



# Arundel to Goring-by-Sea Walk

The River Arun, the Angmering Park Estate and “Worthing's best kept secret” on Highdown Hill.

<b>Length</b>	<p><b>Main Walk:</b> 18¾ km<sup>†</sup> (11.7 miles). Four hours 20 minutes walking time. For the whole excursion including trains, sights and meals, allow at least 10 hours.</p> <p><b>Main Walk, omitting seafront loop:</b> 14½ km<sup>†</sup> (9.0 miles). Three hours 20 minutes walking time.</p> <p><b>Main Walk, extended to Worthing:</b> 22½ km<sup>†</sup> (14.0 miles). Five hours 10 minutes walking time.</p> <p><b>Alternative Walk, from Angmering:</b> 11¼ km<sup>†</sup> (7.0 miles). Two hours 30 minutes walking time.</p> <p><b>Alternative Walk, extended to Worthing:</b> 15 km<sup>†</sup> (9.3 miles). Three hours 20 minutes walking time.</p> <p>† Add around 1½ km (1 mile; 30 minutes) if visiting Highdown Gardens. See Features below.</p>
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<b>OS Map</b>	Explorer OL10 (previously 121). Arundel, map reference TQ024063, is in West Sussex, 5 km <b>N</b> of Littlehampton.
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<b>Toughness</b>	3 out of 10 (1 for the Alternative Walk); in both cases add 1 for the extension.
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<b>Features</b>	<p>Several SWC walks go through the landscaped Arundel Park to the north-west of the town but the central section of this walk is through the other half of the original Norfolk Estate, <b>Angmering Park</b>. The first 3 km is the same as the Arundel Circular walk (#100) and starts with fine views of <b>Arundel Castle</b>, the principal seat of the Dukes of Norfolk. The massive castle dominates this hilltop town but the ornate <b>Roman Catholic Cathedral</b> and the parish church of <b>St Nicholas</b> also feature prominently on its skyline.</p> <p>After a stretch alongside the <b>River Arun</b> the walk enters the extensive <b>Angmering Park Estate</b>. For the most part this is a mix of commercial woodland and farmland, but there are also stretches along an open valley and on higher ground with a distant sea view. The route then heads south through the village of <b>Patching</b> to a lunch pub on an old main road.</p> <p>The constant roar of traffic on the road's replacement is not far away, and an underpass takes you under the busy A27. After crossing the A280 a gentle climb through woodland eventually brings you out onto <b>Highdown Hill</b>, a stretch of open downland owned by the National Trust with the remains of an <b>Iron Age hill fort</b> on its summit. On a fine day there are far-reaching sea views east to the Seven Sisters and west to the Isle of Wight.</p>
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These slopes of the South Downs were quarried for chalk and in the early 20<sup>th</sup>C Sir Frederick and Lady Stern were inspired to create a garden in the unpromising surroundings of an old chalk pit, building up a fine collection of rare plants and trees. Together with a nearby pub and tearoom for refreshment, a visit to “Worthing's best kept secret” (**Highdown Gardens**, open daily to dusk Apr-Sep, but close around 4pm Oct-Mar; free entry) makes a nice way to put off your descent to the coastal plain and across another busy main road (the A259). The full walk carries on past Goring-by-Sea station to the seafront before looping back to this rather misleadingly-named station, 1½ km inland.

### Walk Options

There are two shorter options which would let you spend more time in Highdown Gardens. As implied above you could simply cut out the 4¼ km seafront loop at the end. The **Alternative Walk** starts from **Angmering** station which is much closer to Highdown Hill; there is quite a long stretch along residential streets to get through Angmering but the village centre has retained much of its rural charm.

Conversely, directions are included for a straightforward extension (for both the Main and Alternative Walks) along the **England Coast Path** to finish in **Worthing**, a large seaside resort with a pleasure pier (free entry) and other attractions before the trek inland to the station.

### Additional Notes

The original version of this walk took a more southerly route through the Angmering Park Estate, where the Woodman Arms at Hammerpot was conveniently situated as a lunch pub before it closed abruptly in February 2019.

The route from Angmering station was originally included in the other direction, as an alternative ending from Highdown. Anyone wanting to do this should find it simple enough to follow from the map, but full directions (together with a westward extension to a different seaside resort) can be found in this walk's companion, the Angmering to Littlehampton walk (#445).

### Transport

Arundel is on the Arun Valley line, with a half-hourly service from London Victoria (hourly on Sundays), taking around 1 hour 25 minutes. Angmering, Goring-by-Sea and Worthing are all on the West Coastway line, which has a similar level of service and journey time from London plus local services to Brighton.

