

As the largest equestrian charity in the UK, The British Horse Society (BHS) tackles issues such as equine welfare, protecting access rights in the countryside, safety for horse and rider, and delivers the very best in equestrian education.

The British Horse Society

The Society recommends that you are adequately insured against public liability. The BHS provides public liability and personal accident cover as a benefit of Gold Membership (terms, conditions and territorial limits apply).

The Society's thriving and active community of staff and volunteers is committed to improving the lives of horses everywhere. For more information about events, horse care, how to report a riding accident, training or to join the charity visit bhs.org.uk or call **02476 840506**.



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FIND YOUR WAY

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

| | | |
|------------------|--|----------------------|
| Footpath | | |
| Bridleway | | |
| Restricted byway | | |
| Byway | | |
| Open access land | | National Trail Acorn |



HORSE RIDING IN THE SOUTH DOWNS NATIONAL PARK



© SDNPA/Sam Moore

TAKE THE LEAD

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

CONTACT

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/SDNPA
 southdownsnp



SOUTH DOWNS.GOV.UK

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SOUTH DOWNS NATIONAL PARK

With over 1200km of bridleways within the South Downs National Park there is something for all riders to enjoy – from a gentle trot along a country lane to a long hack up on to the Downs.



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THE SOUTH DOWNS WAY

The South Downs Way provides 160km of bridleway for horse riders to explore. If you are looking to ride along some or all of this beautiful National Trail visit nationaltrail.co.uk/south-downs-way/plan for tips on horsebox friendly car parking, accommodation with stables and much more. There are a series of water taps and troughs along the route so horse and rider need never go thirsty – see tap icons on the centre map.

BE A RESPONSIBLE RIDER

When riding in the South Downs you will often find yourself sharing the path with walkers, cyclists and road users. Here are some tips to make sure you have a fun and safe visit...

- Wear reflective clothing at all times so you are clearly visible.
- Ride in single file when you need to let others pass you safely.
- Use hand signals so people know your intentions.
- Carry a mobile phone for emergencies.
- Watch out for farm animals grazing on what might appear to be open land.
- Avoid damaging timber or hedgerows by jumping.



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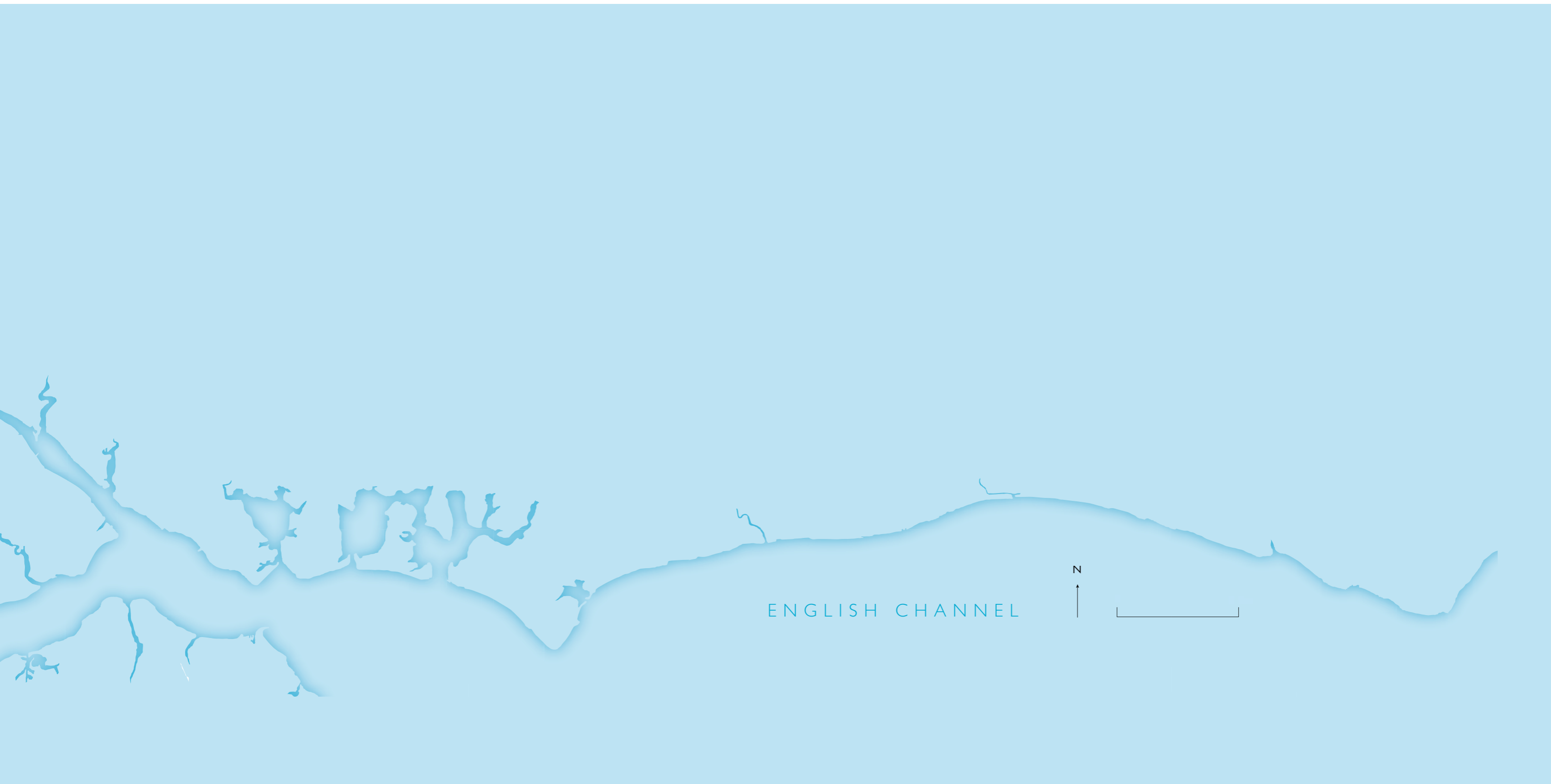
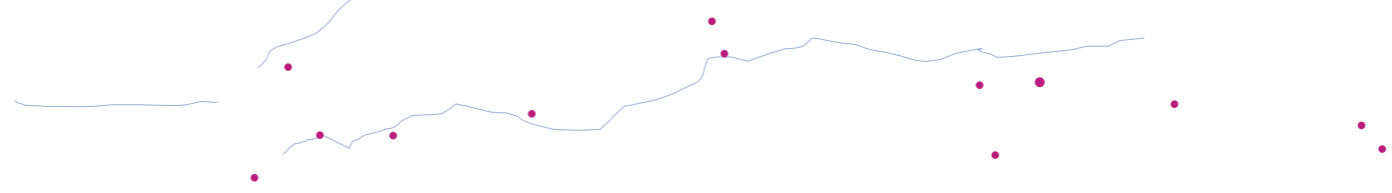
BE NICE, SAY HI

Cycling UK and The British Horse Society (BHS) have joined forces to launch a consideration and courtesy awareness message of 'Be Nice, Say Hi' to help cyclists and horse riders to pass safely.



**BE NICE
SAY HI**

- Always follow the countryside code: Remember to leave gates and property as you find them, protect plants and animals, take all your litter home and keep dogs under close control.
- Visit bhs.org.uk for more details on riding responsibly.



ENGLISH CHANNEL

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