



SOUTH DOWNS VIEW

SHARING STORIES FROM BRITAIN'S NEWEST NATIONAL PARK 2016

FREE



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DAYS OUT IN THE SOUTH DOWNS Pages 12&13

EAT THE VIEW Page 15

PLANNING IN YOUR NEIGHBOURHOOD Page 19



With its rolling hills, crystal clear rivers, heavenly heaths, bustling market towns and dramatic coastline, the South Downs National Park has something for everyone.



The superb food and drink produced in the South Downs region has never been easier to find and enjoy thanks to a new web portal.



Have you ever wondered who makes decisions about planning in your local area, or do you want to be more involved in these decisions?

All photos © SDNPA/Mischa Haller



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WELCOME...

From rolling hills to bustling market towns, the South Downs National Park covers 1,600km² of breathtaking views and hidden gems.

With landscapes that have inspired some of our most famous writers and artists, such as Austen, Kipling and Turner, wonderful wildlife, visitor attractions, tranquil spots and so much more, we know you will have an unforgettable time in the South Downs National Park. This issue of South Downs View is packed with ideas of what to see and do, with a map highlighting days out in the National Park by public transport so

that you can leave the car at home and enjoy the view.

2016 is a year full of opportunities in the South Downs – on the 300th anniversary of the birth of Capability Brown, why not take a walk in the parkland he designed at Petworth House or visit one of the other beautiful National Trust gardens in the South Downs (page 21). Come spot a butterfly on the 250th anniversary of the first Hampshire

butterfly record by the pioneering naturalist Gilbert White (page 8) or spot a Southdown Sheep, the iconic animal that has played such an important role in what the South Downs National Park looks like today (page 6).

You can delve a little bit deeper and discover the Secrets of Our High Woods by visiting our Hidden Past festival or come along to our travelling exhibition (pages 4 and 5). Check out our events guide (pages 9, 10 and 11) for information on a huge range of shows, workshops and activities happening across the National Park.

Take some time to sit back, relax and experience the South Downs through its award-winning food and drink. Visit southdownsfood.org to find hundreds of local food and farm shops, restaurants, pubs and cafés, vineyards, breweries and food producers (page 15), or try one of our new Delicious Days Out guides (see map in centre).

You can find lots of new ideas for walks and rides across the National Park – all accessible by public transport (see map in centre). Or come out at night and experience one of the four beautiful spots recently approved as Dark Skies Discovery Sites (page 19).

We want everyone to experience and enjoy the South Downs, particularly our young people, and we are continuing to support

teachers in and around the National Park to encourage more children to learn outdoors. Find out more about how schools around the National Park are taking part in a project to build on the work of author Eleanor Farjeon, to create a new South Downs Alphabet (page 22). You can also find out more about free school sessions with the RSPB (page 20) or how you can join the Arun & Rother Connections team for otter and water vole discovery, river field trips and much more (page 17).

So, as you can see there is no better time to explore the South Downs National Park – and no better guide than this edition of South Downs View!



Rebecca Saunders
Editor

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Tourist Information Points

Arundel
01903 885866
www.arundel.org.uk

Bognor Regis
www.sussexbythesea.com

Brighton
01273 290337
www.visitbrighton.com

Burgess Hill
01444 238202
www.burgesshill.gov.uk

Chichester
01243 775888
www.visitchichester.org

Eastbourne
01323 415415
www.visiteastbourne.com

Haslemere
01428 645425
www.haslemere.com/vic

Horsham
01403 211661
www.visithorsham.co.uk

Lewes
01273 483448
www.staylewes.org

Littlehampton
01903 718984
www.lookandsea.co.uk

Petersfield
01730 268829
www.petersfield-tc.gov.uk

Seaford
01323 897426
www.visitsussex.org

Worthing
01903 221066
www.visitworthing.co.uk

Winchester
01962 840500
www.visitwinchester.co.uk

NEW TALENT DISCOVERED IN SOUTH DOWNS PHOTO COMPETITION

A very different shot of the famous cottages at Cuckmere Haven won **first prize** in the **South Downs National Park photo competition 2015–16** for **Piers Fearick** from East Preston, near Littlehampton in West Sussex. In the first competition the 31-year-old has entered he also won a special 'Dark Skies' award.

Second prize was awarded to Martin Offer from Pagham for his crisp and beautifully composed photo of sheep and woods in a hoar frost. Third place went to Rhian White from Brighton for her brilliantly timed shot silhouetting a playful dog jumping in front of the setting sun.

"Piers' photo is brilliantly put together and perfectly fits the theme of 'fresh perspectives'. I've seen many shots of those world-famous cottages but never from this angle," says Steve Watkins,

Editor of Outdoor Photography magazine and competition judge. "The details are so sharp and I'd be hard pressed to find a flaw in the composition."

Piers captured his dark-sky winning photo on the night of the total lunar eclipse in September 2015. As he waited for the blood moon to rise he noticed how the light pollution sandwiched the small hill but left the sky above the windmill in darkness. Take a look at Piers photo on page 19.



Cuckmere Haven

© SDNPA/Piers Fearick



Sheep grazing on the north slope of the South Downs at Didling.

© SDNPA/Martin Offer



Playing at sunset on Devil's Dyke

© SDNPA/Rhian White

South Downs Photo Competition 2016–17: Building the Landscape

This year, to celebrate the end of our **Secrets of the High Woods** project (p4) and the start of **Heathlands Reunited** (p7), we're challenging professional and amateur photographers to capture the stories of building and construction in the South Downs National Park.

The South Downs' landscapes have been shaped by people over thousands of years. We see their stories today in the traces of iron-age forts, remains of Roman palaces, Saxon churches, medieval villages, Norman castles, Elizabethan manors, Georgian mansions, Victorian houses, 20th century war defences, all the way through to modern homes.

Impress our judges with your innovative and creative pictures showing these stories within the South Downs' landscapes and you could win a first prize of £250. Visit southdowns.gov.uk/photocomp for more details.





© SDNPA/Sam Moore

© SDNPA/Sam Moore

SECRETS OF THE HIGH WOODS

We are now two years into our 3-year Heritage Lottery Funded community archaeology project, The Secrets of the High Woods, which aims to reveal the hidden past lying beneath the dense woods of West Sussex and Hampshire.

Having commissioned a cutting edge LiDAR survey across 305km² of wooded downland, from the A3 corridor in the west, to the Arun River Valley in the east, over 130 volunteers have been taking part in exploring the landscape and investigating the hidden woodland mysteries.

In 2014 a plane flew across the project area scanning the ground with lasers. Penetrating the woodland canopy and ground vegetation

this survey was able to detect many topographical features which have been obscured from view. Some of these features may have been known about historically, but their relationship to other features and to the larger historical and contemporary landscape is one of the exciting new stories that the project is revealing.

Using the LiDAR data our intrepid volunteers have been venturing out into the field armed with a bespoke field work app, OS maps and other forms of cartography to determine what the discovered features are and how they may have changed over time. Several millennia of human occupation has undoubtedly altered, moulded and managed this landscape to a far greater extent than anyone had known until now. So far our volunteer team have established an extraordinary variety of archaeological features including Neolithic causeways, Iron Age long

barrows, evidence of Romano-British occupation and previously obscured pre-historic field systems.

Running in conjunction with the field work, volunteers have been carrying out archival and oral history research. Our budding historians have been busily sifting through historical documentation across the project area and developing an understanding of how much of this archaeology has been utilised and interpreted by our ancestors.

