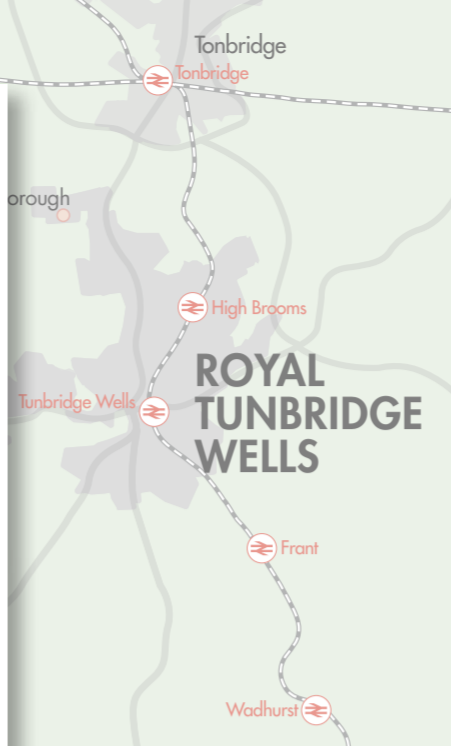


# Plan your visit in the Eastern area of the South Downs National Park...



### FIND YOUR WAY

Follow the Acorn symbol for the South Downs Way National Trail. For other rights of way use the arrows on waymarkers to pick your route.

- Footpath: Yellow arrow
- Bridleway: Blue arrow
- Restricted byway: Purple arrow
- Byway: Red arrow
- Open access land: Green arrow
- National T rail Acorn: Acorn symbol

### TAKE THE LEAD

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

### 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
- Slow down for horses, walkers and livestock when cycling

**Protect the natural environment**

- Take your litter home
- Keep dogs under effective control
- Don't damage or pick wildflowers

