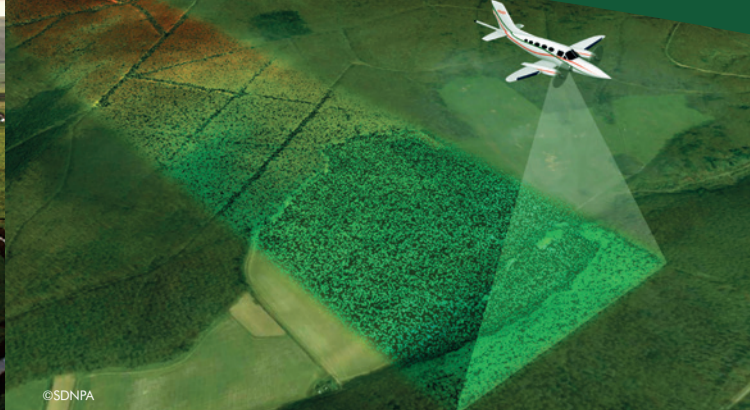




Cuckmere Haven, ©SDNPA/Sam Moore



©SDNPA



©Natural History Museum/Alamy

SECRETS
OF THE
HIGH WOODS

Interglacial Landscape



SOUTH DOWNS
NATIONAL PARK

SOUTH DOWNS NATIONAL PARK

The South Downs National Park is rich in landscape, culture and wildlife. Discover ancient woodlands and enjoy spectacular views as you explore the open downs and heathlands. Within these landscapes lie bustling market towns and peaceful rural villages, historic houses and the remains of ancient settlements.

YOUR COUNTRYSIDE CODE: RESPECT. PROTECT. ENJOY.

Respect other people

- ◆ Leave gates and property as you find them
- ◆ Keep to the path 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

FIND YOUR WAY

Follow the arrows on waymarkers.

Footpath	➡	🚶	🚫🚲	🚫🐎	🚫🚗	🚫🏍
Bridleway	➡	🚶	🚲	🐎	🚫🚗	🚫🏍
Restricted byway	➡	🚶	🚲	🐎	🚗	🚫🏍
Byway	➡	🚶	🚲	🐎	🚗	🏍
Open access land	📍					

National Trail Acorn

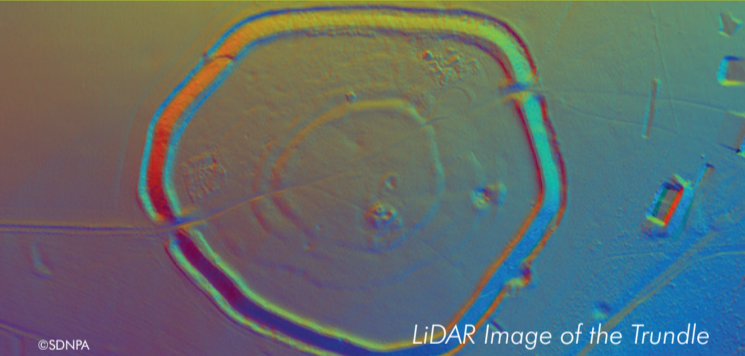


This Hidden Landscape Trail leaflet introduces you to the Secrets of the High Woods project in the landscape around the Trundle. On the paths leading to the Trundle and from its commanding position you will be able to identify the features which tell the story of the ancient past of this area.

There are three good paths to local villages from which the Trundle can be accessed. All are on bus route 60, Stagecoach's South Downs – Connections service which runs along the A286 between Chichester and Midhurst; stopping at Lavant, West Dean and Singleton.

For more information on the project visit:

southdowns.gov.uk/secrets-of-the-high-woods



©SDNPA

LiDAR Image of the Trundle



©SDNPA/Rebecca Saunders

Butser Ancient Farm



©John Manley

Goodwood Racecourse

THE TRUNDLE – AN ANCIENT PAST

Neolithic Age 4000–2500BC (New Stone Age)

Clearly visible on the LiDAR imagery and sitting within the later Iron Age Fort are the remains of a Neolithic causewayed enclosure. First established between 4400–4000BC in a large cleared area with commanding views within a predominantly wooded landscape. These discontinuous earth banks and ditches are the earliest known examples of the enclosure of open space and were probably focal points for the earliest settled farming communities. The enclosure here is the first of the known causewayed enclosures to be constructed in the South Downs.

