

# SUSSEX HOSPICES TRAIL

## PART 3:

### ARUNDEL TO GORING-BY-SEA



*Challenging Terrain*

**11 Miles  
Linear  
5.5 hours**

090519



**An 11 mile linear walk from Arundel rail station to Goring-by-Sea rail station in West Sussex, forming the third stretch of the Sussex Hospices Trail.**

The route takes in a short stretch of the River Arun before joining long peaceful bridleways through the woodlands of the Angmering Estate. From here it is on through more woodland, through the pretty village of Patching and then up to an old Iron Age hill fort with breathtaking views. Finally the route leads you past St Barnabas House and on through Goring-by-Sea to reach the rail station. You will enjoy elegant beech woodlands, a pretty village with charming flint cottages and panoramic views across the sea. The return leg can be completed with two train journeys or one bus journey, each taking about an hour.

The hospices of Sussex are dedicated to providing specialist end-of-life care. Friends of Sussex Hospices has worked with partners and supporters to create the Sussex Hospices Trail, a 200 mile long-distance path to support and raise awareness of the twelve hospice care providers that serve the adults and children of Sussex.

Toilets are available at Arundel rail station at the start of the walk. If you are looking for refreshments there is a pub, The Worlds End, at about the 7 mile mark and there are several shops near Goring-by-Sea station at the end of the walk.

## Getting there

The walk starts at Arundel rail station and ends at Goring-by-Sea rail station. If you wish to return via train, you will need to change at Ford rail station and the trains do not run particularly frequently so this journey is likely to take close to an hour. Alternatively you can return via bus and the Stagecoach Coastliner 700 runs a service between Goring-by-Sea and Arundel (via Littlehampton), taking about an hour. The service runs half-hourly Mon-Sat and hourly on Sundays. As all these transport connections are relatively infrequent, please look up the bus or train times before you set out. If you are coming by car, there is a pay and display car park at Arundel Station. The daily rate for parking is £4.40 Mon-Sat and £2 Sun and Bank Holidays (correct Jun 2015).

Approximate post code for Arundel Station **BN18 9PH**.

## Access Notes

1. The walking route from Arundel to Goring-by-Sea has gentle slopes throughout, plus just a couple of steeper gradients.
2. The paths are firm and wide for the most part, but the unmade woodland bridleways can get very muddy at times and a couple of the narrow paths can get overgrown with nettles.
3. There are a few road crossings that need care and the route also includes an unsignalled rail crossing, so take particular care here to listen and look for trains before you cross.
4. You will need to negotiate some steps, kissing gates and 5 stiles. All but one of the stiles will be easy for dogs to pass through and the one in question can be avoided quite easily.
5. A couple of the fields you cross are likely to be holding cattle so take particular care with dogs.



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# Walk Sections



## Start to Railway Crossing



Leave Arundel Station back along the vehicle access road to reach the junction with the A27. Turn left along the pavement and immediately on the left you will notice a bus stop, this is the stop that you will alight at later, should you be planning to return by bus. After just a short distance, use the pedestrian crossing to swap to the right-hand pavement and follow this passing a roundabout on your left.

Where the right-hand pavement ends, turn right to follow the narrow stone footpath which leads you alongside fences and up some steps to reach the River Arun. Turn right to join the riverside path, with the river running on the left. (NOTE: If you are continuing your walk from Trail Part 2, pick up the directions from this point). Cross the stile ahead (NOTE: you may come across cattle in this pasture) and continue on the embankment riverside path as it swings steadily left. Across the river to the left you will have great views of the castle and cathedral in Arundel.

Eventually, the path swings right alongside a marshy inlet, heading for a white house. Pass through the kissing gate and then keep ahead to reach the gates of the railway crossing. NOTE: This is an unsignalled crossing so take extreme care, looking and listening carefully for trains before you cross.



## Railway Crossing to Stone Track



At the opposite side, keep ahead along the tarmac lane passing the white house on the left. Follow this lane ahead, ignoring any footpaths signed off to the left. Continue all the way to the end of the road where you will find a crossroads with a bench and bus stop. (NOTE: Take care at this junction as, although the traffic is usually very quiet, the visibility is not easy). Turn left on the road signed to Burpham and follow it, taking care of

occasional traffic.

