

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**.



© SDNPA

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

South Downs National Park Authority:
01730 814810

@southdownswaynt
@SDNPA

/SDNPA
 southdownsnp



SOUTH DOWNS.GOV.UK

Details correct at time of going to print. We do not accept any responsibility for loss, damage or injury, however caused, arising directly or indirectly from use of this leaflet. Contains Ordnance Survey data © Crown copyright and database right 2013. SDNPA/Ministry of Design/April 19 ©SDNPA Crown Copyright



Please recycle me after use



© Eddie Howland

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.



© Eddie Howland

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.

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.



- ➔ 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.



© SDNIPA

HORSE RIDING IN THE SOUTH DOWNS NATIONAL PARK

HORSEBOX PARKING

This map shows a selection of parking locations for horseboxes across the South Downs National Park – some locations are suitable for any size of horsebox, some only for smaller boxes and some sites require a permit. For more details about these and many other parking sites visit southdowns.gov.uk/horseriding for a printable document. For full details of accessible paths for horses please check your route on an OS map before you set out.

SITE NAME

- | | | |
|--|---------------------------------|---|
| 1. Cheesefoot Head | 13. Heyshott Common | 28. Beggars Bush |
| 2. Beaconhill Beeches | 14. Droke, nr East Dean | 30. Devils Dyke pub |
| 3. Forest of Bere / West Walk (Lodge Hill) | 15. Selhurst Park | 31. Jack and Jill, Clayton |
| 4. Queen Elizabeth Country Park | 16. Eartham woods | 32. Stanmer Park, Upper Lodges |
| 5. Harting Down | 18. Bignor Hill | 33. Ditchling Beacon |
| 6. Alice Holt Forest, (nr Frensham) Buckshot Hole | 19. Whiteways, Arundel | 34. Firle Beacon |
| 7. Alice Holt Forest, (nr Frensham) Gravel Hill Road | 20. Kithurst Hill, Storrington | 35. Bo Peep |
| 8. Rogate/Fyning layby | 21. Chantry Post, Storrington | 36. Friston Forest (Butchers Hole) |
| 9. Stoughton Down | 22. Washington (Frieslands) | 37. Wilmington Chalkpit |
| 10. West Stoke | 23. Findon Bost Hill | 38. Seven Sisters Country Park (visitor centre) |
| 11. Seven Points (nr Goodwood) | 24. Findon Valley, Nepcote Lane | 39. Horsefield Car Park, East Dean village |
| 12. Cocking | 25. Findon Valley, Coombe Rise | 40. Birling Gap |
| | 26. Cissbury Ring, Nepcote Lane | |
| | 27. Chanctonbury Ring | |



RIDING SCHOOLS IN THE SOUTH DOWNS

If you don't own a horse there are lots of riding schools and stables throughout the National Park that offer lessons and riding tours for all ages and abilities. Many will collect you from local railway stations and drop you back at the end of the day, so you can leave the car at home and enjoy the view on the journey too.

To find a British Horse Society approved riding school near you visit bhs.org.uk. Visit nationalrail.co.uk to plan your journey now.

SOUTH DOWNSWAY PROFILE

