs to the Sea

Tide times

Once again, a reminder that you should familiarise yourself with high tide times for your stay in Bosham. We explain in the notes if a walk is affected by high tide and at what point in the walk; tide times shouldn't prevent you from selecting any of our walks in this area but if the timing isn't 'right' you may need to either adapt the route slightly or simply wait a while. Please see our walk notes for details.

On this website you can see local tide times for around one week ahead:

www.tidetimes.org.uk/chichester-harbour-entrance-tide-times

Arrival in Chilgrove

The White Horse

[phone number]

Chilgrove is a parish (recorded in 1200 as 'Chelegrave' meaning in Old English 'small wood in a gorge') but the village is so scattered you barely realise it exists. It has no amenities other than the inn and a wine shop.

The inn is set just off the main road yet feels rural. Described as a 'country dining pub' it features 'field-and-forest-to-fork' eating: venison from nearby estates such as Goodwood, Chilgrove wood pigeons, rabbits and trout from nearby fields and rivers, Goodwood cheeses, crab from the coast etc. It serves the local community, along with walkers and cyclists, but is also popular with weekend-breakers from London and is a favourite spot for weddings and Goodwood events.

Most of the rooms are in separate wood-clad buildings behind the pub and open onto a small private courtyard; they are named after local wildlife and have rustic-chic furnishings, exposed wood beams and sheepskin rugs.

Wi-fi is available in the rooms but phone reception can be unreliable.

Breakfast is served from 0745 on weekdays and from 0830 on weekends, dinner from 1800 onwards.

A table has been automatically reserved for you for **dinner** at 1900 for your stay here; please contact the inn directly in advance if you wish to change or cancel this. Any change of time would be subject to availability.

Opposite the pub is a small wine shop, the Four Walls Wine Company, which was started as a wine club in 1969 and gradually expanded to become a commercial enterprise affiliated to the pub.

For gin connoisseurs, Chilgrove Dry Gin – unusually mixed with a neutral spirit distilled from grapes not grains, as they used to do in Holland to make *jenever*, from which the word 'gin' is derived and which explains the term 'to take Dutch courage' – is not actually made in Chilgrove (it is produced at Thames Distillers in London), though your inn hosts a series of 'master classes' where a Chilgrove

South Downs to the Sea

mixologist puts on a tasting experience. It is, nonetheless, distilled with natural mineral water filtered through the local chalk Downs and uses Sussex-grown botanicals (including angelica root, coriander seed, grains of paradise and wild water mint). Try it and see!

South Downs to the Sea

Day 1: Around Chilgrove – Beacon Hill

Beacon Hill & South Downs Way

Route info: 12.3km/7.6miles; 4hrs 5mins; total ascent/descent 270m

Route profile



Overview

This circular route from the hotel door is a favourite of ours for its varied walking, with historical interest and fine views. Although the walk is not very long, the two ascents provide a bit of a challenge – but not too much!

After reaching Beacon Hill, the highest point in your holiday, and then the ridgeway, you head eastwards along the South Downs Way National Trail, then leave this to descend gradually back to Chilgrove along grassy and stony tracks, with the final 1.5km along a quiet country lane.

On the descent, you can opt to **extend the walk to 14.3km** (8.9miles) if you wish to take in a detour to The Royal Oak in the hamlet of Hooksway (passed through early in the walk).

Also on the descent, there is an optional detour of just 500m to the 'Devil's Jumps' – Bronze Age burial mounds (the short there-and-back walk to see these is included in total distance).

