

SOUTH DOWNS NATIONAL PARK

From rolling hills to bustling market towns, the South Downs National Park's landscapes cover 1,600km² 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



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



GREAT DAYS OUT

There are plenty of things to see and do in and around Arundel. Here are just a few ideas:

WWT ARUNDEL WETLAND CENTRE
A haven for wildlife. You can even go on a boat safari through the reed beds, visit [wwt.org.uk/wetland-centres/arundel](https://www.wwt.org.uk/wetland-centres/arundel) for details of opening times and entry costs.

FARMERS MARKET
For local food and produce visit the farmers market held on the 3rd Saturday of every month.

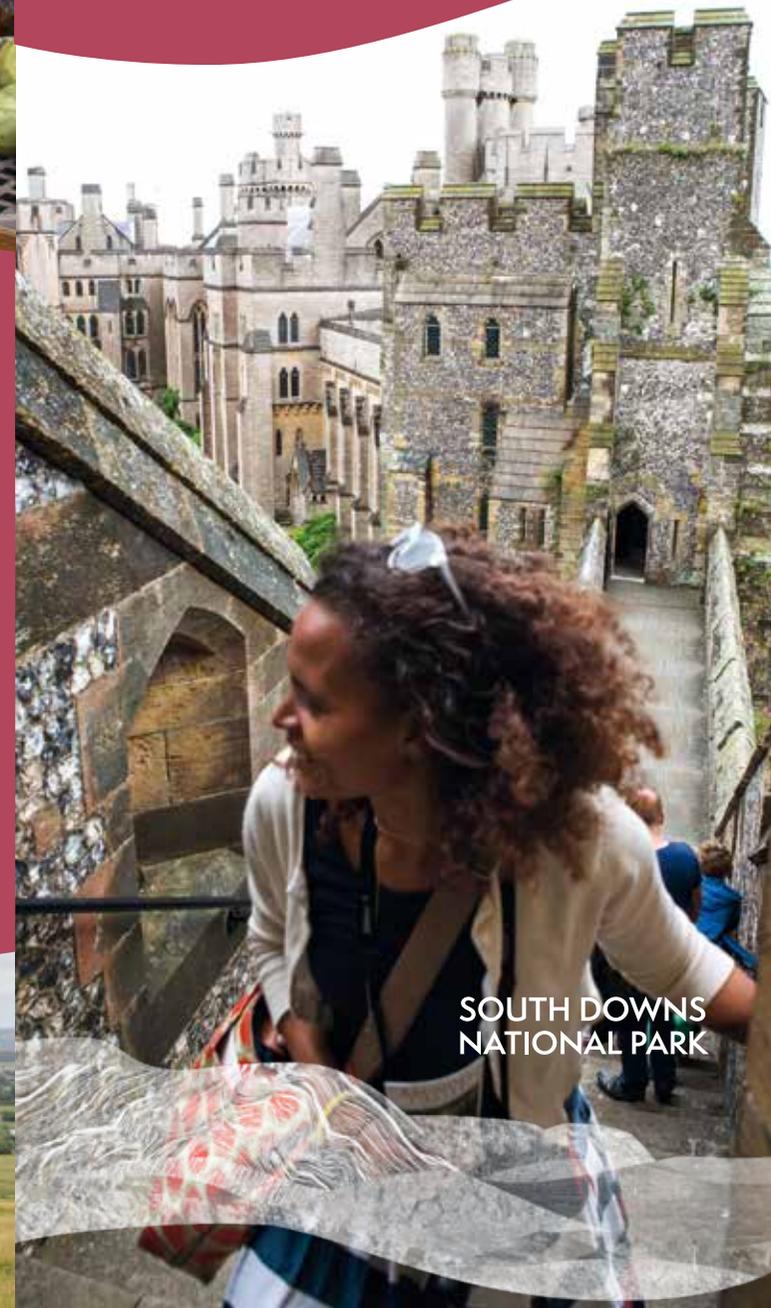
Visit arundel.org.uk for more information.

