

Hassocks to Truleigh Hill last checked	Afternoon of main walk last checked	Valley Ending last checked	Shoreham ending written 29 August 2020
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Hassocks to Upper Beeding

Devil's Dyke and the South Downs Escarpment

Length: **Main walk** 16.3km (10.1 miles)

With valley ending 18.7km (11.6 miles)

Ending in Shoreham 21km (13 miles)

Toughness: 7 out of 10

Maps: OS Landranger 198, OS Explorer Map: OL11 (formerly 122)

Features

It is a matter of opinion which is the finest view in south-east England, but the amazing panorama from Devil's Dyke on the South Downs escarpment must be a strong contender. Such beauty comes at a price, however, and the area around the viewpoint can be exceedingly busy on a fine weekend. No matter: the South Downs afford numerous less-frequented viewpoints, and this walk introduces you to several of them, including tranquil Wolstonbury Hill and Edburton Hill.

The morning of this walk, in particular, is a delightful sequence of climbs and descents on slopes covered by rare chalk grassland. In the afternoon – somewhat easier on the leg muscles, though still with a couple of short uphill sections – you follow the South Downs Way for a little while across Fulking Escarpment, before descending into the riverside village of Upper Beeding for tea.

Walk options

The **valley ending** - a slightly longer ending to the walk (an additional **2.4km/1.5 miles**, making a total walk of **18.7km/11.6 miles**) - avoids civilisation all the way into Upper Beeding. It takes you on a dramatic route down the front of the Downs, with magnificent views, and then across tranquil water meadows and pasture to Upper Beeding. Note, however, that this way can be waterlogged in winter and so is not recommended from October to March.

There are two possible routes for **ending in Shoreham**. The recommended route, for which detailed directions are given here (see paragraph 105 on page 9), takes a high route along a quiet road, with fine views of the Adur valley, and then detours via a farm and the **Mill Hill Nature Reserve** (a great place to see Adonis Blue butterflies in May, late August and early September, and also Wall butterflies in May and late July or early August), to join the Adur river path near to

Shoreham. This version is **21km (13 miles)**. An alternative is to follow the South Downs Way from paragraph 105 on page 9 down into the valley, and then turn left onto the path along the River Adur all the way into Shoreham: but on this route, which is 21.5km (13.3 miles), you are near a main road for much of the walk along the Adur.

On Saturdays, Sundays and public holidays (daily in July and August) you can do either the morning or afternoon of the walk as a separate outing using bus no.77 from Brighton. The morning of the walk is **8.9km (5.5 miles)** and the afternoon **7.4km (4.6 miles)** via the main walk route or **9.7km (6 miles)** using the **valley ending**. For bus details see **Transport** below.

Transport

Two Thameslink trains an hour go from **St Pancras, Blackfriars** and **London Bridge** to Hassocks daily (journey time 57 minutes from London Bridge) and there are also two hourly trains from Victoria on weekdays and one an hour at weekends, taking 54 minutes. Take **the train nearest to 9.20am** from Victoria or London Bridge to get to lunch in time. The best ticket depends on which bus you take to return from Upper Beeding: see below.

To return from Upper Beeding, there are two options:

- On Mondays to Saturdays only you can get **bus number 100** from Upper Beeding to **Burgess Hill** station, which is one stop up the line (London-bound) from Hassocks. This goes hourly at 18 minutes past the hour until 5.18pm and then 6.22pm and takes 40 minutes. There is no Sunday service. The fare for this was £5.90 in September 2018 and at one point you get a fine valley view of Wolstonbury Hill, which you walked over earlier in the day. If taking this option your train ticket only needs to be a **day return to Hassocks**.

- At other times - until up to 11pm Mondays to Saturdays and until 6.40pm on Sundays - you can take **bus number 2**, which runs to **Shoreham-by-Sea** station hourly, taking about 15 minutes. To check times see www.buses.co.uk. From Shoreham there are two direct trains an hour to London Victoria from Monday to Saturday and one an hour on Sunday (journey time 1 hour 15 minutes); change at East Croydon to get back to London Bridge. If doing this option, or walking to Shoreham, your train ticket needs to be a **day return to Shoreham-by-Sea** (NOT Shoreham, Kent).