Pass the pretty flint Warningcamp House on the left and continue as the road enters trees and begins to bend left. At the apex of this bend, turn right onto the signed public bridleway which leads you into the belt of woodland. Follow this tranquil path for some distance, with the sections of coppiced beech sloping up to your right and down to your left. Pass through the wide wooden gate ahead to enter a very large hillside pasture, which is likely to be holding cattle even if you cannot see them yet.

Continue ahead on the grass path which follows a fairly level ridge across the pasture. At the first fingerpost, ignore the sharp right turn up the hillside, simply keep ahead on the main bridleway. A few yards later the path leads you to a junction (with a second fingerpost to the left) with a grass track along the valley bottom. Turn right along this track. At the third fingerpost, ignore the path up the hillside to the right, simply keep ahead on the main grass track.

The slope up to the left is Warningcamp Hill and this stretch of path forms part of the Monarch's Way, a 615 mile long-distance path that approximates the escape route to France (from Worcester to Brighton) taken by King Charles II in 1651 after being defeated in the Battle of Worcester.

At the far end of the pasture, pass through the small gate and you will emerge to a T-junction with a stone track bridleway.



## Stone Track to Chestnut Tree House



Turn left to join the stone track and after a short distance you will come to a fork marked with a fingerpost. Bear right and a few paces later bear right again to join a narrow path climbing steadily into the woodland. Mind your step along this path as it is very uneven with tree roots.

At the crossroads at the top of the slope, keep straight ahead for just a short distance and you will emerge to a junction with a forest access track. Turn left for a few paces and then fork right onto the signed public footpath, a stone track which leads you into the forest of tall majestic beech trees. Follow this stone track for 0.7 miles, then pass through a gateway ahead to reach a T-junction with another stone vehicle track.

Turn right and follow this stone track past a long fenced pasture on the right, within which you may see grazing highland cattle with their spectacular horns. Continue past the pretty flint house on the right and then follow the main bridleway as it bears left. You will emerge out to a junction with a quiet tarmac access lane.

Here you must choose whether you wish to take an optional



detour to get a glimpse of the statue that sits outside Chestnut Tree House hospice. If you wish to exclude this detour, turn left at this junction and then skip to the directions in the next section. If you choose to take this detour, please note that this hospice has no facilities that are open to the public and please respect the privacy of the hospice residents and visitors by not entering the hospice grounds. For the detour, take the tarmac lane heading at about 1 o'clock, passing through a gateway. The lane leads you past a woodland car park on the left, then Dovers Farm on the right (home to more highland cattle) and then on to reach Chestnut Tree House on the right (just before you reach the main road).

Chestnut Tree House is the only children's hospice in East and West Sussex and cares for children and young adults (from 0-19 years of age) with progressive life-limiting conditions. The hospice aims to provide the best quality of life for children, young people and their families, and to offer a total package of practical, social and spiritual support throughout each child's life, however short it may be.

Now retrace your steps along the access lane, passing the farm and the woodland car park to reach the junction with the bridleway from which you emerged. At this point, stay on the tarmac access lane as it swings right.

### 3 → 4 Chestnut Tree House to Selden Fields



Follow the the tarmac access lane ahead. Beyond the belt of trees on the left you will be able to see open fields, whilst on the right are the small woodlands of Butler's Copse and Hammerpot Copse.

At the first crossroads keep straight ahead on the public bridleway, passing a small water station and becoming an unmade track through the trees. NOTE: This section can get very muddy at times. At the second crossroads keep ahead again, still following the main public bridleway. Across to the left, but out of view, is the farm at the centre of the Angmering Estate.

The estate, which extends to some 6,750 acres forms the eastern half of the original Norfolk Estate and is owned by the trustees of the late Bernard, 16th Duke of Norfolk for the benefit of his daughters and other wider members of his family. Activities on the estate include farming (predominantly arable and sheep but with a herd of pedigree Hereford cattle), a racing yard (with more than 50 race horses in training), shooting and forestry.

