



Mid Sussex Ramblers

Registered Charity No. 1093577

Web: www.midsussexramblers.co.uk

Programme April 2019 to July 2019



Car Share: when shown against a walk indicates to members:

If you would like a lift or can offer one to others, please telephone the leader who will try to make arrangements.

Drivers appreciate it when a voluntary contribution towards fuel and parking costs is made and people accepting lifts should take precautions not to dirty the car.

As a guide 28p per mile is the RA amount which reasonably covers the cost incurred by the driver.

This is to be for Mid Sussex Group members only and lifts cannot be guaranteed.



All members are encouraged to carry a small First Aid kit with them on walks.

DOGS: Well behaved dogs on leads or under control are welcome on all our walks, unless the walk leader has stated 'No Dogs Please' (This does not apply to Registered Assistance Dogs). Any queries should be addressed to the Walk Leader

We currently enjoy large numbers on many of our walks and they often include people who are new to group walking, so would all walkers please keep in visual contact with those in front and more importantly those behind. This is imperative when there is a change of direction.

For walk 'difficulty' descriptions please refer to the back pages of this programme.

Date	Start	Walk	Distance/ Difficulty	Contact
Tue 02/04/2019	10:30 CP at recreation ground in Telscombe Cliffs Way, 0.8 ml. from seafront. Also by bus 14 or 14C from Brighton to St Peter's Avenue. walk back to Telscombe Cliffs Way and right. (BN10 7BQ, TQ404024)	Telscombe, Daffodils & the Downs Walk through Telscombe Village (daffodils), and typical downland & arable land. Please bring a picnic lunch.	8mi/12.9km Moderate	Erica, 07885595131 - on the day
Wed 03/04/2019	19:30 16 West Street, Ditchling (BN6 8TS, TQ325151)	Pub Social The White Horse, Ditchling (01273 842006)		Phil, 01273 835931
Sat 06/04/2019	10:00 Roadside parking Rectory Lane, Ashington (RH20 3LL, TQ130164)	Ashington Circular via West Chiltington pub lunch and Thakeham. No dogs please.	9mi/14.5km Moderate	Alison G, 01273 833794
Sat 06/04/2019	10:40 RSPB Pagham Harbour. Toilets and hot drinks. (PO20 7NE, SZ856966)	Pagham Harbour bird watching walk Leisurely walk along coast and harbour, at times on shingle. Route direction will involve bus trip to or from Selsey, depending upon tide times. Bring binoculars and picnic lunch. No dogs.	5mi/8km Leisurely	Peter L, 01444 415367 or 07842 537361
Sun 07/04/2019	14:30 St Peter's Church Chailey Green A275 (BN8 4DA, TQ392192)	Bluebell Time Local woods for spring flowers	4mi/6.4km Moderate	William, 01444 831098 or 07801 711401 – on the day

