

Trails suitable for people with impaired mobility, wheelchairs, mobility scooters and push chairs

Mill Hill Trail

Wander above the Adur

Mill Hill is an 11ha (28 acres) chalk grassland site designated as a Site of Nature Conservation Importance (SNCI) and a Local Nature Reserve in recognition of its great variety of wildlife including many rare species. Many typical chalk grassland species flourish here including adonis blue butterflies, carpets of yellow Horse shoe vetch and the distinctive Whitethroat.

The Mill Hill access trail is a 500m wheelchair-friendly circular route with passing and resting places. Half way round the trail you will find a view point and wheelchair-friendly picnic table. The route takes you through stunning chalk grassland and gives you spectacular views of the River Adur, the sea and the surrounding downland.

How to get there

Bus information: Route 19 stops 500m down the hill (steep lane) from Mill Hill. Not wheelchair accessible, contact Traveline 0870 608 2608 for details

Train information: National Rail 08457 484950

By Car: From the A27 turn off towards Shoreham on the A283. At the Red Lion Pub turn onto Upper Shoreham road. Just beyond the second pedestrian crossing turn left and follow the signs to Mill Hill.



Photo © SDCB



Photo © A. Gattiker

Visitor information

- Mill Hill has two parking areas, the lower and the upper car park. The access trail starts from the upper car park.
- There are no toilets or other facilities at Mill Hill
- An information panel is situated in the upper car park at the start of the trail.

For more information contact:

South Downs Joint Committee

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Photo © A. Gattiker

Marbled white



Photo © A. Gattiker

Meadow brown on knapweed



Photo © A. Gattiker

Round headed rampion

Key to symbols

- direction of slope
max. slope gradient
slope length
- parking includes disabled spaces
- information
- seating
- picnic seating
- viewpoint
- easy access