**Enjoy the outdoors**

- Plan ahead and be prepared
- If cycling, take a puncture repair kit and pump

# DISCOVER THE SOUTH DOWNS NATIONAL PARK & The Living Coast



SOUTH DOWNS NATIONAL PARK

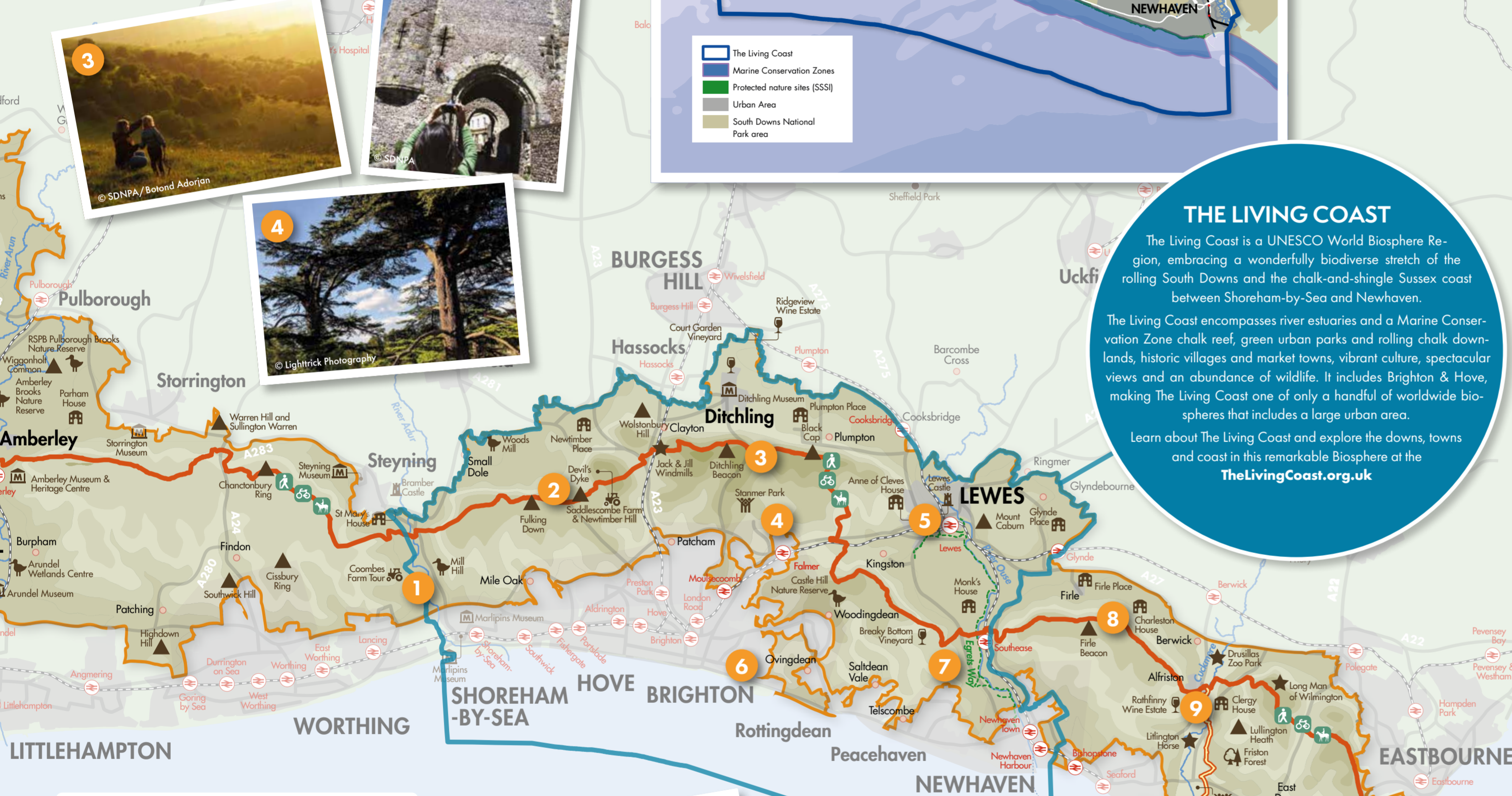


### THE LIVING COAST

The Living Coast is a UNESCO World Biosphere Region, embracing a wonderfully biodiverse stretch of the rolling South Downs and the chalk-and-shingle Sussex coast between Shoreham-by-Sea and Newhaven.

The Living Coast encompasses river estuaries and a Marine Conservation Zone chalk reef, green urban parks and rolling chalk downlands, historic villages and market towns, vibrant culture, spectacular views and an abundance of wildlife. It includes Brighton & Hove, making The Living Coast one of only a handful of worldwide biospheres that includes a large urban area.

Learn about The Living Coast and explore the downs, towns and coast in this remarkable Biosphere at the [TheLivingCoast.org.uk](http://TheLivingCoast.org.uk)



### TOP 10 THINGS TO DO IN THE EAST

- Spot the beautiful Adonis blue butterfly at Mill Hill Nature Reserve near Shoreham.
- Lay beneath a star-studded sky at Devil's Dyke, just north of Brighton.
- Enjoy 360 degree views over the Weald and The Living Coast from the South Downs Way at Ditchling Beacon.
- Explore the 18th century estate of Stanmer Park, Brighton & Hove's largest park and gateway to the South Downs National Park.
- Discover historic Lewes with its cobbled streets and 1000 year old Norman castle.
- Marvel at the swirling starling murmurations in autumn and winter by Brighton piers and Brighton Marina.
- Explore one of the 10 routes on The Living Coast by Bike ([thelivingcoastbybike.co.uk](http://thelivingcoastbybike.co.uk)) whilst learning about the natural and cultural heritage on the way.
- Follow in the footsteps of the Bloomsbury artists and writers who lived at Charleston House.
- Sample delicious English sparkling wine at one of the many vineyards.
- Take the easy access trail down to the sea and iconic cliffs from the Seven Sisters Country Park.