ARUNDEL FESTIVALS
Book a date in your diary to attend the Arundel Food Festival held annually in October or one of the numerous events put on as part of the 10-day Arundel Festival held in August. For more information visit arundel.org.uk



© SDNPA/Rebecca Saunders

SOUTH DOWNS WALKS ARUNDEL



SOUTH DOWNS
NATIONAL PARK

EXPLORING ARUNDEL

SWANBOURNE LAKE

Starting life as a millpond, Swanbourne Lake has records dating back to the Domesday Book in the 11th century. In the late 18th century, during work to Arundel Park, the pond was enlarged to form the lake which is fed mainly by groundwater springs known as the 'Blue Springs' due to the colour of the water as it comes out of the ground. The lake is prone to drying out and on one such occasion in 1989 the remains of a German Second World War bomber plane were discovered, along with four unexploded bombs!

WATER VOLES

Keep a look out for these small furry mammals when you're walking along Mill Road in the spring or summer. Made famous

by the character 'Ratty' in the book *Wind in the Willows*, these lovely little creatures can be seen along the banks of the stream or you might even hear them as they 'plop' back into the water.

Water voles are increasingly rare due to habitat loss and predators such as Mink, but with the help of the National Park and partner organisations they are being reintroduced across parts of East Hampshire.

The ones on Mill Road are descendants of water voles that were reintroduced at the Arundel Wetland Centre in 2005.

THE RIVER ARUN

Running for approximately 25 miles (41km) from its source near St Leonards Forest through Horsham

and Arundel before flowing into the English Channel at Littlehampton, the fast flowing River Arun has provided a livelihood for the people of Arundel throughout the centuries. Eels, pike, bass and grey mullet were all found in the river – the Arundel grey mullet was praised for its flavour so people born in Arundel are known locally as Mulletts.

ARUNDEL CASTLE

Originally built at the end of the 11th century by Roger de Montgomery, Earl of Arundel and one of William the Conqueror's most loyal barons, Arundel Castle was badly damaged during the civil war. The gothic style castle was restored in 1900 and is considered to be one of the great works of Victorian England.

HIORNE'S TOWER

Built in 1790 by Francis Hiorne with flint and stone in a chequerboard pattern this tower was created to demonstrate his proposed architectural style for the first reconstruction of the castle. You can see glimpses of the tower from the northern bank of Swanbourne Lake and you have an even better view from the top of Arundel Park.

SOUTH STOKE

Nestling in the Arun Valley north of Arundel you'll find the peaceful village of South Stoke. Surrounded by beautiful walking country, St Leonard's Church acts as a centerpiece to the village which sits on the west bank of the River Arun.



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 Arundel, visit traveline.info/se

By rail: The nearest railway station is Arundel, visit nationalrail.co.uk

CONTACT

South Downs National Park Authority:
01730 814810

 @SDNPA

 /SDNPA

SOUTHDOWNS.GOV.UK

All uncredited photos © SDNPA/Mischa Haller. Printed on FSC certified paper. Details correct at time of going to print. Please be aware that routes are shared with other users (vehicles, pedestrians, dogs, horses etc.) and users of this route do so at their own risk. We do not accept any responsibility for loss, damage or injury, however caused, arising directly or indirectly from use of this leaflet. Contains Ordnance Survey data © Crown copyright and database right 2013.



Please recycle me after use



KEY:

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



Open Access Land

Wherever you see this symbol you are free to leave the footpath to walk and picnic within the mapped area. Please be aware of livestock and wildlife.



MAP REF:
Find this
area on OS
Explorer 122



TO AMBERLEY

START
ARUNDEL STATION

ARUNDEL

SWANBOURNE LAKE & RIVER ARUN

TRAIL: 

DISTANCE:

Swanbourne Lake –
4 miles (6km)
River Arun –
3.5 miles (5km)

ALLOW:

Swanbourne Lake
– 2 hours
River Arun – 1.5 hours

GRADIENT:

Fairly flat with some
small inclines.

