

South Downs Way

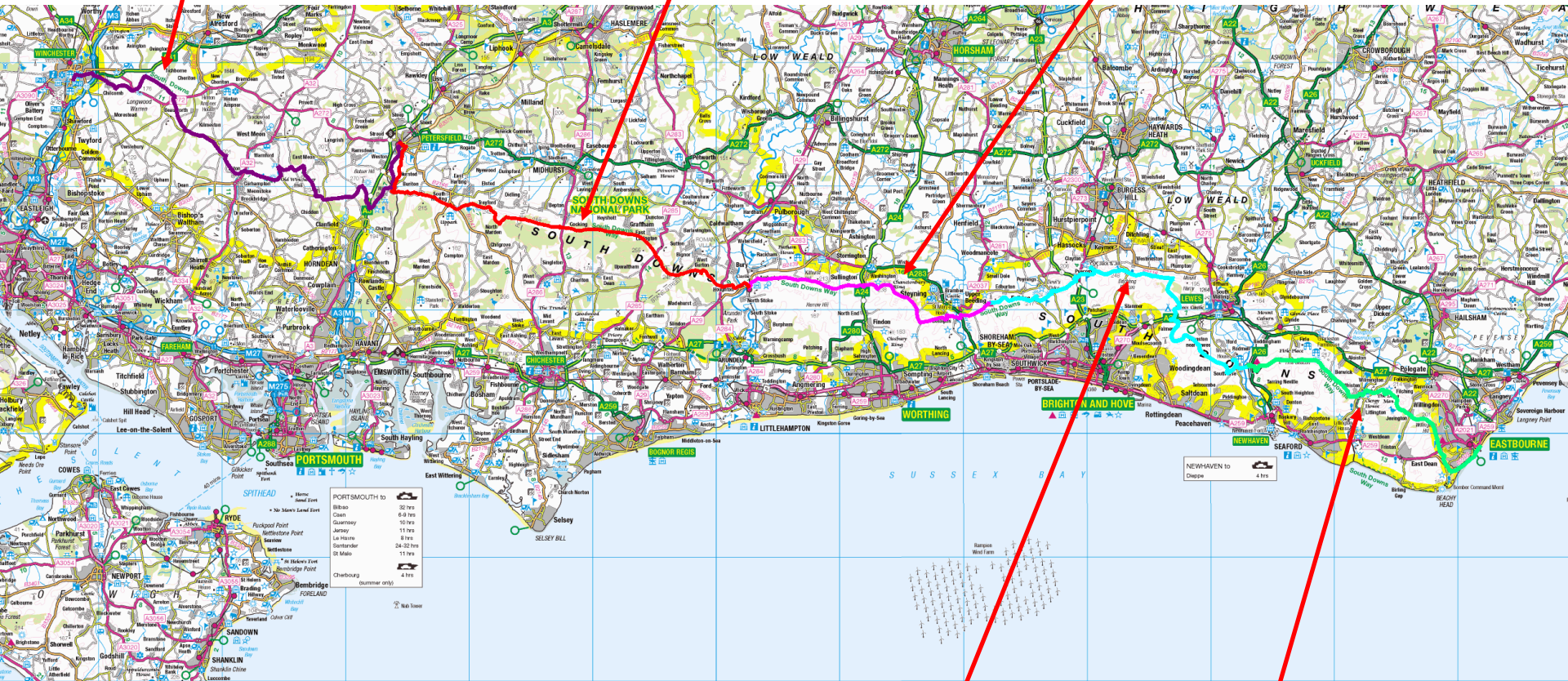


Andy French. February, July, August 2024

**Winchester to
Petersfield**
10th Feb 2024.
45km/28miles

Petersfield to Amberley.
17th July 2024.
44.2km/27.5miles

**Amberley to YHA
Truleigh Hill. 23rd July
2024. 25km/15.5miles.**



180km / 112 miles

**YHA Truleigh Hill to
Southeast.**
24th July 2024.
35.8km/22.2miles.

**Southeast to
Eastbourne Pier.**
4th August 2024.
30.1km/18.7miles.

SOUTH DOWNS WAY 2024

Andy "Dijon" French.

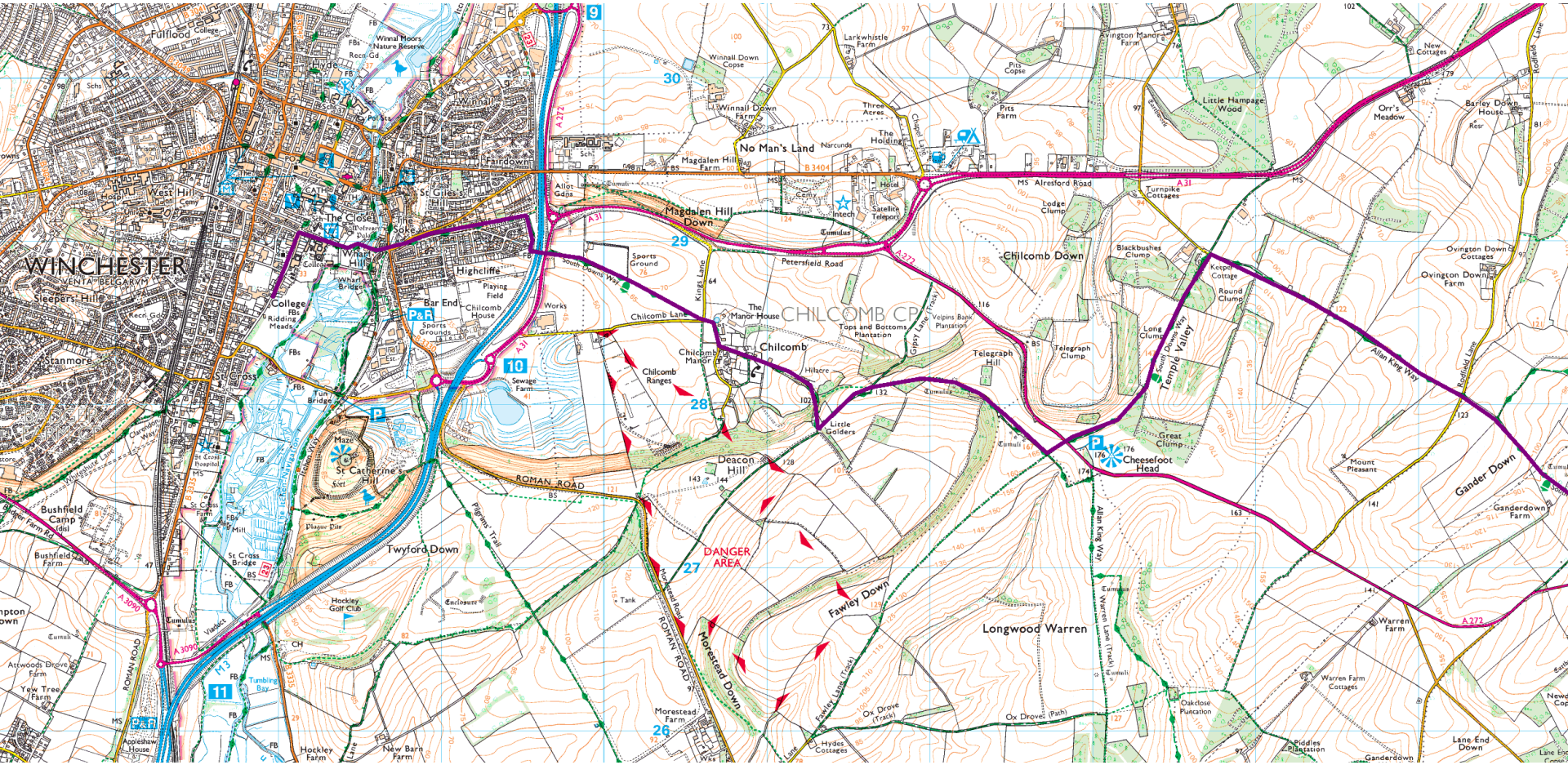
Date	Distance /km	Distance /miles	Start time	End time	Notes
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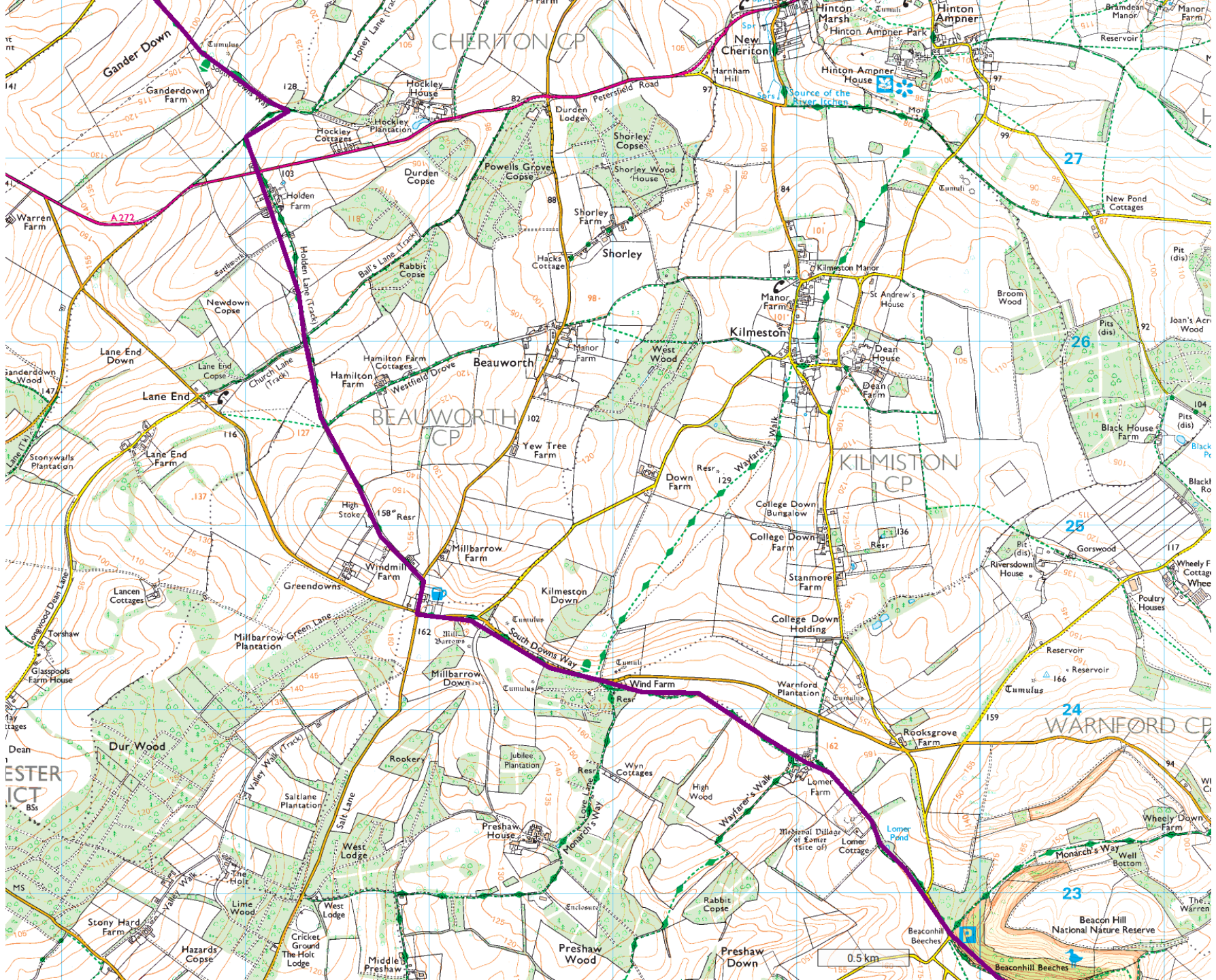