Continue for 0.3 miles to reach the next junction. Bear left on the stone track which swings left to reach a crossroads. Turn right here onto the stone track bridleway which leads you into the next section of woodland, Selden Fields.

### 4 → 5

### Selden Fields to Patching Church



Stay on the main forest bridleway, keeping straight ahead at the three crossroads of tracks, to reach the far edge of the woodland. As you emerge from the trees, keep ahead on the wide path between crop fields.

Across to the right you will see the tall spire of Patching Church which is the next landmark on your journey. About half way along the crop field you will find a waymarker post. Turn right here on the wide path which runs through the centre of the crop, leading you steadily downhill (with the church at about 11 o'clock and a glimpse of the sea beyond the hills at about 1 o'clock).

The path leads you down to a T-junction. Turn left, passing some pretty flint barn conversions on your right. On the left you will see the entrance gates for Patching Church, St John the Divine. There is a handy bench alongside the lych gate should you wish to stop for refreshments here.

### 5 → 6

### Patching Church to The Worlds End



Continue along the concrete access lane, away from the church, which leads you to a T-junction with the village road. Turn right passing pretty thatched half-timbered cottages on the left. Take the first turning on the left, Coldharbour Lane, passing Delaney House and Cottage on the right.

Walk just as far as the point where the lane bends left and a row of semi-detached houses begins on the right. Turn right here, following the path directly alongside the fence for the first house (West End Cottage). Keep ahead on the wide path through the centre of the first field and, at the far side, you will find a stile set within the hedge. Cross this and walk at about 10 o'clock across this second field, passing a sunken pond on your

left, to reach the next stile.

(NOTE: Your journey actually continues to your right along the length of this second field, but the official line of the public right of way takes you into the third field ahead and then back again. Follow these directions if you can, but if the stile is too overgrown to cross or your have a dog that can't pass through, turn right along the hedgeline and pick up the directions back within this second field.)

Cross the stile into the third field and walk ahead towards the curved squeeze stile and fingerpost. Do NOT go through this, instead turn right, heading back downhill to cross a stile and re-enter the second field. Walk at about 10 o'clock to reach the hedgerow on the far side, where you will see another stile. Do NOT cross this, simply continue along this second field with the hedge running on to the right.

At the far end, cross the stile to enter a woodland belt and follow the path with a shallow stream running on the right. The narrow path, which can get overgrown in summer, leads you out to a junction with the road, alongside The Worlds End pub.

## 6 → 7 The Worlds End to Highdown Copse



Cross over the road with care and take the tarmac track ahead, signed as a public bridleway. Pass alongside the vehicle gate and follow the track through the underpass beneath the A27. As you emerge from the underpass, turn left and follow the fenced path. This green corridor running between the A280 on your right and the A27 on your left, provides a welcome retreat for wildlife.

At the end of this long straight path, you will emerge to a junction with the A280. Cross over with care to join the stone bridleway opposite. Soon you will reach a T-junction with a wider stone track. Turn right along this and, where it swings left, go ahead through the gap by the metal gate, still following the signed bridleway. Some distance along, the bridleway track leads you into a section of woodland, Highdown Copse.

## 7 → 8 Highdown Copse to St Barnabas House

Follow the straight bridleway track ahead, climbing steadily through the woodland. At the top of the slope you will emerge between concrete blocks to reach a crossroads on Highdown Hill (by a National Trust sign). Turn left and as you emerge from the tunnel of trees you will be rewarded by magnificent views ahead taking in a long stretch of the south coast. On a clear day



you will easily be able to see Brighton and beyond to the Seven Sisters white cliffs.

Highdown Hill is the traditional burial place of the Kings of Sussex and is the site of an Iron Age hill fort dating to around 600BC. Today the site is managed by the National Trust and is popular with picnickers and walkers, whilst the lower slopes are home to a garden with a national collection of rare plants and also a working vineyard.

Take the left-hand of the two paths across the grass meadow and follow this as it swings steadily right. At the far side of the grass meadow (just before the copse ahead), you will come to a T-junction with a track. Turn left along this, heading downhill and passing alongside another concrete block. Keep left at the fork (with the Worthing Borough Council sign at its centre), following the grass path steadily downhill. There are several benches along this stretch should you wish to pause and enjoy the views.