### SOUTH DOWNS NATIONAL PARK TRUST VISIT • GIVE • PROTECT

We're not just a place, we're a cause. We know you care about the special landscape of the South Downs National Park. We do too.

### HOW CAN YOU HELP?

To support this beautiful place you can visit [southdownstrust.org.uk](http://southdownstrust.org.uk) to donate, or if you are visiting one of our visitor giving partners you will have the opportunity to make a donation on top of your bill. With the support of visitors like you, the South Downs National Park Trust will be able to fund vital projects making a lasting difference to the landscapes, environment, wildlife and communities of this unique National Park.

We hope that you enjoy your visit and join us in helping to ensure that the South Downs National Park remains beautiful into the future.

[southdownstrust.org.uk](http://southdownstrust.org.uk)

### CONTACT

South Downs National Park Authority: 01730 814810  
 @SDNPA  
 /SDNPA  
 southdownsnp  
 SOUTHDOWNS.GOV.UK

South Downs National Park Trust: 01730 814810  
 admin@southdownstrust.org.uk  
 Registered Charity Number 1174975  
 FSC logo and other environmental symbols.

### KEY

- South Downs National Park
- Village/Town
- South Downs Way
- South Downs Way Footpath only
- South Downs National Park Boundary
- Multi-user routes
- Serpent Trail
- Railway track
- Railway station
- Castle
- Vineyard/Brewery
- Farms
- Houses
- Countryside site
- Other tourist feature
- Nature reserve
- Museums
- Forestry England site
- Country park
- Gardens



This leaflet has been co-financed by the European Development Fund via the Interreg Bio Culture Heritage Tourism Project.



Looking out to the Seven Sisters

# Plan your visit in the Western area of the South Downs National Park...



**KEY**

South Downs National Park	Castle
Village/town	Vineyard/Brewery
South Downs Way	Farms
South Downs Way Footpath only	Houses
South Downs National Park Boundary	Countryside site
Multi-user routes	Other tourist feature
Serpent Trail	Nature reserve
Railway track	Museums
Railway station	Forestry England site
	Country park
	Gardens

## THE SOUTH DOWNS WAY

This 100 mile (160km) long-distance off-road National Trail runs the entire length of the South Downs National Park. Providing spectacular views from its high ridges across a changing patchwork of fields, woods, rolling hills, wide river valleys and its Heritage Coast, the South Downs Way connects Winchester, the Saxon Capital of England, with the white cliffs of Eastbourne.

It is possible to complete the entire Trail on foot, horseback or bike. With a total of 3,800 metres, or 12,600 feet of ascent, it normally takes 7–10 days to walk, or 2–4 days to ride. Parts of the trail are accessible for pushchairs and wheelchairs – all-terrain mobility scooters can complete the entire route if arranged in advance by contacting the Trail team at [nationaltrail.co.uk/south-downs-way/contact-trail-team](http://nationaltrail.co.uk/south-downs-way/contact-trail-team).

For maps and guides, details of where to stay, suggested circular routes and much more visit [nationaltrail.co.uk/south-downs-way](http://nationaltrail.co.uk/south-downs-way).