Tue 09/04/2019	10:30 Partridge Green Recycling car park (RH13 8HR, TQ191192)	<u>Ghosts of the Steam Age</u> Partridge Green , Mockford, The Grinstead, Moon Wood, West Grinstead Old Station (P), Park Lane, R.Adur, Please bring picnic lunch	8mi/12.9km Moderate	John, 01444 483860 or 07817032135 - on the day
Sat 13/04/2019	10:00 Woodingdean Car park on B2123 50 yards north of Bexhill road (old bakery site) (BN2 6NT, TQ356064)	<u>Woodingdean & a medieval drove road</u> Undulating walk from Woodingdean	5.5mi/8.9km Moderate	Jill, 01273 480167 or 07938833868 - on the day
Sun 14/04/2019	10:00 Mayfield Village Car Park behind Middle House. The entrance to the car park is signposted down a narrow lane. (TN20 6BE, TQ587269)	<u>Mayfield Circular</u> Mayfield Village, Coombe Wood, Tidebrook, Harewood Lodge, Vicarage Wood and return to village.	6mi/9.7km Moderate	Mike H, 07999710065
Tue 16/04/2019	10:00 Mill Hill Nature Reserve CP, 2nd CP after crossing A27 Bridge (BN43 5FH, TQ211074)	<u>Mill Hill, Truleigh Hill, Cockroost Hill</u> Mill Hill, Old Erringham Farm, South Downs Way, Truleigh Hill, Edburton Hill, Sussex Border Path, Cockroost Hill, Mile Oak Farm, Southwick Hill, Mossy Bottom, Erringham Farm, Mill Hill. Please bring a picnic lunch. 410m of ascent	10.2mi/16.4km Moderate	Paul J, 07711772853 - on the day or 01444 441530
Tue 16/04/2019	10:30 Horsted Keynes Rec Car Park or roadside (RH17 7AF, TQ384281)	<u>Horsted Keynes Circular</u> Heaven Farm, Perryman's Hill, Chelwood Common, Woodgate Farm. Please bring a picnic.	7mi/11.3km Moderate	Ron , 07785 717450
Wed 17/04/2019	19:30 Handcross Road, Staplefield (RH17 6EF, TQ273283)	<u>Pub Social</u> The Jolly Tanners, Staplefield (01444 400335)		Phil, 01273 835931
Sat 20/04/2019	10:30 Glynde village car park (BN8 6SS, TQ457088)	<u>Downland between Glynde & Lewes</u> Glynde, Malling Hill, Lewes, Mount Caburn, Glynde. Hilly walk with amazing views. Lunch break in Lewes where there are numerous pubs & cafes to choose from.	8.5mi/13.7km Moderate	Sue, 01825 722135 or 07905225711 - on the day
Tue 23/04/2019	10:30 Devils Dyke NT CP (charge) free to NT members (BN1 8YL, TQ258110)	<u>Devils Dyke</u> SDW, Edburton Hill, Tottington Mount (steep descent) Tottington Manor Farm, Fulking, Fulking Escarpment (steep ascent). Please bring picnic lunch	8mi/12.9km Moderate	Yvonne, 01444 441926 or 07843566602 - on the day
Sat 27/04/2019	10:30 Plumpton Racecourse car park (BN7 3AL, TQ360155)	<u>Plumpton and the Downs</u> Scenic views for Cowslip time. Bring picnic lunch.	7mi/11.3km Moderate	William, 01444 831098 or 07801 711401 – on the day
Sun 28/04/2019	10:00 Maresfield playing fields car park (TN22 2EH, TQ466239)	<u>Maresfield, Piltown and Lake Wood</u> Park Wood, Piltown Golf course, Fairhazel Wood, the fabulous Lake Wood, open fields with views and return. Bring snack.	5.5mi/8.9km Moderate	Frazer, 07939 078650

Tue 30/04/2019	10:00 Handcross Sports Pavilion Car Park. Please leave some spaces & park opposite on High Street (B2110) if busy. (RH17 6FJ, TQ263301)	<u>Handcross - Slaugham - Staplefield circular</u> Hyde Estate, Park Rd, Slaugham Place ruins, Stanbridge Farm, Staplefield (pub), Tanyard Cotts, Nymans Estate cascades, Red Lane. Pub lunch at The Jolly Tanners (GBG) and a shorter but uphill return leg to Handcross.	8.9mi/14.3km Moderate	Peter R, 01444 233952 or 07756 784427
Wed 01/05/2019	19:00 Chailey Sports Ground CP off A272 to west of Chailey crossroads (BN8 4EY, TQ389210)	<u>Bluebell Hunt</u> Red House Common and Great Wood in search of bluebells. May be muddy	3.3mi/5.3km Leisurely	Sue, 01825 722135 or 07905225711 - on the day
Sat 04/05/2019	10:00 Plumpton Station parking in recreation ground or surrounding roads. (BN7 3BW, TQ364161)	<u>Plumpton & Streat Circular</u> Plumpton Green, Mid Sussex Golf Course and Ditchling Common. Please bring snack. Some stiles.	6mi/9.7km Moderate	Elizabeth B, 07989 217818
Sun 05/05/2019	11:15 Trinity Road CP, Hurstpierpoint (BN6 9SJ, TQ281165)	<u>Early-purple Orchid nature walk</u> Hurstpierpoint, Randolph's farm, Wolstonbury Hill, Coldharbour Farm, 770 feet ascent & descent. Bring picnic, no dogs.	6.5mi/10.5km Moderate	Peter L, 01444 415367 or 07842 537361
Tue 07/05/2019	10:00 Ditchling common car park (BN6 8SQ, TQ338180)	<u>Bluebell walk from Ditchling common</u> Plumpton Green, Wivelsfield Green, Ditchling Common country Park. Please bring a picnic lunch.	7.5mi/12.1km Moderate	Brian J, 07985201335 - on the day
Sat 11/05/2019	10:30 Outside Turnpike Lane tube station, Piccadilly Line. (N15 3NX, TQ315896)	<u>The New River</u> Turnpike Lane to Angel. Coffee in a castle, picnic in a park. No dogs please.	7mi/11.3km Moderate	Alison G, 01273 833794
Sun 12/05/2019	10:00 Chailey Sports Ground CP off A272 to west of Chailey Crossroads (BN8 4EY, TQ389210)	<u>Sheffield Park on foot</u> Red House Common, Hammonds Farm, Wapsbourne Farm, Sheffield Park, Rotherfield Wood, Red Ghyll, Grassington Farm. Please bring a picnic lunch. Optional refreshments & WC facilities at NT Sheffield Park	9mi/14.5km Moderate	Sue, 01825 722135 or 07905225711 - on the day
Tue 14/05/2019	10:30 Kithurst Hill CP (RH20 4HW, TQ070124)	<u>Amberley, South Downs, Parham</u> Downs to Houghton, river to Amberley, then Rackham, Parham, Cootham, Storrington and back to Kithurst Hill. 700ft total ascent, bring a picnic.	12mi/19.3km Moderate	David and Sue, 01403 255654 or 07979 700216 - on the day
Tue 14/05/2019	10:30 Duddleswell Car Park, opposite Tea rooms (TN22 3BH, TQ467279)	<u>Ashdown Forest Circular</u> Misbourne Farms, Nutley, Nutley Windmill, Old Lodge, Camp Hill. Please bring a picnic	6.8mi/10.9km Moderate	Ron , 07785 717450
Wed 15/05/2019	19:00 Cuckfield Broad St. car park (RH17 5LJ, TQ305246)	<u>Cuckfield Evening Saunter</u> Cuckfield, New England Wood, Whitemans Green, Mytten Twitten	3mi/4.8km Leisurely	John, 01444 483860 or 07817032135 - on the day