Both lines are operated by Southern and the fare from London to all these stations is the same. The suggested ticket is a **return to Littlehampton** (which is unquestionably valid at all of them), but in practice a return ticket to any of these stations would almost certainly be accepted at the others.

The most convenient option for drivers would be to park at the end of the walk in Goring-by-Sea, although this only has a small station car park costing around £5 Mon-Sat, £3 Sun (2025). Angmering is the next station along and has a much bigger car park costing slightly more. In both cases you would need to change trains at Ford or Barnham in order to start from Arundel.

<b>Suggested Train</b>	Take the train nearest to <b>09:40</b> from <b>Victoria</b> to <b>Arundel</b> . For the Alternative Walk you could start half-an-hour later, taking a train from <b>Victoria</b> to <b>Angmering</b> .
<b>Lunch</b>	<p>With the closure of the Woodman Arms the most convenient place for a pub lunch on the <b>Main Walk</b> is just south of Patching, after 9¾ km: <b>The World's End</b> (01903-871346) is a popular Hall &amp; Woodhouse pub with a large beer garden, which serves a good range of food all day from noon. An alternative would be to carry on for a further 3 km to <b>The Highdown</b> (01903-924670), just outside Highdown Gardens. Formerly the Highdown Hotel, it reopened in early 2019 as a Brunning &amp; Price pub after both the hotel and the nearby tearoom closed in 2018; it has a large garden and also serves a good range of food all day.</p> <p><b>The Highdown</b> is the suggested lunch place on the <b>Alternative Walk</b> (after 5¼ km), although you might be tempted to make a very early stop in Angmering. There are two attractive pubs in the village, <b>The Lamb at Angmering</b> (01903-774300) and <b>The Spotted Cow</b> (01903-783919; closed Mon &amp; Tue), as well as a micro bar, <b>Pete's Den</b>.</p> <p>For a possible late lunch stop <b>The Bulls Head</b> (01903-247622) is a Chef &amp; Brewer pub which serves food all day; it is 500m beyond Goring-by-Sea station on the route to the seafront.</p>
<b>Tea</b>	<p>Outside <b>Highdown Gardens</b> the quirky tearoom which closed in 2018 has reopened as part of The Highdown (see above). <b>The Highdown Tea Room</b> is open daily to 4pm and serves good cakes and cream teas.</p> <p><i>If you are not extending the walk beyond Goring-by-Sea station, allow 20 minutes to reach it from Highdown by the direct route, 25 minutes by the suggested (quieter) route.</i></p> <p>One of the reasons for incorporating the seafront loop was to take in the large and popular <b>Sea Lane Café</b> (01903-247847) on Marine Drive, which is open year-round to seasonal hours: typically 4-5pm but “longer in fine weather” and as late as 7pm in high summer. The suggested route back to the station also passes a couple of chain pubs, <b>The Mulberry</b> (01903-241555) and <b>The Bulls Head</b> (see above).</p> <p>There is a wide choice of refreshment places if you extend the walk into <b>Worthing</b>, with beach-front cafés and pop-up stalls as you enter the town on the promenade. The place with the best views is undoubtedly <b>Perch on the Pier</b> (01903-867480; closed Mon-Wed), although this “stylish eatery” at the end of Worthing Pier is now a restaurant rather than a tearoom. There are plenty of coffee shops and other eateries in the pedestrianised streets behind Marine Parade in the town centre; the suggested place “a stone's throw away from Worthing Pier” is <b>Trading Post Coffee Roasters</b> (01273-239784) in Montague Street, which is open daily to 7pm. Beyond the town centre the route to the station passes two pubs: <b>The Hare &amp; Hounds</b> 01903-230085) on Portland Road and <b>The Railway Hotel</b> (01273-987011) opposite the station entrance.</p>