Similarly, our specially trained oral history team have been gathering interviews with people from across the project area. We have captured interviews with prominent archaeologists

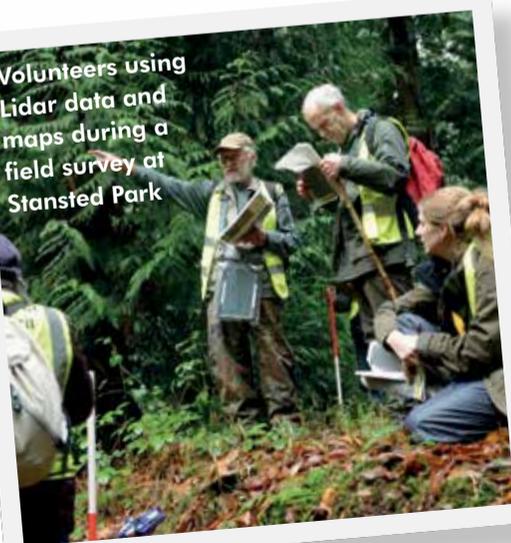


LISTEN

Inspirational local nature writer Richard Williamson shared his memories from a 50-year career setting up the nature reserve, removing unexploded bombs and recording butterflies at Kingley Vale. Visit southdowns.gov.uk/highwoods to hear his story

© SDNPA/A. Purkiss

Volunteers using Lidar data and maps during a field survey at Stansted Park



© SDNPA/A. Purkiss



such as Professor Sir Barry Cunliffe and David McOmish of Historic England, who have shared their views on the archaeological landscape. However, we have also gathered fascinating interviews from the people who have lived in and worked this landscape, sometimes for generations. Foresters, farmers, folklorists, woodsmen, coppicers, charcoal burners and other people

with an intimate understanding of this landscape have shared their memories, often with surprising stories and perspectives.

The human stories that have been coming to light due to this project are powerful evidence of how the South Downs landscape and its inhabitants have developed and responded to each other's changing needs over the centuries.

WHAT'S NEXT?

With different parts of the project soon drawing to a close, all of the findings, exciting research, absorbing interviews and the new, fascinating secrets will be revealed...

Over the summer of 2016, our Secrets of the High Woods travelling exhibition will be touring around various venues in the South Downs area (see below). The project team and volunteers will be visiting a number of these venues to host fun, family-friendly, hands-on activity days. We will be putting together a dynamic book to share our findings with the world and rolling out a series of archaeology themed walk leaflets around the project area, drawing directly on project discoveries.

We are also planning an action packed project conference to bring together our project team and the world of archaeology at the end of the summer to share and discuss our project journey. And finally, we've got a project film in the works to be launched at the project conference in September. So many secrets... so little time! Find out more about the project and these events on our website at southdowns.gov.uk/highwoods



© SDNPA/A. Purkiss

THE EXHIBITION

Between May and December 2016, the Secrets of the High Woods travelling exhibition will be visiting Portsmouth City Museum, Arundel Museum, the Weald and Downland Open Air Museum, Butser Ancient Farm, Fishbourne Roman Palace, Chichester Novium, Petersfield Museum, the South Downs Centre in Midhurst and Queen Elizabeth Country Park. Come and join us to discover exactly what secrets we've uncovered in the woods of West Sussex. Visit southdowns.gov.uk/highwoods for event dates and details.

WOODLAND WILDLIFE

Trees provide homes, food and shelter for a huge range of wildlife, from plants, flowers and fungi to mammals, insects and birds. When you're out and about in the woodlands of the South Downs, keep a look out for the following...

Tawny owl

With their round heads and mottled brown wings, you may spot one of these beautiful birds at dawn or dusk when they set out to hunt.



Roe deer

Look out for a flash of reddish-brown coat or listen for their short bark as they call to each other through the trees.



Bluebells

Carpeting woodland floors between March and May, bluebells are a beautiful sign that spring has arrived.



Stag beetle

With their shiny black bodies and large pincers you may spot a male flying at dusk during the summer months on the hunt for a mate.



Siskin

You can spot this small but brightly coloured woodland finch feeding on trees such as alder, spruce, pine and birch.



Silver-washed fritillary

Keep a look out for this fast-flying butterfly. Its pointy orange and black wings have a silver shimmer underside.



Rose Chafer Beetle

You may spot this large, metallic-green beetle feeding on dog rose flowers at the edge of a woodland.

© SDNPA/Gareth Lloyd Hughes



SOUTHDOWN SHEEP

In the ever-changing farming landscape of the South Downs National Park there is one thing which has remained constant across more than two centuries; the presence of the unique Southdown sheep.

Southdown sheep have long been favoured for their ability to produce high-quality, marbled sweet meat from often some of the poorest grassland. Once the favoured breed of Kings, Dukes and Earls the breed can now be found across the UK and much further afield in countries such as New Zealand, Australia and Canada. Historically they have also been exported to Russia, France, America and a number of South American countries.

Today the breed can still be found in nearly every country it has set foot in, with further recent exports seeing

it reach Germany, the Netherlands and Ireland, to name but a few. However, while the breed was once the leading lamb producing breed in the UK it fell out of favour in the latter part of the last century as other breeds fought to take its market share. This resulted in a significant reduction in numbers, with the breed's future held in relatively few hands.

It has been thanks to the perseverance of these few individuals, and importantly the Southdown Sheep Society, that the Southdown breed is back in as



TAKE THE LEAD

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



healthy a position as it used to be. Never has the importance of the Society been more prominent than this year when it celebrates its 125th anniversary, a feat only a handful of UK breed Society's have yet to achieve.

As with many things in farming, the Southdown breed has had to adapt to survive and the re-importation of Southdown genetics from Australia, France and New Zealand over the last 20 years or so has helped breeders develop their sheep to suit the needs of modern sheep farmers. That said, the breed also has a loyal following among the smallholder community with the quality of the meat, its general docility and ability to be managed relatively easily making it a firm

favourite with smaller flock masters too.

Today, with more than 350 members, the Southdown Sheep Society enters its 125th anniversary year in a strong position and with a positive outlook to the future. Its strong history underpins its success and has enabled current breeders to develop firm foundations to move with the times. To mark this special anniversary the Society are holding a celebratory weekend at the Goodwood Estate, Chichester, in early August, with a National Show featuring the very best of the breed from across the UK (see page 11 for more details). Find us on Facebook or visit our website for more information southdownsheepsociety.co.uk



© SDNPA/Gareth Lloyd Hughes

A new organisation called SheepWatch UK has been set up to try and encourage the general public to help keep sheep safe across the nation. This involves a range of ideas to actively protect farmers' flocks, alongside encouraging dog owners to keep dogs on leads near sheep. For more details see SheepWatch UK on Facebook or email TerenaPlowright@gmail.com





HEATHLANDS REUNITED SUCCESS!

We are so excited to announce that our five-year Heathlands Reunited project has been awarded Heritage Lottery Funding (HLF). We want bigger, better, joined-up lowland heathland – a habitat that is now rarer than rainforest.

Community groups and the South Downs Volunteer Ranger Service will help support the project work taking place on 34 sites across the National Park to restore and re-create 580ha of heathland and 9km of heathland corridors. Thousands of people will get to learn about our heathland and how they can play a part in securing its future.

Many key heathland species will benefit from this project such as the silver studded butterfly, sand lizard and common adder.

© SDNPA/Rebecca Saunders

THE SERPENT TRAIL

Vibrant heathland, golden valleys and mysterious woods. If you're looking for a challenge for 2016 why not take on the Serpent Trail...