Thu 16/05/2019	09:30 Two lay bys opposite each other on A2300 (RH17 5GH, TQ266211)	<u>Adur Trail Stage 1</u> Ditchling Common to North of Hickstead. Please ring Paul Jenkins to express your interest and ensure we have the right number of cars for those taking part.	9.5mi/15.3km Moderate	Paul J, 07711772853 - on the day or 01444 441530
Sat 18/05/2019	11:00 Signed off the A27 - 4 miles east of Polegate (BN24 5LD, TQ647048)	<u>Pevensey Castle & Hankham level</u> Super walk when dry, Pay and display car park beside Pevensey Castle	5.5mi/8.9km Moderate	Jill, 01273 480167 or 07938833868 - on the day
Sun 19/05/2019	10:30 Maresfield playing fields car park (TN22 2EL, TQ466240)	<u>Maresfield and Fairwarp</u> Maresfield , Fairwarp Church, Hendall Manor Farm, Reedings Farm	5mi/8km Moderate	John, 01444 483860 or 07817032135 - on the day
Tue 21/05/2019	10:30 By churchyard in Church Lane, Dane Hill (RH17 7HF, TQ402274)	<u>Green-winged Orchids, Damsel' & Dragonflies nature walk</u> Church Lane, Danehill, Tanyard Fisheries, Sheffield Forest, Sheffield Mill Farm, Furner's Green, Heaven Farm, refreshments in café or picnic in field, Moaps Farm. No dogs. Be aware, over 500 feet of descent and ascent.	4.6mi/7.4km Leisurely	Peter L, 01444 415367 or 07842 537361
Tue 21/05/2019	10:30 Exceat Seven Sisters car park to the north of the A259. £4 for the day (BN25 4AD, TV518995)	<u>Cliffs, forest, heathland and farmland</u> Cuckmere Haven, Crowlink, Friston Forest, Lullington Heath and Charlestone Bottom. 500m of ascent. Please bring a picnic lunch.	10.7mi/17.2km Moderate	Judith, 01825 790257 or 07899 992261 on the day
Wed 22/05/2019	19:00 Forecourt Lewes Station (BN7 2UP, TQ416098)	<u>Hidden Lewes</u> Lewes Railway Station Mountfield Road, Ham Lane, Railway Land, Heart Of Reeds, Winterbourne Stream, River Ouse, School Hill, Down and up 2 Twittens emerging at Friars Walk, Pinwell Lane, Lewes Railway Station. Roadside Parking is free after 5pm. Car Park in Mountfield Road. Opportunity for a visit to The Kings Head, Southover High Street.	3.5mi/5.6km Moderate	Jill, 01273 480167 or 07938833868 - on the day
Thu 23/05/2019	11:00 North of Balcombe on B2036 and before the Cowdray Arms pub going north, turn left onto the B2110 named "High Street" direction Handcross. CP is 250m on right from the junction with B2036 (RH17 6QG, TQ306330)	<u>Nature walk - Bluebells and trees: mature oaks, beech, firs, pines, chestnuts, alders. Find out why Tsuga sp. Pines are called "Hemlock" and are widely grown in Sussex.</u> Circular walk with a very steep ghyll and streams to cross. Boots essential. Walking poles highly advised.	2.5mi/4km Leisurely	Peter L, 01444 415367 or 07842 537361
Sun 26/05/2019	10:00 Luxford Field Car Park, Uckfield (upper, 10hr section) (TN22 1AR, TQ472213)	<u>Uckfield and Framfield</u> Uckfield, Hempstead mill, Framfield, the Old Laundry, old footpaths through Ridgewood and New Town, and Uckfield mill. Bring snack.	6.5mi/10.5km Moderate	Frazer, 07939 078650