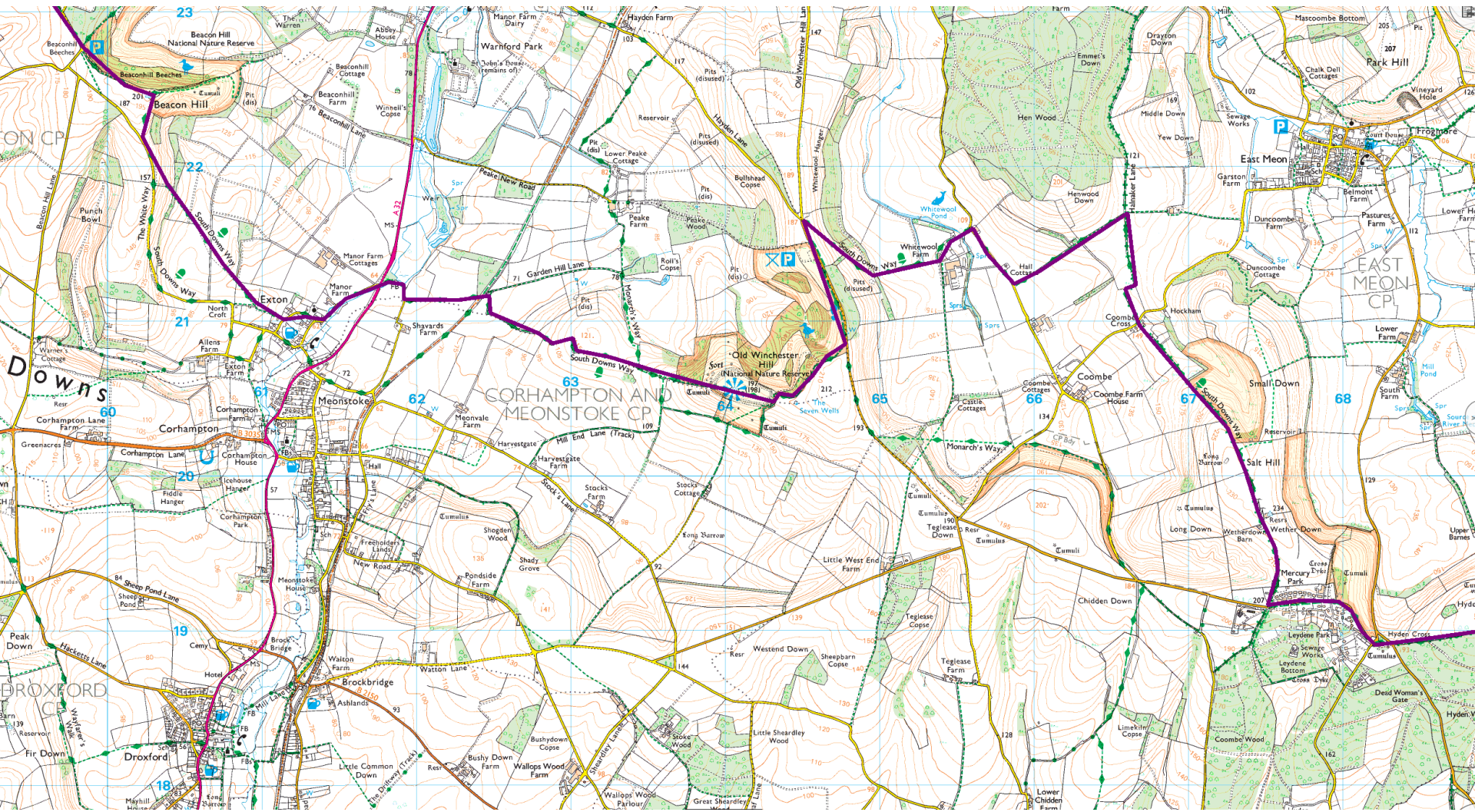
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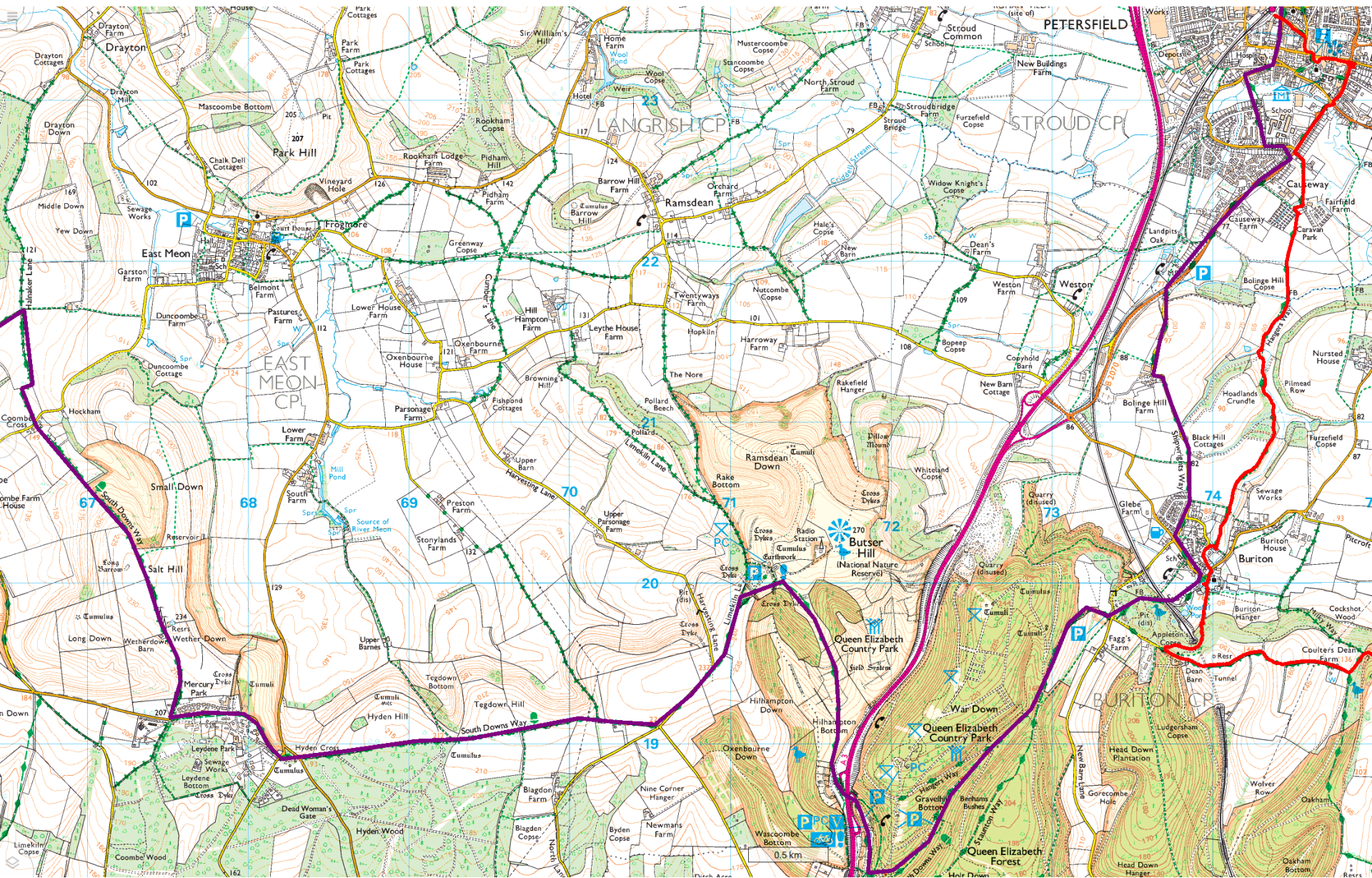
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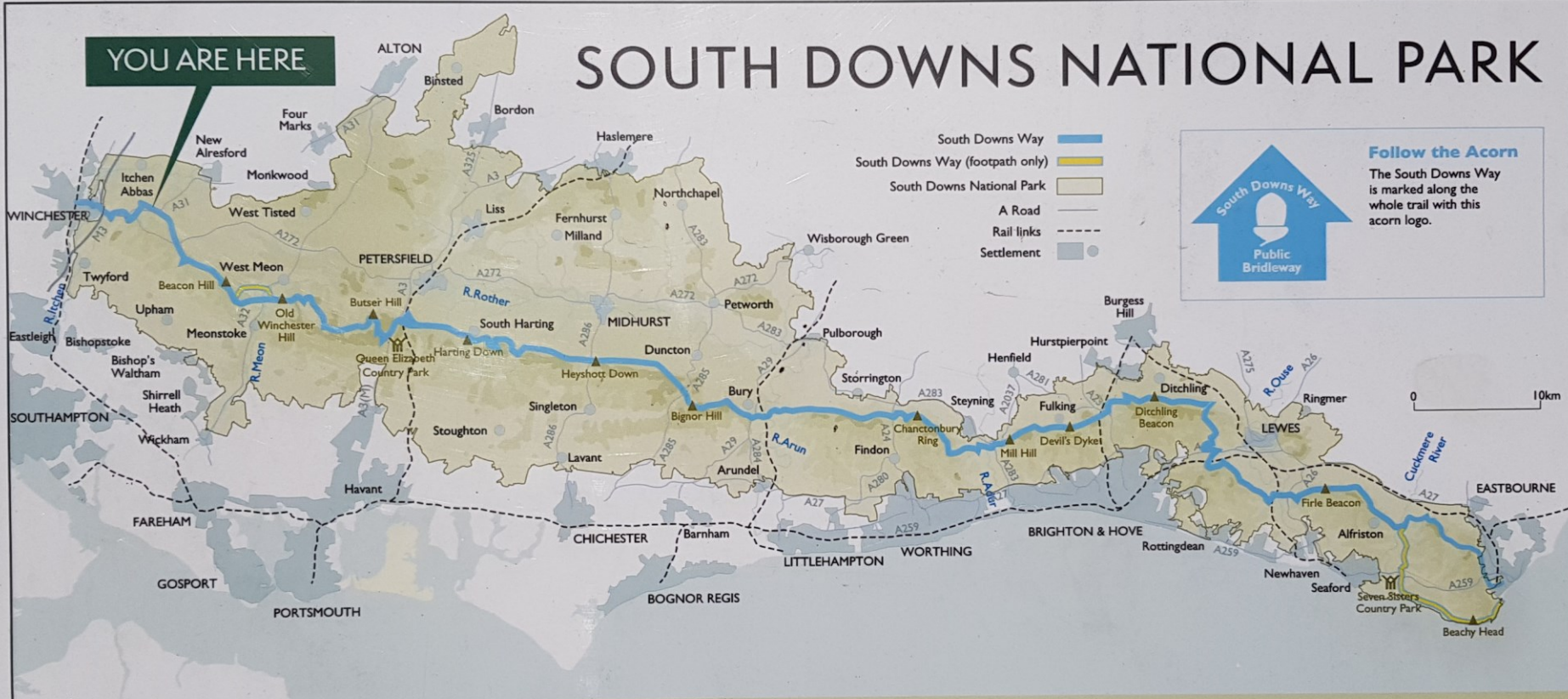






SOUTH DOWNS NATIONAL PARK

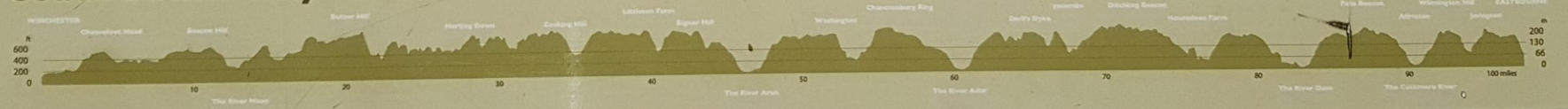
YOU ARE HERE



Follow the Acorn

The South Downs Way is marked along the whole trail with this acorn logo.