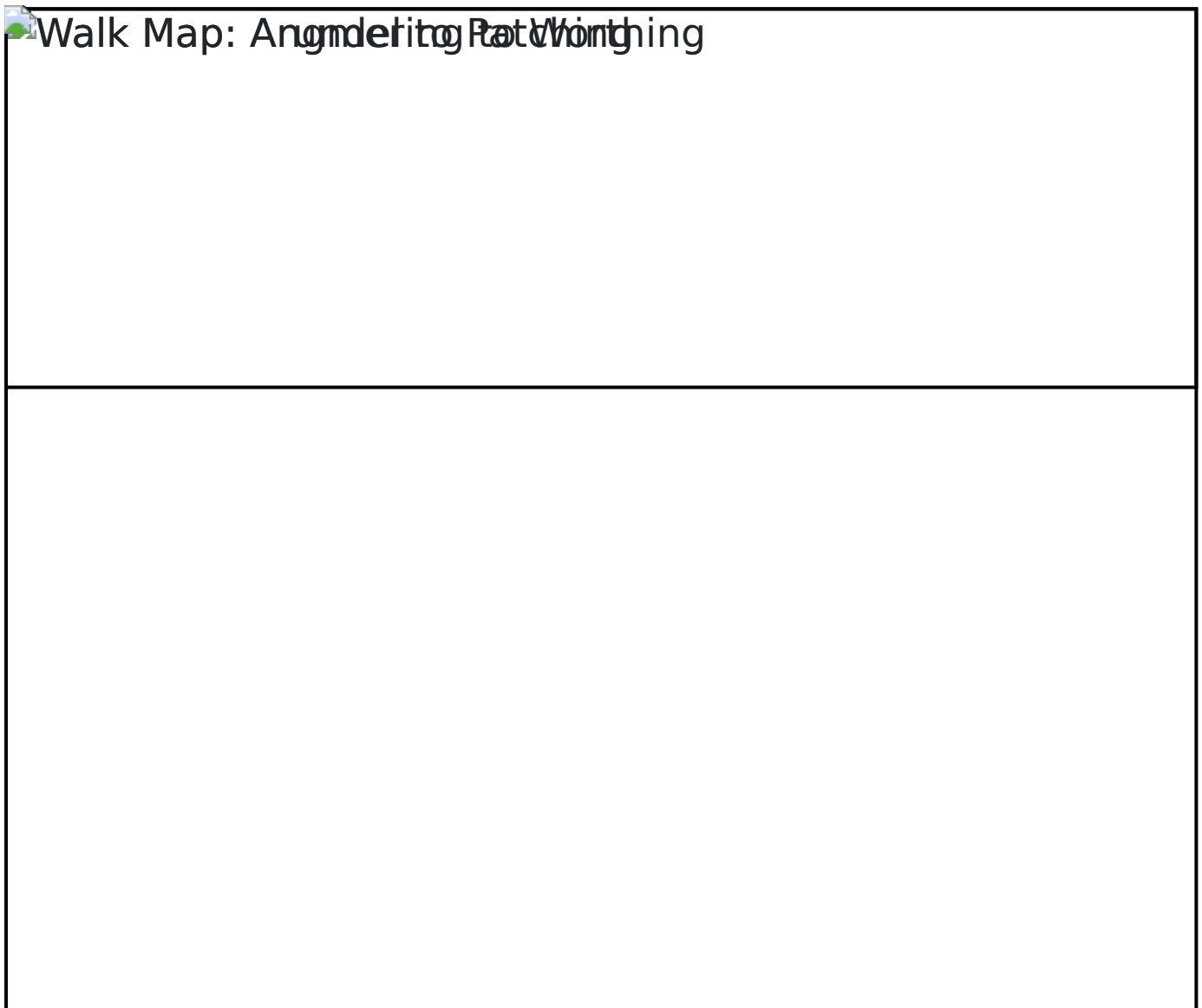
**Help Us!** After the walk, please leave a comment, it really helps. Thanks!

You can also upload photos to the   SWC Group on Flickr (upload your photos) and videos to  [Youtube](#). This walk's tags are:

By Car	Start	Finish
<b>Help</b>	National Rail: 03457 48 49 50 • Traveline (bus times): 0871 200 22 33 (12p/min) • TFL (London) : 0343 222 1234	
<b>Version</b>	Apr-25 <a href="#">Sean</a>	
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## Walk Directions

### Walk Maps



All maps © OpenStreetMap contributors

## Walk Options ( Main | Alt. )

### M. Main Walk (18¾ km)

i. Main Walk, omitting seafront loop (14½ km)

x. Main Walk, extended to Worthing (22½ km)

a. Alternative Walk, from Angmering (11¼ km)

ax. Alternative Walk, extended to Worthing (15 km)

## Walk Directions

*If you are doing the Alternative Walk (from Angmering), start at §F.*

### A. Arundel Station to Warningcamp (2 km)

*The start is the same as Walk #100.*

1. Arriving from London, cross the footbridge to exit through the main station building and **immediately turn right** onto the signposted pedestrian and cycle route to the Town Centre. This takes you under the A27 and turns left to head directly towards **Arundel Castle**<sup>1</sup>, joining the busy main road opposite the station approach road.
2. Keep right at the roundabout, heading towards the town centre. Where the pavement ends after 100m, however, **turn right** onto a signposted footpath. This soon comes to the **River Arun**<sup>2</sup> where you **turn right** again onto the riverside path, joining the **Monarch's Way**<sup>3</sup> (MW).
3. Go over a stile and follow the riverside path for 1 km, gradually curving round to the left with a fine view back to the town's skyline. Eventually the path veers right, away from the river and towards the railway line.
4. Go through a wooden swing gate and keep ahead towards a large white house on the other side of the railway. Cross the tracks carefully at the level crossing and continue along a tarmac lane for 300m to a road junction in the hamlet of **Warningcamp**.