Tue 28/05/2019	10:00 Small Free CP at Shipley (RH13 8PH, TQ144218)	Hilaire Belloc's Shipley Shipley, Knepp Castle, West Grinstead, Dial Post, Benton's Place Farm, Shipley. Picnic or lunch at The Crown Inn, Dial Post	8.3mi/13.4km Moderate	Ray, 01403 783797 or (On day only 07981 764766)
Wed 29/05/2019	19:00 Trinity Road Car Park, Hurstpierpoint (BN6 9SJ, TQ281165)	Hurstpierpoint Circular to the South CP, Wanbarrow Farm, Bedlam Street, Danny Park, Tott Farm, CP	3mi/4.8km Leisurely	Phil, 01273 835931
Thu 30/05/2019	09:30 CP near Cat and Canary (BN5 9UH, TQ205161)	Adur Trail Stage 2 North of Hickstead to West of Henfield. Please ring Paul Jenkins to express your interest and ensure we have the right number of cars for those taking part.	10mi/16.1km Moderate	Paul J, 07711772853 - on the day or 01444 441530
Sat 01/06/2019	10:00 Triangle Car Park (Trundle), Goodwood Country Park (PO18 0PT, SU879113)	The Trundle, Goodwood The Trundle, East Lavant and Haye's Down. Optional visit to The Fox Goes Free pub at Charlton afterwards.	5.5mi/8.9km Moderate	Ray, 01403 783797 or (On day only 07981 764766)
Sun 02/06/2019	10:45 Lewes Station Forecourt (BN7 2UP, TQ416098)	Lewes walk for the London Blind Ramblers Lewes Station, Convent Field, Priory Ruins, Cockshute Stream, Spring Barn Farm, Kingston Village, Juggs Arms, Kingston Ridge, Balsdean Bottom, Castle Hill, Juggs Road, Nan Kemp's Corner, Jugg's Lane Bridge, Southover High Street, Lewes Station. Please bring a picnic lunch.	6.5mi/10.5km Moderate	Jill, 01273 480167 or 07938833868 - on the day
Tue 04/06/2019	10:00 Horsted Keynes British Legion CP (RH17 7AS, TQ384282)	Damsel' and Dragonfly nature walk Horsted Keynes, church, Birchgrove Rd. Hurstwood Lane, Broadhurst Manor looking out for insects. Picnic lunch, no dogs, binoculars or camera with a good zoom lens is a good idea.	4.5mi/7.2km Leisurely	Peter L, 01444 415367 or 07842 537361
Tue 04/06/2019	10:30 Car park on Flanchford Road, Reigate Heath. Take turning off A25 past Black Horse pub (RH2 8AB, TQ239503)	North Downs Circular Reigate Heath, North Downs Way, Box Hill (NT visitor centre), Brockham, Greensand Way, Betchworth, Reigate Heath. Hilly in the morning with more level walking in the Mole valley in the afternoon. Please bring a picnic lunch	11.6mi/18.7km Moderate	Sue, 01825 722135 or 07905225711 - on the day
Wed 05/06/2019	19:00 North side of Plumpton Railway Station. Roadside Parking and Car Park at the Recreation Ground, opposite Plumpton Station (BN7 3BW, TQ364161)	Wooded walk from Plumpton Station Hatton Green, South Chailey and Yokehurst Place. Hattons Green, South Chailey and Yokehurst Place, along fields farm tracks and short stretches along roads. Opportunity for a drink in the Fountain Inn, Plumpton, following the walk.	4mi/6.4km Moderate	Jill, 01273 480167 or 07938833868 - on the day
Thu 06/06/2019	09:30 Alfriston, North Road beyond the school. To be confirmed (BN26 5XE, TQ514034)	South Downs marathon part 1 Exeat to Alfriston via Litlington, High and Over, Norton, Firle (possibly) and the SDW. 700/600M of ascent and at a brisk pace. Involves car shuttles and essential to phone Judith by 31/5 if you are interested. Please bring a picnic lunch	15.5mi/24.9km Strenuous	Judith, 01825 790257 or 07899 992261 on the day