Bronze Age 2500BC–700BC

Although there is local evidence of Bronze Age fields and barrows in the area there is little indication that the Trundle was occupied during this period. This may be because people organised themselves in different ways, building cross dykes to mark the landscape, or that other activity has not left any evidence for archaeologists to find so far.

Iron Age 700BC–43AD

As farming methods improved during the late Bronze Age and Iron Age the population increased. This led to a growing need to defend resources and project power hence the building of a number of hill forts across the South Downs. Each of these forts sits within areas defined by natural boundaries such as rivers and valleys. These forts were central to local farmsteads where people lived in Round Houses. These buildings were large round dwellings probably divided into spaces by hangings, with a thatched or turf roof and walls made from wattle and daub (a mixture of clay, dung and straw).

Reconstructions of houses can be seen at Butser Ancient Farm south of Queen Elizabeth Country Park on the A3 near Petersfield. butserancientfarm.co.uk

Iron Age farmers grew crops and vegetables, keeping pigs, geese, goats, large herds of cows and flocks of sheep. Hill forts were places where agricultural produce was stored and where specialist activities such as metalworking would have been carried out. They were the seat of power and religion of the tribe and the place where their elite warriors would have lived and trained to fight enemy tribes.

Towards the end of the Iron Age the Trundle was abandoned in favour of a series of settlements on the coastal plain to the south. These were defined by a massive bank and ditch, known locally as the Devils Ditch which runs through Lavant and beyond.

Roman Occupation 43AD–410AD

The coming of the Romans brought some changes to the landscape. The Roman road that runs east of Lavant to Chichester (Roman *Noviomagus Reginorum*, visible from the Trundle) was no doubt used to take produce to market; but the biggest change probably came with the emergence of the large villa estates.

Anglo-Saxon AD 410–AD1066

Anglo-Saxon occupation of the countryside probably happened gradually at first, in small groups on easily defensible hilltops. Eventually these were replaced by more permanent settlements that were the forerunners of the downland villages, such as Singleton, East and West Dean and the Lavants, that still thrive.

GOODWOOD RACECOURSE

From the vantage point of the Trundle you get a clear view over Goodwood Racecourse. Organised racing here can be dated back to 1800 when the 3rd Duke of Richmond invited the Sussex Militia, which he was commander in chief of, to race on the Harroway, a narrow ridge just to the east of the Trundle. The following year the Duke built the triangle course north of the Harroway for the private meeting. In 1802 a thatched grandstand was constructed and the meeting was open to the public for the first time. Though re-laid and improved over the years the course remains largely unchanged from the one you see before you.

In the centre of the triangle and visible on LiDAR mapping are traces of the ancient fields system protected from ploughing by the racecourse.

LOCAL HERITAGE

Goodwood House

Goodwood House combines the glamour of a country estate with the charm of a family home. Find out more at goodwood.co.uk

West Dean Gardens

West Dean is a showcase of horticultural variety guaranteed to inspire any gardener throughout the seasons. Find out more at westdean.org.uk

Weald and Downland Living Museum

Explore traditional buildings in a rural landscape that tell the story of the people who lived and worked in the countryside between 1300 and 1900. Find out more at wealddown.co.uk



THE TRUNDLE

HIDDEN LANDSCAPE TRAIL

SECRETS
OF THE
HIGH WOODS



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!

GETTING HERE

By Bus: Stagecoach (South Downs – Connections) – Route 60 between Chichester – Lavant – West Dean – Singleton – Cocking – Midhurst. Visit traveline.info or call 08457 484960 for details.

By Rail: The nearest railway station is Chichester – Southern south coast services. Visit nationalrail.co.uk for details.