South Downs Way Profile



CHEESEFOOT HEAD

GATEWAY TO THE SOUTH DOWNS WAY NATIONAL TRAIL

SOUTH DOWNS
NATIONAL PARK

Cheesefoot Head (also known as the Matterley Bowl) is at the western end of the South Downs National Park sitting at 173m above Sea Level. The bowl was shaped by the meltwater from the last Ice Age (approx. 110,000 years ago) eroding the soft chalk. The streams created by the meltwater ran across the landscape now clearly seen as the Test and Itchen rivers which converge at Southampton.

FLORA AND FAUNA

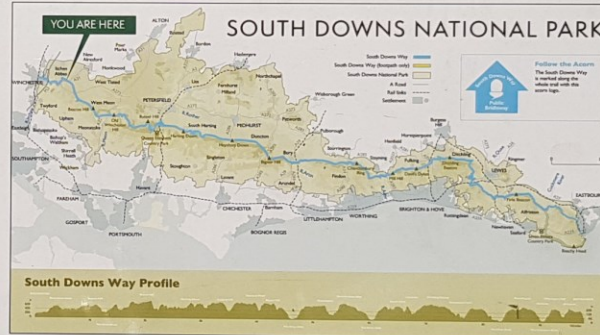
The banks of the bowl have been designated a Site of Special Scientific Interest (SSSI) on the basis of the flora and fauna that exist here. It is an area of chalk grassland identified as having flora, fauna, or geological features of special interest.

Chalk grassland supports some of the nation's rarest butterflies and plants and without sensitive management by the farm, this internationally important habitat, and the species it supports would disappear.



EISENHOWER AND D-DAY

The natural amphitheatre became a central gathering point for the American troops stationed in the area whilst preparing for the D-Day invasion of Europe. General Eisenhower (pictured right) used this space to address over 100,000 allied troops just prior to D-day in June 1944. Thousands of American and British troops filled the steeply sloping banks to watch Joe Louis, the heavyweight champion of the world at a US army boxing tournament. Louis was serving in the US army as a physical education instructor.



FESTIVALS AND FARMING

The Matterley Estate is a long established family run farm which has diversified in recent years by running a range of events in the Bowl. Festivals held here have included 'Homelands', 'Glade', 'Sanctuary' and now 'Boomtoun' (pictured right).



Welcome to Old Winchester Hill National Nature Reserve

NATURAL
ENGLAND

About the reserve

This historic site occupies a prominent position towards the western end of the South Downs. Its ancient hill-fort is said to pre-date the Iron Age, and gives you spectacular views to the distant New Forest and Isle of Wight.

The reserve is particularly important for its flower-rich chalk grassland, mixed scrub with juniper, yew stands and mature woodland. Some areas are grazed by sheep and all parts of the reserve contain a huge number of butterflies in summer.

Please help to protect this reserve by following the Countryside Code and, in particular, keep dogs under effective control.

Please see the back of this sign for further important information, or call Natural England on 0300 060 6000.

Clustered Bellflower

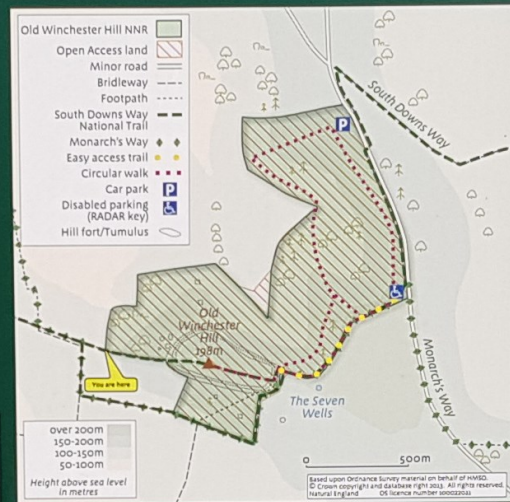


To see more of the wonderful wildlife on our national nature reserves, or post photos taken during your visit, find us on [facebook.com/naturalengland](https://www.facebook.com/naturalengland)

Silver-spotted Skipper



The reserve has a history of previous military use. Any unusual objects encountered should be left undisturbed and their location reported to Natural England or to the Police as soon as possible.



Access on the reserve

Please respect the reserve, its wildlife and other people's quiet enjoyment of it.

You can walk freely in areas shown as open access land, but occasionally we may have to restrict access to certain areas for wildlife management or for your safety. Please follow local advice and signage.

Your dog is welcome but on open access land needs to:

- be on a short (2m) lead between the 1st March and the 31st July to avoid disturbing sensitive wildlife.
- always be on a short (2m) lead around livestock.
- be under effective control at all other times.

We hope you enjoy your visit.



www.gov.uk/natural-england

Designed by Natural England - ©NEN



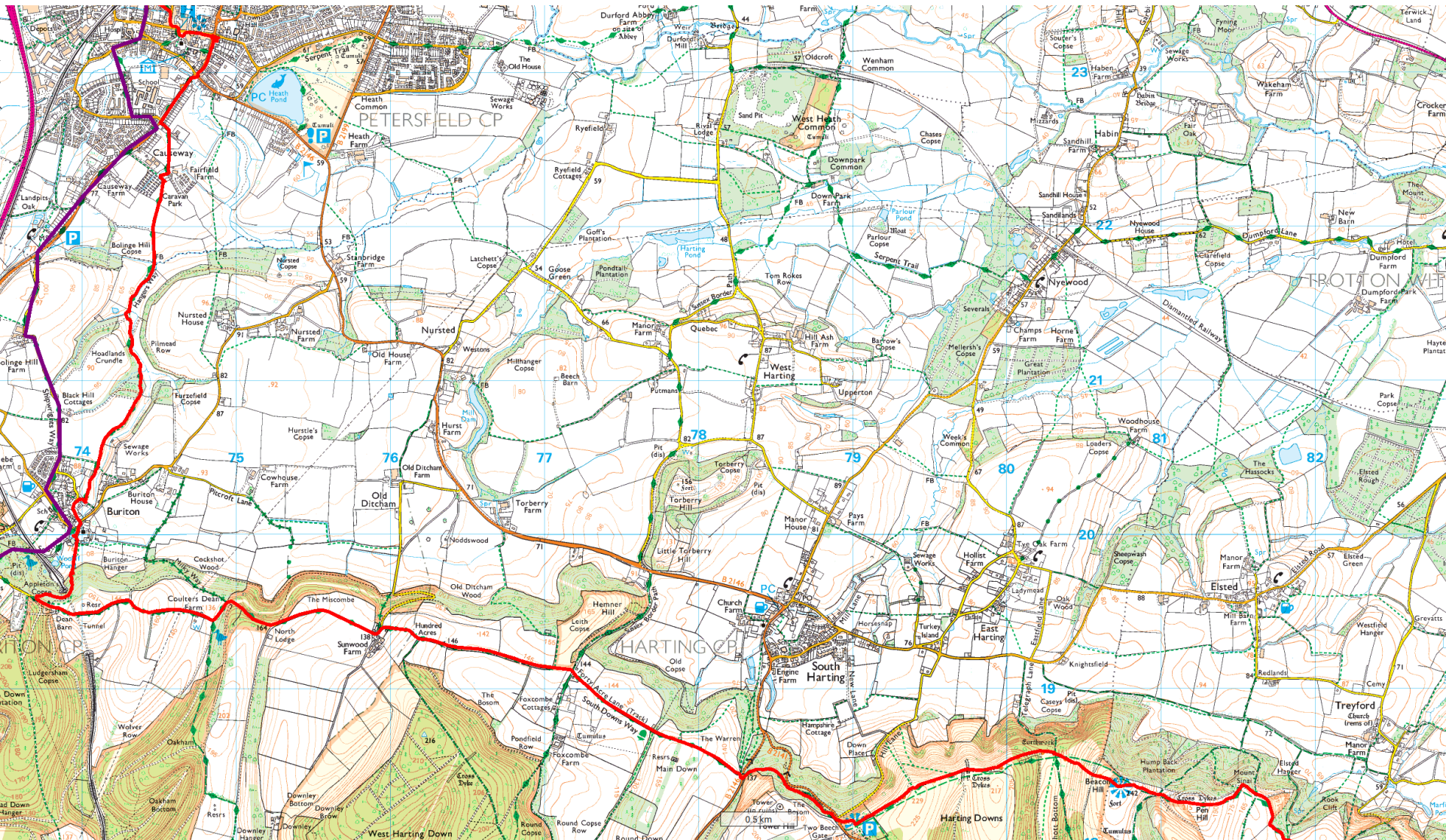
SOUTH DOWNS NATIONAL PARK



Petersfield to
Amberley.

17th July 2024.