Food & drink

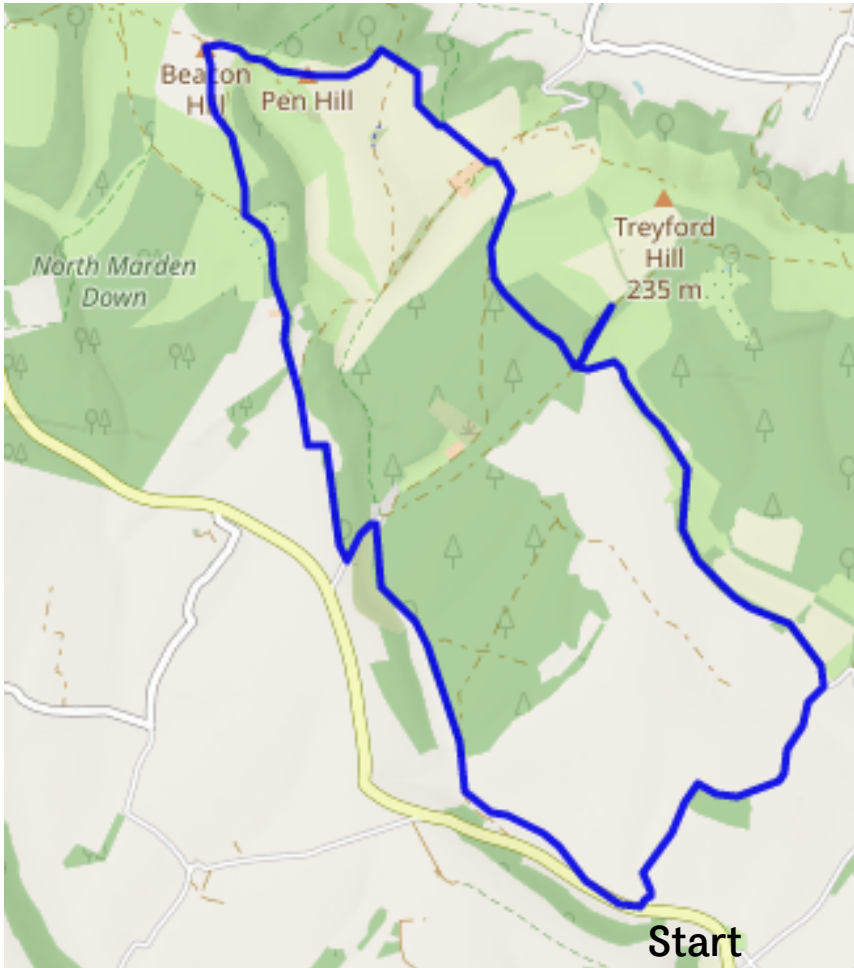
A picnic is provided today (please confirm dietary requirements with the hotel the night before). Refill water bottles and/or thermos flasks before setting off to have enough for the whole walk. The viewpoint at the top of Beacon Hill is a great spot for a picnic on a fine day.

The Royal Oak, **Hooksway** – if the timing is right, you may wish to detour off our main route (see our walk notes for directions) for a refreshing drink at this characterful pub. It's a gem of a pub, still unspoilt and old-fashioned, festooned with flowers outside and set in a remote spot in the back of beyond. The pub is

South Downs to the Sea

reputedly haunted by the ghost of a legendary sheep rustler called William 'Shagger' Shepherd! Open Tue–Sat till 1430, Sun till 1500 (last food orders 1400). Closed Mon. [phone number] www.royaloakhooksway.co.uk/

On the map: clockwise circuit from S



South Downs to the Sea

Walk Notes

- From your hotel head R to the main road; turn R and follow the road for just 130m – use the grass verge
- At a track heading to a property on RHS, go through a gate and turn L immediately to follow SP FP, keeping essentially SA along a grassy path roughly parallel to the road, and hugging a line of trees on RHS
- In 300m where the line of trees ends, head SA to a metal kissing gate; from here, continue in same direction across a cultivated field WM FP

Note: there is a public right of way across this field.

- In 130m keep SA over a tarmac farm track, then immediately through a metal kissing gate to follow a path along the edge of a couple of fields, keeping woodland on RHS, and finally curving R to aim for a 3-way fingerpost (not the metal gate that you see first)
- In 450m at J with a farm track through a metal kissing gate, bear R up the rough track SP BW, going under some power cables

Care! Don't miss your next turn that leads off the more obvious track.

- In 240m as the main track curves R up into woodland (with a pair of gates across saying 'Private – No Right of Way'), bear L off this track through a wooden field gate ('West Dean Estate – Bridleway Only – No Vehicles')
- You are now following a way marked route heading up a valley; keep SA on this pleasant track for 1.1km, mostly under a tunnel of trees (ignoring a FP crossing your track about half way along)
- Emerge onto a lane before the very pretty and isolated Royal Oak pub in the tiny hamlet of **Hooksway** and turn L

Note: you may wish to detour off our return route to visit this enticing pub later in the day for a drink if timing allows. Times are subject to change so do check locally. Closed Mon. [phone number] www.royaloakhooksway.co.uk/

