

SOUTH DOWNS NATIONAL PARK

From rolling hills to bustling market towns, the South Downs National Park's landscapes cover 1,600km² of breathtaking views, hidden gems and quintessentially English scenery. A rich tapestry of wildlife, landscapes, tranquillity and visitor attractions, weave together a story of people and place in harmony.

For your guide to everything there is to see and do in the National Park visit southdowns.gov.uk/discovery-map

Keep up to date with the latest news and events from the South Downs National Park. southdowns.gov.uk/newsletter



YOUR COUNTRYSIDE CODE: RESPECT. PROTECT. ENJOY.

Respect other people

- Leave gates and property as you find them
- Keep to the paths unless on Open Access Land



Protect the natural environment

- Take your litter home
- Keep dogs under effective control

Enjoy the outdoors

- Plan ahead and be prepared
- Follow advice and local signs



Belted Galloway
© SDNPA/Bruce Middleton

WOOLBEDING

Woolbeding Bridge dates back to the early medieval period. The Woolbeding Estate, which includes Woolbeding and Pound Commons is owned by the National Trust.

The fields around here may be grazed by Herdwick sheep and Sussex cattle or sometimes by belted Galloway cattle, a small hardy breed happy to graze rough vegetation as well as grass.

During the summer months the National Trust's beautiful Woolbeding Gardens is open for pre-booked visits. Due to limited parking at the site you must book and take a minibus from the Grange Centre car park in Midhurst. Check nationaltrust.org.uk/woolbeding-gardens for details.



South Downs Centre gift shop
© SDNPA

SOUTH DOWNS CENTRE – VISITOR INFORMATION

As well as being home to the National Park Authority, the South Downs Centre in Midhurst is a community hub, an exhibition about the National Park, a small gift shop and a green conference centre. Local visitor information is provided as well as leaflets providing walking routes throughout the National Park.

SOUTH DOWNS WALKS MIDHURST



SOUTH DOWNS
NATIONAL PARK

MIDHURST

The magnificent Cowdray ruins dominate the water meadows in the thriving market town of Midhurst and were visited by Henry VIII and Elizabeth I. Their existence today, thanks to restoration following a devastating fire in 1793, give many clues to life in Tudor times.

The Angel Hotel on North Street, dates back to the

fifteenth century. During the 1880's, author H G Wells resided in the house beside the Angel Hotel and some of his early novels are based on the Midhurst area.

Today, the distinctive yellow window frames seen on some buildings is the signature colour of the Cowdray Estate.



St Ann's Hill leading to Market Square © SDNPA



River Rother near Midhurst © SDNPA/Daniel Greenwood



Above: Grey Wagtail
© Derek Middleton
Right: Banded demoiselle
© Derek Middleton



RIVER ROTHER











Look out for the flowers of pink purslane and river crowfoot during spring walks along the river Rother. The wetland around the boardwalk is full of reedmace, willow and rushes. You may also be lucky to spot the quick

flash of a kingfisher or a bobbing grey wagtail along fast flowing stretches. During the summer months beautiful blue banded demoiselles, a type of damselfly, gather in large numbers by the river.



FIND YOUR WAY

Follow the arrows on waymarkers.

- Footpath  
- Bridleway  
- Restricted byway  
- Byway  
- Open access land  National Trail Acorn 

TAKE THE LEAD

For a safe and fun visit with your dog please remember to keep them on a lead around livestock, horses and wildlife. Always bag and bin your dog poo – any public bin will do!

GETTING HERE

By bus: There are regular services to Midhurst, visit traveline.info

CONTACT

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 @SDNPA  /SDNPA
 southdownsnp

SOUTHDOWNS.GOV.UK

Front cover image: The Cowdray Ruins and river Rother, Midhurst © SDNPA. Details correct at time of going to print. Please be aware that routes are shared with other users (vehicles, pedestrians, dogs, horses etc) and users of this route do so at their own risk. We do not accept any responsibility for loss, damage or injury, however caused, arising directly or indirectly from use of this leaflet. Contains Ordnance Survey data © Crown copyright and database right 2013.