This 64-mile long route winds its way from Haslemere in Surrey to Petersfield in Hampshire, passing through some of the most dramatic heathlands in the South Downs. With the newly launched Serpent Trail Guide to hand you can break this walk into 16 easy chunks ranging from 2.4 to 7 miles in distance.

Not only does the Trail take you through a less visited area of the South Downs, it is rich in history and wildlife. Adders, slow worms and sand lizards have all been spotted along this route and if you look to the skies you might catch sight of a hobby, Dartford warbler or the shyer green woodpecker. For those willing to take the time to look a little closer you'll start to notice the variety of flora

and fauna underfoot. In amongst the gorse and heathers (ling, bell and cross-leaved) you can spot bog cotton-grass, orchids, sundew and the sprawling dodder.

Head to Black Down near the start of the Trail to pass the time on a nicely placed bench watching the friendly herd of belted-Galloway cattle graze at the highest point of the South Downs. As always please keep dogs on the lead when around livestock or in areas where ground-nesting birds may be present.

To purchase a copy of the Serpent Trail Guide, and for details of a guided Serpent Trail walk in August, visit southdowns.gov.uk/serpent-trail



Adder © SDNPA/Bruce Middleton

Heathlands Reunited aims to create a lasting legacy for heathland heritage in the South Downs working with project partners: Defence Infrastructure Organisation, Forestry Commission, Natural England, Hampshire County Council, Amphibian & Reptile Conservation Trust, Hampshire & IOW Wildlife Trust, The Lynchmere Society, National Trust, RSPB and Sussex Wildlife Trust.

Keep up to date with the project's progress on our website southdowns.gov.uk.

KNOW YOUR HEATHLAND PLANTS



© SDNPA/Neil Fletcher

Bog asphodel – wet heath



© SDNPA/Jonathan Mycock

Gorse – wooded heath



© Nigel Symington

Bell heather – dry heath



Silver studded butterfly © Nigel Symington



Beautiful Butterflies



Spotting the first butterfly of the year is an uplifting experience as their colourful appearance heralds the start of warmer weather and new life, with birds nesting and flowers beginning to bloom.

This year we are celebrating 250 years since the first butterfly record in Hampshire – Andy Barker from the Butterfly Conservation Trust tells us more...

By virtue of its southerly situation and variety of habitats, Hampshire is without doubt one of the best counties in England to see butterflies. Nowadays, butterfly recording is a popular activity and contributes greatly to our understanding of the state of the environment through monitoring individual species. Modern technology has enabled greater opportunities for information sharing and analysis, but have you ever wondered when butterfly recording in Hampshire began?

This year marks the 250th anniversary of the first Hampshire butterfly record and, not surprisingly, it was the well-known naturalist Gilbert White who made this record in his home village of Selborne, near Alton. White's entry for 8 March 1766 in the publication *Flora Selborniensis* reads; **"Saw ye first butterfly, *P.sulphureus*, a brimstone-coloured one: some people saw several of these, & several that were coloured with black spots; these are I believe, *P.urticae*".** The butterflies he is referring to are the brimstone and the small tortoiseshell.

If the truth be told, Gilbert White was not particularly interested in butterflies. Birds, plants and the vegetables in his garden were of much greater interest to him. Even so, he was interested in the seasons and changes from one year to the next, so although butterflies are much less mentioned than birds, in most years of his famous *Naturalist's Journal* he

records the first observed butterflies each year.

It is interesting to note that Gilbert White's butterfly observations and interests widened following a visit to see his brothers in London in 1767 where he probably saw a copy of *The Aurelian* by Moses Harris as his brother Benjamin was a dealer in Natural History books. *The Aurelian* includes 44 beautiful copper-plate engravings depicting 33 known butterflies and many more moths, all hand-coloured. Whether Gilbert White saw this book or not is difficult to be certain, but he certainly seems to have had a reference book on butterflies post-1767 as he made the greatest variety of butterfly records during 1769 and 1770.

So, when you observe your first butterfly of this year, and maybe it will be a brimstone, think back to Gilbert White 250 years ago who was observing the same thing. Hopefully you'll have the same interest and excitement as he did and, while you may record it in your diary, have a go at recording your sighting electronically by submitting your record using Butterfly Conservation's recording App – butterfly-conservation.org.



Brimstone



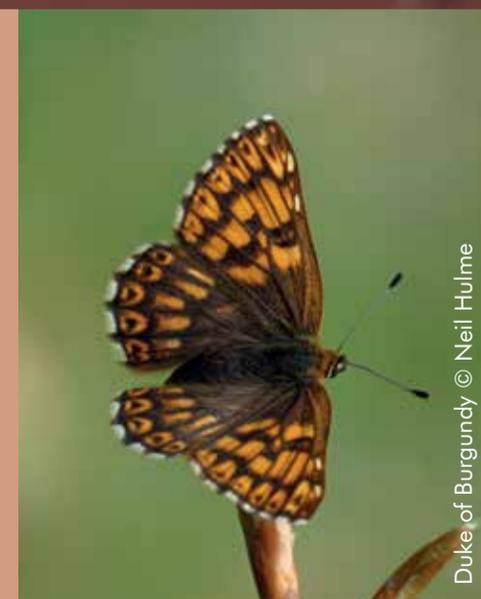
Small tortoiseshell

THE DUKE IS ON THE RISE

Recent findings from the 2015 State of Butterflies report revealed that, while many resident and migrant butterflies are in trouble, intensive conservation efforts have started to turn around the fortunes of some of the UK's most endangered butterflies. This includes the Duke of Burgundy butterfly that's returned from the brink of local extinction thanks to work by our rangers, volunteers

and partners on the South Downs Way Ahead Nature Improvement Area. This project has restored large areas of chalk grassland which the Duke of Burgundy, and many other butterflies, depend on.

Take a look at pages 9, 10 and 11 for details of Sussex Wildlife Trust's butterfly walks in the South Downs.



Duke of Burgundy © Neil Hulme



2016 EVENTS

Your guide to what's happening across the South Downs National Park this summer.

For full details of these and many more events, visit our website at southdowns.gov.uk. Please note that entrance charges may apply to the events listed and that events may be subject to change or cancellation without notice.

MARCH

Wild Egg Hunt

Marwell Wildlife, Thompsons Lane, Winchester, Hampshire SO21 1JH.
marwell.org.uk
 01962 777407 **Tickets:** See website for details

Cadbury Easter Egg Hunt

Hinton Ampner, near Alresford, SO24 0LA
nationaltrust.org.uk/hinton-ampner
 01962 793515 **Tickets:** Normal entrance fee, plus £3 per hunt

Family Orienteering Challenge

Gilbert White's House, The Wakes, Selborne, Hampshire, GU34 3JH
gilbertwhiteshouse.org.uk
 01420 511275 **FREE ADMISSION**

25 MARCH–10 APRIL

25–28 MARCH

26 MARCH

Stansted House Opening

Stansted House, Stansted Park, Hampshire, PO9 6DX
stanstedpark.co.uk
 02392 412265 **Tickets:** Adults £10, children £5, concessions £8, family ticket (2 adults & 3 children) £25

Spring Spectacular

Seven Sisters Country Park Visitor Centre, Exceat, nr Seaford, BN25 4AD
sussexwildlifetrust.org.uk/whats-on **FREE ADMISSION**
 (suggested donation of £3)

APRIL

Lambing Open Days

Saddlescombe Farm, Saddlescombe Road, Brighton, BN45 7DB
camillaandroy.co.uk
 01273 857062 **Tickets:** Adults £6, Children £3, Family (2 adults, 2 children under 16) £15 – cash only

28 MARCH

30 MARCH

2–3 AND 9–10 APRIL

Wild at Whites

Gilbert White's House, The Wakes, Selborne, Hampshire, GU34 3JH
gilbertwhiteshouse.org.uk
 01420 511275 **Tickets:** Children £6, accompanying adult free.

