

# SOUTH DOWNS NATIONAL PARK

From rolling hills to bustling market towns, the South Downs National Park's landscapes cover 1,600km<sup>2</sup> of breathtaking views, hidden gems and quintessentially English scenery. A rich tapestry of wildlife, landscapes, tranquillity and visitor attractions, weave together a story of people and place in harmony.

For your guide to everything there is to see and do in the National Park visit [southdowns.gov.uk/discovery-map](https://southdowns.gov.uk/discovery-map)



## YOUR COUNTRYSIDE CODE: RESPECT. PROTECT. ENJOY.

Respect other people

- Leave gates and property as you find them
- Keep to the paths unless on Access Land

Protect the natural environment

- Take your litter home
- Keep dogs under effective control

Enjoy the outdoors

- Plan ahead and be prepared
- Follow advice and local signs

# BUTTERFLIES

Cissbury Ring is one of the best butterfly sites in Sussex. Keep a look out for Adonis and chalkhill blues, dark-green fritillaries and marbled whites. You may also spot some dingy and grizzled skippers, small blues and possibly a brown hairstreak.



Chalkhill blue  
© Nigel Symington

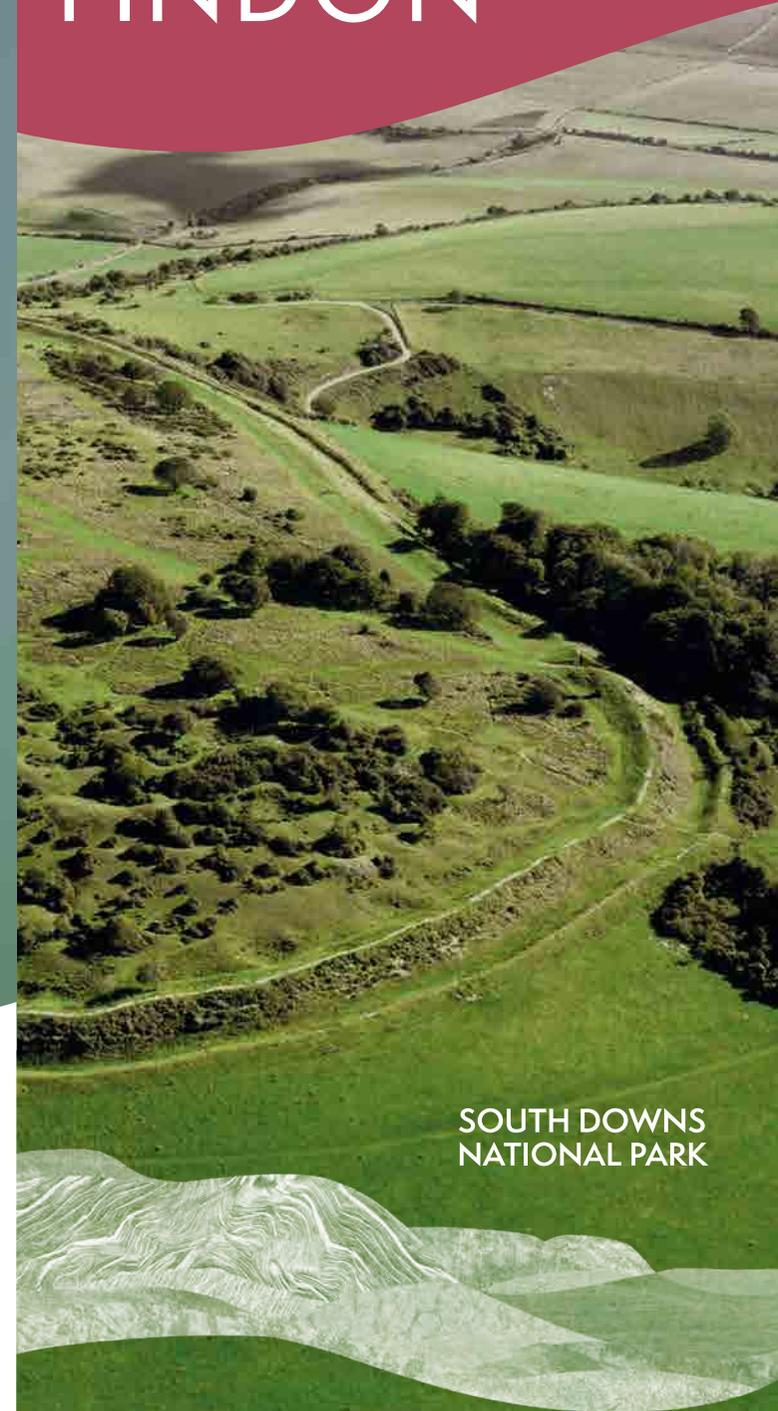
## VIEW RANGER

All of our walk and ride guides are now available on View Ranger, the outdoor discovery app, for free. Simply download this easy-to-use app using the QR code or visit [southdowns.gov.uk/viewranger](https://southdowns.gov.uk/viewranger) for more details.