WOOLBEDING AND EASEBOURNE

TRAIL: 

DISTANCE:
8 miles (13 km)

ALLOW:
3-4 hours

GRADIENT:

One moderate climb. Uneven and potentially muddy underfoot

1 From the main Midhurst bus stop head up North Street, then at the top of the hill turn right onto June Lane.

2 At the Half Moon pub bear right taking the footpath towards Woolbeding.

3 Keeping to the field edge, go through two kissing gates, two small field gates and then bear left to follow the track through the trees to the road. Turn right here and go over the medieval Woolbeding Bridge.

4 Continue along the road, then take the National Trust footpath on the left towards the river. Follow the river Rother until you join a footpath, turn left.

5 Cross over the stile and bridges, then at the stile opposite Stedham Mill turn right up the hill to the road.

6 Turn right onto the road, then take the next footpath on the left. Follow the field edge round and at the next stile turn right.

7 Continue to the road, cross it and follow the footpath. At the next junction turn right and follow the fence.

8 At the next junction turn right, past Eastshaw Farm, then turn left at the next footpath, cross two fields and enter the chestnut coppice.

9 Take the footpath to your right at the next junction, then turn right down the lane, taking the next footpath on the left.

10 Follow the footpath, crossing the road, then continue down the next lane to the A286. Turn right and walk along the road.

11 Take the next path on the left which doubles back parallel to the road.

12 Turn right at the footpath and follow the field edge.

13 Turn right at the next footpath junction and continue to the next waymarker.

14 Turn left through the hedge and left again by the allotments.

15 At the cemetery turn right down to the road, then turn left crossing the road at the corner.

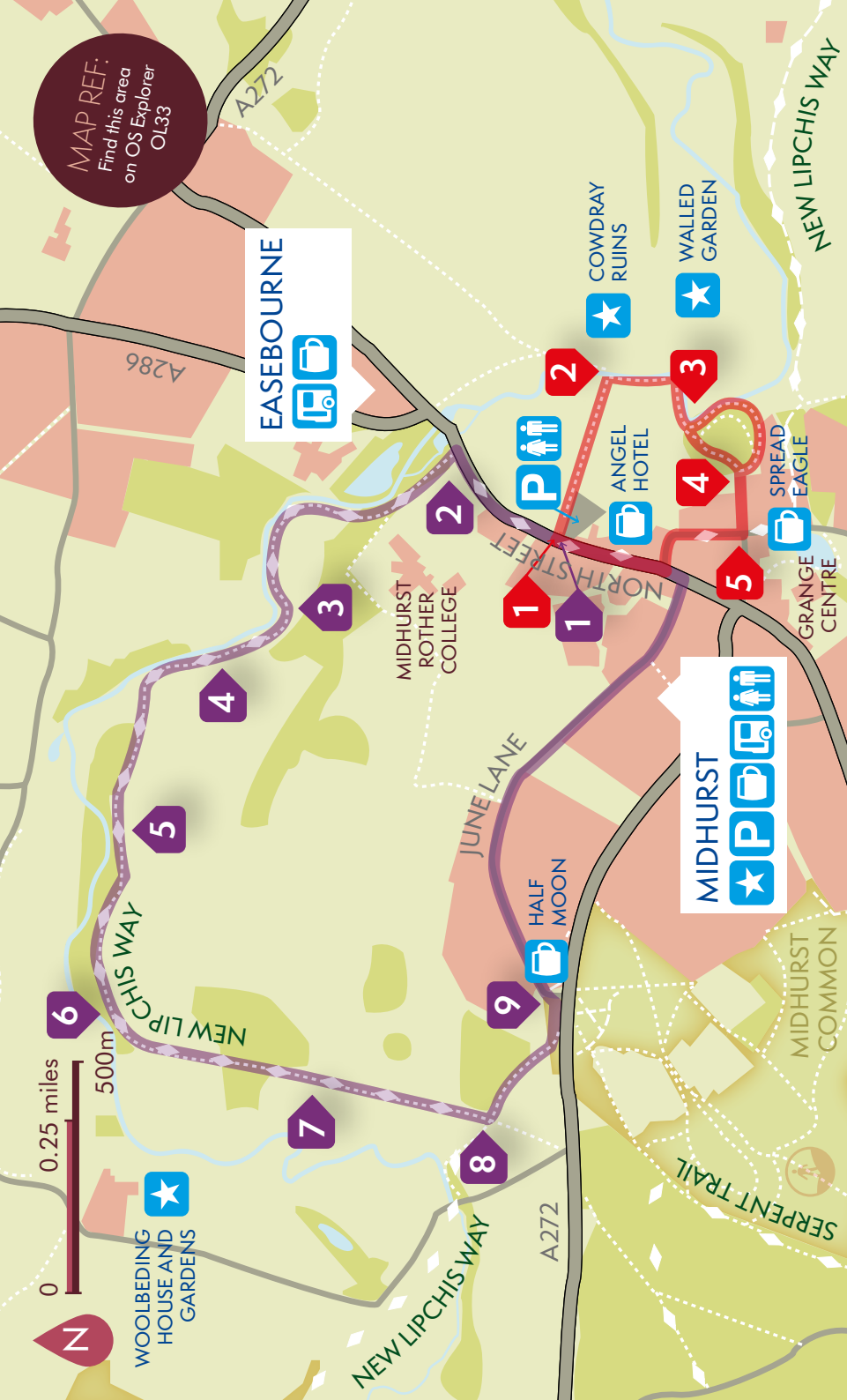
16 With the Farm Shop on your right, follow the path to Cowdray ruins, then take the footpath across the causeway to the right which returns to the bus stop near North Street car park.