Country Experience Show

Meon Springs, East Meon, nr Petersfield, Hampshire, GU32 1HW
countryexperienceshow.com
 01730 823134 **Tickets:** Adults £7.50 (£5 in advance), under 16s go free

120th Anniversary Day at the Clergy House

Alfriston Clergy House, The Tye, Alfriston, East Sussex, BN26 5TL
nationaltrust.org.uk/alfriston-clergy-house/whats-on
 01323 871961 **Tickets:** Normal entrance fee

Spring Flower Walk

Woolbeding Parkland, Nr Midhurst, West Sussex, GU29 9RR
nationaltrust.org.uk/woolbeding-countryside/whats-on
 01730 816638 **Tickets:** Adults £3, children £2

Midhurst Rother College in the Community Day

Midhurst Rother College, Midhurst, West Sussex, GU29 9DT
mrc-academy.org
 01730 812451 **FREE ADMISSION**

Amberley Spring Bus Gathering

Amberley Museum and Heritage Centre, Station Road, Amberley, Nr Arundel, West Sussex, BN18 9LT
amberleymuseum.co.uk
 01798 831370 **Tickets:** Adults £11.50, children £6.60, concessions £10.50, family of four £34, under 4s go free

Beltain: Burning of the Wickerman

Butser Ancient Farm, Chalton, Hampshire, PO8 0BG
butserancientfarm.co.uk
 02392 598838 **Tickets:** Adults £15, children £10 (under 5s go free)

MAY

Dawn Chorus

Woods Mill, Henfield, West Sussex, BN5 9SD
sussexwildlifetrust.org.uk/whats-on
 01730 810363 **Tickets:** Members £15, non-members £21

Food and Folk Festival

Weald and Downland Open Air Museum, Singleton, Chichester, West Sussex, PO18 0EU
wealddown.co.uk
 01243 811363 **Tickets:** See website for details

5 APRIL

9–10 APRIL

16 APRIL

16 APRIL

23 APRIL

24 APRIL

30 APRIL

1 MAY

1–2 MAY

South Downs Green Fair

Sustainability Centre, Droxford Road, East Meon, Hampshire, GU32 1HR
sites.google.com/a/southdownsgreenfair.org/south-downs-green-fair
 01730 823166 **Tickets:** £7 adult, £3 child

Plumpton College Open Day

Plumpton College, Ditchling Road, nr Lewes, East Sussex, BN7 3AE
plumpton.ac.uk
 01273 890454 **Tickets:** Adults £7.50, under 16s go free

Butterfly walk with Michael Blencowe

Graffham Down, nr Petworth, West Sussex
sussexwildlifetrust.org.uk/leweswildlife
 07827830891 **Tickets:** Suggested donation of £2

Owl Prowl – learn more about the habits of owls

Slindon Estate, nr Slindon, West Sussex, BN18 0RG
nationaltrust.org.uk/slindon-estate/whats-on
 01243 814730 **Tickets:** Adults £4, children £2

Charleston Festival

Charleston, Firle, Lewes, East Sussex, BN8 6LL
charleston.org.uk
 01323 811626 **Tickets:** See website for details

Brinsbury Show and Country Fayre

Brinsbury Campus, North Heath, Pulborough, West Sussex, RH20 1DL
chichester.ac.uk
 01243 786321 **Tickets:** See website for details

Traditional Crafts at Amberley Museum

Amberley Museum and Heritage Centre, Station Road, Amberley, nr Arundel, West Sussex, BN18 9LT
amberleymuseum.co.uk
 01798 831370 **Tickets:** Adults £11.50, children £6.60, concessions £10.50, family of four £34, under 4s go free

Nature Day: Below the Hanger and Beyond

Gilbert White's House, The Wakes, Selborne, Hampshire, GU34 3JH
gilbertwhiteshouse.org.uk
 01420 511275 See bottom left box for more details

Seven Sisters: Archaeology hits the beach

Birling Gap, East Dean, East Sussex, BN20 0AB
nationaltrust.org.uk/birling-gap-and-the-seven-sisters/whats-on
 01323 423197 **Tickets:** Donations only

JUNE

Secrets of the High Woods 'Hidden Past Festival'

Portsmouth City Museum, Museum Road, Portsmouth, Hampshire, PO1 2LJ
portsmouthcitymuseums.co.uk/portsmouth-museum/forthcoming-events
 023 9282 6722 **FREE ADMISSION**
 See box on next page for more details



28 May

NATURE DAY: BELOW THE HANGER AND BEYOND

Gilbert White's House, The Wakes, Selborne, Hampshire, GU34 3JH

Gilbert White & The Oates Collections are delighted to be joined by South Downs National Park Authority, RSPB, Hampshire and Isle of Wight Wildlife Trust and the Country Side services of Hampshire County Council, to bring you our first ever Nature Day 'Below the Hanger, and Beyond'. Come join us for a variety of activities highlighting the importance of Gilbert's work and how that passion can help us preserve the natural world around us today. Visit gilbertwhiteshouse.org.uk for more information.



© SDNPA/Anne Purkiss

1 June, 10.00–5.30

SECRETS OF THE HIGH WOODS 'HIDDEN PAST FESTIVAL'

To be held in the grounds of Portsmouth City Museum, Museum Road, Portsmouth, Hampshire, PO1 2LJ

Free entry

Half-term fun for families with hands on activities, costumed interpretation, computer generated imagery, have a go archaeology, refreshments and lots more.

portsmouthcitymuseums.co.uk/portsmouth-museum/forthcoming-events

023 9282 6722

Find out more about the Secrets of the High Woods project at southdowns.gov.uk/highwoods

The Downs Through the Ages – a guided walk 3 JUNE

Alfriston Clergy House, The Tye, Alfriston, East Sussex, BN26 5TL
nationaltrust.org.uk/alfriston-clergy-house/whats-on
 01323 423197 **FREE ADMISSION**

Open Farm Sunday 5 JUNE

Lancing College, Lancing, West Sussex, BN15 0RW
lancingcollege.co.uk **FREE ADMISSION**

Milland Rural Fair 5 JUNE

Milland Recreational Field, Iping Road, Milland, West Sussex, GU30 7NB
millandruralfair.com
 01428 741403 **Tickets:** See website for details

Open Farm Sunday 5 JUNE

Saddlescombe Farm, Saddlescombe Road, Brighton, BN45 7DB
camillaandroy.co.uk
 01273 857062 **FREE ADMISSION**

Wolstonbury Orchid Safari 5 JUNE

Saddlescombe Rd, near Brighton, West Sussex, BN45 7DE
nationaltrust.org.uk/devils-dyke/whats-on
 01273 857712 **Tickets:** Adult £5, child £3

Winchester Criterium & Cyclefest 2016 5 JUNE

The Broadway, Winchester, Hampshire, SO22 9BE
winchestercriterium.org
 01962 848274 **Tickets:** Cyclefest & Criterium Spectators go free, Criterium Riders: various entrance fees – see website for details

Photography Workshops for Young People 5 AND 12 JUNE

RSPB Pulborough Brooks, Uppertons Barn Visitor Centre, Wiggonholt, Pulborough RH20 2EL. Email to book a place.
debbie.coggles@rspb.org.uk **FREE ADMISSION**