Sat 08/06/2019	10:00 Stanmer church CP (BN1 9PZ, TQ337096)	Stanmer and Ditchling Beacon A walk on the Downs. Only 2 stiles	5.3mi/8.5km Moderate	Dave C, 07890 472091
Sun 09/06/2019	11:15 Trinity Road CP, Hurstpierpoint (BN6 9SJ, TQ281165)	Orchid walk Hurstpierpoint, Randolph's farm, Wolstonbury Hill, Coldharbour Farm, 770 feet ascent & descent. Bring picnic, no dogs.	6.5mi/10.5km Moderate	Peter L, 01444 415367 or 07842 537361
Tue 11/06/2019	10:30 Roadside parking next to Church, Warnham. Meet at Sussex Oak pub. (RH12 3DZ, TQ158336)	Warnham, Slinfold, Rowhook Warnham manor, Strood Green, Slinfold, Rowhook, back to Warnham. Great views, not too strenuous, bring a picnic.	8.5mi/13.7km Moderate	David and Sue, 01403 255654 or 07979 700216 - on the day
Wed 12/06/2019	19:30 Cuckfield Broad St CP (RH17 5LJ, TQ305246)	Cuckfield Vineyards walk See https://sussexrambler.blogspot.com/2017/08/cuckfield-vineyards-walk.html	5mi/8km Moderate	Peter L, 01444 415367 or 07842 537361
Thu 13/06/2019	09:30 Small CP near Shipley Windmill (RH13 8PH, TQ143219)	Adur Trail Stage 3 South of Slinfold to Shipley. Please ring Paul Jenkins to express your interest and ensure we have the right number of cars for those taking part.	9.5mi/15.3km Moderate	Paul J, 07711772853 - on the day or 01444 441530
Sat 15/06/2019	10:00 Road parking at Junction of Plumpton Lane & B2116 (BN7 3AJ, TQ364133)	Westmeston, Middleton Manor & Streat Ridge Circular Walk with spectacular views. Steep climb and descent of downs. Please bring snack. Opportunity for pub lunch at end of walk.	6.5mi/10.5km Moderate	Elizabeth B, 07989 217818
Sun 16/06/2019	11:00 Downs Link CP by Cat and Canary PH, in Upper Station Road, Henfield (BN5 9UH, TQ205161)	Henfield Circular via New Bridge CP, Blundens Farm, River Adur, Bridge, Eatons Farm, Ashurst (stopping for brief drink at the Fountain PH), Hills Farm, Bridge, River Adur, Grays Farm, CP	5mi/8km Moderate	Phil, 01273 835931
Tue 18/06/2019	10:00 Eastern Rd., on the verge near Wivelsfield Green Village Hall (RH17 7QG, TQ346200)	Wivelsfield Parish Eastern Rd., Ote Hall Farm, Theobalds, Clearwaters, Fox Hill, Colwell Lane, Abbott Leigh, Townings Place, Strood Farm, Wivelsfield Green, West Wood. Please bring a picnic lunch.	10mi/16.1km Moderate	Richard D, 07763127613
Wed 19/06/2019	19:30 Lindfield URC (RH16 2HL, TQ347254)	North of Lindfield Lindfield, Criplands, Snowdrop Lane, Nether Walstead	4mi/6.4km Leisurely	John, 01444 483860 or 07817032135 - on the day
Thu 20/06/2019	09:30 Exceat car park in Friston Forest, north of the A259. £4 for the day (BN25 4AD, TV518996)	South Downs marathon part 2 Alfriston to Exceat via Jevington, East Dean and four of the Seven Sisters. 600M of ascent and at a brisk pace. Involves car shuttles and essential to phone Judith by 31/5 if you are interested. Please bring a picnic lunch	12.5mi/20.1km Strenuous	Judith, 01825 790257 or 07899 992261 on the day
Thu 20/06/2019	20:30 Car park by A272 North Chailey (BN8 4EY, TQ389210)	Chailey Nightlife Evening on the commons for Nightjars. Finish in the dark bring torches.	2mi/3.2km Moderate	William, 01444 831098 or 07801 711401 – on the day

