

MILES WITHOUT STILES

IN THE SOUTH DOWNS
NATIONAL PARK



© Anne Purkiss

WHAT ARE MILES WITHOUT STILES?

These are routes that are suitable for people with limited mobility. Wheelchair users, families with pushchairs, dog walkers with less active dogs and less agile walkers can choose from a list of routes from across the South Downs.

ROUTE GRADES

The grading of these routes is based on path gradients and surface conditions.

ROUTES FOR ALL

Routes with this grading are suitable for everyone, including pushchairs and people operating their own wheelchairs. Gradients will be no more than 1:10. The surface will be tarmac or smooth, compacted stone with a diameter/stone size of 1cm or less. Path width will be a minimum of one metre with passing places.

FOR MANY

Routes with this grading are suitable for assisted wheelchair users and those with more robust, all-terrain type buggies. Existing gradients will be no more than 1:10, although newly built gradients can be up to 1:8. The path surface will have a rougher stone with a diameter of 4cm or less.





© Peter and Louiser Searight

FOR SOME

On these routes gradients are not limited, but slopes greater than 1:8 will have improved surfacing, or handrails. There may be some low steps or breaks in the surface up to 10cm in height. Stone surface material may also be up to 10cm in diameter. The surface may be a well-trodden grass track with some undulations and possibly puddles in wet weather.

Strong and confident wheelchair users and helpers may find routes 'for some' within their abilities, but please weigh up your route choice carefully.

FACILITIES AND PUBLIC TRANSPORT











Facilities such as toilets may not be available at all sites. Bus and train timetables are subject to change – you can check journey details at traveline.info/se or nationalrail.co.uk. If driving please note that there may be car parking charges at some of the locations.

CHECKLIST FOR WALKERS

- Weather appropriate clothing (e.g. warm jacket, waterproof etc.)
- Sturdy footwear
- Map/guide of the route
- Mobile phone for emergencies
- A drink and/or snacks

RIGHTS OF WAY FACTS

Different rights of way can be used by the public.

Footpath		
Bridleway		
Restricted byway		
Byway		
Open access land		National Trail Acorn 

Wheelchairs and mobility vehicles can be used on all rights of way. Many of our Miles Without Stiles routes are along paths on land where the public can walk freely and is managed by the owners for visitors. This may be Open Access Land, a country park or a nature reserve for example.

ARE THESE GUIDES FREE?

Yes – there is no charge to use any of the Miles Without Stiles routes. Simply download any of the Miles Without Stiles leaflets from our website and go explore a different part the South Downs National Park.

PLEASE NOTE

Weather and vegetation growth can have a significant effect on the suitability of the routes. The surfaces on some of the routes are susceptible to weathering and erosion over time. Please let us know if a path has deteriorated to a point where it is no longer suitable for the grade it has been given. Email info@southdowns.gov.uk or call 01730 814810.

You are responsible for your own safety when visiting these routes and SDNPA accepts no liability for any accident or injury that may occur. Please use the route guides to assess the suitability for your own needs and be aware that, when you visit, you will need to assess any changes on the ground which may have made the routes less safe.

CONTACT US

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