On Saturdays, Sundays and public holidays (daily in July and August) **bus number 77** goes hourly from **Brighton's main railway station** to **Devil's Dyke**. The first bus from Brighton is at around 10am, and the last bus back from Devil's Dyke is at about 6pm in winter, or as late as 8.30pm in summer. To check times see www.buses.co.uk.

If you're **driving**, park at Hassocks, returning at the end of the day by train from Shoreham, changing at Brighton.

Lunch

Wildflour Cafe 7km (4.4 miles) into the walk, this farmyard refreshment kiosk with tables pleasantly arranged around a courtyard, serves cakes, cream teas and hot food such as dahls and chillis, all vegetarian or vegan. It is open 10am to 4pm (at least in summer) Tuesdays to Sunday. Near the entrance to the cafe is a drinking water tap.

Devil's Dyke pub (01273 857256, www.vintageinn.co.uk/thedevilsdykebrighton). 8.9km (5.5 miles) into the walk on the lip of the South Downs escarpment, this large pub is always busy but very efficient. It serves food all afternoon daily, so on a fine summer weekend it can be a positive advantage to turn up after the lunchtime rush.

Picnic: This walk affords many excellent places for a picnic, such as Wolstonbury Hill (paragraph 21 of the walk directions), the Devil's Dyke area (especially the escarpment in front of the pub, with its broad views: paragraph 49) and Edburton Hill (paragraph 56).

Tea

The **Youth Hostel on Truleigh Hill** has a serving hatch offering hot and alcoholic drinks, plus some cakes and snacks, to 9pm daily (at least in the summer months). It also has a drinking

water tap just to the left of its main entrance.

Kings Head, Upper Beeding (01903 812196). This pub is conveniently situated for tea at the end of the walk and has quite a large garden, though the latter is well hidden out the back.

Castle Inn Hotel, Bramber (01903 812102, www.castleinnhotel.co.uk). This pub cum hotel was advertising "barista coffee and tea, drink-in or takeaway" in summer 2016.

Old Tollgate Restaurant & Hotel Bramber (01903 879494, www.oldtollgatehotel.com). This hotel in Bramber, down the road from Upper Beeding (see above), serves cream teas from 2-6pm, so long as it is not catering for a private function.

Shoreham has a range of cafes and pubs, the former particularly in its pedestrianised area near the church (see paragraph 131 on page 11 for the location of this).

Swimming

Shoreham beach - a short detour off the Shoreham ending - is an excellent place for sea swimming, with gently shelving shingle, leading down to a flat sand/mud bottom at very low tide. See paragraph 130 on page 11 for directions.

WALK DIRECTIONS

Hassocks to Wolstonbury Hill (3.4km/2.1 miles)

1. At Hassocks station, leave platform 2 (the platform you arrive at from London) and walk out across the station car park
2. In 60 metres, opposite the Hassocks pub, turn right down a path between houses signposted South Downs.
3. Cross the main road and turn right. In 80 metres, **shortly before the railway bridge, ignore an earth footpath signposted to the left**, but turn left up stone steps 5 metres beyond it onto a footpath that follows the railway embankment to the right.
4. Stay on this path, ignoring ways off to the left. In 400 metres there is a wood to your left and in 300 metres more an open field on the same side (initially obscured by a hedge).
5. In another 150 metres, at the end of the field, turn right on a brick bridge over the railway line.
6. At the end of the bridge ignore a path forking right to carry straight on. In 30 metres you emerge onto a track with a mature wood to your right and a field with young trees (a woodland burial site) to your left.
7. In 150 metres, at the end of the field, pass to the right of a green metal gate onto a wider gravel track. In 20 metres more veer left off the gravel track onto a fenced-in signposted footpath and follow this for 100 metres to a road.
8. **Cross this road with care.** At times it may look like a quiet country lane, but it is a main road and traffic can appear suddenly over the hill to the right.
9. Turn right onto the road for 30 metres and then go left on a farm track following a green footpath sign. In 15 metres cross a stile to the right of a fieldgate and keep on along the right-hand edge of the field.
10. In 150 metres cross a stile into the next field and go straight ahead up the left-hand edge of the field, ignoring a faint path that forks half right.
11. In 90 metres, 30 metres before you get to the end of the field, as the hedge to your left gives way to trees, **cross a stile to your left**. Turn right beyond it into a wood.
12. In 50 metres cross a V-shaped stile and turn left onto a car-wide path.
13. In 100 metres you come out past a barn into a small open space with a pond to the left. Here go straight on past a farmhouse and on up a gravel drive to the right of it.
14. In 230 metres this brings you out onto a road where you turn right.
15. In 100 metres at the brow of the hill you get a good view ahead left of Wolstonbury Hill, which you are about to climb. The road then descends.
16. In 200 metres more turn left up a tarmac drive, marked PRIVATE but also signposted as a footpath.