44.2km/27.5miles

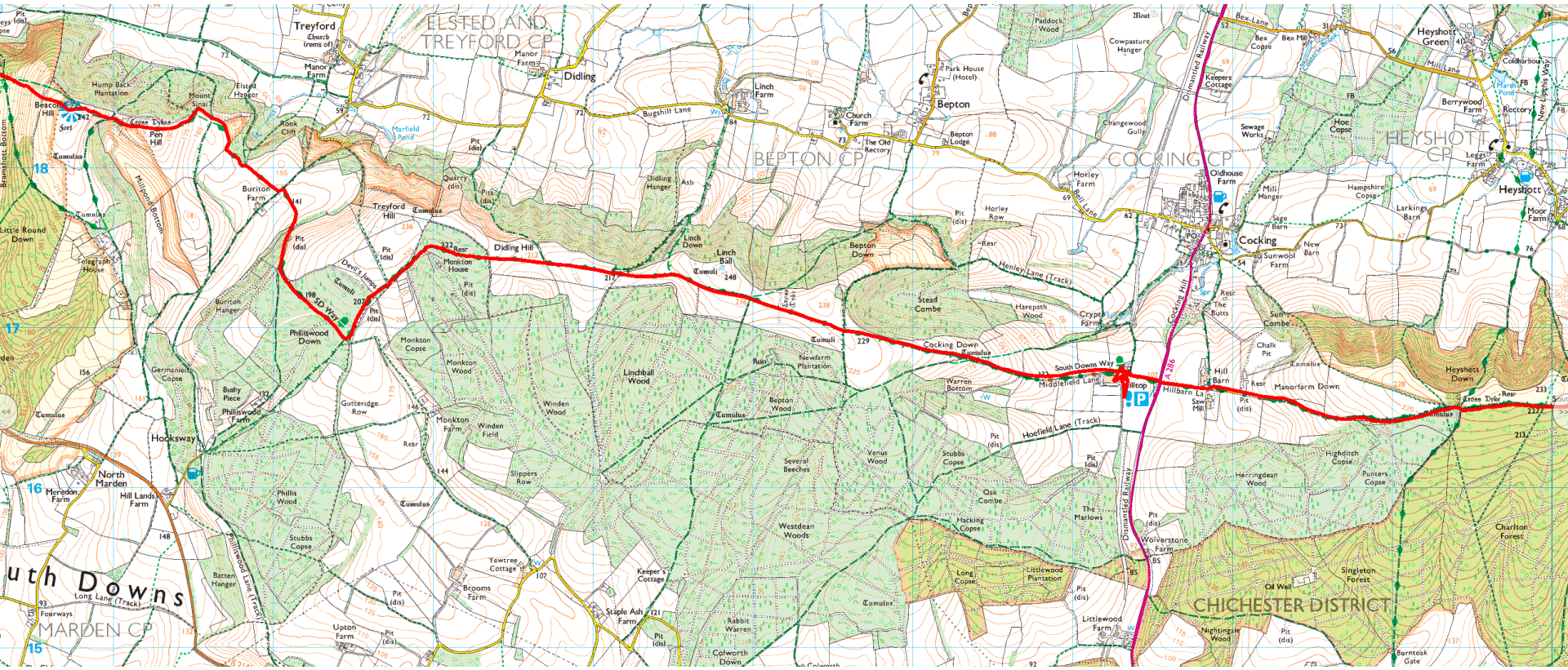


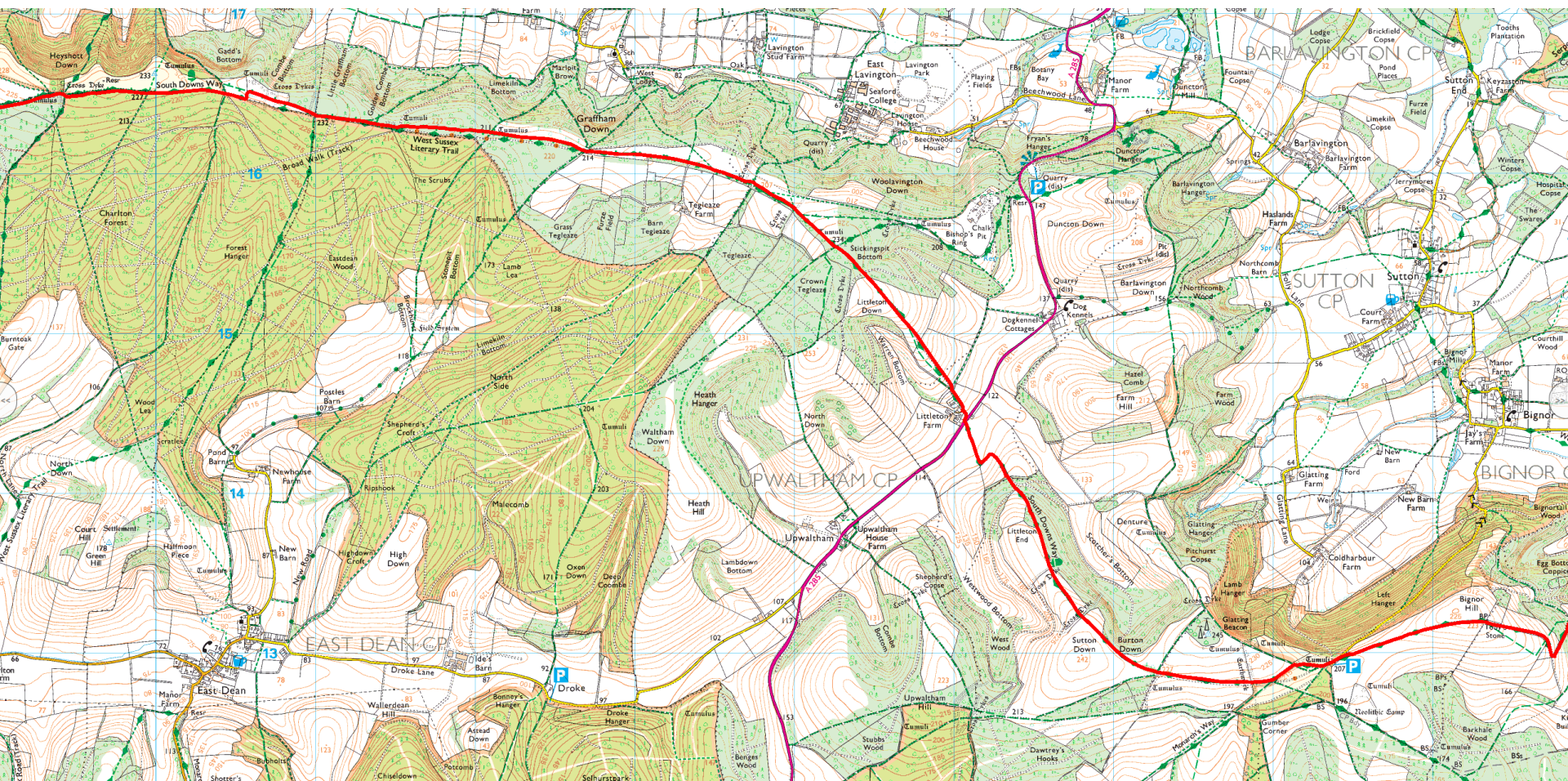
PETERSFIELD CP

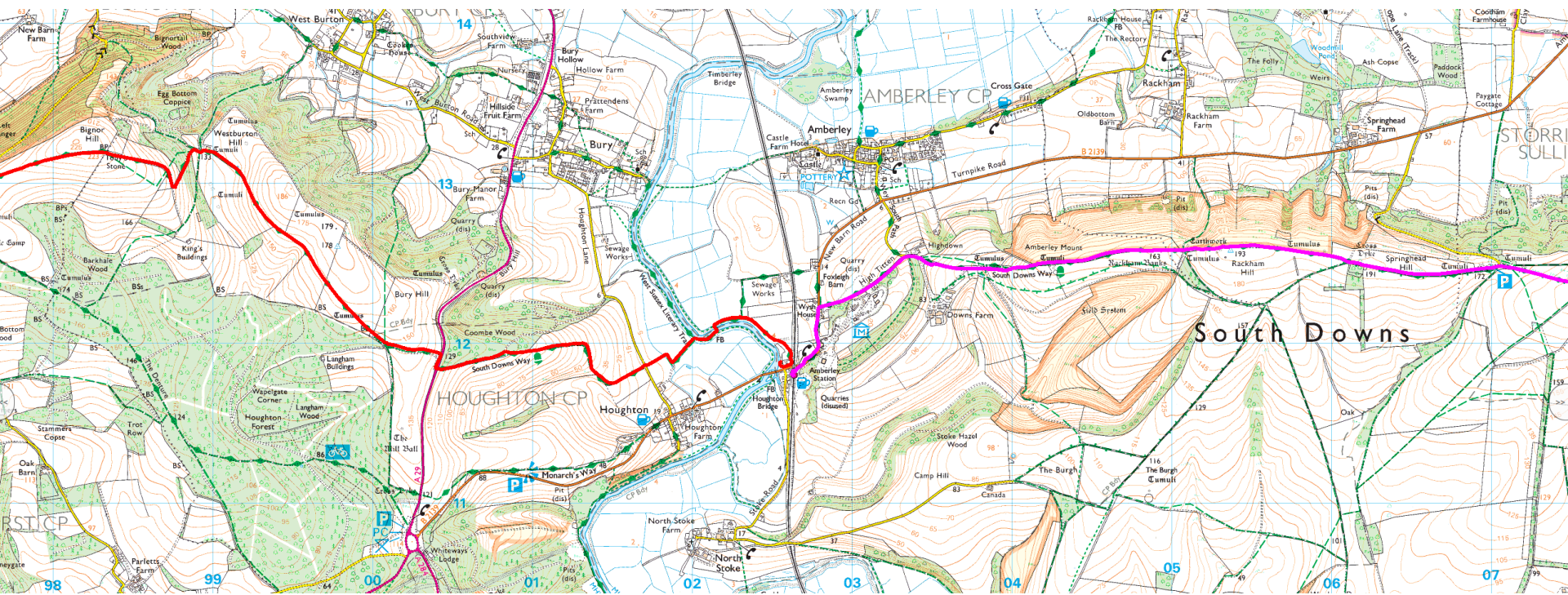
HARTING CP

TROTTON VIL

0.5 km







Petersfield



Burriton



East Harting



After Beacon Hill







Bignor Hill



Approaching Amberley

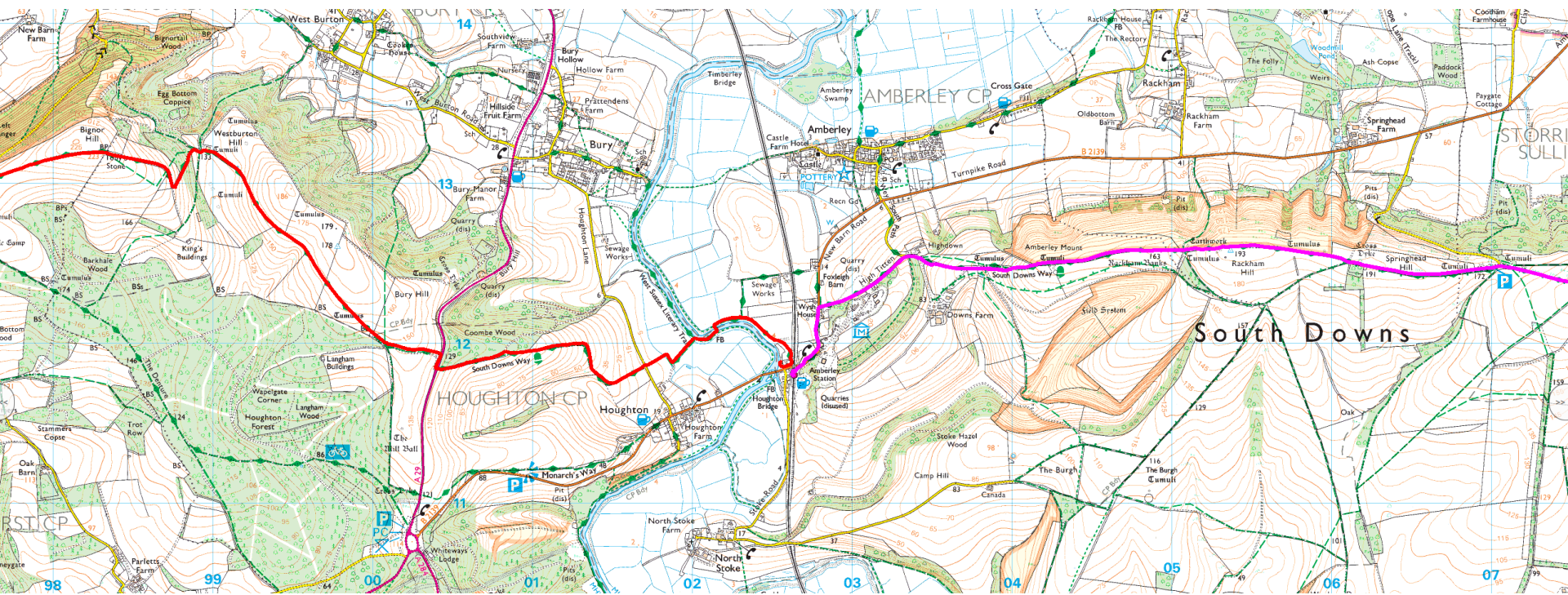


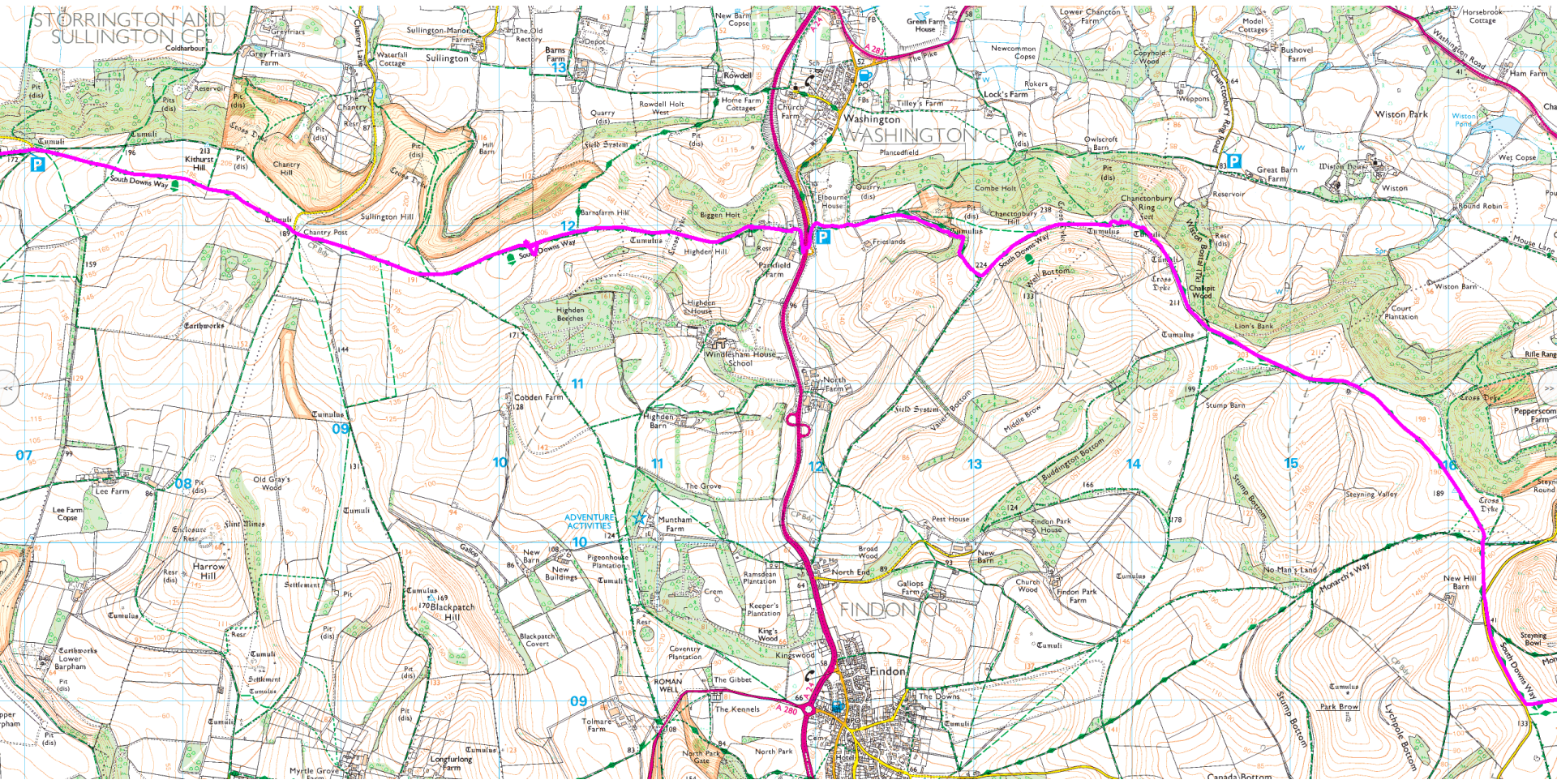
River Arun

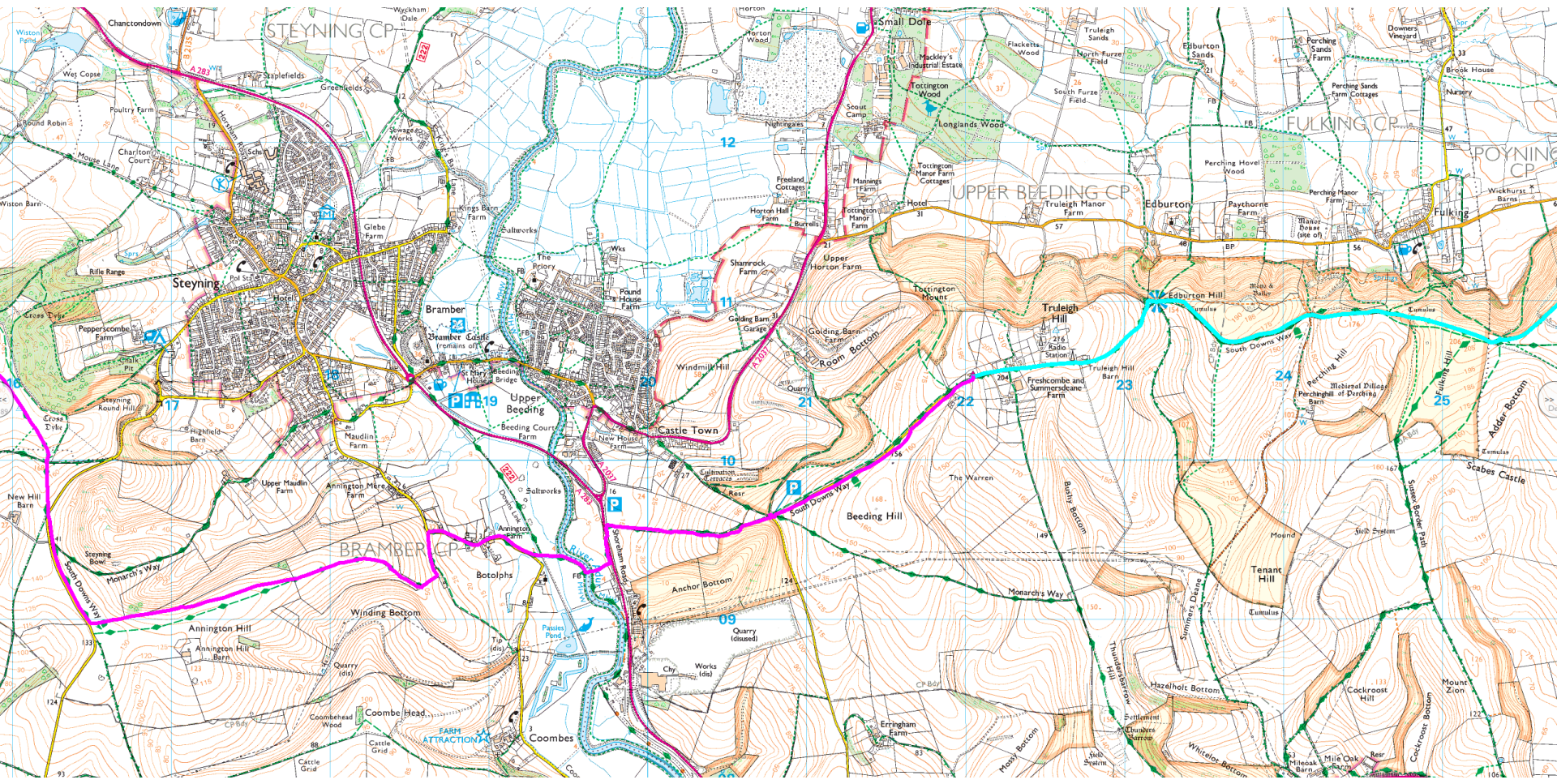
The Bridge, Amberley



Amberley to YHA
Truleigh Hill. 23rd
July 2024.
25km/15.5miles.









Chanctonbury ring



Chanctonbury ring



IOW



Truleigh Hill



River Adur







yha
YHA
Truleigh Hill
 You are here



A trail for all time

You are standing on the South Downs Way National Trail. Unique as the only National Trail entirely within a National Park, it is one of the best ways of exploring the South Downs. As you journey across the sweeping hills, you will discover an iconic landscape, managed to balance the needs of recreation, farming and conservation.

The South Downs Way has been travelled for thousands of years. Early man hunted on the chalk ridge, Iron Age tribes built great forts on its highest points and shepherds moved their vast flocks of sheep along the route.