Sat 22/06/2019	10:15 Car Park behind Bent Arms and Church (RH16 2HU, TQ349258)	Lindfield to Ardingly Lindfield, High Beech Lane, Ardingly Reservoir, Ardingly College, Standgrove Wood, Lindfield. Brief picnic lunch stop.	7.5mi/12.1km Moderate	Paula, 07919198047 - on the day
Sun 23/06/2019	10:40 Buxted Station car park £1 charge (TN22 5FD, TQ496233)	Buxted and beyond Buxted Park, Wealdway, Tickerage Castle and Vanguard Way. Bring picnic lunch	6.5mi/10.5km Moderate	William, 01444 831098 or 07801 711401 – on the day
Tue 25/06/2019	10:00 Kings Standing CP at junction of B2026 and B2188 (TN22 3JD, TQ473301)	Ashdown Forest Views Kings Standing, Nutley Windmill, Visitor Centre & some Vanguard Way. Please bring a picnic lunch.	9mi/14.5km Moderate	Philip , 07714 339171 on the day
Wed 26/06/2019	19:00 Meet outside the village store Barcombe (BN8 5DH, TQ420158)	Go West Young Man! Walk across the Eastern Hemisphere into the Western Hemisphere. Royal Oak P H, Barcombe Tennis Club, Roman Road, Deadmantree Hill, Greenwich Meridian, Galleybird Road, Barcombe Recreation Ground, Royal Oak. Chance to have a drink, post walk, at the Royal Oak Pub House, Barcombe.	5mi/8km Moderate	Jill, 01273 480167 or 07938833868 - on the day
Thu 27/06/2019	09:30 CP near Cat and Canary (BN5 9UH, TQ205161)	Adur Trail Stage 4 Shingley to West of Henfield. Please ring Paul Jenkins to express your interest and ensure we have the right number of cars for those taking part.	8.5mi/13.7km Moderate	Paul J, 07711772853 - on the day or 01444 441530
Sat 29/06/2019	10:00 Car park beside community centre in Hartfield Road, Forest Row. (RH18 5DQ, TQ425350)	Forest Row & High Weald Landscape trail Forest Row, Tablehurst Farm, Paupersdale Wood, North Clays, Lower Parrock.	5.5mi/8.9km Moderate	Jill, 01273 480167 or 07938833868 - on the day
Tue 02/07/2019	10:00 From Dial Post take Swallows Lane northwards and a few metres after the speed de-restriction sign turn left into the track to Knepp Castle activities. After a few hundred metres park in "Walkers' CP". Pls do NOT park in the Camp site CP near the offices. (RH13 8NN, TQ152202)	Knepp Castle nature walk We walk through free roaming cattle, deer, pigs and ponies and perhaps visit the Sussex Ornithological Society hide overlooking the largest hammer pond in Sussex. Bring binoculars and picnic lunch. A highlight will be Purple Emperor butterflies for which Knepp Castle is renowned. No dogs. Bring 2 x £1 to park in the "Walkers CP".	6mi/9.7km Moderate	Peter L, 01444 415367 or 07842 537361
Tue 02/07/2019	10:00 Clayton Recreation Ground (BN6 9PQ, TQ299140)	Three Windmills Circular walk on the Downs and the Weald, please bring picnic.	9mi/14.5km Moderate	Elizabeth B, 07989 217818
Wed 03/07/2019	19:00 Wilderness Car Park, off Bushes Lane. (RH16 2HS, TQ348257)	Lindfield Village Walk Gentle Circular Walk along established tracks	4mi/6.4km Moderate	Elizabeth B, 07989 217818