17. In 80 metres the drive curves half right past a converted barn. Just beyond this leave the drive to go straight on through a gap to the right of a wooden fieldgate and on up the rough track beyond with a house to your left.
18. The track takes you up the edge of a wood until in 200 metres the trees end to your left. In another 70 metres ignore a metal gate and a V-shaped stile straight ahead, and instead follow the track to the right for 15 metres to a junction.
19. Ignore the car-wide track to the left here, and instead go half right through a wooden gate to the right of a metal fieldgate to emerge onto the open hillside. Follow the broad grassy path straight ahead up the rounded **Wolstonbury Hill**.
20. In 300 metres the path crosses a stile and continues on upwards a bit more steeply. Be sure to look back on this ascent for fine views of the Jack and Jill windmills (Jack, the higher one, now sadly being demasted) and the downs above Hassocks.
21. Near the top of the hill, cross a low ditch and rampart, which probably marks the boundary of an ancient cattle pen. Go straight on for 100 metres, still climbing gently to reach the summit, marked by a concrete trigonometry post. A fine view presents itself. The distant hill straight ahead topped by telecommunications masts is Truleigh Hill, which you will visit mid-afternoon

It used to be assumed that **Wolstonbury Hill** was an Iron Age (600-100 BC) fort, but recent research has cast doubt on that. The fact that its earth rampart is outside of the ditch not the other way round suggests that it may in fact have been a stock pen for keeping cattle or other livestock in. However it is at least ancient, dating back to the late Bronze Age.

Wolstonbury Hill to Saddlescombe (3.6km/2.2 m)

22. Keep straight on from the trigonometry post. In 80 metres cross the far rampart of the ancient cattle pen and keep straight on down the slope.
23. In 60 metres a large depression (a former quarry?) appears on your right.

The path skirts this as it carries straight on downhill.

24. In 100 metres cross a stile to continue straight on down a steep bank. Beyond this veer slightly right with the path to cross a ditch in another 100 metres.
25. On the far side of the ditch, keep straight on to merge with a car-wide path coming from the left in 70 metres. Follow this and where it divides in 80 metres take the fork curving left into the scrub.
26. In another 60 metres pass through a gate and turn left onto a bridleway between bushes.

Hard though it is to believe it now, in their natural state the **South Downs** would have been thickly forested like the rest of England. The first clearance was in the Neolithic period (the Stone Age), when the Downs were favoured by settlers for their easily cultivated soil and defensive advantage. Later the Downs were more used for animal pasture, creating unique chalk grasslands. Grazing kept the grass short, enabling a wide range of wild flowers to grow.

During the Second World War and with the advent of modern farming large areas of the downs were ploughed up to grow cereals. The remaining pastures were often neglected, allowing the spread of bushes and reducing wild flower populations. Conservation efforts today tend to focus on reintroducing grazing to the remaining grasslands: the sheep or cows you see on this walk are thus very much workers in the environmental cause.

The **South Downs Way**, created in 1972, was the Britain's first long distance bridleway. Many of the paths it uses, as well as the broad paths that climb slantways up the front of the downs escarpment to join it, were originally drove roads for moving livestock herds.

27. Carry on along the bridleway for 750 metres until it merges with a car-wide track coming from a gate to the left. This descends gently and in 300 metres comes to the village of **Pyecombe**, where it becomes a road. After 150 metres on the road you come to the A23 dual carriageway which you cross on a footbridge.