SOUTH DOWNS WALKS

# FINDON



SOUTH DOWNS  
NATIONAL PARK

'Pride of Sussex', round-headed rampion  
© Mary Shotter



Chanctonbury Ring Sunset  
© Sean Lewis



## POINTS OF INTEREST

### CISSBURY RING

Cissbury Ring, just north of the coastal town of Worthing, is one of the jewels in the crown of the South Downs National Park. It's the largest hill fort in Sussex and has a history dating back over 5,000 years.

Set high up on a chalk promontory, its ditch and ramparts enclose roughly 65 acres. From the top on a clear day you can see for miles, with views to the chalk cliffs of the Seven Sisters beyond Brighton and as far as the Isle of Wight.

Centuries of continuous grazing have produced a wonderful habitat for butterflies and flowers. Rare plants such as the round headed rampion, known as the 'Pride of Sussex', thrive here. During spring and autumn you can see a wide variety of migratory birds as Cissbury is one of the first coastal landing points after their long flight across the channel.

Visit [nationaltrust.org.uk/cissbury-ring](http://nationaltrust.org.uk/cissbury-ring) for more details.

### CHANCTONBURY RING

Chanctonbury Ring is one of the most prominent landmarks along the South Downs Way. The ring is an Iron Age hill fort which is best known for the beech trees which dominate the site. The trees were planted in 1760 by Charles Goring, heir to the large Wiston Estate. With the remains of Bronze and Iron Age forts, a Roman temple and its distinctive ring of beech trees, Chanctonbury Ring is said to be the most haunted site in the South Downs. Stories vary but

walking seven times around the ring might summon up the devil, a druid, a lady on a white horse or Julius Caesar and his army.

### SOUTH DOWNS WAY

This 100 mile, long-distance, off-road National Trail runs the entire length of the South Downs National Park and offers some of the most stunning scenery in the country.

[nationaltrail.co.uk/south-downs-way](http://nationaltrail.co.uk/south-downs-way)

## FIND YOUR WAY

Follow the arrows on waymarkers.

- Footpath  
- Bridleway  
- Restricted byway  
- Byway  
- Open access land  National Trail Acorn 

## TAKE THE LEAD

For a safe and fun visit with your dog please remember to keep them on a lead around livestock and wildlife. Always bag and bin your dog poo – any public bin will do!

## GETTING HERE

**By bus:** There are regular services to Findon, visit [traveline.info/se](http://traveline.info/se)

**By rail:** The nearest railway station is Worthing. Visit [nationalrail.co.uk](http://nationalrail.co.uk) to plan your journey.

## CONTACT

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 @SDNPA  /SDNPA



## SOUTH DOWNS.GOV.UK

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**1** From the Findon Valley bus stop at May Tree Avenue on the A24 between Findon and Worthing, follow the sign post for Cissbury Ring car park. Head through the car park to the top right corner and continue across the open field to the woodline at the top of the hill.

**2** Pass through the wood and follow the woodline continuing up the hill towards Cissbury Ring ramparts. Follow the ramparts to the left.

**3** At the next steps head down the steps through the wood and continue straight ahead through a metal gate to a small car park.

**4** From the car park head up the track with fencing on both sides. Continue through a gate on the way to the next major track junction.

**5** Continue past tracks on the left and right remaining on the track that heads to the wooded area. Continue through the wood to the South Downs Way (SDW).

**6** Turn left and continue along the SDW, over the cattle grid to Chanctonbury Ring. Pass Chanctonbury Ring and continue over the cattle grid to the next junction.

**7** Leave the SDW here continuing straight ahead along the restricted byway.

**8** At the T-junction turn left and follow the track into the valley continuing until you reach a house on the left.

**9** After the house take the major track on the right up to the road. Cross the road and enter the field.

**10** Cross the field towards the white house and the wooden bridle gate, turn left. Follow this path straight ahead until it ends at a junction.

**11** Turn left and continue a short distance to the next junction.

**12** Turn right and continue to the small car park at Cissbury Ring.

**13** Exit the car park towards Cissbury Ring, turning immediately right and pass through the metal and wooden gates heading down the field path to the wooden bridle gate at the wood line.

**14** Follow the wooded bridleway back to the bus stop. If the path is blocked by tree fall and difficult to pass, it can be followed in the field and re-entered at the next bridle gate.