### B. Warningcamp to Angmering Park Cottages (3¼ km)

5. **Turn left** at the road junction, towards Wepham and Burpham. In 400m **turn right** into the **Angmering Park Estate**<sup>4</sup>, going past a double wooden fieldgate onto a wide bridleway through partly-cleared woodland. In 600m go through another fieldgate and continue on a grassy path through a dry valley, curving gently round to the left alongside a line of small trees.
6. Ignore paths off to both sides (leaving the Walk #100 route, which goes up Warningcamp Hill on the left) to continue along the valley floor. Shortly before reaching a hedge across the valley follow a farm track towards a fieldgate in the trees on the right. Go through a wooden side gate and bear left at a bridleway junction to continue just inside the wood.
7. The track comes to a T-junction level with the hedge across the valley where you **turn right**. In 40m **fork right** at another three-way junction to climb steadily through the wood. Near the top keep ahead at a track crossing to come to a small clearing by an estate road in **Wepham Wood**. Go straight across the estate road (finally leaving the MW) and continue past a small parking area on a forest track, signposted as a public footpath.
8. The track soon curves slightly right to head **SE**. You now simply follow it in much the same direction for 1 km, eventually going down a slope to a four-way junction. **Turn left** at this junction onto a bridleway, which in 200m comes to Angmering Park Cottages on the right.

### C. Angmering Park Cottages to Patching Church (3¼ km)

9. Just past the cottages **turn right** onto a signposted footpath, up into the woodland. At the top of the slope **turn right** at a T-junction and follow the path out of the trees. Turn half-left as indicated onto a long straight grassy path between wooden fences, heading **SE** with views of the sea 6 km away.
10. At the end veer right briefly onto an estate road, away from a security gate. On the other side of a hedge **turn left** onto the continuation of the footpath, a broad grassy strip on the left-hand edge of a large field, going across a dip in the ground and heading **E**.  
*In the dip you can see **Angmering Park House**<sup>5</sup> through a gap in the hedge, 450m away.*
11. At the top of the slope keep ahead at a path crossing, now on a farm track along the field edge. In 350m stay on the field edge where the track turns left into a wood. In the far left-hand corner follow the path into the trees. At a four-way junction keep ahead onto a forest track which swings left up a slope, then curves back to the right.
12. Follow this bridleway through the estate woodland for 1 km, going straight ahead at all path crossings; there might be a few muddy patches but these are easily skirted around on side paths. At the far side of the wood leave the Angmering Park Estate and continue on the bridleway between large farm fields.
13. About halfway along the field edge **turn right** onto a signposted footpath down the middle of the field, towards Patching church (with Highdown Hill in the distance, 2½ km away). As there is no way to cut through the churchyard, carry on to another footpath signpost by the buildings of Patching Farm.
14. **Turn left** at this junction onto a lane curving round to the right. This passes between the farm buildings and the parish church of **St John the Divine**<sup>6</sup>, which is worth a quick visit.

### D. Patching Church to Arundel Road (1¼ km)

15. At the end of the farm lane turn right onto the road running through the village (The Street). In 100m **turn left** and go along Coldharbour Lane for 150m, then **turn right** into a small (no-)parking area in front of some houses. Take a grassy track to the right of these houses and **immediately veer left** on a short path through the undergrowth into the top of a large farm field.
16. Follow a clear path across the field, heading **SSE**. On the far side go over a stile in the hedge and into the corner of a large meadow on the left. Immediately **veer right** to follow a broad grassy path along its edge, with a hedge on your right; you might be able to glimpse the large **Patching Pond** through the trees down to your left.
17. In the far right-hand corner continue on a narrow path through a belt of trees. Ahead on your right you will soon be able to see the beer garden of the suggested lunch pub, **The World's End**<sup>7</sup>.
  - There is a plank bridge over a ditch on the right and an unofficial path through a field to the pub's rear car park. A fieldgate leading directly into the pub's garden is usually locked, but you could go through the car park and round to its back door.
18. Unless it is too muddy the simplest route is to carry on along the footpath to the old main road, now a quiet lane. From a gate into the pub's front car park you can go up to its main entrance, or round the side into its beer garden.