When you see a small car park across to the right, stay on the main grass track as it swings left heading downhill with the line of the hedge on the left. Eventually the track swings left between hedgerows and emerges out alongside Hightiten Barn, a composting site. Go straight on passing the barn facility on your right, then join the concrete access lane ahead. At the junction with the road, cross over with care and go through the staggered barrier ahead.

Turn right and follow the tarmac path as it swings left with a playground on the right. Keep ahead at the junction, following the tarmac path through a number of pretty specimen trees. You will emerge out to a T-junction with Romany Road. Turn right along the pavement and pass by the recreation ground car park. Beyond the recreation ground, but out of sight, is the second hospice on this stretch of the trail, St Barnabas House.

St Barnabas House looks after adults who are approaching the end of their lives. This end of life care is aimed at alleviating distressing symptoms associated with serious illness, as well as providing specialist emotional support for the families and carers throughout the illness and into bereavement.

## 8 → 9 St Barnabas House to End

Continue along Romany Road, passing a large gym on the right. At the roundabout, turn right into Yeoman Road and follow this down to the roundabout with the main A2032. Cross over the A2032 using the pedestrian crossings just across to your right. At the far side, turn left along the pavement (heading back towards the roundabout) and then fork right and right again into Limbrick Lane.

Follow the lane all the way down to the T-junction at the end. Cross over the road ahead, turn right and then immediately left to continue along the next stretch of Limbrick Lane. At the end





of the road, fork right to join the pedestrian subway which leads you under the railway. Beyond the railway, keep ahead and then take the first right, Jupp's Lane.

Cross over the side road, Ardingly Drive, and keep ahead along Jupp's Lane to reach the T-junction with the main road, the A259. Turn right along the pavement and follow it towards the roundabout, marking the end of part three of the Sussex Hospices Trail. If you are continuing onto Trail Part 4, go ahead at this roundabout then turn left into Goring Street). Otherwise, if you wish to return by bus (the Stagecoach Coastliner 700), you can catch this from the bus stop on the opposite side of the A259 just before the roundabout (there is a pedestrian crossing to help you reach this). Alternatively, if you wish to return by train, go straight ahead at the roundabout (taking care as you cross the road) and then take the next road on the right, Goring Street. You will find Goring-by-Sea rail station further along on the right, from where you can catch a train to Ford and then on to Arundel.

#### Disclaimer

This walking route was walked and checked at the time of writing. We have taken care to make sure all our walks are safe for walkers of a reasonable level of experience and fitness. However, like all outdoor activities, walking carries a degree of risk and we accept no responsibility for any loss or damage to personal effects, personal accident, injury or public liability whilst following this walk. We cannot be held responsible for any inaccuracies that result from changes to the routes that occur over time. Please let us know of any changes to the routes so that we can correct the information.

#### Walking Safety

For your safety and comfort we recommend that you take the following with you on your walk: bottled water, snacks, a waterproof jacket, waterproof/sturdy boots, a woolly hat and fleece (in winter and cold weather), a fully-charged mobile phone, a whistle, a compass and a map of the area. Check the weather forecast before you leave, carry appropriate clothing and do not set out in fog or mist as these conditions can seriously affect your ability to navigate the route. Take particular care on cliff/mountain paths where steep drops can present a particular hazard. Some routes include sections along roads – take care to avoid any traffic at these points. Around farmland take care with children and dogs, particularly around machinery and livestock. If you are walking on the coast make sure you check the tide times before you set out.

We hope you have enjoyed walking this stretch of the Sussex Hospices Trail. Hospices deliver their services for free but such care is not cheap and they largely depend on funds raised from their local communities. We would be very grateful if you would consider making a donation either to your local hospice, wherever that may be, or to the Friends of Sussex Hospices in order to support these invaluable services.

To donate £5 to the Friends of Sussex Hospices text  
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#### In Memory of Peter Hamilton-Price R.N

The creation of this stretch of the trail was possible thanks to the kind donation from Lisa Welton, in loving memory of her father, Peter Hamilton-Price R.N. To read more about the sponsors of this Trail visit [hospicetrail.co.uk](http://hospicetrail.co.uk)