South of England Show 9–11 JUNE

South of England Showground, Ardingly, West Sussex, RH17 6TL
seas.org.uk/south-of-england-show
 01444 892700 **Tickets:** Under 16s go free, adults £20, OAP/student £18.00

Pond Training – all about Amphibians 11 JUNE

RSPB Pulborough Brooks, Uppertons Barn Visitor Centre, Wiggonholt, Pulborough RH20 2EL. Email to book a place.
kate.whitton@rspb.org.uk **FREE ADMISSION**

Fairy Festival 12 JUNE

Butser Ancient Farm, Chalton, Hampshire, PO8 0BG
butserancientfarm.co.uk
 02392 598838 **Tickets:** Normal entrance fee

Eastbourne Cycle Festival 14–15 JUNE

Eastbourne seafront, East Sussex
eastbournecyclingfestival.com
 07711 098638 **Tickets:** See website for details

West's Wood Fair 18–19 JUNE

Newhouse Lane, East Dean, Chichester, West Sussex, PO18 0NJ
westswoodfair.co.uk
 01243 811354 **Tickets:** See website for details

Local Villages Weekend with Hawking About 18–19 JUNE

Amberley Museum and Heritage Centre, Station Road, Amberley, nr Arundel, West Sussex, BN18 9LT
amberleymuseum.co.uk
 01798 831370 **Tickets:** Adults £11.50, children £6.60, concessions £10.50, family of four £34, under 4s go free

Unusual Plants Fair 18–19 JUNE

Gilbert White's House, High Street, Selborne, Hampshire, GU34 3JH
gilbertwhiteshouse.org.uk
 01420 511275 **Tickets:** See website for details

Weapons & Warriors 19 JUNE

Butser Ancient Farm, Chalton, Hampshire, PO8 0BG
butserancientfarm.co.uk
 02392 598838 **Tickets:** Normal entrance fee

Stansted House Opening 19 JUNE

Stansted House, Stansted Park, Hampshire, PO9 6DX
stanstedpark.co.uk
 02392 412265 **Tickets:** Adults £10, children £5, concessions £8, family ticket (2 adults & 3 children) £25, fathers go free

Midsummer on the Lewes Downs – Led Walk 24 JUNE

Meet on the bridge on Cliffe High Street in Lewes. Nearest postcode BN7 2AN.
sussexwildlifetrust.org.uk/whats-on
 07827 830891 **Tickets:** Members free, non-members £3

Butterfly Walks with Michael Blencowe 26 JUNE

Roussillon Park Community Hall, Chichester, PO19 6DF
sussexwildlifetrust.org.uk/leweswildlife
 07884 484698 **Tickets:** Suggested donation of £2

JULY

6 JULY

Harting Down Nature Walk
 Harting Down, West Sussex, GU31 5PN
nationaltrust.org.uk/woolbeding-countryside/whats-on
 01730 816638 **Tickets:** Adults £3, children £2

9 JULY

Spitfire Sisters Concert
 Hinton Ampner, Alresford, Bramdean, SO24 0LA
nationaltrust.org.uk/hinton-ampner/whats-on
 01962 793511 **Tickets:** £20.00

9–10 JULY

Railway Gala Weekend
 Amberley Museum and Heritage Centre, Station Road, Amberley, nr Arundel, West Sussex, BN18 9LT
amberleymuseum.co.uk
 01798 831370 **Tickets:** Adults £11.50, children £6.60, concessions £10.50, family of four £34, under 4s go free

10 JULY

Frog Fille Farm Open Day
 Frog Fille Farm, nr Alfriston, East Sussex, BN26 5TT
nationaltrust.org.uk/birling-gap-and-the-seven-sisters/whats-on
 01323 423197 **Tickets:** Donations only

14 JULY

Bat and Moth Star-gazing Night
 Older Hill, nr Midhurst, West Sussex, GU29 0QE
nationaltrust.org.uk/woolbeding-countryside/whats-on
 01730 816638 **Tickets:** Adults £3, children £2

16 JULY

Southampton Mela
 Hoglands Park, Southampton, Hampshire,
southamptonmela.com
 023 8022 6212 **FREE ADMISSION**

16 JULY–25 SEPTEMBER

Marwell's Zany Zebra Trail
 Marwell Wildlife, Thompsons Lane, Winchester, Hampshire, SO21 1JH
marwell.org.uk
 01962 777407 **Tickets:** See website for details

22 JULY

Try It! Day/Festival of Archaeology
 Butser Ancient Farm, Chalton, Hampshire, PO8 0BG
butserancientfarm.co.uk
 02392 598838 **Ticket:** Normal entrance fee

22 AND 29 JULY

Photography Workshops for Young People
 RSPB Pulborough Brooks, Uppertons Barn Visitor Centre, Wiggonholt, Pulborough RH20 2EL. Email to book a place.
debbie.coggles@rspb.org.uk **FREE ADMISSION**

24 JULY

Binsted Strawberry Fayre
 Flint Barn, Binsted Lane, Binsted, nr Arundel, West Sussex, BN18 0LL
arundel.org.uk/whatson **Tickets:** £1, under 12s go free

25–31 JULY

National Parks Week 2016: Share Your Adventure
southdowns.gov.uk/nationalparksweek
 See box below for more details

28 JULY

Wild Beast Safari
 Park Wood, nr Slindon, West Sussex. BN18 0RG
nationaltrust.org.uk/slindon-estate/whats-on
 01243 814730 **Tickets:** Adults free, children £3

31 JULY

Woolbeding Dog Fun Day
 Woolbeding Parkland, Woolbeding, West Sussex
southdowns.gov.uk/event/dog-fun-day
 01730 816638 **FREE ADMISSION**

AUGUST

3–27 AUGUST

Wonderful Wednesday: school holiday activities
 Weald and Downland Open Air Museum, Singleton, West Sussex, PO18 0EU
wealddown.co.uk
 01243 811348 **Tickets:** See website for details

5–7 AUGUST

Chilli Fiesta
 West Dean College, West Dean, Chichester, West Sussex, PO18 0QZ
westdean.org.uk
 01243 811301 **Tickets:** See website for details

6–7 AUGUST

Southdown Sheep Society 125th Anniversary Celebrations
southdownsheepsociety.co.uk
 See box on next page for more information.

7 AUGUST

Pond Training – all about amphibians
 RSPB Pulborough Brooks, Uppertons Barn Visitor Centre, Wiggonholt, Pulborough RH20 2EL. Email to book a place.
kate.whitton@rspb.org.uk **FREE ADMISSION**

11 AUGUST

Woodland Art and Campfire Cooking
 Park in Bramblings Yard, nr Midhurst, West Sussex, GU29 9RR
nationaltrust.org.uk/woolbeding-countryside/whats-on
 01730 816638 **Tickets:** £5

13 AUGUST

Medieval Falconry Display
 Hinton Ampner, Alresford, Hampshire, SO24 0LA
nationaltrust.org.uk/hinton-ampner/whats-on
 01962 793511 **Tickets:** Normal entrance fee

13–14 AUGUST

Gilbert's Games: The Eighteenth Century Olympics
 Gilbert White's House, The Wakes, Selborne, Hampshire, GU34 3JH
gilbertwhiteshouse.org.uk
 01420 511275 **Tickets:** See website for details



© SDNPA

25–31 July

NATIONAL PARKS WEEK 2016: SHARE YOUR ADVENTURE

Across the week our Rangers will be laying on a programme of family activities showing how to have an adventure in the South Downs National Park without it costing a fortune. Explore, discover and have fun!