### E. Arundel Road to Highdown Hill (2¼ km)

19. Go straight across the old main road and around a locked metal gate onto the lane opposite the pub. Follow this down a slope and under the new main road, the busy A27. Shortly before reaching another main road **turn left** onto a chalky path going gently uphill, with trees and shrubs shielding the two roads from sight (if not sound).
20. At the top follow the bridleway round to the right and **cross the A280 with great care** onto its continuation opposite, which curves round to the left. At the end turn right briefly onto an unsurfaced lane, but where this swings left **keep ahead** past a metal fieldgate onto a stony track between hedges. Follow this bridleway steadily uphill for 1 km, at first between fields and then through **Highdown Copse**.
21. At the end of the wood fork left in front of a National Trust sign for **Highdown Hill**<sup>8</sup> to emerge onto open downland. Bear right and go alongside a hedge for 75m to a four-way signpost. The walk route continues down the slope to the left, but it is worth going up the slope on the right for the views from the **Iron Age hill fort**<sup>9</sup> on its summit.  
*Continue the directions at §H.*

### F. Angmering Station to Angmering (village) (1¾ km)

22. Arriving from London, go through the ticket barrier near the front of Platform 2 and turn right onto Station Road, going over the tracks at the level crossing. Stay on the right-hand side and go up to the roundabout with the busy A259. Use either the footbridge or the pedestrian crossing just off to the right in order to continue along Station Road opposite.
23. Station Road goes all the way into Angmering village, but after 300m it is more pleasant to switch to a parallel residential street on the left (North Drive); a belt of mature trees helps to reduce the traffic noise from the main road.  
*At one time there was a narrow path inside the belt of trees for part of the way, but it soon peters out and is not worth trying.*
24. In 700m North Drive merges with Station Road and a further 150m brings you to the small village green. Instead of simply continuing along the main road, the suggested route is to **fork left** in front of the green onto Arundel Road.
25. Opposite the parish church of **St Margaret**<sup>10</sup> **turn right** into a narrow back street of attractive cottages (Church Lane). Follow this back to the main road, coming out by **The Lamb at Angmering**.

### G. Angmering to Highdown Hill (2¾ km)

26. In front of the pub cross the main road carefully onto the start of Angmering's High Street, passing **Pete's Den** (a micro bar) as the road goes up a short rise and curves round to the left. Where the main road turns right after 500m **keep ahead** on a minor road, heading **E** and soon passing **The Spotted Cow** on the left.
27. Opposite the new Meadow Gate development **veer left** up a slope to cross the A280 on a footbridge. On the other side go straight across a junction of paths onto a tarmac driveway, the continuation of the bridleway. This soon veers left away from the main road, heading **E** again.
28. Ignore a footpath off to the right and stay on the drive as it jinks left and right, climbing gently. After passing the entrance to a couple of properties the bridleway becomes a chalky track. In a further 125m **turn left** at a footpath signpost onto a narrow path climbing gently between hedges, soon with a view of the sailless **Ecclesden Mill**<sup>11</sup> off to the left.

29. At another signpost turn right as indicated. The footpath is now a broad grassy track between fences which swerves right and left, still climbing steadily. At the far end go through a kissing gate onto **Highdown Hill**<sup>8</sup>, with a National Trust sign. Keep ahead on a grassy path to the **Iron Age hill fort**<sup>9</sup> on its summit.

## H. Highdown Hill to The Highdown (pub) ( $\frac{3}{4}$ km)

*There are far-reaching views from the summit: on a fine day you can see the coast from the Seven Sisters to the Isle of Wight, and far out to sea you might be able to glimpse the huge **Rampion Wind Farm**<sup>12</sup>. Rather surprisingly there are several large gaps in the urban sprawl along this coastline, including the **Goring Gap**<sup>13</sup>.*

30. From the hill fort go down the hillside to the left, retracing your steps past the four-way signpost if you were on the Main Walk. Take the right-hand of two broad mown paths towards the tree boundary ahead, where there is a National Trust information panel about Highdown Hill. In the trees go through a wooden swing gate in a low flint wall (marking a Borough boundary).
31. On the other side there are iron railings on the left surrounding the **Miller's Tomb**<sup>14</sup>. Follow the main path down past more clumps of trees and then round to the right. Go down the side of a picnic area and past a wooden barrier into the car park for **Highdown Gardens**, next to their entrance.
- **The Highdown**<sup>15</sup> pub and its **Tea Room** are outside the gardens, so carry on down the road if you want some refreshment before visiting them.  
*These are the last refreshment places before Goring-by-Sea station, but the seafront loop goes past a large café and two pubs.*

## 32. Notes on visiting Highdown Gardens (~1½ km)

- This Worthing Borough Council map shows the main areas within these steeply-sloping gardens. There is only one access point, so you will be coming back out the same way.
- Leaflets showing suggested trails through the gardens can be obtained from a new Visitor Centre in the Upper Garden.
- There is free entry to the gardens, with a Donations box on the entrance path just before the Visitor Centre.