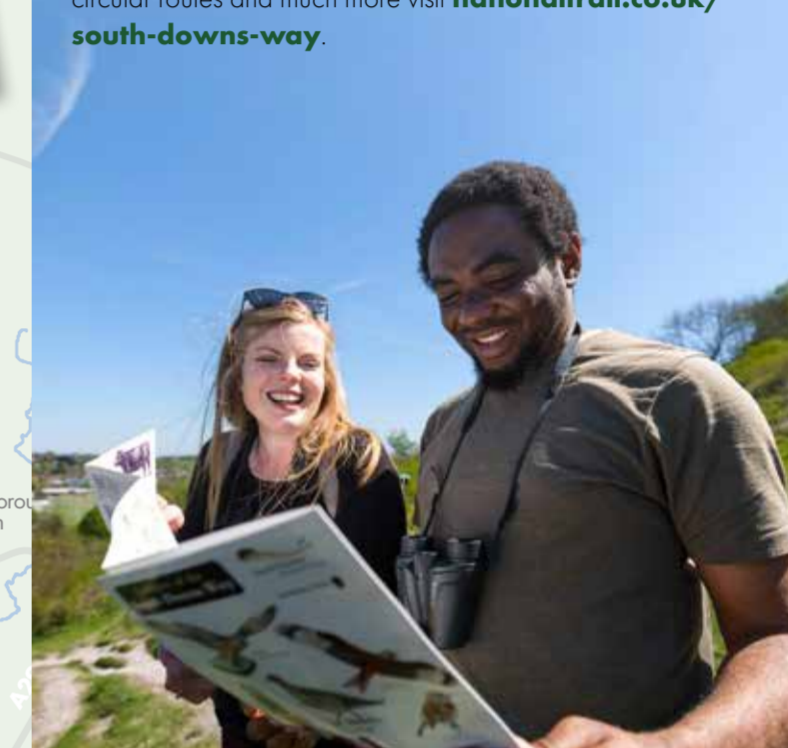
## THE SOUTH DOWNS NATIONAL PARK

The South Downs National Park has it all – rolling chalk downland, glorious heathland, river valleys, ancient woodland, listed buildings, diverse archaeology, thriving villages and market towns, and the iconic white cliffs of the Heritage Coast.

Stop anywhere in the South Downs and it is hard not to find an inspiring view. Covering over 1600 km<sup>2</sup> of England's most valued lowland landscapes the South Downs is a living working place full of hidden gems for you to discover.

### WILDLIFE

The National Park has a rich mosaic of habitats that support many rare and internationally important wildlife species.



## TOP 10 THINGS TO DO IN THE WEST

- 1 Explore Winchester City Mill – a working watermill in the heart of Winchester.
- 2 Walk or ride the Meon Valley Trail – suitable for pushchairs and mobility scooters too.
- 3 Enjoy stunning views out to the sea from Old Winchester Hill.
- 4 Spot watervoles and otters in the crystal clear waters of the River Meon.
- 5 Discover the picturesque home of natural history legend Gilbert White in Selborne.
- 6 Wander amongst the twisted, ancient yews of Kingley Vale near Chichester.
- 7 Find star-studded skies on Iping Common near Midhurst.
- 8 Take a tour of the award-winning independent Langham Brewery near Petworth.
- 9 Keep a lookout for basking sand lizards amongst the purple heather on the Serpent Trail.
- 10 Soak up the history of Arundel castle and cathedral.

## GETTING AROUND

The South Downs National Park is easy to access by rail from London and the South Coast. Visit [nationalrail.co.uk](http://nationalrail.co.uk) to plan your journey.

There is a network of bus routes running throughout the South Downs. Buy a Discovery ticket for individuals or for families, and have unlimited travel for the day across the National Park and surrounding area (ask the bus operators for more information), visit [traveline.info/se](http://traveline.info/se) to plan your journey.

Use our interactive Discovery Map to plan your visit to the South Downs – [southdowns.gov.uk/discovery-map](http://southdowns.gov.uk/discovery-map)

## ENJOY AND PLAY YOUR PART

You'd be amazed at how much difference little changes can make...

- **Use water wisely** – our water system supports important wildlife and supplies 1.2 million people with fresh, clean water.
- **Support our farmers and communities** by trying local food, a locally brewed beer or our world-famous sparkling wine.
- If you have some spare time, why not volunteer. Find out more at [southdowns.gov.uk/volunteering](http://southdowns.gov.uk/volunteering)

Keep up to date with the latest news and events from the South Downs National Park. Sign up to the South Downs newsletter [southdowns.gov.uk/newsletter](http://southdowns.gov.uk/newsletter)