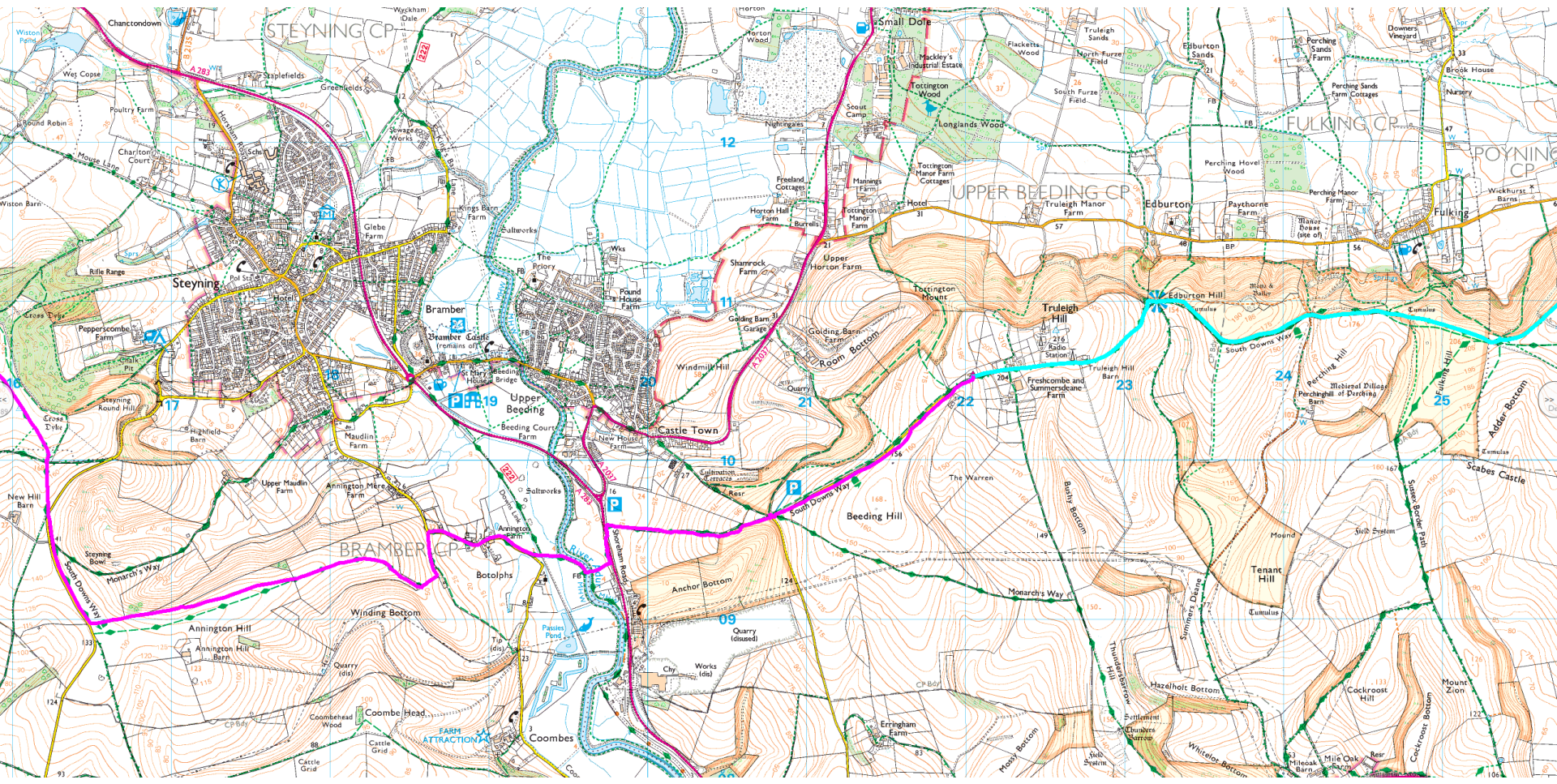
Today, the South Downs Way is still well travelled - but for pleasure. You can walk, ride or cycle the 100 miles between Eastbourne and Winchester.

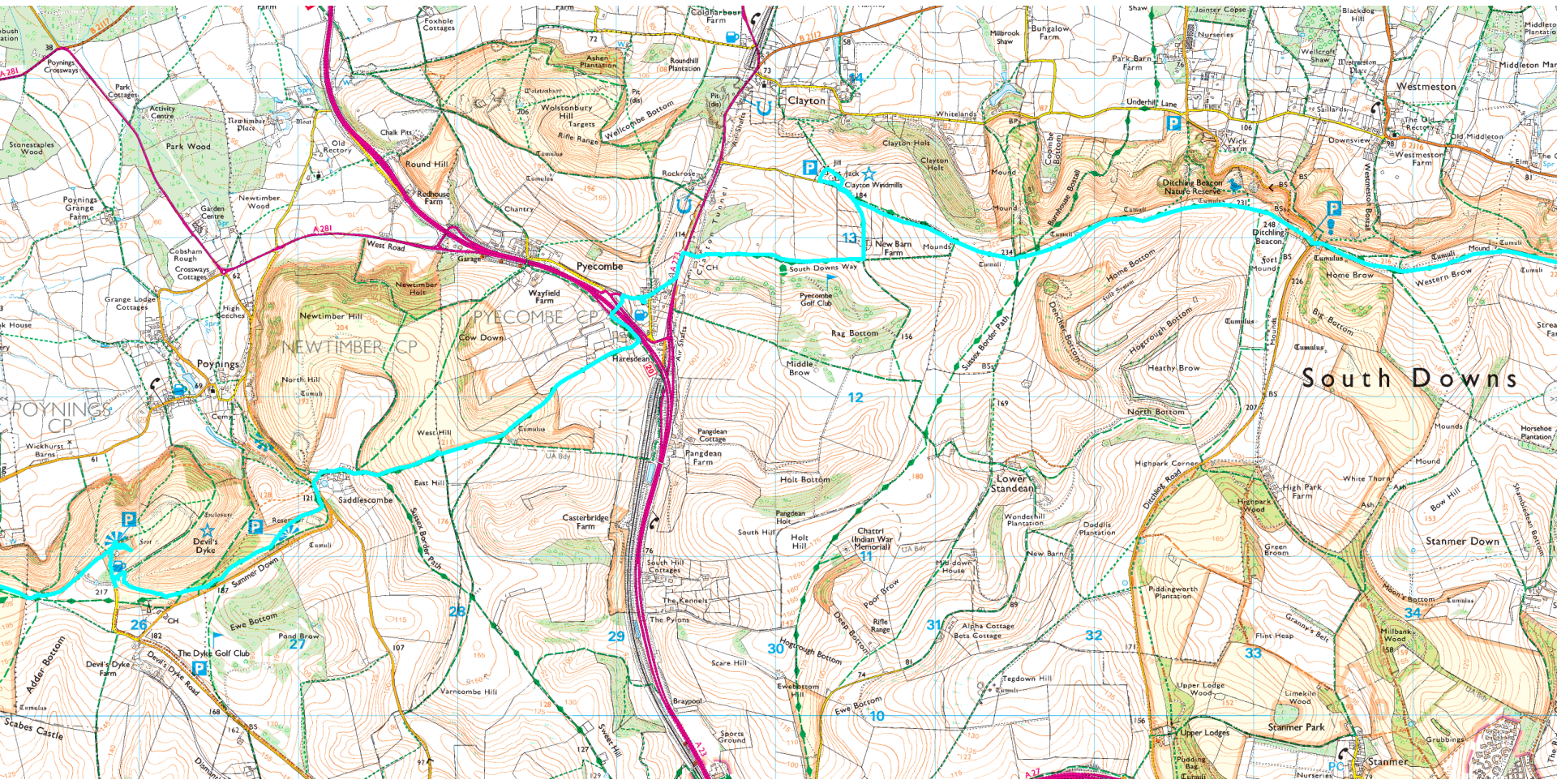
- South Downs Way (SDW)
- SDW - Footpath only
- Long distance routes
- National Cycle Network route (NCN)
- Settlement
- Countrywide sites
- YHA hostels

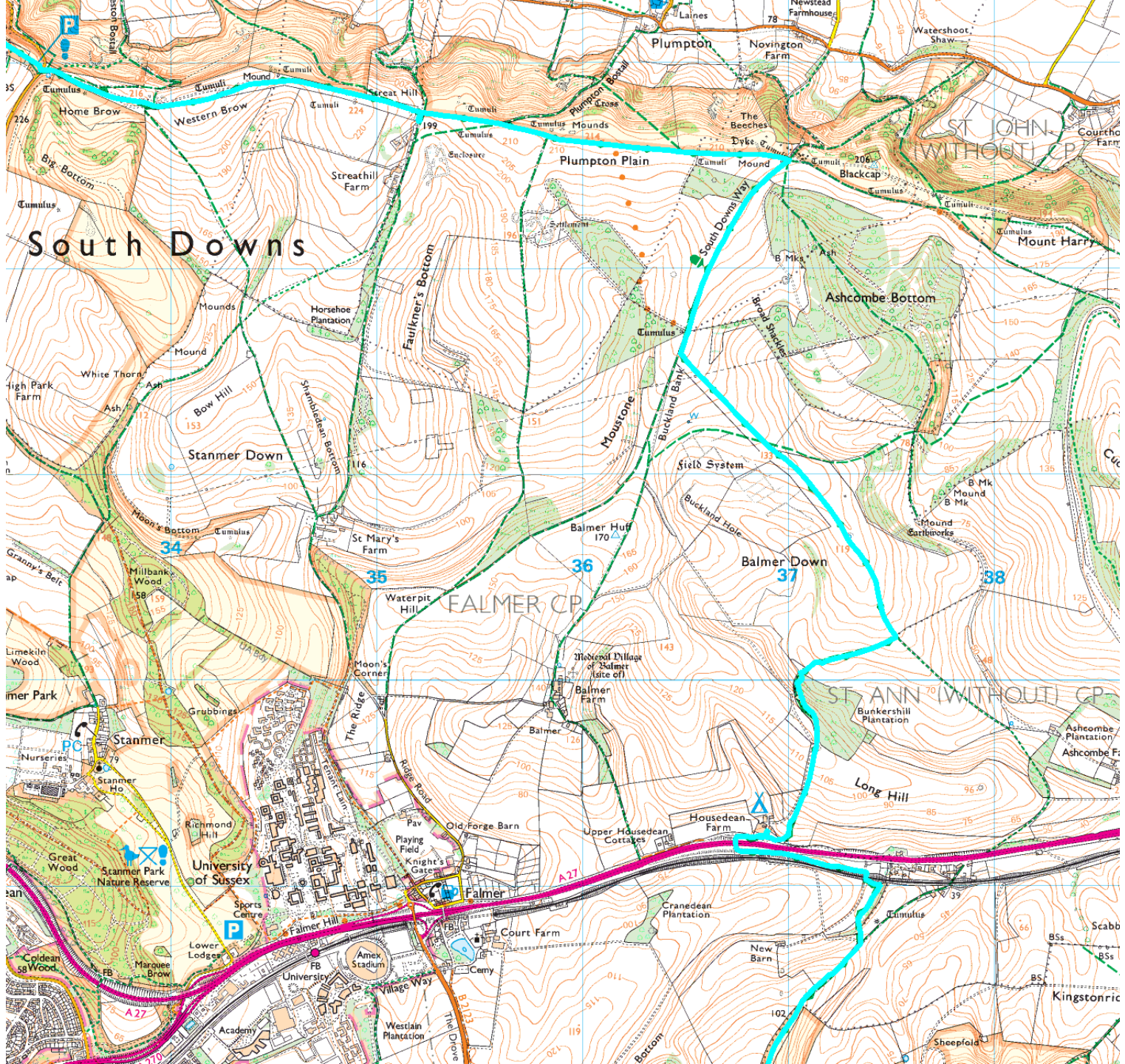
YHA Truleigh Hill
to Southeast.

24th July 2024.

35.8km/22.2miles.