Highdown Gardens



## I. The Highdown to Goring-by-Sea Station ( $1\frac{3}{4}$ • $1\frac{1}{2}$ km)

33. Go out onto the main driveway and start to head downhill towards the A259. As you pass a locked gate at the bottom corner of the gardens **bear right** onto a short path through a belt of trees. This leads into the corner of a meadow at the top of a recreation ground.
- There are two possible routes to the station, but the direct route in [35] suffers badly from traffic noise and is only recommended if you are in a hurry to catch a train.*

## 34. Main route ( $1\frac{3}{4}$ km)



- a. Go diagonally across the meadow and down the right-hand side of the recreation ground. Just before the bottom corner **veer right** onto a narrow path through the tree boundary, which leads to a tarmac driveway. Turn left and pass to the left of a vehicle barrier to come out onto the main road.  
*Despite appearances this driveway is a right of way, grudgingly acknowledged with a small 'Pedestrian access' sign on the gatepost and a bridleway signpost by the road.*
- b. Turn right briefly onto the footway and **cross the busy dual carriageway with great care** at the designated crossing point. Continue along the residential street opposite (Ferring Lane), soon crossing a stream (**Ferring Rife**<sup>16</sup>).
- c. Where the road swings right after 200m **turn left** onto a signposted footpath between houses #38 and #40. Follow the narrow path out to a line of windswept trees between two fields.
- d. Bear right to go along the field edge, with the trees on your left. At the end turn left onto a footpath alongside a chainlink fence, parallel to the railway line. In 600m this comes out onto Goring Street, with the station opposite.
  - If you are finishing the walk, Platform 1 on the near side is for trains to London or Brighton.

### 35. Direct route (1½ km)

- a. Go down the left-hand side of the meadow and return to the driveway through the lower car park (there is no exit in the bottom corner). At the end of the drive **cross the busy dual carriageway with great care** at the designated crossing point and turn left onto the footway on the far side.
- b. At the roundabout follow the footway round to the right, still alongside the A259. In 250m (just before traffic lights) **bear right** off the main road onto a tarmac path, which leads into Goring Street. Go along this quiet street (the old main road) to a level crossing, with the station on the left.
  - If you are finishing the walk, Platform 1 on the near side is for trains to London or Brighton.

### J. Goring-by-Sea Station to the Sea Lane Café (2¼ km)

36. Go over the level crossing to head **S** on Goring Street. In 250m **bear right** in front of a T-junction and cross over Goring Way to continue on another part of Goring Street. After passing a playing field and **The Bulls Head** turn right briefly onto Fernhurst Drive, then left into Bodiam Avenue.
37. At the end of this short street **turn right** in front of the entrance to Goring Hall Hospital. Go along a tree-lined bridleway (part of the striking **Ilex Avenue**<sup>17</sup>, also on the return route) for 40m and then **veer left** through a gate into Fernhurst Recreation Ground. Go along its left-hand side, through a gap in the corner and diagonally across a second playing field.
38. In the far corner go through one of the gaps in the trees and **turn right** onto a broad path through **The Plantation**<sup>18</sup>. Follow this path for 500m to the seafront, crossing two minor roads along the way. At the end turn left onto the **England Coast Path**<sup>19</sup> (ECP) and follow this raised path alongside the shingle beach for 600m to the **Sea Lane Café**.
  - Turning right instead of left onto the ECP would eventually take you to Littlehampton, 9 km away (or Angmering station if you diverted inland after 4 km, but this is less straightforward as you would need to skirt around some large private estates in East Preston).*If you are extending the walk to Worthing, go to §L.*

### K. The Sea Lane Café to Goring-by-Sea Station (2 km)

39. Go across the roundabout behind the café and head **N** on Sea Lane. At the roundabout at the far end of this long avenue, with **The Mulberry** pub on the right, **turn left** into Ilex Way. Go along the broad tree-lined bridleway in the middle of this residential street for 400m to Aldsworth Avenue.