28. On the far side of the bridge, go straight on up a stoney path ahead, ignoring a tarmac pedestrian and cycle path left and right. In 30 metres pass through a wooden gate, and in 25 metres another, and carry on up a path fenced off from a large field right. *(In August 2020 the fence had partly fallen down).*
29. In 300 metres pass through a field boundary (with two broken gates currently). Ignore an apparent track between bushes that goes uphill to the right here, and instead go straight ahead, steadily upwards along the curve of the hill, heading to right of the trees 150 metres ahead.
30. In 250 metres or so the path peters out but carry on in the same direction, aiming for the top right-hand corner of the field in another 200 metres. Here pass through a line of scrub via a wooden gate in the field corner.
31. A broad grassy expanse of hilltop now opens out in front of you. Keep more or less straight on across this (ie, diverging from the hedge to your left) on a faint path that soon becomes more distinct.
32. In 300 metres you pass a protruding area of trees/scrub to your right. In another 180 metres the path goes downhill through a strip of wood.
33. In 60 metres you emerge from the wood to carry on downhill on a grassy track with a occasional shrubs to your left.
34. In 130 metres merge with a stone track from the left and in 20 metres with another from the right. In 20 metres more you come to a track T-junction with a four-armed footpath sign. Go right here, passing through a wooden gate to the left of a fieldgate in 20 metres.
35. Beyond the gate you emerge onto a car-wide drive, first concrete and then gravel. Keep straight on down this.
36. You pass two houses right and a farm building complex left, ignoring a farm track that turns left into the farm buildings at a point roughly between the two houses.
37. 80 metres beyond this there is another track curving into the farm complex (leading to the **Wildflour Cafe**, a possible lunch or tea stop). 20 metres before this turning, on the left, there is

a **drinking water tap**, if you want to refill your water bottles. The cafe complex also includes **toilets**.

Saddlescombe to the Devil's Dyke pub (1.9km/1.2 miles)

38. Passing the farm (or turning left on leaving the cafe courtyard), keep straight on, slightly uphill on the track, passing through a metal gate.
 39. In another 40 metres, **fork half left off the track**, following South Downs Way sign, onto a path that curves downhill.
 40. In 60 metres you come to a gate and cross a driveway to go straight ahead down another to reach a road in 40 metres.
 41. **Cross the road with care** (some fast traffic) and turn right.
 42. In 30 metres turn left down the steep bank and cross a stile. Beyond, veer slightly towards the end of a hedge 50 metres away.
 43. When you get to the hedge end, ignore what seems to be a path in a groove to the right, and carry on up onto the grassy slope above, slanting right to roughly contour along the slope.
 44. In 200 metres you pass over the saddle of the ridge and in 70 metres more you come to a stile, from where there is a fine view of **Devil's Dyke** ahead. Cross the stile and keep straight on uphill on a broad grassy shelf. In 200 metres this merges with a broad path rising up from the right.
- Devil's Dyke** is a steep sided valley, characteristic of the South Downs, and caused by water erosion. The legend is that it was an attempt by the Devil to dig a channel to the sea in order to flood southern England and prevent the spread of Christianity. (If so, he was digging in the wrong direction). A local farm woman scared the Devil away by lighting a candle and setting her cockerels crowing.
45. Ignore ways off. In 300 metres ignore a path forking up to the left to the lip of the valley.
 46. In another 170 metres, when the path you are on finally climbs over the lip of the valley, turn right along the edge of the valley (any path will do and you

may have to divert around bushes at times).

47. Keep as closely to the edge as you can. In 200 metres the bushes fall away. In another 200 metres more you come to the head of the valley and a footpath crossroads.
48. Go straight across this and on up the slope beyond to pass through a gate 50 metres up the hill. Beyond this keep on uphill, ignoring side paths.
49. In 100 metres go over a stile and climb a small bank into the car park of the **Devil's Dyke pub**, a possible lunch stop. The viewpoint is on the far side of the pub. The bus stop is immediately to your left.