South Downs

FALMER CP

ST JOHN WITHOUT CP

ST ANN WITHOUT CP

Cumuli Mound
Home Brow
Western Brow
Screathill Farm
Faulkner's Bottom
Mounds
Mound
White Thorn
High Park Farm
Ash
Bow Hill
Stanmer Down
Moon's Bottom
Millbank Wood
Granny's Belt
Limekiln Wood
Mer Park
Stanmer
Nurseries
Stammer Ho
Great Wood
Stanmer Park Nature Reserve
Coldean Wood

Plumpton
Novington Farm
The Beeches
Dyke
Plumpton Plain
Cumuli Mounds
Scaugh Downs Way
Ashcombe Bottom
B Mks
Ash
B Mks
Mound
B Mks

Waterpit Hill
The Ridge
Ridge Road
The Ridge
Pav
Playing Field
Knight's Gate
Old Forge Barn
Upper Housedean Cottages
Housedean Farm
Cranedean Plantation
Court Farm
New Barn
Sheepfold

Mount Harry
Ashcombe Bottom
B Mks
Ash
B Mks
Mound
B Mks

Balmer Down
Balmer Huff
Buckland Hole
Field System
Buckland Hole
B Mks
Mound
B Mks

Bunkershill Plantation
Ashcombe Plantation
Ashcombe F

Long Hill
Bunkershill Plantation
Ashcombe Plantation
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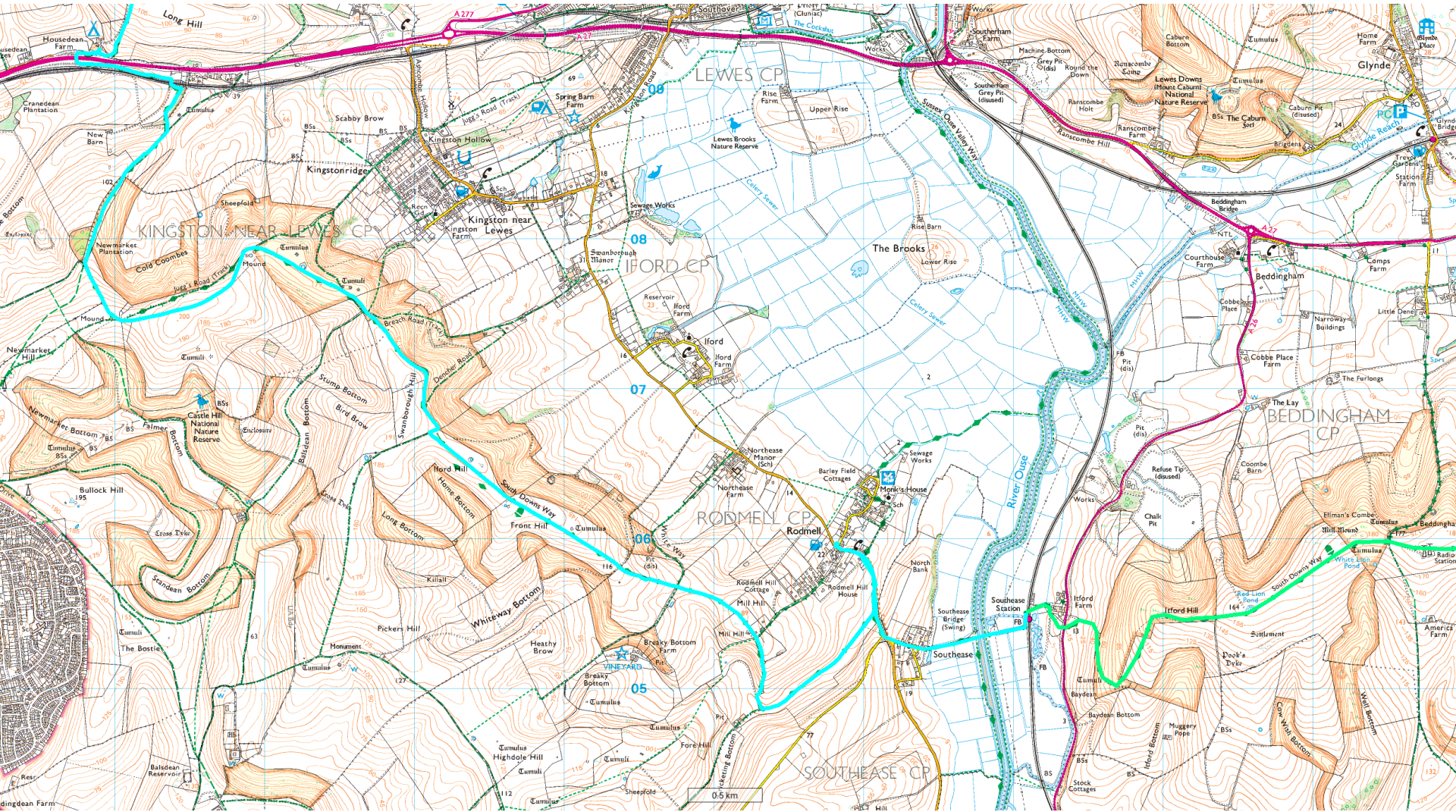
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Truleigh hill radio masts



Truleigh hill radio masts





The Weald, from Devil's Dyke



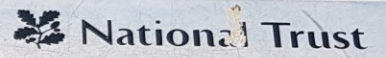
The Weald at your feet - Stop here and explore it



The painter Constable said this view was the grandest in the world. The National Trust is helping to keep it that way.

The National Trust is a registered charity no. 201584

The Weald from Devil's Dyke



The National Trust is a registered charity no. 201584

 National Trust

The Weald from Devil's Dyke



Chertsey
Windsor
100m

Admission Free! - Open all year round

100m
100m
100m

100m
100m
100m

100m
100m
100m



Devil's Dyke

Welcome

Devil's Dyke is the longest, deepest and widest 'dry valley' in the UK. Legend has it that the Devil himself dug this valley trying to drown the parishioners of the Weald with sea water. This beautiful place has attracted visitors for thousands of years. Iron age people built a huge hill fort here and the Victorians turned it into a fair ground. Now Devil's Dyke is protected for its internationally rare chalk grassland habitat and is a haven for rare wildlife and flowering plants.

Make the most of Devil's Dyke and the South Downs National Park

Go for a walk - Whether you're after a short stroll with great views or something more strenuous, there's a walk to suit everyone. Just follow one of our self guided trails and off you go.

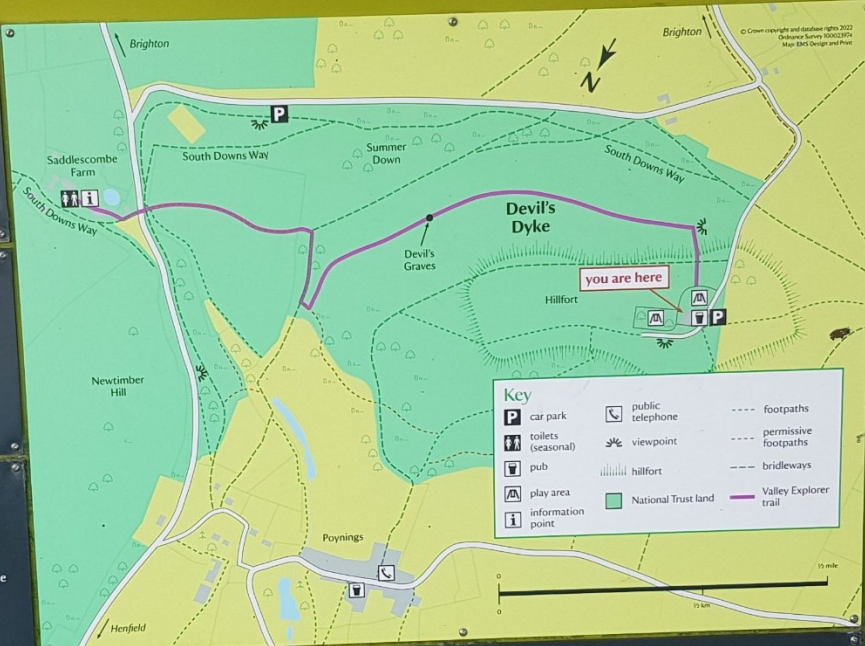
Go for a ride - Bring your bike to enjoy Devil's Dyke and explore the South Downs. Our 8 mile Devil's Dyke Estate Challenge takes in some of the finest scenery in Sussex visiting Fulking Escarpment, Newtimber Hill, Wolstonbury and Saddlescombe Farm along the way.

Discover a living carpet of flowers - In summer the Dyke is a riot of colour with swathes of flowers from the dainty squinancywort to a variety of beautiful, showy orchids.

Play - Use our meadows to discover bugs and make grass trumpets, or head to our woods to build a den.

Spot our living lawnmowers - Our cows are the most natural way to keep the downs full of flowers and open for you to enjoy. Without them the Dyke would soon become an impenetrable mess of brambles and thorn trees.

Explore further - From rolling hills to bustling market towns, the South Downs National Park's landscapes cover 1,600km² of breathtaking views and hidden gems. Visit www.southdowns.gov.uk



Facilities



Puke at Devil's Dyke and Fulking (not NT)



Public toilets at Saddlescombe Farm (summer only)



Puke at Devil's Dyke and Fulking (not NT)

Hazards and restrictions



Dogs on leads to protect wildlife and livestock.



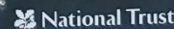
Help keep this place beautiful and take your dog waste and litter home.



No fires or barbecues. No camping.

Support Devil's Dyke

Devil's Dyke is part of the Beeding Hill to Newtimber Hill Site of Special Scientific Interest, designated for its biological and geological importance. The Iron Age Hill Fort at Devil's Dyke is a Scheduled Monument.



Contact us:
www.nationaltrust.org.uk/devils-dyke
01323 423997
southdowns@nationaltrust.org.uk

@southdownsaznt

facebook.com/NationalTrustTheSouthDowns

TheSouthDownsNT

Thank you, your support books after places like this. Registered charity no. 205845.



Ready to go?
Don't forget your parking ticket



No Fires or BBQ's

No lighting fires or BBQ's. Fire causes damage to wildlife and their habitats



Follow the Countryside Code



The Devil's Dyke



Refreshment stop at Pyecombe church





Jill Windmill (Jack, close by, is defunct!)