*Just over halfway along there is an information panel in the trees on the left about the history and wildlife of **Ilex Avenue**, encountered briefly on the outward route.*

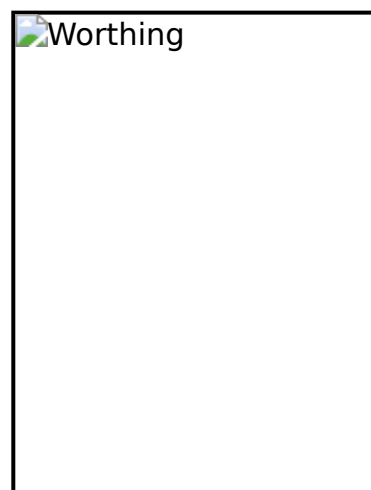
- A simple route back to the station would be to turn right onto Aldsworth Avenue, eventually passing a parade of shops (including a restaurant and some fast-food shops); then turn left at the A259 roundabout into Goring Way and immediately right into Goring Street.
40. The suggested route (along quieter streets) is to go straight across Aldsworth Avenue onto the continuation of Ilex Avenue, but almost immediately **fork right** onto one of the narrow paths used by dog-walkers to cut through the trees to Fernhurst Drive, 100m away. Head towards **The Bulls Head** (visible off to your left) and retrace your outward route along Goring Street.
41. On the other side of Goring Way the continuation of Goring Street leads to the station. If the level crossing is down, cross the footbridge to Platform 1 for trains to London or Brighton.

### L. The Sea Lane Café to Worthing Pier (4 km)

42. Simply head **E** along the seafront. The ECP is signposted along the path behind a row of beach huts, but you could also walk along the grassy open space in front of Marine Crescent or the shingle beach (easier when the sand is exposed at low tide).
43. In 1½ km you pass a roundabout on the left, the start of West Parade. In the next 750m you pass the entrance to **Marine Gardens** (where there is a café) and come to the **Canadian War Memorial**<sup>20</sup> by the junction with Grand Avenue.
- For a shorter ending you could go all the way along Grand Avenue (1¼ km) and turn right at the far end to return from **West Worthing Station**.
44. For the full walk carry on along the promenade towards Worthing Pier, 1½ km away. Shortly before reaching it you pass **Worthing Lido**<sup>21</sup>, and halfway between these two sites there is a pedestrianised area on the other side of Marine Parade, Montague Place.
- If you do not want to visit the pier you could cross the road and go through Montague Place. If you take this short cut (saving up to 750m), resume the directions at [47] in §M.
45. The suggested route is to walk out to the far end of **Worthing Pier**<sup>22</sup> (free entry), which has displays of artwork along its length and a small amusement arcade in the middle. Even if you are not planning to visit **Perch on the Pier**, there are fine views back to Worthing's seafront and along the coastline.

### M. Worthing Pier to Worthing Station (1¾ km)

46. Return along the pier and (for variety) fork right to come out on the other side. Turn left onto the promenade to go past the front of the **Pavilion Theatre**. Cross Marine Parade at the pedestrian lights and **turn right** into Bath Place. The suggested refreshment place is directly ahead on Montague Street at the far end, **Trading Post Coffee Roasters**; for other places turn left to come to the top of Montague Place.
47. **Cafe Montague** and a **Costa** are two possible refreshment places in this pedestrianised area, with others in a shopping arcade off to the right of **Liverpool Gardens** at the top. To head for the station take the meandering tarmac path through this narrow green space leading directly away from the seafront, overlooked on the right by four massive **bronze heads**<sup>23</sup>.



48. The suggested route is a series of left-then-right zig-zags along residential streets, starting by turning left onto Shelley Road at the end of the gardens. Take the first right into Portland Road, soon passing **The Hare & Hounds** pub on the left. Near the top of this street you pass the imposing **Christ Church**<sup>24</sup> on the left and come to a T-junction with the A259 (Richmond Road).
49. Turn left and cross the main road at the pedestrian lights. Take the first right into Christchurch Road, passing the **Law Courts** on the right. In 200m **turn left** into Cambridge Road (signposted as a cycle route to the station), then take the first right into Oxford Road.
50. At the traffic lights go straight across Teville Road onto the continuation of Oxford Road. The **Railway Hotel** is a convenient watering-hole at the end of this short street, with the entrance to Worthing station ahead on the left. Go through the ticket barriers onto Platform 3 and take the subway on the right to Platforms 1 & 2 for trains to London or Brighton.