To find out more and book a place visit southdowns.gov.uk/nationalparksweek



© Peter Greenhalf

6 August

SOUTHDOWN SHEEP SOCIETY 125TH ANNIVERSARY CELEBRATIONS

National Southdown Sheep Show

Gate 1 Goodwood Racecourse, West Sussex, PO18 0PX

An opportunity to see some of the best examples of Southdown sheep being shown in the landscape which defines this breed.

7 August

10.00am – Southdown Sheep Society Service of Thanksgiving in Tin Tabernacle Church, Weald & Downland Museum

11.00am – morning coffee in the Building Crafts Gallery, Weald & Downland Museum and display of shepherding tools through the ages. Normal entry fee to the museum.

For more information visit southdownsheepsociety.co.uk or follow the Society on Facebook.

17 AUGUST Stanmer Park Wild Woodies Summer Holiday club

Stanmer House and Church, Stanmer Park, Lewes Road, Brighton, East Sussex, BN1 9QA

sussexwildlifetrust.org.uk/whats-on

01273 492630 **Tickets:** Member £15, non-member £21

20 AUGUST Picnic in the Park

Woolbeding Parkland, nr Midhurst, West Sussex, GU29 9RR

nationaltrust.org.uk/woolbeding-countryside/whats-on

01730 816638 **FREE ADMISSION**

20–21 AUGUST South Downs Show

Queen Elizabeth Country Park, Horndean, Hampshire, PO8 0QE

southdownsshow.co.uk

01730 823970 **Tickets:** Adult £7.50, children £3.50

26 AUGUST Big Beach Picnic

Birling Gap, East Dean, East Sussex, BN20 OAB

nationaltrust.org.uk/birling-gap-and-the-seven-sisters/whats-on

01323 423197 **Tickets:** Donations only

28 AUGUST Family Fun Day

Amberley Museum and Heritage Centre, Station Road, Amberley, nr Arundel, West Sussex, BN18 9LT

amberleymuseum.co.uk

01798 831370 **Tickets:** Adults £11.50, children £6.60, concessions £10.50, family of four £34, under 4s FREE.

29 AUGUST MADhurst Festival Finale

Midhurst, West Sussex

madhurst.co.uk

01730 816953 **Tickets:** See website for details

SEPTEMBER

2–4 SEPTEMBER

Ale at Amberley

Amberley Museum and Heritage Centre, Station Road, Amberley, nr Arundel, West Sussex, BN18 9LT

amberleymuseum.co.uk

Tel: 01798 831370 **Tickets:** Adults £11.50, Children £6.60, concessions £10.50, Family of 4 £34, under 4s FREE.

3 SEPTEMBER

Alresford Agricultural Show

Tichborne Park, Alresford, Hampshire, SO24 0PN

alresfordshow.co.uk

01962 738748 **Tickets:** In advance; adults £13, senior £9, on the door; adults £15, seniors £11. Under 15s go free with a full paying adult.

3–4 SEPTEMBER

Secrets of the Heath

Petersfield Heath, Petersfield, Hampshire, GU31 4LA

southdowns.gov.uk/secretsoftheheath **FREE ADMISSION**

See box at the bottom of this page for more information.

Serpent Trail Guided Walk

South Downs Centre, Midhurst, West Sussex, GU29 9DH

southdowns.gov.uk

01730 814810 **Tickets:** See website for details – places are limited so please book ahead.

8 SEPTEMBER

The Ecology of the Hazel Dormouse

Wakehurst Place, Ardingly, Haywards Heath, West Sussex, RH17 6TN

sussexwildlifetrust.org.uk/whats-on

01273 492630 **Tickets:** Members £30, non-members £42

10–11 SEPTEMBER

Fernhurst Furnace Open Weekend

Fernhurst, Haslemere, West Sussex, GU27 3NJ

fernhurstfurnace.co.uk

01428 654088 **Tickets:** See website for details

10 SEPTEMBER

Findon Sheep Fair and Village Festival

Nepcote Green, Nepcote Lane, Findon, West Sussex, BN14 0SD

findonsheepfair.co.uk

01903 264161 **FREE ADMISSION**

10–11 SEPTEMBER

Loughton Autumn Show

Loughton Showground, East Sussex, BN8 6BN

heritagefield.co.uk

01323 811264 **Tickets:** Adults £9, children £4, OAPs £8, family (2 adults & 2 children) £20, under 5s go free

17 SEPTEMBER

Big Beach-watch – litter pick with the Marine Conservation Society

Birling Gap, East Dean, East Sussex, BN20 OAB

nationaltrust.org.uk/birling-gap-and-the-seven-sisters/whats-on

01323 423197 **FREE ADMISSION**

23–24 SEPTEMBER

Secrets of the High Woods Conference

South Downs Centre, Midhurst, West Sussex, GU29 9DH

southdowns.gov.uk

01730 814810 **FREE ADMISSION**

24 SEPTEMBER

Rise of Northwood anniversary walk

Northwood, nr Slindon, West Sussex, BN18 0RG

nationaltrust.org.uk/slindon-estate/whats-on

01243 814730 **Tickets:** Donations only

25 SEPTEMBER

Wood is Good! Woodcraft Fayre

Butser Ancient Farm, Chalton, Hampshire, PO8 0BG

butserancientfarm.co.uk

02392 598838 **Tickets:** Normal entrance fee

25 SEPTEMBER

Birling Gap – circular guided cycle ride

Meet at Eastbourne YHA, East Dean Rd, Eastbourne, East Sussex, BN20 8ES

nationaltrust.org.uk/birling-gap-and-the-seven-sisters/whats-on

01323 423197 **Tickets:** £7 per person

OCTOBER

1–2 OCTOBER

Apple Affair

West Dean College, West Dean, Chichester, West Sussex, PO18 0QZ

westdean.org.uk

01243 811301 **Tickets:** See website for details

8 OCTOBER

Elsted Community Apple Pressing Day

The Elsted Inn, Elsted Marsh, Midhurst, West Sussex, GU29 0JT

theelstedinn.com

01730 813662 **FREE ADMISSION**

8 OCTOBER

Slindon Apple Day

Slindon, West Sussex, BN18 0RG

nationaltrust.org.uk/slindon-estate/whats-on

01243 814730 **Tickets:** £1 per person

9 OCTOBER

Blackmoor Apple Day

Blackmoor Estate Ltd, Blackmoor, Liss, Hampshire, GU33 6BS

blackmoorestate.co.uk

01420 476003 **FREE ADMISSION**

22–30 OCTOBER

Pumpkin Trail

Hinton Ampner, Alresford, Hampshire, SO24 0LA

nationaltrust.org.uk/hinton-ampner/whats-on

01962 793511 **Tickets:** Normal entrance fee

25 OCTOBER

Halloween in Friston Forest

Seven Sisters Country Park Visitor Centre, Exceat, nr Seaford, BN25 4AD

sussexwildlifetrust.org.uk/whats-on

01273 492630 **Tickets:** Suggested donation of £3

26 OCTOBER

Autumn Colour Walk

Hinton Ampner, Alresford, Hampshire, SO24 0LA

nationaltrust.org.uk/hinton-ampner/whats-on

01962 793511 **Tickets:** £10 (includes lunch)