The Devil's Dyke pub to Truleigh Hill (4.3km/2.7 mi)

50. After lunch emerge from the pub and facing the view (ie north) turn left along the escarpment. In 50 metres pass through a kissing gate and in 150 metres pass over a low ridge of earth.
51. In 200 metres more keep to the top of the ridge as it curves right, ignoring a path that slants down along the escarpment edge to the right.
52. In another 180 metres pass through a wooden gate and keep on along the main path as it passes over the top of the hill and descends the far side.
53. In 600 metres you pass through a gate at the bottom of the dip. In another 80 metres the path diverges, with an earth and gravel track left and a fainter grassy one to the right. Take the right fork towards the top of an electricity pylon visible over the rise ahead.
54. In 400 metres this path descends to pass under the line of pylons and rejoin the main path. Almost immediately, you pass through a gate to the right of a metal fieldgate.
55. The main path now curves left on a broad stony track, and most walkers follow it. But **the recommended route** - much better and less extra effort than it appears from this vantage point - is to climb straight up the green hill in front, heading for a clump of trees on top of it, if you can see them.
56. Near the top of this hill - **Edburton Hill** - you can see a few trees, and beyond that a stile leads you into an fenced enclosure which surrounds the remains of earthwork defences. This is a fine vantage point to sit and contemplate the scenery. There is only one entrance to the enclosure, so to carry on, cross back over the stile and follow the fence around to continue in your former direction, with the escarpment to your right.
57. Keep on across the top of this broad grassy hill, heading for the three communications masts on Truleigh Hill. In about 200 metres the dip that separates Edburton and Truleigh Hills comes into view and you can see the main path curving in from the left to a gate, another 300 metres or so away.
58. Walk down to the gate, pass through it and follow the main car-wide track as it curves left and then right to climb to the top of **Truleigh Hill**. There is a good view of the sea to the left on clear days: if you turn round as you climb this path you can also get a final view of Wolstonbury Hill.
59. In 700 metres, at the top of the hill, remain on the broad track as it crosses the top of the hill towards some houses 300 metres further on.
60. 100 metres beyond the start of these houses ignore track to the left marked by a footpath sign, to carry straight on downhill.
61. In 100 metres ignore another track to the left, to carry on downhill towards what looks like a white house with pine trees to its right 150 metres away. This turns out to be the **Youth Hostel**, and is in fact made mostly of brick. It has a serving hatch where you can buy hot and alcoholic drinks and snacks: also a **drinking water tap** to the left of its main door.
62. Past the hostel the track passes under trees. After you emerge from them in 150 metres the track becomes a tarmac road, and shortly afterwards on your right-hand side you see a wooden gate just beyond a wooden fieldgate, marked by a three-armed footpath sign.
 - At this point to take **valley ending**, go to paragraph 74 on page 8. Note that this route is not advised during winter, when the low lying areas it crosses can be flooded. By this route it is **5.5km (3.4 miles)** to Upper Beeding, as against **3.1km**

(1.9 miles) by the main walk route.

- To **end the walk in Shoreham**, (**7.8km/4.8 miles** from this point) stay on the road and refer to paragraph 105 on page 9.
- Otherwise **to continue on the main route**, ignore the footpath to the right and carry on along the road. Continue with the directions in the next section.

Truleigh Hill to Upper Beeding - main walk **(3.1km/1.9 miles)**

63. In 500 metres cross a stile to the right, a signposted footpath. Descend directly downhill for 70 metres to a fence in front of a line of thickets where the ground falls away sharply. Turn left along this fence.
64. In 150 metres follow the fence as it turns right, gently descending.
65. In 200 metres more pass through a kissing gate and through a line of shrubs. Beyond merge with a path in a cutting, and then in 20 metres turn right through a gate onto access land. Keep straight on along a well-defined path that gently descends along the curve of the hill following a fence.
66. In 350 metres the path enters an area of scrub, and in 80 metres passes through a gate. In another 15 metres, turn right at a T-junction with a track, heading downhill.
67. In 450 metres turn left on a main road.
68. In another 450 metres you come to a mini roundabout, beyond which is a pub, the Rising Sun. Here turn right past a petrol station, down High Street.
69. 50 metres beyond the petrol station, at the next mini roundabout, go left. You are now on the number 100 and number 2 bus routes, and just beyond the mini roundabout, on the right-hand side of the road, is the first possible bus stop.
70. For tea, stay on the road through **Upper Beeding** village. In 300 metres you come to the **Kings Head** on your left, a possible tea stop. There is another bus stop on the opposite side of the road to the pub. (For details of the number 2 bus route and where to

get off it in Shoreham, see paragraph 73 below).