Walk/Cycle: Centurion Way – multi-use route between Chichester – Lavant – West Dean following the line of the disused railway. Find out more at southdowns.gov.uk

CONTACT

South Downs National Park Authority, South Downs Centre, North Street, Midhurst, West Sussex, GU29 9DH

01730 814810 info@southdowns.gov.uk southdowns.gov.uk

[@SDNPA](https://twitter.com/SDNPA)

[/SDNPA](https://facebook.com/SDNPA)

[@southdownsnp](https://instagram.com/southdownsnp)

Details correct at time of publication. Please be aware that routes are shared with other users (vehicles, pedestrians, dogs, horses etc.) and users follow this route at their own risk. SDNPA do not accept any responsibility for loss, damage or injury, however caused, arising directly or indirectly from use of this route.

SDNPA/fluiddesignstudio.com/April '17. Front cover photos: ©SDNPA/Anne Purkiss. Overhead view of The Trundle, ©English Heritage. Contains Ordnance Survey data. © SDNPA Crown copyright and database rights 2017. Printed on FSC certified paper.

With thanks to: 'Lavant History Project' and The Heritage Lottery Fund

SOUTH DOWNS
NATIONAL PARK



Supported by
The National Lottery
through the Heritage Lottery Fund



Please
recycle me
after use

HIDDEN LANDSCAPE TRAIL

THE TRUNDLE

KEY

- ★

 Visitor attractions
- 🚌

 Bus stop
- P

 Parking
- ◆

 Point of interest
- Trundle – Lavant
- Trundle – West Dean
- Trundle – Singleton
- Bus route
- The Centurian Way

VIEW RANGER

All of our walk and ride leaflets are now available for free on View Ranger, the outdoor discovery app. Simply download this easy-to-use app using the QR code or visit: southdowns.gov.uk/viewranger for more details.



ROUTES TO THE TRUNDLE

WALK 1: FROM LAVANT

ONE WAY ● 2.5 MILES ● 4KM ● 1–1.5 HOURS
GRADIENT: Some steady gradients
PATH: Some uneven footpaths and slippery when wet paths

From Pook Lane bus stop on the A286/Lavant Road head to the mini roundabout. Follow the path around the football pitch and re-join Pook Lane at Lavant Memorial Hall. Follow the lane left past the green, over the bridge passing St Mary's Church on your left and out of the village. After Yew Cottage turn left onto Chalkpit lane to Seven Points car park at the base of the Trundle. Chalkpit lane is uneven in places and can be slippery when wet.

WALK 2: FROM WEST DEAN

ONE WAY ● 1.7 MILES ● 2.8KM ● 1–1.5 HOURS
GRADIENT: Some steady gradients
PATH: Some uneven, wooded footpaths

From the bus stop on the A286 at the 'The Dean' pub follow signs to the Village Shop. At the end of the road turn right, then left across the River Lavant and follow signs for the Monarch's Way. Follow the footpath into the woods. In the open field follow the walled wood line into the Arboretum. Pass the Rubbing House and continue through Seven Point car park onto the Trundle.