29 OCTOBER

Fright Night

Butser Ancient Farm, Chalton, Hampshire, PO8 0BG

butserancientfarm.co.uk

02392 598838 **Tickets:** See website for details

29 OCTOBER

Great British Walk – Black Down to Woolbeding Parkland

Black Down, Tennyson's Lane, Haslemere, Surrey, GU27

nationaltrust.org.uk/woolbeding-countryside/whats-on

01730 816638 **Tickets:** £3 per person

26–27 NOVEMBER

Christmas Market

Weald and Downland Open Air Museum, Singleton, Chichester, West Sussex, PO18 0EU

wealddown.co.uk

01243 811363 **Tickets:** Normal entrance fee

NOVEMBER

3 NOVEMBER

An Introduction to Fungi

Kirdford Village Hall, Kirdford, West Sussex, RH14 0ND

sussexwildlifetrust.co.uk/whats-on

01273 492630 **Tickets:** Members £30, non-members £42

4 NOVEMBER

Fungus Foray

Saddlescombe Farm, near Devil's Dyke, BN45 7DE

nationaltrust.org.uk/devils-dyke/whats-on

01273 857712 **Tickets:** £8 per person

5 NOVEMBER

Autumn Colour Walk

Hinton Ampner, Alresford, Hampshire, SO24 0LA

nationaltrust.org.uk/hinton-ampner/whats-on

01962 793511 **Tickets:** £10 (includes lunch)

6 NOVEMBER

Trees in the landscape

Slindon, West Sussex, BN18 0RG

nationaltrust.org.uk/slindon-estate/whats-on

01243 814730 **Tickets:** Adults £4, children £2

DECEMBER

3 DECEMBER

Winter Magic

Seven Sisters Country Park Visitor Centre, Exceat, nr Seaford, BN25 4AD

sussexwildlifetrust.co.uk/whats-on

Tickets: Child member £5, adult member £2.50, child non-member £7, adult non-member £3.50

3–4 DECEMBER

Mulled Wine Weekend

Gilbert White's House, High Street, Selborne, GU34 3JH

gilbertwhiteshouse.org.uk

01420 511275 **Tickets:** See website for details

16 DECEMBER

Saturnalia

Butser Ancient Farm, Chalton, Hampshire, PO8 0BG

butserancientfarm.co.uk

02392 598838 **Tickets:** Normal entrance fee

28 DECEMBER

Rathfinny walk

Birling Gap, East Dean, East Sussex, BN20 OAB

(meet at the High and Over car park)

nationaltrust.org.uk/birling-gap-and-the-seven-sisters/whats-on

01323 423197 **Tickets:** £3 per person



© Tony Sauter

3–4 September

SECRETS OF THE HEATH

Petersfield Heath, Petersfield, Hampshire, GU31 4LA

Come join us on Petersfield Heath for a weekend of horrible histories as we bring the story of the heath to life through re-enactments and wildlife fun.

Meet characters from the past and discover the wild animals that inhabit this precious but now rare habitat. Visit southdowns.gov.uk/secretsoftheheath for more details.

FREE ADMISSION

DAYS OUT IN THE SOUTH DOWNS BY BUS AND TRAIN

With its rolling hills, majestic woods, crystal clear rivers, stunning cliffs, 'picture perfect' villages and heavenly heathland the South Downs National Park has something for everyone. Whether you're into sampling new foods, discovering new paths or finding that adrenaline kick, the South Downs is the place for you.

2 Bustling Petersfield

This lovely market town was founded in the 12th century on the crossing point of two well-used main roads. With its history of sheep and cattle farming, as well as leather and cloth trading, it still has a bustling shopping atmosphere, the Flora Twort Gallery, a museum and boasts a Heath with 21 Bronze Age barrows.



Photo © SDNPA/Mischa Haller

3 South Downs Way

Stretching from the ancient cathedral city of Winchester in the west, past the white chalky cliffs of the Seven Sisters, all the way to Eastbourne, come explore this 160 km National Trail. You can walk, cycle or horse ride the entire length. Visit nationaltrail.co.uk/southdowns for more information.



1 The River Itchen

Explore this beautiful chalk stream by bike and discover a hidden church in the woods, a town famous for watercress and the elegant National Trust property of Hinton Ampner. Download this guide and lots more at southdowns.gov.uk/cycling



Photo © SDNPA

4 Unique Arundel

Steeped in history and offering direct access to the stunning South Downs National Park, Arundel is definitely worth a visit. Walk around crystal clear Swanbourne Lake, visit the WWT Wetlands Centre to spot some water voles, or explore the majestic cathedral, fairy-tale castle and historic streets with their intriguing shops and cafés.



Photo © SDNPA/Mischa Haller

DELICIOUS DAYS OUT

The South Downs National Park is overflowing with delicious local food and drink. To help you discover your next favourite dish, we've created a series of leaflets giving you a taster of the South Downs foodie experiences waiting to be discovered. Visit southdowns.gov.uk/delicious to download a copy. (Read more about South Downs produce on page 15.)



COMMUNITY RAIL IN THE NATIONAL PARK

There are lots of opportunities to access the countryside, visit lovely towns and discover new places in the South Downs by train. We have two Community Rail Partnerships (CRP) in the South Downs, Sussex CRP and East Hampshire CRP. These organisations work closely with the National Park Authority and train operators to connect you with the railways in your area.

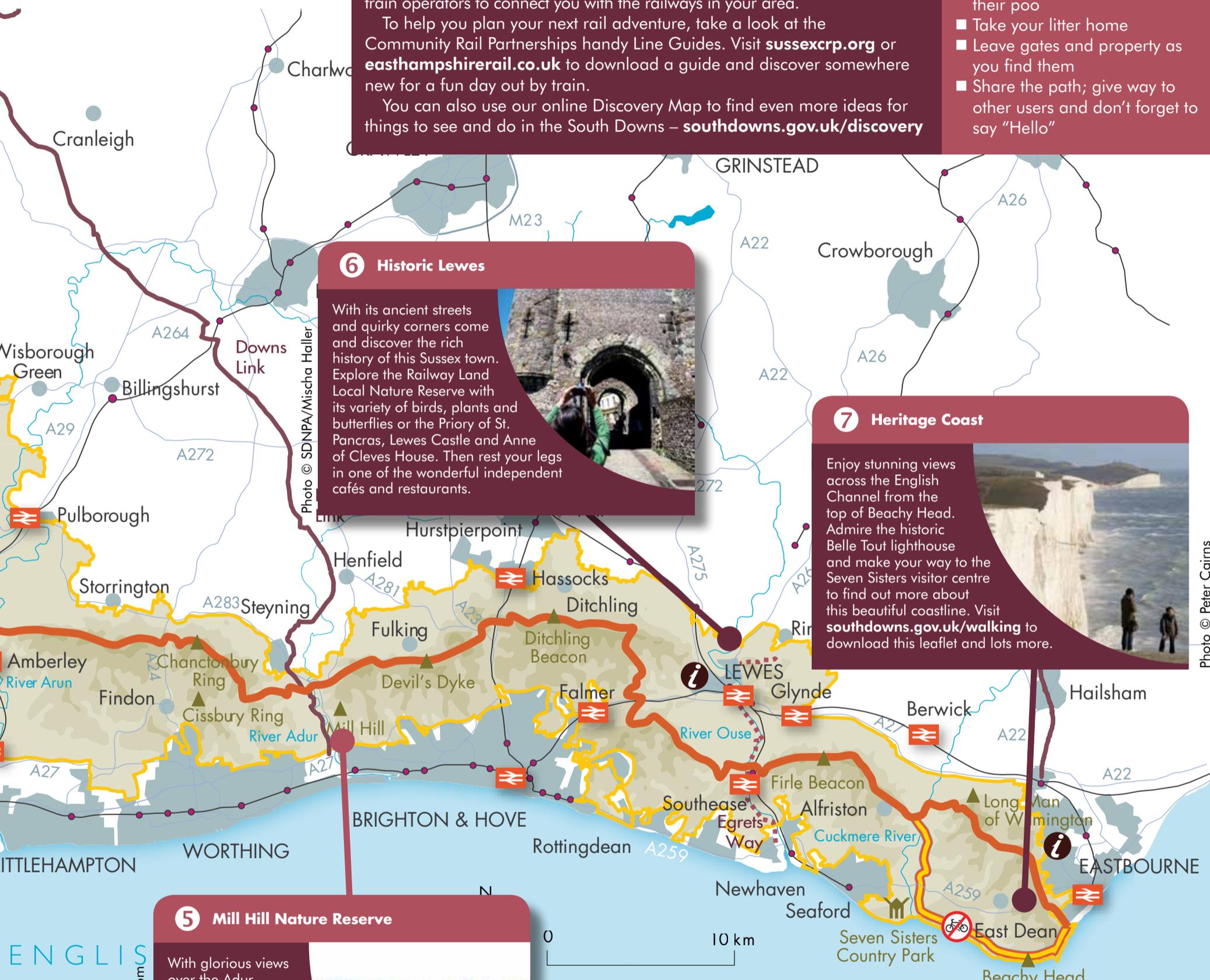
To help you plan your next rail adventure, take a look at the Community Rail Partnerships handy Line Guides. Visit sussexcrp.org or easthampshirerail.co.uk to download a guide and discover somewhere new for a fun day out by train.