Open Access Land

Wherever you see this symbol you are free to leave the footpath to walk and picnic within the mapped area. Please be aware of livestock and wildlife.





RIVER ROTHER WALK

TRAIL: 

GRADIENT:

Uneven ground, 1 stile,
raised boardwalk

DISTANCE:

2.8 miles (4.5km)

ALLOW: 1–2 hours

1 Opposite the main Midhurst bus stop head down North Street towards Easebourne passing South Downs National Park Authority visitor centre and the Midhurst Rother College.

2 Turn left on the footpath marked Rother Walk/ New Lipchis Way towards the river.

3 Continue on the shaded path with the river on your right which opens out to a flood plain on your left.

4 The path soon joins a raised boardwalk over a boggy area rich with wetland plants.

5 Arrive at a field edge. Turn right and continue following the Rother Walk along two further fields with

the river below on the right.

6 At the National Trust gate you are welcomed into Woolbeding Parkland. Cross the field on the footpath with the folly on your left into Whiphill wood.

7 Leave the wood, crossing a field to the right of a large oak tree.

8 Turn left at the next gate, leaving the Rother Walk. Take the footpath through another gate and through a kissing gate emerging on the A272 near to the Half Moon pub.

9 Turn left and carefully follow June Lane to North Street, turning left to return to your starting point.

COWDRAY RUINS AND ST ANN'S HILL

TRAIL: 

GRADIENT:

Uneven ground, muddy in places, steep ascent to St Ann's hill

DISTANCE:

1.1 miles (1.7km)

ALLOW: 0.5–1 hour

1 From the bus stop near to the North Street car park head through the gate towards the Cowdray ruins across the causeway. Make a short detour here to take in the ruins or to visit the beautiful Walled Garden (free) and cafe.

2 Just before you get to the river bridge turn right and follow the field edge with the river on your left until you get to a kissing gate (Note: cattle are sometimes grazing here).

3 Enter the woodland and either climb the steps straight ahead (or continue to the left along the river until you reach an open area and follow the path uphill to the right) to St Ann's hill where, if you look carefully, you will find

the remains of an Iron Age fort and a Norman castle. Modern day Midhurst developed around this site.

4 Below the remains go through the gate and down a side street, called St Ann's Hill, into the market square where you can still see the old stocks. There are many historic buildings to admire including the church, originally part of the castle, and the Spread Eagle hotel, one of England's oldest coaching inns.

5 Turn right and follow the pavement around past the old Town Hall to the high street where you turn right to return to the start.