71. For more tea options, carry on past the Kings Head, across the bridge over the River Adur, into the pretty and historic village of **Bramber**, dominated by its ruined Norman castle.
72. In 200 metres you pass the half timbered **St Mary's House** on your left, and 70 metres further on, the **Castle Hotel and Inn** on the left, with another bus stop opposite for the number 100 and number 2 buses. 150 metres further on, also on the left, is the **Old Tollgate Restaurant and Hotel**, a possible alternative tea stop.

To visit **Bramber Castle** cross the road from the Old Tollgate and climb the path to **St Nicholas's Church**. The entrance to the castle is immediately beyond it. To get to Burgess Hill or Shoreham stations return to the bus stop opposite the Castle Hotel.

Bramber Castle once dominated a huge estate in the south of England and was originally on an inlet of the sea. Built shortly after the Norman Conquest in 1066, it was one of five key castles that guarded strategic valleys leading down to the south coast, and thus protected William the Conqueror's supply lines to Normandy, the others being Hastings, Pevensey, Lewes and Arundel. Occupied by the de Braose family, it fell into disrepair after the family died out in 1394. It is now open to the public (free entry: no fixed hours). There is not a whole lot to see, but the surprisingly large site has a certain romantic air and fine views in winter (obscured by foliage in the summer).

73. **Once on the number 2 bus**, you pass for a short period through open county, then under the Brighton bypass into Shoreham. You pass down the substantial shopping street of Shoreham High Street, after which you see Shoreham harbour on the right. The bus turns left up Eastern Avenue, curving back on itself. A few hundred metres after this it reaches a T-junction and goes right, passing over the railway line on a level crossing. Get out at the bus stop just after this level crossing, and you will find yourself right by Shoreham Station, on the

right side of the station for the London or Brighton-bound platform.

Truleigh Hill to Upper Beeding - valley ending (5.5km/3.4 miles)

74. At the junction in paragraph 62, turn right off the road through the wooden gate. *The original path went straight ahead here, but in September 2020 a new path had been created as described. Some kind of construction was going on and I don't know if the new route is temporary or not, but it is as follows:* In 20 metres veer left at a footpath post, to pick up a fence to the left in 40 metres.
75. In another 80 metres pass through a gap in a fence and cross a grassy strip for 50 metres to pass through a metal gate. Beyond, veer slightly right to come to a three-armed footpath post in 40 metres. ***If the valley ahead looks flooded from this point, abandon this route and do the main ending instead***
76. Turn right at the three-armed footpath post along the contour of the downs, ignoring a path straight ahead downhill.
77. In 150 metres you merge with a more defined path coming up from the left. **You have a choice here:**
- You can follow this more defined path as it curves in 60 metres to the left around a bowl in the hillside. In 300 metres you come out onto a descending ridge and follow this for 100 metres down to a saddle. Here a fence blocks your way, with a spur of the hill beyond it. Your onward route is through the **leftmost** of two wooden gates, themselves to the right of a hawthorn hedge and just to the right of the ridge line (and so possibly not visible until you are close to them). *Continue with paragraph 80 opposite.*
 - **However, the recommended route**, which is **more scenic** and less extra effort than it looks, is to **keep straight ahead up the grassy slope** where the path curves left. (This is Access Land, so you don't have to keep to the right of way.) Aim for the crest of the hill (there is a faint path), a gentle climb. *Continue with the next paragraph.*
78. In 200 metres you come to the top of a ridge that descends to the left, with glorious views. Turn left down this ridge.
79. In 400 metres you have descended to a saddle between the main hill and a spur that projects out ahead of you. Here a fence blocks your way. Your onward route is through the **leftmost** of two wooden gates, themselves to the right of a hawthorn hedge.
80. Beyond the gate follow a path steeply downhill between fences.
81. In 350 metres, at the bottom of the hill, the path enters a wood, turns right for 100 metres, and then turns left down to a road.
82. Turn left along the road. **Take care** as cars can come along it at some speed.
83. In 450 metres you come to a T-junction with a main road. **Cross this with care** and turn right along its far side.
84. In 50 metres you pass a house on the left named Burrells, and then 100 metres later, at the end of a tall hedge, Bramley House.
85. 60 metres further on turn left along a tarmac drive to Horton Hall and Freeland Cottage, marked with a public footpath sign.
86. In 100 metres, near the end of the drive, ignore a footpath signposted right and continue on towards the metal gates of Horton Hall 30 metres ahead. Pass to the right of the gates on a narrow path between wooden fences (which starts between the gates and a fieldgate to their right).
87. Follow this path as it twists and turns to the left around the garden of the house. In about 100 metres the path turns right through an old metal gate. Turn left here to emerge into a field corner in 15 metres. Keep on along the left-hand edge of the field, with a wire fence and the gardens of Horton Hall to your left.
88. In another 120 metres, where the garden ends to the left, turn right following a footpath sign (concealed by an evergreen tree), along the unfenced left-hand edge of the field.
89. In 130 metres cross a stile and keep straight on, still on the (now fenced)