2.4km/1.5miles; 45mins

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- Follow the wooded lane, climbing steeply
- In 240m at the first track on RHS, turn sharp R on a farm track, SP Restricted Byway (if you reach a farm and the main road, you have missed your turn)
- You are now rising gently SA through woodland with a field initially visible on LHS, then finally near the top bending sharp L
- 630m after leaving the lane, and just 70m after the sharp bend, at a 3-way fingerpost, swing R with the track you're on, SP Restricted Byway, ignoring FP L.
- In 230m at a YJ of tracks (with a metal gate into a corner of a field in the fork), bear L
- In 120m go through a wooden gate to bear slightly R on a tarmac track SP BW, joining an impressive avenue of beech trees
- In 400m where the avenue of trees leaves this tarmac track, fork slightly R to stay on track, now with a metal fence on LHS, then curving L round a large property

Telegraph House

Because of its elevation, nearby Beacon Hill hosted a station in the shutter telegraph chain (1796–1816) which connected the Admiralty in London to its naval ships docked in Portsmouth and Plymouth. This was replaced in 1822 by a semaphore station on this site; Telegraph House was built in connection with this communications station.

It is a Grade II listed building and was built in the mid-C19th. From 1927–37 it was the home of Beacon Hill School, renowned for progressive education and modernist ideas regarding family life and relationships, and was run by Dora Russell (author, feminist and socialist campaigner) and her husband Bertrand Russell (eminent philosopher, mathematician, historian, writer, social critic, political activist and Nobel laureate). They met on a weekend walking tour!

- In 280m where the tarmac track finally swings L into private grounds, continue SA up a stony track following WM post BW

South Downs to the Sea

- In just 100m through a gate (alongside a field gate), emerge to a YJ of tracks at a 3-way fingerpost – bear R SP South Downs Way
- This stony track ascends gently along the flank of an open hillside with lovely views unfurling on RHS
- Look out for the next turn off L just where the track begins to descend
- In 420m **veer L off the South Downs Way** at a sort of J* (see note below) where the obvious SDW heads SA downhill (by a WM post on LHS and a metal gate on RHS of track), up a short rising stony 'track' – this almost immediately then swings R to become a grassy track that has been cut heading up through open downland to the summit
- In 380m reach the top of **Beacon Hill** and its stunning 360° view

This may be a good spot for a picnic, though there's nowhere shaded, sheltered or secluded, or anywhere to park your bones on.

5.2km/3.2miles;1hr 40mins

Beacon Hill

Rising to 794ft (242m) this high spot in Harting Down (a 550acre common owned by the National Trust and registered as a National Nature Reserve to protect and conserve its traditional chalk downland flora and fauna) offers panoramic views over the Weald to the north and the English Channel with the Solent and Isle of Wight to the south.

It has a 'trig point' (one of the many nationwide concrete pillars used by Ordnance Survey mapping to calculate heights by using mathematical formulae of trigonometry). You'll also find an orientation table with a circular plaque showing distant points of interest: Petworth House is 10½ miles roughly E, the SDW heads ESE 69miles to Eastbourne and roughly W 30miles to Winchester, Chichester lies nine miles SSE.

Archaeological evidence suggests that the down was first occupied around 5000 years ago, whilst an Iron Age hillfort was built on the summit around 500BC as an animal enclosure and refuge. It would have been easy to defend as it is protected on three sides by steep drops. It is a roughly square-shaped

South Downs to the Sea

contour fort but without the large ramparts associated with the period. Cross-ridge dykes were built around the same time, which may have been used to control the movement of people and animals along the ridgeway.

- From the summit, head E (this is R from the way you arrived) keeping the view across The Weald on your LHS, and start to descend on a grassy path past a fingerpost SP BW, then steeply on a wide rough path
- In 280m at the bottom, merge SA with SDW at a 4-way fingerpost to climb steeply on a rough multi-stranded stony path
- In 230m reach the top of **Pen Hill** then descend again
- In 330m veer L into trees on the more prominent track at a YJ near the bottom, WM SDW
- In just 40m at a fingerpost turn R, SP SDW
- Now follow the main track SA as it snakes and undulates, ignoring all turns off and benefiting from clear signage for SDW
- In 800m at a TJ of tracks, turn L
- Then **in just 30m** dog-leg R, still following SDW
- This track curves R then L, rising steeply through woodland
- In 600m go SA at a J** (see note below) with a track R, with a pair of metal field gates opposite on LHS and a fingerpost SP SDW, still rising then shortly levelling to pass a beech wood on LHS

7.5km/4.7miles; 2hrs 30mins

For our 12.3km/7.7miles route, see below: ****To continue the main walk**

Note: if you wish to detour to **The Royal Oak at Hooksway** (bearing in mind its limited opening times), turn R at this J**, then curve L almost immediately on a BW track down through woodland; stay on this as it curves R to pass Philliswood Farm. This detour down to the pub is 1.4km.