PATH:

Grassy bridleways,
uneven in places.

Discover a fairytale castle and the banks of the River Arun

1 From the front of Arundel railway station, follow the shared-use path to the right which passes underneath the road. Proceed into Arundel.

2 Cross Arundel Bridge which takes you over the River Arun and turn right onto Mill Road.

3 Continue straight along Mill Road, passing Blackfriars (the remains of a Dominican Priory) and Arundel Museum on your right. On the opposite side of the road is the entrance to Arundel Castle. On this side of the road, running between the castle and Mill Road, is a waterway – look out for water voles which now thrive here.

4 When the Mill Road footway runs out by the entrance to the old dairy (now a private residence), carefully cross the road and cross over the Millstream using Swanbourne footbridge.

5 Head down the steps then back up to re-join the road. For a short distance there is no footpath (between the bridge and the Swanbourne Lodge tea rooms at the entrance to Swanbourne Lake), but the road is wide and visibility is good. If you'd like to visit the Arundel Wetland Centre, continue along Mill Road for an additional 200 metres (take extra care when walking along the road). For those wishing to explore Swanbourne

Lake, follow the footpath around the lake which brings you out close to the Millstream bridge. To finish your walk you can then retrace your steps back along Mill Road to Arundel railway station.

6 To enjoy the views and scenery along the River Arun take the river route by walking down the steps from the road to Swanbourne footbridge and take the footpath on your left immediately before the bridge. This footpath runs alongside the Millstream up to where it meets the River Arun.

7 Turn right and follow the footpath beside the River Arun back into Arundel and re-trace your steps to the railway station.

ARUNDEL PARK & SOUTH STOKE

TRAIL: 

DISTANCE:

7 miles (11.3km)

ALLOW:

3.5 hours

GRADIENT:

Several steep sections.

PATH:

Grassy footpaths and
bridleways, uneven
in places.

Follow the Arundel and Swanbourne Lake route instructions (going anti-clockwise around the lake) until you reach the end of Swanbourne Lake, then continue with the following instructions:

Explore open downland, wooded trails and riverside banks

1 At the end of the lake continue straight ahead through the kissing gate. At the fingerpost continue straight on where the path bends to the right along the valley.

2 At the T-junction of paths turn right, then immediately left up the steep track – you are now on the Monarch's Way. Cross the stile and continue along the grassy footpath to the fingerpost on top of the hill.

3 Bear slightly left along the grassy path towards the left edge of Dry Lodge Plantation and the stile. Cross the stile and join the track running alongside Dry Lodge Plantation.

4 Follow the next fingerpost as it directs the footpath away from the track, bearing right across the hill towards the stile and a distant chalk cliff.

Cross the stile, follow the track downhill and turn right at the bottom.

5 Where the path splits into three, turn left following the Monarch's Way into dense woodland. Towards the end of the path turn right through a metal kissing gate out of Arundel Park.

6 Turn sharp right and follow the path through the woods. At the gate continue along the field edge. Turn left through the next gate and continue uphill through the wood.

7 Continue along the field edge towards the farm buildings. Turn right passing behind the cart shed, then left onto the road and continue into South Stoke passing St Leonard's Church.

8 Continue along the lane where it turns from

tarmac to rough track. At the bridge turn right, crossing over the stile. Continue along the river bank for just over a mile crossing five stiles.

9 Follow the path where it veers away from the river, crossing a stile into woodland. Follow the path and pass through the car park.

10 Continue past the pub and through the second car park to pick up the footpath at the edge of the river. Continue along this path until you reach a crossing of footpaths where you can either turn right to follow the Millstream back to Swanbourne Lake, or continue along the banks of the river to find your way into Arundel and to the railway station (from this point follow the blue route on the map).