left-hand edge of a field. In 180 metres the path stays along the fence as it veers left.

90. In another 300 metres **where the fence turns full left, the path goes half right** (NOT quite in the direction of the footpath sign) towards a footpath post by what looks like a piece of old fence 70 metres away. Cross a fence via a hurdle here, then go over a creek on a broad track, and then cross another hurdle. Turn left beyond along the edge of the creek.
91. In 120 metres cross a wooden footbridge over a side creek. Beyond it bear right a bit, and in 100 metres cross another footbridge (concealed by bushes in summer).
92. Go straight on and in 70 metres in a field corner go through a metal fieldgate and straight ahead following a footpath arrow. You can see two green farm buildings ahead: head for a point in the fence about 50 metres to the left of these, where you cross a stile after 120 metres.
93. 50 metres beyond this the path converges with a hedge to the left and you cross a stile to continue on a path fenced off from the field.
94. In 30 metres turn left with this path across a plank footbridge, after which you turn right and continue in the same direction as before in a tunnel of bushes.
95. In 60 metres you emerge onto a tarmac track and go right. It becomes a concrete and then a gravel track and then curves slightly left.
96. In 200 metres, 70 metres after the track curves left, and just before it crosses a water channel (not visible in summer), there is a track to the left leading to a fieldgate. (A three-armed footpath sign on the right marks this point, but it is hidden by bushes in summer). Go left up this track, passing through a kissing gate to the left of the fieldgate in 10 metres or so.
97. Beyond the gate veer slightly left, following a creek on your right-hand side (not very visible in summer due to tall vegetation).
98. In 70 metres pass through a metal fieldgate and in another 70 metres go through a wooden gate in the hedge, crossing a footbridge.

99. You are now on the banks of another water channel (again, not very visible in summer). Follow this as it curves slightly right, but when it curves right again in 150 metres, keep straight on, diverging from it, towards a line of scrub straight ahead.
100. In 100 metres pass through a gap in hedges, crossing a small water channel (once again, not very visible in summer). You emerge into a broad meadow, where the path forks. Take the left fork, a path that follows the water channel to your left (once again not very visible in summer).
101. In 60 metres the track curves left with the water channel, and shortly after this you can see the **Priory of St Peter-in-Beeding** on a low hill ahead left.
102. In 120 metres ignore a footbridge that crosses the water channel, unless you want to go up and take a closer look at the priory, but instead turn right on a path leading away from the footbridge that leads in 60 metres up onto the embankment of the **River Adur**.
103. Turn left on this embankment for 500 metres until you come to a brick bridge over the river, which carries the main road through the village.
104. Turn left along the road. In 100 metres the **Kings Head**, a possible tea stop, is on your right. The **bus stop** is opposite it, on the left-hand side of the road, for both the 100 bus to Burgess Hill and the number 2 to Shoreham - see paragraph 73 on page 7.

You can also turn right at the bridge and walk into the village of **Bramber** for tea - see paragraph 71 on page 7 for details.

Truleigh Hill to Shoreham **(7.8km/4.8 miles)**

105. Carry on along the road in paragraph 62. In 750 metres the road turns sharp left.
 - You could **remain on the South Downs Way** here, descending to the valley and then taking the River Adur path into Shoreham, though after its initial hill descent this route is less scenic and has more traffic noise. To do this, pass through a gate 20 metres to your right into a field, ignoring the track slanting right, and carry on down across the

hillside. At the bottom of the hill cross the main road and turn left for 300 metres, to find the link to the right down to the River Adur. Do not cross the river on the footbridge, but turn left along the river path. Pick the directions at paragraph 128 when you get to Old Shoreham Bridge, 450 metres after passing under the A27 flyover.