Head south from Plumpton Plain



Lewes



Long road to the river Ouse



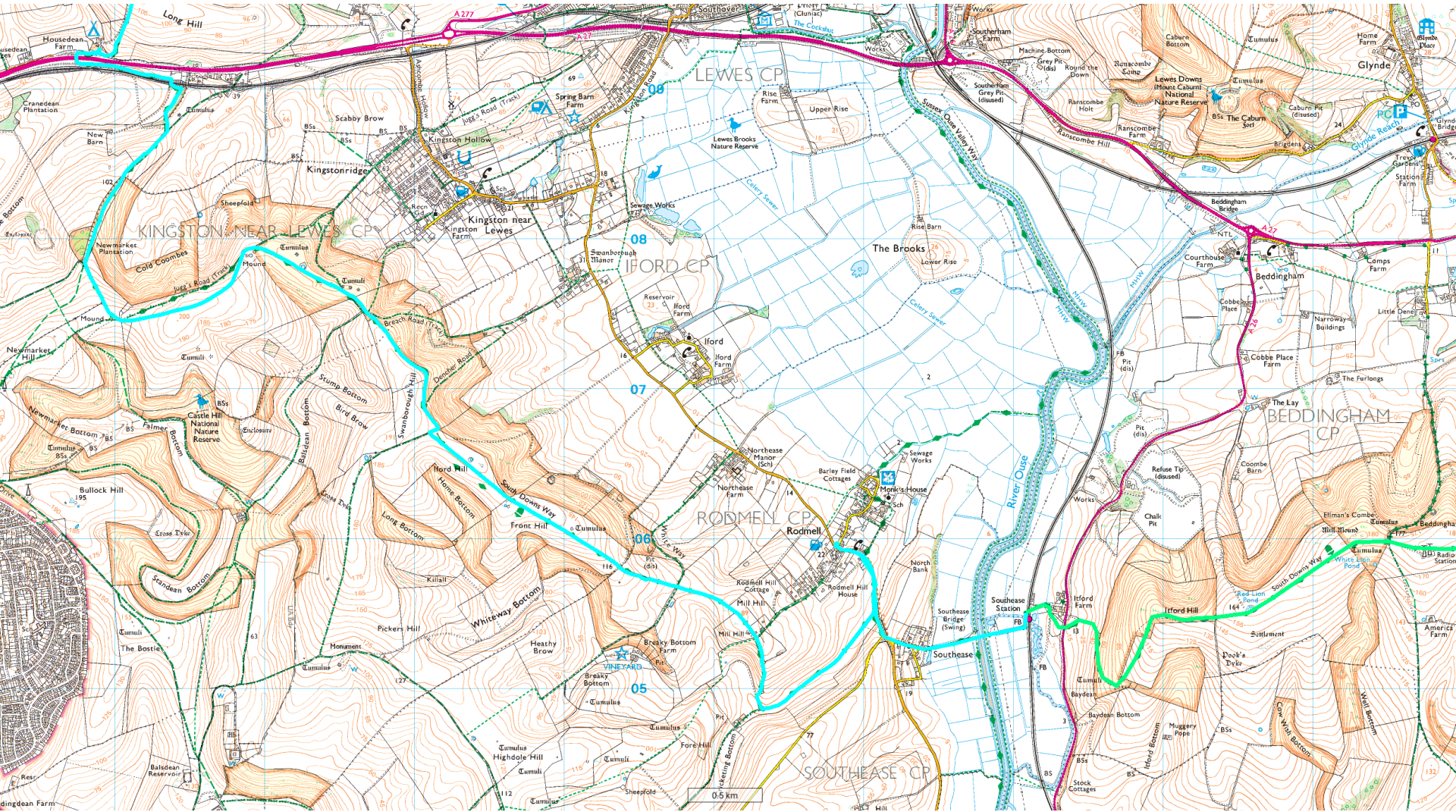
An amazing maize maze, near Rodwell and Southease

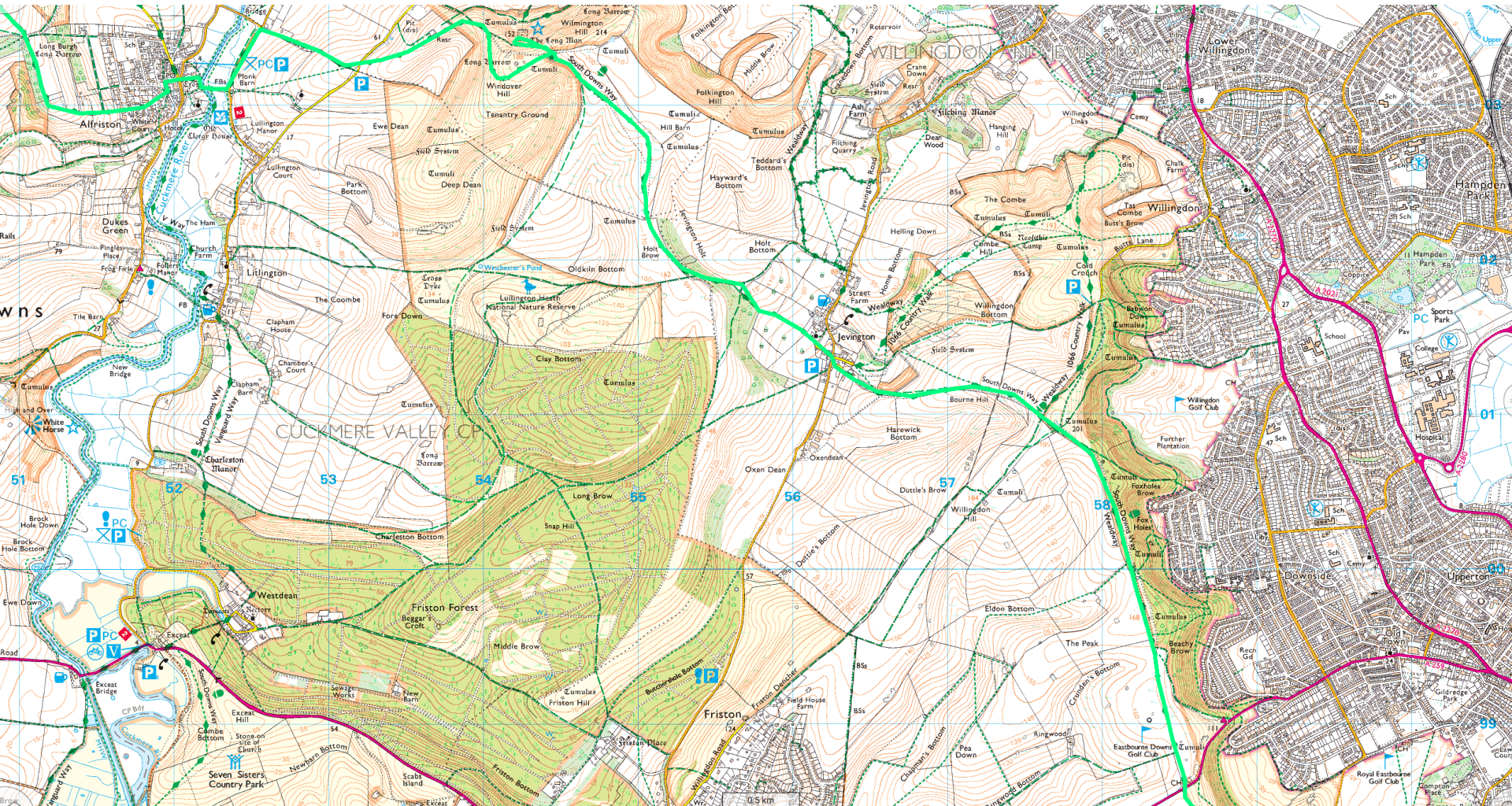


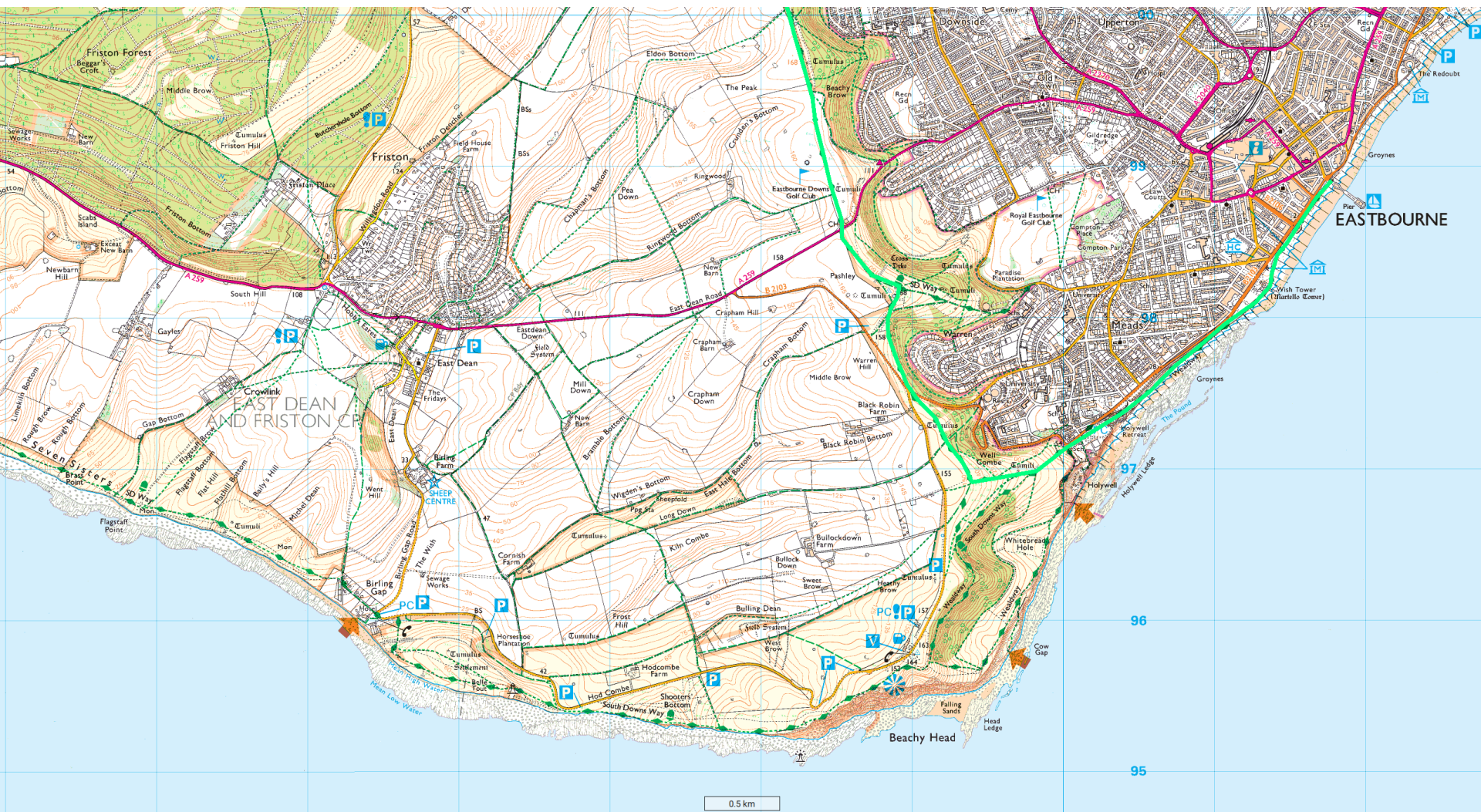
River Ouse



Southeast to
Eastbourne Pier.
4th August 2024.
30.1km/19miles.







EASTBOURNE

EAST DEAN AND FRISTON CR

0.5 km

96

95

Southeast and the Ouse valley





Itford hill and Newhaven



Beddingham Hill radio station





Alfriston





Wilmington Long Man



Jevington church



This is the
Birthplace of
BANOFFI PIE
Born 1972

One of the
Best Loved Puddings
in the World

Recipe to be found here in
"In Heaven With
The Hungry Monk"

ST ANDREW'S
CHURCH
JEVINGTON
Service every Sunday
See details inside porch
or on www.stajf.org.uk
Every Day Following Jesus
You are welcome to use the
parking area near the church,
but please allow space for
church members on
Sunday mornings



Towards Eastbourne





Wealdway to Eastbourne





Holywell



Eastbourne beach



Eastbourne pier





Towards Pevensey Bay





Eastbourne pier

SOUTH DOWNS WAY 2024

Andy "Dijon" French.

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