## Walk Notes

1. **Arundel Castle** was founded in the 11<sup>th</sup>C but most of the original Norman castle was left in ruins after being besieged twice in the English Civil War. The author Mervyn Peake lived nearby in Burpham and the restored building was presumably one of the inspirations for the imposing castle at the centre of his Gothic trilogy *Gormenghast*.
2. The **River Arun** is one of the fastest-flowing rivers in England and is tidal on this stretch. It was first embanked in the 16<sup>th</sup>C and a canal linking it to the River Wey briefly provided a trading link between London and the South Coast in the 19<sup>th</sup>C before being superseded by the railway.
3. The **Monarch's Way** is supposedly the escape route taken by the future King Charles II after his defeat by Parliamentary troops at the Battle of Worcester in 1651. It is the longest inland trail in England, running for 990 km from the battlefield to Shoreham-by-Sea.
4. The **Angmering Park Estate** is a large private estate managed for forestry, farming and shooting, with a Stud and Racing Stables at its centre. It was the eastern half of the original Norfolk Estate.
5. **Angmering Park House** was built in 1982, replacing an older farmstead to the west.
6. **St John the Divine, Patching** was built as a chapel in the early 13<sup>th</sup>C and became a parish church in 1282. It was heavily restored in the 19<sup>th</sup>C and re-dedicated to St John since the original dedication had been lost. It contains copies of two famous paintings by Rubens and Murillo.
7. Originally the Horse and Groom, **The World's End** acquired its present name in 2002 "in homage to the seafarers of the past who feared sailing off the edge of the world" (although the pub sign offers a different interpretation).
8. **Highdown Hill** (81m) is the only hill on the Sussex coastal plain. Unlike other hills on the South Downs, it has a gentle 'dip' slope on its north face and a steeper 'scarp' slope facing the sea.
9. The small **Iron Age hill fort** on the summit of Highdown Hill dates from around 600 BC and consists of a single rampart and ditch. There was also an Anglo-Saxon cemetery on the site.
10. **St Margaret, Angmering** dates from the 13<sup>th</sup>C, with its tower being added in 1507. Only the tower and a few remnants have survived its rebuilding in 1852-53 and the remodelling of its east end in 2007-09.
11. **Ecclesden Mill** (or Highdown New Mill) was a brick tower mill built in 1826, taking over from John Olliver's Highdown Mill. It ceased working in 1872 and lost its sails in a storm in 1880. It was converted into a house in the 1970s and has since been further restored, with a lead cap added.
12. The **Rampion Wind Farm** was developed by E.ON and completed in 2018. It consists of 116 turbines with a combined capacity of 400 MW, covering an area of 72 km<sup>2</sup> between 13 and 25 km offshore.

13. The **Goring Gap** (whimsically named after the more famous feature on the Thames) is one of several undeveloped areas along the West Sussex coastline, a planning policy by the local authority to prevent a continuous sprawl of development.
14. The **Miller's Tomb** was built by John Olliver 27 years before his death in 1793. An eccentric character who was outwardly a prosperous miller, Olliver was rumoured to be the leader of a local smuggling gang, using the tomb to store contraband.
15. **The Highdown** was previously the Stern's home, Highdown Towers. The mansion and gardens were bequeathed to the Borough of Worthing after Lady Stern's death in 1972. Since then it has been a multi-room nightclub (Sterns), the Highdown Hotel and is now a pub.
16. **Ferring Rife** has multiple sources in the vicinity of Highdown Hill and flows into the sea at Ferring Beach (*rife* is a dialect word for stream in this part of West Sussex).
17. **Ilex Avenue** was created in the 1840s as a grand carriage drive from Ferring in the west and Goring in the east to **Goring Hall** (now a private hospital). It is 1¼ km long and was planted with over 400 holm oaks (*Quercus ilex*), an evergreen oak from the Mediterranean which tolerates salt-laden winds.
18. **The Plantation** is a broad avenue of trees running inland from the beach, planted to connect with Ilex Avenue. It marks the eastern boundary of the Goring Gap.
19. When complete the **England Coast Path** will run for around 4,300 km, an unbroken path along England's entire coastline. It was officially renamed the "King Charles III England Coast Path" in May 2023.
20. The **Canadian War Memorial** commemorates the country's servicemen who died in the two World Wars, notably on the disastrous Dieppe Raid in 1942 and the D-Day landings in 1944.
21. The **Worthing Lido** is now a faded 'family entertainment centre'; the swimming pool which gave the site its name was decommissioned in 1989. Worthing Borough Council has commissioned a structural survey to determine if this Grade II structure can be preserved.
22. **Worthing Pier** was rebuilt in 'Streamline Moderne' Art Deco style in 1935 and is listed Grade II. It is 290m long, with the **Pavilion Theatre** at its northern end, an amusement arcade in the middle and (after extensive restoration in 2021) a restaurant in its South Pavilion. Worthing's original pleasure pier opened to the public in 1862 but was destroyed by fire in 1933.
23. The four **bronze heads** overlooking Liverpool Gardens are "Desert Quartet" (1990), sculpted by Dame Elisabeth Frink. They are listed Grade II\*.
24. **Christ Church, Worthing** dates from 1840 and is the second oldest Anglican church in the town. It was formerly known as the "Parish Church of Worthing" but its ministry was amalgamated with neighbouring churches in 2006 and it has been threatened with closure.

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