Tue 09/07/2019	10:00 Broadstone car park. About 200m east of the Forest Centre heading from Wych Cross. (RH18 5JP, TQ435323)	<u>Ashdown Forest circular from Broadstone</u> Vanguard Way, Royal Ashdown Forest Golf Course, Goat car park, Birch Grove. A route featuring very familiar parts of the Forest, as well as others less regularly visited. Please bring a picnic	9.6mi/15.4km Moderate	Judith, 01825 790257 or 07899 992261 on the day
Wed 10/07/2019	19:00 Plumpton Green Village Hall car park (BN7 3BQ, TQ362166)	<u>Circular walk north east of Plumpton Green</u> Hunters Wood, The Hooke and Great Home Wood	5.5mi/8.9km Moderate	Jill, 01273 480167 or 07938833868 - on the day
Thu 11/07/2019	09:30 CP at junction of A283 and A2037 (BN44 3TN, TQ197097)	<u>Adur Trail Stage 5</u> West of Henfield to Upper Beeding. Please ring Paul Jenkins to express your interest and ensure we have the right number of cars for those taking part.	8mi/12.9km Moderate	Paul J, 07711772853 - on the day or 01444 441530
Sat 13/07/2019	10:00 CP at Clayton Windmills (BN6 9PJ, TQ302134)	<u>Clayton Windmills to Devils Dyke</u> Over the downland hills of Wolstonbury and Newtimber and back via Saddlescombe Farm and Pycombe. Please bring a picnic lunch.	8.5mi/13.7km Moderate	Mike H, 07999710065
Sun 14/07/2019	10:30 CP by Bramber Church and Castle, up track from roundabout on A283 (BN44 3WE, TQ186106)	<u>Bramber Circular</u> CP, Maudlin Farm, Tip (dis), River Adur, Beeding Bridge, CP	4.5mi/7.2km Moderate	Phil, 01273 835931
Tue 16/07/2019	10:00 Ditchling Beacon CP. Free to NT members (BN6 8RJ, TQ333129)	<u>Ditchling Beacon, Stanmer and The Chattri.</u> Ditchling Beacon, Big Bottom, Moon Bottom, Stanmer, Tegdown Hill, Ewe Bottom, Deep Bottom, The Chattri, Rag Bottom, Ditchling Beacon. Please bring a picnic lunch. 420m of ascent	9.6mi/15.4km Moderate	Paul J, 07711772853 - on the day or 01444 441530
Wed 17/07/2019	19:00 Horsted Keynes Station (RH17 7BB, TQ372292)	<u>To Highbrook and back</u> A walk through rolling countryside, with good views if the weather is kind	3mi/4.8km Moderate	Judith, 01825 790257 or 07899 992261 on the day
Sat 20/07/2019	10:00 Firle Beacon car park. Car park on top of the Downs (BN8 6LR, TQ468059)	<u>Firle Beacon</u> Firle Beacon & the South Downs Way	5.5mi/8.9km Moderate	Jill, 01273 480167 or 07938833868 - on the day
Sun 21/07/2019	10:00 Eastern Road Wivelsfield Green Recreation Ground, parking in road. (RH17 7QG, TQ346200)	<u>Wivelsfield to Plumpton & Back</u> Wivelsfield, Blackbrook Wood, Streat, Plumpton, St Helena Farm, West Woods. Flat walk, please bring picnic lunch, which will be taken near the 'Jolly Sportsman' Public House.	11.5mi/18.5km Moderate	Elizabeth B, 07989 217818
Tue 23/07/2019	10:00 Park in Ford Manor Road, Dormansland, at the end by the pub or the far end, not outside the houses. (RH7 6PR, TQ406428)	<u>Dormansland and the south east corner of Surrey</u> Dormansland, Dry hill, Old Surrey Hall, Stonequarry and Dormans Park. A wander round the southeast corner of Surrey, glimpsing Kent, briefly entering East Sussex and then West Sussex. Bring picnic lunch, optional pub at the end. 900ft of ascent.	10mi/16.1km Moderate	Frazer, 07939 078650

Wed 24/07/2019	19:00 CP by Victoria Park/Shops (RH16 4PH, TQ332235)	Haywards Heath & Cuckfield Ashenground Wood, Copyhold lane, Cuckfield Church, Blunts Wood, Muster Green.	5.5mi/8.9km Moderate	Mike H, 07999710065
Thu 25/07/2019	09:30 Shoreham Fort CP (pay and Display) (BN43 5HY, TQ232045)	Adur Trail Stage 6 Upper Beeding to Shoreham. Please ring Paul Jenkins to express your interest and ensure we have the right number of cars for those taking part.	7mi/11.3km Moderate	Paul J, 07711772853 - on the day or 01444 441530
Sat 27/07/2019	10:00 Ardingly, Little London Layby (RH17 6TJ, TQ344304)	Ardingly Amble Ardingly, Wakehurst, Fulling Mill farm, HWLT	4mi/6.4km Moderate	John, 01444 483860 or 07817032135 - on the day
Sun 28/07/2019	10:00 Old bakery site on Falmer Road, north of Woodingdean crossroads (BN2 6NT, TQ356063)	Downs circular from Woodingdean Woodingdean, Newmarket Hill, Jugg's Road, Swanborough Hill, Front Hill, Breaky Bottom, Standean Bottom Woodingdean. Please bring a picnic lunch. 340m of ascent	9mi/14.5km Moderate	Paul J, 07711772853 - on the day or 01444 441530
Tue 30/07/2019	10:30 Exceat Seven Sisters CP (in forest £4 charge) (BN25 4AD, TV518995)	Cuckmere to Eastbourne Lovely cliff top walk over Seven Sisters and Beachy Head descending to Eastbourne Pier for paddle in the sea and return bus to Cuckmere. Please bring picnic lunch	10mi/16.1km Moderate	Yvonne, 01444 441926 or 07843566602 - on the day
Wed 31/07/2019	19:00 Danehill CP School Lane beside Memorial Hall (RH17 7HY, TQ404278)	Evening walk from Danehill Circular walk around Danehill & Chelwood Common. Short but hilly	3mi/4.8km Moderate	Sue, 01825 722135 or 07905225711 - on the day