106. For the **recommended route**, turn left with the road, which now follows the edge of the escarpment, with fine views of the Adur valley and the chapel of Lancing College on its far side. The road climbs gently for 400 metres or so, and then descends gently.
107. 800 metres after the crest of the hill, at the end of a large field, turn right following a footpath sign down a farm track, with a hedge to your left.
108. In 180 metres the farm track turns left along the upper edge of an adjacent field.
109. In 800 metres the field ends, and the track descends towards a farm, 170 metres ahead.
110. Keep straight on through the farm buildings for 60 metres, to cross a stile into a field ahead, ignoring tracks left and right.
111. Keep to the left-hand edge of the field, crossing a stile in 80 metres. Beyond, keep straight on, with a grass bank to your left.
112. In 200 metres you have to climb up the grass bank to pass through a kissing gate into a more scrubby area. This is **Mill Hill Nature Reserve**, a good place to see downland butterflies in summer, including Adonis Blues in May and late August or early September, and Wall butterflies in May and late July and early August.
113. In 10 metres ignore steps uphill to the left, and immediately afterwards ignore a path downhill to the right.
114. The path you are on climbs steadily, and in 200 metres you have a fine view to the right. The grassy slope here is the best place to see butterflies.
115. For the next 600 metres or so there is sometimes a confusing multiplicity of paths. Simply keep as close as possible to the escarpment edge. Eventually, a clear path emerges that leads you up to a car park.

If you miss the car park you might end up coming to a dead end before the cutting which holds the A27: if so, follow the path to the left, along the edge of the cutting, to come to the bridge over the A27 mentioned in paragraph 117.

116. Join the road here and follow it (**with care**: the road is usually not busy, but it is a bit narrow).
117. In 200 metres cross over the A27 on a high bridge.
118. 10 metres after the end of the bridge, take a signposted path to the right.
119. In 100 metres you emerge onto the edge of a field, though still separated from it by a barbed wire fence.
120. In 150 metres follow the field edge around to the left.
121. In 200 metres, just before you come to houses ahead, turn right at a three-way junction down steps
122. In 130 metres you come down to a tarmac drive and turn left on it.
123. In 170 metres pass to the right of double metal fieldgates onto the main road.
124. **Cross this very busy road with great care**, and turn left on the grass verge on its far side, which is just about wide enough to walk comfortably on.
125. In 120 metres there is the awkward choice of negotiating a 50 metre section with only an intermittent verge, or crossing back across the road (which you will then have to re-cross...) to access a pavement.
126. After this awkward 50 metres you pass two houses, and then turn right up a side path. Before you do, turn around to notice the church and the centre of **Old Shoreham**: this was the original village from which the town sprung up.
127. In 30 metres, you come out onto the riverside path along the Adur (the former trackbed of the Horsham to Shoreham railway line). Turn left on this, ignoring the bridge ahead.
128. In 800 metres you pass under a railway bridge. 40 metres beyond this, ignore a road to the left
129. In 70 metres more, where the riverside promenade turns left, turn left with it and keep on in this direction for 100 metres to come to a main

road. Cross this and keep on up
Shoreham high street.

130. In 350 metres you can see a footbridge over Shoreham harbour on the other side of the road to your right.

- **For the beach**, cross this footbridge and keep straight on down the road beyond for 300 metres. There is a pub, shop and cafe on the road to the beach.

131. For tea and to go to the station, ignore the footbridge, and instead turn left up the pedestrianised area on this side of the road. There are a number of **cafes** and **eateries** on the right.

132. In 70 metres keep along the road to the right of the churchyard, and at its end, in 100 metres, turn right at a T-junction.

133. In 30 metres turn left at another T-junction. In 170 metres you come to a level crossing, with **Shoreham station** to the right. The platform for London and Brighton is on the far side of the tracks and is most quickly accessed by going across the level crossing and turning right beyond it.