WALK 3: FROM SINGLETON

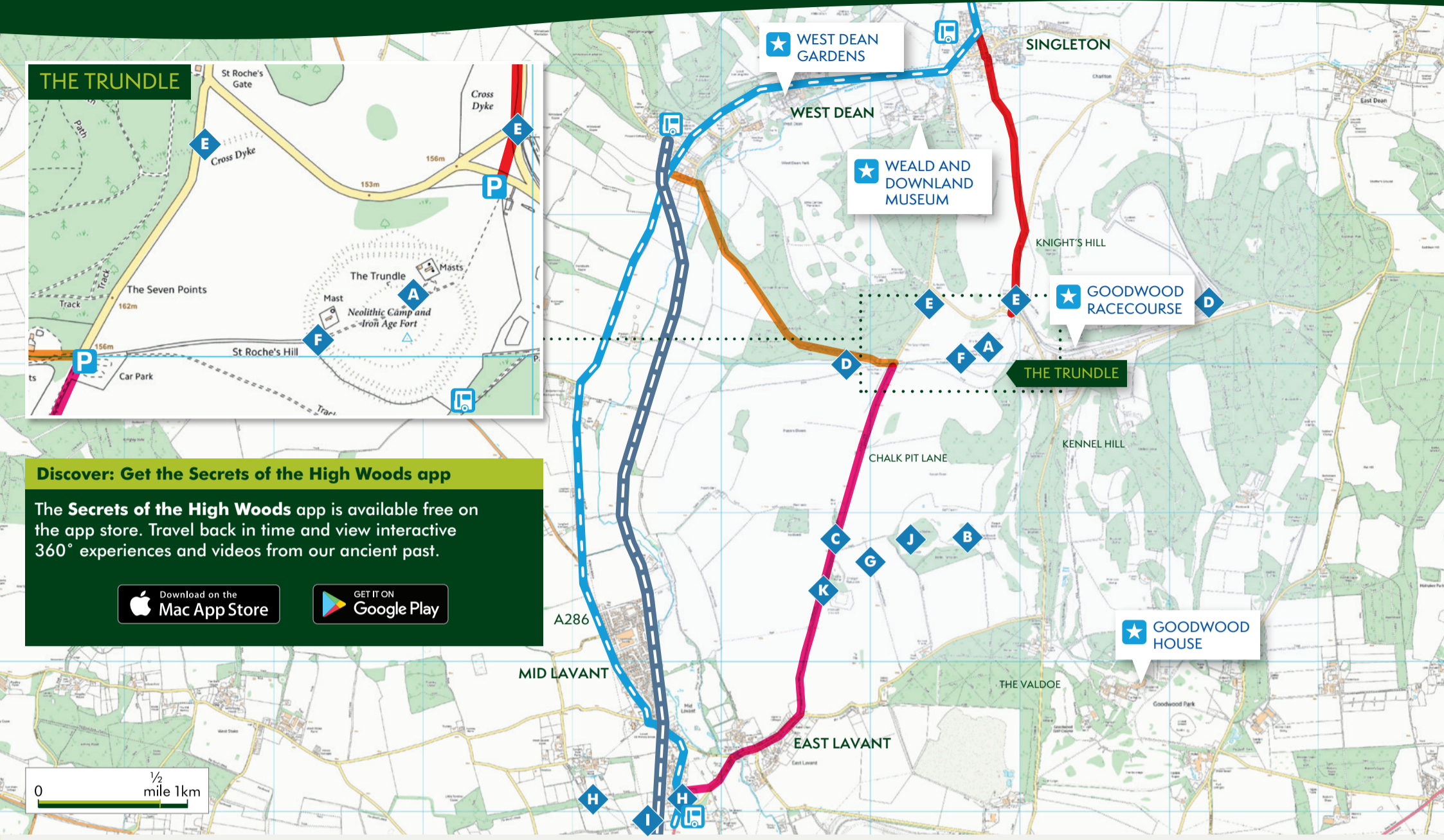
ONE WAY ● 1.4 MILES ● 2.3KM ● 1.5 HOURS
GRADIENT: Some steady gradients
PATH: Some uneven, wooded footpaths

From the bus stop follow the main road to the sharp bend and turn right following the signs to the parish church. As you enter the church grounds turn right down the walled Lipchis Way. Follow the path up the hill, on reaching the road at Knights Hill turn right and continue up to the Triangle car park at the base of the Trundle.

The Trundle is accessible from the Triangle and Seven Points car parks. Paths allow the walker to explore this ancient monument and enjoy fantastic views across this historic landscape and out to the English Channel.



SECRETS
OF THE
HIGH WOODS



Discover: Get the Secrets of the High Woods app

The **Secrets of the High Woods** app is available free on the app store. Travel back in time and view interactive 360° experiences and videos from our ancient past.



POINTS OF INTEREST

A: Neolithic causewayed enclosure
Neolithic (New Stone Age) 4000BC–2500BC

The low inner raised circular mound of the Trundle is all that remains of the original enclosure. This enclosure marks one of the earliest indications of permanent communal living and the introduction of agriculture and the domestication of animals to the South Downs.

B: Flint mines and pits
Neolithic (New Stone Age) 4000BC–2500BC

A number of shallow pits on Goodwood Golf Course may indicate the location of Neolithic flint mines. During Neolithic and early Bronze Age times nodules of flint were extracted from underground seams within chalk deposits. This provided high-quality flint for tools in a time before the widespread availability of metal. As you walk in the South Downs look out for evidence of worked flint beneath your feet.