Join the Ramblers today - Not already a member, then why not join today at <http://www.ramblers.org.uk>.

Official Ramblers Description of Walks Difficulty

- **Easy Access** - walks for everyone, including people with conventional wheelchairs and pushchairs, using easy access paths. Comfortable shoes or trainers can be worn. Assistance may be needed to push wheelchairs on some sections, please **contact the group** running the walk for details.
- **Easy** - walks for anyone who does not have a mobility difficulty, a specific health problem or is seriously unfit. Suitable for pushchairs if they can be lifted over occasional obstructions. Comfortable shoes or trainers can be worn.
- **Leisurely** - walks for reasonably fit people with at least a little country walking experience. May include unsurfaced rural paths. Walking boots and warm, waterproof clothing are recommended.
- **Moderate** - walks for people with country walking experience and a good level of fitness. May include some steep paths and open country, and may be at a brisk pace. Walking boots and warm, waterproof clothing are essential.
- **Strenuous** - walks for experienced country walkers with an above average fitness level. May include hills and rough country, and may be at a brisk pace. Walking boots and warm, waterproof clothing are essential. People in doubt about their fitness should contact the organiser or leader in advance.
- **Technical** - walks for experienced and very fit walkers with additional technical skills. May require scrambling and use of ropes, ice axes or crampons. You must contact the organiser or leader in advance for further details.

See more at:

<http://www.ramblers.org.uk/go-walking/about-group-walks/walks-difficulty.aspx>

Abbreviations:

CP = car park. L = lunch stop at public house. P = picnic lunch.
GR = Grid Reference on Ordnance Survey Map.

Membership Enquiries:	Judith Bowron	Tel: 01825 790257
Rambles Programme Secretary:	Paul Jenkins	Tel: 01444 441530
Chairman:	Ron Goodenough	Tel: 01444 417002
Secretary:	Sue Blandford	Tel: 01403 255654

Please note:

- Please make sure that you are fit enough to undertake the walk you intend to join. If you are unsure of your fitness level, try a short and easy walk first: it's much better to find a walk a little too slow and easy than to make yourself miserable and exhausted.
- Most Ramblers' walks are off-road in rural areas. Please have suitable footwear and clothing for the walk you intend to join, and bring some food and drink, even if the walk includes a pub or café break. Leaders may refuse to accept participants who in their opinion are inadequately equipped or unfit. When in doubt, contact the organisers or the walk leader in advance.
- For your own and others' safety please read and abide by any advice and guidelines issued by the organisers, and the instructions of the walk leader. Though walking is inherently one of the safest outdoor activities, no activity is completely without risk and it is your responsibility to behave sensibly and to minimise the potential for accidents to occur.
- Always be prepared for inclement weather and mud.

DOGS: Well behaved dogs on leads or under control are welcome on all our walks, unless the walk leader has stated 'No Dogs Please' (This does not apply to Registered Assistance Dogs). Any queries should be addressed to the Walk Leader.

Walkers are advised not to use pub car parks for rambles unless prior permission has been obtained, as this has caused annoyance with landlords in the past.

Please note that the start time on the Programme is the time we start walking, and it is best to arrive 15 minutes before this time to allow for putting on boots etc.

There are often engineering works on the railway lines at weekends in the winter, please check times of trains and buses before you travel. Timetables can change!

This programme is for distribution to members and not for publication.

Non-members are very welcome to join our walks to see if they find it to their liking before being encouraged to join the Ramblers' Association.

Please be aware that some car parks may charge and/or have restrictions on hours and duration of stay.

Please would walkers not overtake the Walk Leader without their permission, thank you.

Photographs taken on the walk may appear on the group website. If you do not wish to appear on the website, please make the "photographer" aware of your wishes.

Offers to lead walks in the next programme (August 2019 to November 2019) should be sent to Programme Secretary by: 25th May 2019

