

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



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 Shoreham-by-Sea and Upper Beeding, visit traveline.info/se

By rail: The nearest railway station is Shoreham-by-Sea, visit nationalrail.co.uk

CONTACT

South Downs National Park Authority:
01730 814810

@SDNPA /SDNPA



SOUTH DOWNS.GOV.UK

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SOUTH DOWNS WALKS

SHOREHAM -BY-SEA



SOUTH DOWNS
NATIONAL PARK



Please
recycle me
after use

MILL HILL NATURE RESERVE

Mill Hill has excellent views across the Adur river valley, providing a great place for exploring and watching wildlife.

As an open access area you can take in the views from the top or explore the chalk grassland on the steep slope cut by the river centuries ago. Binoculars are a must.

Mill Hill Local Nature Reserve is important for its wildlife habitats, in particular chalk grassland. It has over half of the British butterfly species and 160 different species of plant. One of its more notable residents is the rare Adonis Blue butterfly whose caterpillar feasts on horseshoe vetch. In May the main slope of Mill Hill is a sea of yellow as this plant comes into flower.

From this hill you can see some local landmarks, as well as the curves and valleys of the South Downs. On the other side of the valley you can see Lancing College with its 19th century gothic Chapel. To the south, Shoreham Airport stretches out across the coastal plain.

The river Adur begins south of Horsham and winds its way down to the coast at Shoreham. It is tidal and becomes particularly interesting at mid-tide when the mud flats appear, attracting lots of birdlife. Look out for ringed plovers, lapwings and little egrets.

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LONG DISTANCE ROUTES

SOUTH DOWNS WAY

The South Downs Way (SDW) is a 100 mile (160km) long-distance off-road National Trail which runs the entire length of the South Downs National Park. Providing stunning views across patchwork fields, rolling hills and to the south-east coastline, this route connects Winchester, the Saxon capital of England, with the white cliffs of Eastbourne. For maps and guides, where to stay, suggested circular routes, to report an issue and much more visit nationaltrail.co.uk/southdowns

MONARCH'S WAY

This long distance path is based on the lengthy route taken by King Charles II during his escape after defeat by Cromwell in the final battle of the Civil War at Worcester in 1651. Now 615 miles in length it is the longest inland trail within England, running through Stratford upon Avon, the Cotswolds, Mendips and the south coast from Charmouth to Shoreham-by-Sea.

OTHER SITES

OLD SHOREHAM TOLL BRIDGE

Built in 1781, this bridge links Shoreham-by-Sea to Lancing and Worthing by crossing the River Adur tidal estuary. Up until the bridge closed to road traffic in 1968, when it became a bridleway, it was the A27 and cost sixpence in old money to cross.

SHOREHAM-BY-SEA

TRAIL: 

DISTANCE:

4.5 miles (7.25km)

ALLOW:

2.5 hours (non-circular)

GRADIENT:

Fairly flat with some small inclines.

PATH: Grassy bridleways, uneven in places.

MAP:

OS Explorer 122

UPPER BEEDING

TRAIL: 

DISTANCE:

4 miles (6.5km)

ALLOW:

2 hours (non-circular)

GRADIENT:

Several steep sections.

PATH: Grassy footpaths and bridleways, uneven in places.

MAP:

OS Explorer 122

KEY:



Point of interest



Pub



Refreshments



Toilets



Parking



Bus stop



Trail point



Bridge

 Road

 Long Distance Path

 Bridleway

 Footpath

 Track

 Woodland

 Buildings

 Open access land (in shaded area)

Explore the peaceful countryside and stunning views of the Adur Valley.

1 From the bus stop at the Red Lion, take St Nicholas Lane until you get to The Street; turn left and head up the hill. Take the footpath signposted to the left and follow it around the field. Continue up to the bridge that crosses the A27. Look out for the great views across the Adur Valley.

2 Cross the bridge and at the end take the footpath to the left. Follow this round to Mill Hill Nature Reserve and then take the footpath down the hill. Continue past old Erringham Farm and back up onto the road.

3 Turn right and head south along the road until you reach the track on the left hand side that leads to New Erringham farm. Follow the road past the farm and round to Mossy Bottom Barn.

4 Leave the track a short distance east of the barn and continue down towards Slonk Hill Farm.

5 Cross the bridge over the A27 and continue on the track round to the vehicle entrance to the shopping centre.

6 Carefully cross the road and use the pedestrian route into the car park. The bus stop is located at the south end of the covered walkway.

Discover breathtaking views from the South Downs to the coast.

1 Head north along the road from the bus stop at Dacre Gardens. On the east side of the road, opposite the car park, take the South Downs Way up to Beeding Hill.

2 Take the bridleway at the bend of the road, heading southeast.

3 At the end of the bridleway turn right at the T-junction and head south towards Southwick Hill.

4 Continue on the bridleway through the Open Access land to Southwick Hill. (If you have time, explore the area and take in the views down to the coast.)

5 Continue on the bridleway over the tunnel. At the fork in the road, go right and travel down past the dew pond towards North Southwick.

6 Upon reaching the houses, follow Upper Kingston Lane down to Old Shoreham Road to the bus stop.

DOWNLINK: This 37-mile route follows the disused railway line from Guildford to Shoreham-by-Sea and is used by walkers, cyclists and horse riders. Visit westsussex.gov.uk for more information.



THE REST AND BE THANKFUL STONE

"Rest And Be thankful" is the name of a stone that sits along the track between Southwick and Thunders Barrow. It is a block of sarsen stone measuring roughly three feet square and two feet high, and makes an excellent seat – which is probably how it got its name.

It is thought that this stone was originally part of Southwick Church. When the Church wall was widened in the 19th century, the stone was brought here to act as one of the boundary stones along the trackway and now offers a place for weary walkers to take the weight off their feet.



 **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.



START
UPPER
BEEDING

START
SHOREHAM-
BY-SEA

 **SHOREHAM-BY-SEA**
RAILWAY STATION
0.5 MILE

 **BOTOLPHS**
PARISH
CHURCH

 **MILL HILL**
NATURE
RESERVE

 **LANCING**
COLLEGE

 **THE RED**
LION

ERRINGHAM
FARM

MOSSY
BOTTOM
BARN

THUNDERSBARROW
HILL

THUNDERS
BARROW

SOUTHWICK
HILL

REST AND BE
THANKFUL
STONE

SUSSEX BORDER
PATH

UPPER SHOREHAM
ROAD

SOUTH DOWNS
WAY

BEEDING
HILL

MONARCH'S
WAY

SHOREHAM
ROAD

ANCHOR
BOTTOM

RIVER ADUR

DOWNS
LINK

STEYNING
ROAD

A27

A27

A270