C: Lavant Caves (Flint mine)
Neolithic (New Stone Age) 4000BC–2500BC

On the west side of Chalkpit Lane is this approximate location of the long collapsed and infamous 'Lavant Caves'. Apparently discovered in 1890 and excavated in 1893, their origin remains questionable due to the involvement of Charles Dawson who was later implicated in a number of archaeological deceptions including that of Piltdown Man. It is thought that the caves' use changed over time and may have been a flint-mine in the Neolithic or Early Bronze Age and later a post medieval chalk extraction pit.

D: Barrows
Bronze Age 2500BC–700BC

There were a number of barrows around the Trundle, most of which have disappeared under the plough. Barrows are earth mounds often covering a tomb or burial of someone of note. Those found around the Trundle represent a few of over 2,500 recorded on the Sussex Downs some of which date from the Neolithic period but most date from the Bronze Age. Many surviving barrows were excavated by early amateur archaeologists and antiquarians and collectors looking for interesting grave-goods.

E: Cross Dykes
Bronze Age 2500BC–700BC

There are two cross dykes cutting the spurs on the northern edge of the Trundle. The one on the north west side is clearly visible while the one on the north east side is more difficult to identify. Cross dykes are ancient linear features comprising a ditch and bank. They are thought to date from the late Bronze Age to early Iron Age, and their exact function is unclear. It is thought they may have been marking the territory of a farming community or are associated with livestock management. Cross dykes are often found located at right angles to a steep slope or cut across short spurs that project northwards from the scarp slopes of the downs.

F: Iron Age fort
Iron Age 700BC–AD43

The outer bank of the Trundle is all that remains of the Iron Age Fort. The fort would have consisted of a high earthwork mound with a wooden palisade constructed on top with two gated entries enclosed by a steep ditch. The location provided commanding views across the coastal plain, the weald to the north and neighbouring downs. Its prominence in the landscape would have given protection and a focal point for trade and administration to a dispersed community of local farming settlements which would have been surrounded by an ancient field system.

G: Iron Age settlement (Lavant)
Iron Age 700BC–AD43

On the southern slopes of the Trundle unseen in the landscape between Bexley Buses and Chalk Pit Lane are the buried remains of an Iron Age settlement, perhaps one of many once common in the area. Excavations have found evidence of 13 round houses and field boundaries as well as indications of earlier occupation in the form of Neolithic and Bronze age pits and other finds. This settlement would have looked very much like the reconstructed Iron Age village at Butser Ancient Farm.

St. Roche's Chapel

The hill takes its name from a 14th century chapel constructed in the centre of the Trundle and dedicated to the French Saint Roche. He was associated with animals and the outdoors and became a favourite saint of travellers.

H: Devils Ditch
Iron Age 700BC–AD43

The Devils Ditch is part of the Chichester Entrenchments, one of the largest Iron Age defensive systems in southern England. This prehistoric linear boundary survives as an earthwork bank. The entrenchments run from Lavant to Boxgrove and appear to enclose the area of the coastal plain to the south. It is thought to date to the late Iron Age and may have been extended in places during the medieval period. It has been suggested that these marked out a high status oppidum; a large fortified Iron Age settlement – the earliest form of a town.

I: Roman road
Roman AD43–AD410

The Roman road from Chichester to Silchester ran west of Lavant. Very little evidence remains above ground, but long stretches are sometimes visible as cropmarks.

J: Bexley Buses
Medieval AD1066–AD1500

To the east of Chalk Pit Lane is the scheduled monument know as Bexley Buses, the main feature is the earthwork remains of what is thought to be a medieval rectilinear enclosure which lies within a large sub-circular embanked enclosure on the modern golf course. It is possible that this site is an Iron Age enclosure that was later reused.

K: Chalk pit and limekiln
Post Medieval/early Modern 1500–1750

Chalk pits and limekilns are common in the landscape of the South Downs and are normally found near a transport link. Chalk was excavated and burnt at high temperatures to produce quicklime which has been used to make mortar for building and as a soil improver (to lower the pH) from the medieval period. This became a more industrial process from the late 17th century as the use of lime grew.

The chapel was located to take advantage of the fact that the main road from London to Chichester used to follow Chalkpit Lane. The chapel was ruined during the reformation and little trace now remains.