# CHANCTONBURY RING

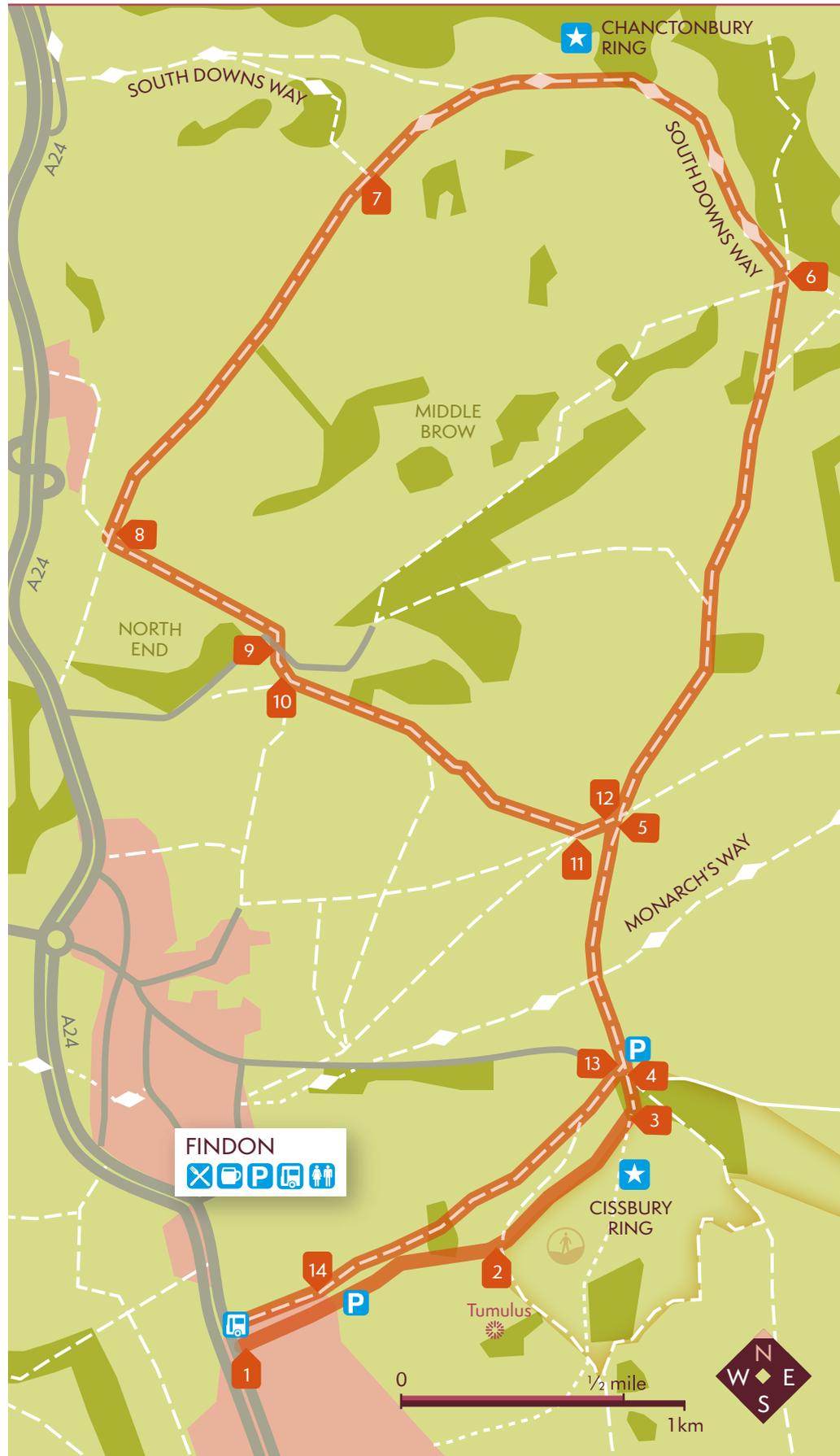
Discover two of the most iconic hill top monuments in the South Downs, Cissbury and Chanctonbury Ring.

TRAIL: 

DISTANCE:  
8 miles (12.9 km)

ALLOW:  
3.5–4 hours

PATH:  
Uneven surfaces  
and lots of inclines.





# CISSBURY RING

TRAIL:

DISTANCE:  
3.5 miles (5.6 km)

ALLOW:  
1–2 hrs

PATH:  
Some moderate  
inclines.

Enjoy views across the coast  
and the South Downs from  
the largest hill fort in Sussex.

**1** From the Findon Valley Bus stop at May Tree Avenue on the A24 between Findon and Worthing follow the sign post for Cissbury Ring car park. Continue through the car park, across the grass to the top left corner.

**2** Head up the wooded bridleway into the field. Keep the fence line on your left and continue to the top left corner of the open area where the path enters the wooded area.

**3** Here the path becomes blocked by a tree fall further along so at the first wooden gate on the right exit the wooded path and follow the path from the field.

**4** Continue into the open field following the grassy path up a gentle slope to the small car park on the ridge line. Pass through the wooden and metal gates. From the car park turn and approach the hill where you will see a vehicle width chalk track following the hill. If you find steep steps you have taken the wrong track.

**5** Continue to follow the main track, turning right at the next junction. Follow the chalk track down and around the hill to a wooded area.

**6** You'll then come to an open area which forms the junction of a number of paths and a large water trough on the right. Turn right here and follow the wood line towards Cissbury Ring.

**7** Continue up the path passing through a metal gate to the ramparts of Cissbury Ring. Once you reach the ramparts turn left up the steps and continue clockwise round the ramparts.

**8** At the next set of steps descend and head through the two sets of gates. Head right down the grassy track towards the gate and small car park you passed earlier.

**9** From this point retrace the route back to the bus stop.

## KEY:

- Point of interest
- Pub
- Refreshments
- Toilets
- Bus stop
- Parking
- Trail point
- Road
- Long Distance Path
- Bridleway
- Footpath
- Track
- Woodland
- Buildings
- Open access land (in shaded area)