To continue from the pub, you have a choice:

South Downs to the Sea

(a) regain the SDW by climbing the BW that runs above Philliswood Farm (another 1.2km) to reach a J*** with grassy triangle at the corner of SDW (see bullet point below) where you pick up our onward route R via Monkton Farm. From J*** back to your hotel it is another 4km; this version of the detour would extend your total walk by 2km/1.2miles.

(b) return to the hotel from the pub by retracing your steps along the route you took to Hooksway this morning (notes are not provided for this option); this version of the detour would shorten your total walk by 0.8km/0.5miles.

****To continue the main walk**

- In 550m SA from J** reach a crossing of tracks, J*** with grassy triangle. Here, our walk continues SA, SP FP, **leaving the South Downs Way** (which heads L) but you have the option to make a short there-and-back detour L from this J to see 'Devil's Jumps' (see note below). Otherwise, please see below: *****To continue the main walk**

Note: to visit the **Devil's Jumps** (total detour 500m there and back, up and back down), turn L at this J*** on the SDW – the tumuli themselves are in a line, turning L off the track at a grassy area (before reaching a cultivated field on LHS).

The Devil's Jumps

Not to be confused with the 'Devil's Humps' above nearby Kingley Vale (on your walk from Chilgrove to East Lavant) these are the best example of a Bronze Age linear barrow formation in Sussex, say archaeologists. Five round burial mounds (known as 'bell barrows' because of their bell-shaped profile) from three to four thousand years ago are aligned with the position of the setting sun on midsummer's day.

Since the nearby trees have been cleared in 2009, the effect of the sun dipping below the horizon is as uplifting today (given a proclivity to pagan imagination) as it would have been for our downland ancestors. There is a noticeboard at the site giving an artist's impression of the cemetery in its heyday. The site is a

South Downs to the Sea

scheduled ancient monument and managed by the Murray Downland Trust, also for its chalk heath habitat.

The name derives from a local tale about how the Devil met his match in the pagan god Thor. Thor was resting on Treyford Hill nearby, when the noise of the Devil – who had taken it into his head to leap vociferously and provocatively from one barrow to another – awoke him. Thor told the Devil to clear off but the Devil taunted Thor saying Thor was too old to jump like that himself. Irritated, Thor scored a direct hit with a boulder just as his visitor was mid-leap, hitting him in the midriff. The Devil took off heavily winded, vowing never to return.

***To continue the main walk

- In just 30m from the J*** cross a stile to head SA, keeping close to a hedge line on RHS, curve sharp R to head down through a field gate and then descend gently along a grassy track the length of a pleasant grassy valley
- At the bottom with a single building on L, bear R to climb on a stony track

Monkton Farm

Although there is little to see with the untrained naked eye, this site is a Scheduled Ancient Monument, comprising an abandoned medieval village and post-medieval farm buildings. The remains are reported to be largely undisturbed and of good archaeological value, but today they lie buried or covered by vegetation.

The medieval earthworks extend some 400m up the valley floor (from about where the gate is that you passed through at the top of the grassy valley) on either side of a double-lynchet trackway, linked to rectangular house platforms, hollow ways, field banks and depressions; and at the south end, the remains of a C16th farmhouse, C18th farm buildings and well-house which originally contained a donkey wheel. A ruined medieval chapel has been discovered 1km SE of this site, associated with and probably serving this Monkton community.

The reasons for the desertion of such villages (there are over 2,000 recorded nationally) are varied but reflected declining economic viability, change in land

South Downs to the Sea

use such as enclosure or emparkment (landowners claiming fields or installing a deer park, both of which resulted in kicking out the peasants), or population fluctuations as a consequence of widespread plague epidemics such as the infamous Black Death.

- In 150m enter woodland through a metal gate, then descend gently on a track, ignoring turns off
- After 1.1km near the bottom you pass a row of cottages on LHS behind high hedges, and Yewtree Cottage (farm) up on RHS
- Keep L to reach a TJ with a lane in 70m (with a grassy triangle) and bear R on the lane
- In 1.5km (up, along and down the lane) arrive back at your inn

12.3km/7.6miles; 4hrs 5mins