You can also use our online Discovery Map to find even more ideas for things to see and do in the South Downs – southdowns.gov.uk/discovery

RESPECT. PROTECT. ENJOY

When exploring the South Downs National Park there are a few things you can do to ensure you have a safe and happy day out:

- Keep your dog under control and always pick up and bin their poo
- Take your litter home
- Leave gates and property as you find them
- Share the path; give way to other users and don't forget to say "Hello"



6 Historic Lewes

With its ancient streets and quirky corners come and discover the rich history of this Sussex town. Explore the Railway Land Local Nature Reserve with its variety of birds, plants and butterflies or the Priory of St. Pancras, Lewes Castle and Anne of Cleves House. Then rest your legs in one of the wonderful independent cafés and restaurants.



7 Heritage Coast

Enjoy stunning views across the English Channel from the top of Beachy Head. Admire the historic Belle Tout lighthouse and make your way to the Seven Sisters visitor centre to find out more about this beautiful coastline. Visit southdowns.gov.uk/walking to download this leaflet and lots more.



5 Mill Hill Nature Reserve

With glorious views over the Adur valley, here you can walk, picnic and explore the open access land on Mill Hill Nature Reserve. Use our Shoreham-by-Sea leaflet to guide you from the railway station – southdowns.gov.uk/walking.



- South Downs National Park Boundary
- South Downs Way
- South Downs Way Footpath Only
- Multi-user routes
- Planned cycle routes
- Railway
- Railway stations
- ▲ Countryside sites
- Settlement
- ⓘ Information Points (contact details on page 2)
- ⊘ No cycling

Photo © AndrewPickettPhoto.com

Photo © Peter Cairns

SOOTHE YOUR SOUL



Getting some fresh air does wonders for your health and what better place to get in touch with nature than right on your doorstep in the South Downs National Park

Ecopsychology, to state it at its simplest is the study of the relationship between humans and nature. There are a number of different theories in this field which show that getting outside can help our general feeling of well-being by reducing stress, improving sleep and increasing happiness.

There are a huge number of societies and groups available which specialise in activities such as gardening, walking and conservation, all of which can give your mental and physical well-being a boost. Alternatively why not simply get outside for a game

of football in the town park or a short walk up on top of the Downs to blow away the cobwebs. Do this just once a week and you'll soon start to see (and feel!) the benefits. For more ideas of places to walk, cycle and horse ride in the South Downs visit southdowns.gov.uk/enjoy.

With a network of public transport running throughout the National Park you can plan your next day out with nature by visiting our online Discovery Map at southdowns.gov.uk/discovery

Time out in nature helps:

- Reduce stress
- Boost your confidence
- Improve your mood
- Increase your energy levels

This Sussex based charity runs free nature connection courses for people who are looking for ways to improve their mental and physical well-being.

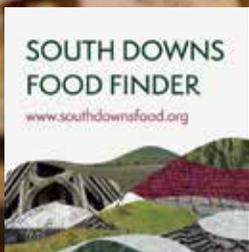


Grow offers you the chance to enjoy a wide range of optional activities in a friendly group such as guided nature walks, conservation tasks, green woodworking, wild food foraging, creative sessions and shepherding. Often just being in magical surroundings with picnics, tea and chat, soup by the fire and mindfulness activities can help you regain stability in your mental health and give you a more positive attitude to life.

The groups are flexible for varying energy levels and physical ability, include transport from central Brighton and a lunch. If you think you'd like to join a course please contact us on Info@GrowingWellbeing.org.uk
We are about growing people, not gardening!



© SDNPA / L. Geaghegan



© Peter Robinson

All photos © Mischka Haller



EAT THE VIEW

The superb food and drink produced in the South Downs has never been easier to find and enjoy thanks to a new web portal called southdownsfood.org.

The South Downs is home to English sparkling wine with over 20 vineyards and more than 50 breweries. Its exquisite dairies create over 80 regional cheeses and artisan makers have won national and international awards for their creative products, from ice cream to charcuterie and from pies to pickles. Southdown Lamb, Sussex Beef and superb fish from the Sussex and Hampshire coastal waters all help make the area a true foodie haven. And now it's even easier for you to find these delicious delights.

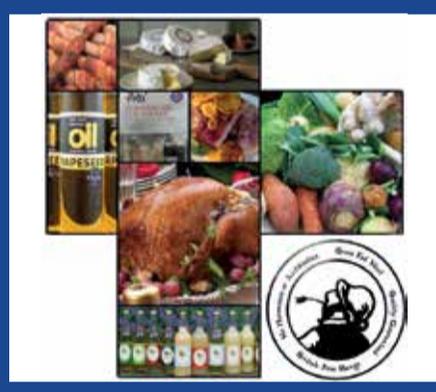
Created by Natural Partnerships Community Interest Company with support from the South Downs National Park Authority and The Southern Co-operative, the website, southdownsfood.org, highlights that the South Downs should be recognised for its high-quality, sustainable food almost as much as its spectacular beauty and tranquil spaces.

Including hundreds of local food and farm shops, restaurants, pubs and cafés, vineyards, breweries and food producers who sell directly

to the public, this unique website showcases the extraordinary range of produce grown, reared, caught and made in the area, with a clever interactive 'food finder' to help you locate it.

Any food business within a ten-mile radius of the National Park can register their business at southdownsfood.org for free and add to the calendar of upcoming foodie events for tourists and locals to plan their leisure time. There is also a business interface to join up the local food and drink food chain and help them link and work together.

So, if this tickles your taste buds, get searching for your first of many South Downs food experiences!



COMPETITION

WIN a huge Farmer's Choice South Downs food and drink hamper worth £170, just in time for Christmas 2016! You can take the worry away from planning the biggest meal of the year with this enormous selection of delicious locally-produced and reared meats, vegetables, cheeses, oils, soft drinks and treats. You even get a turkey roasting kit!

Simply send your answer to the following question, along with your full name, contact telephone number and address, to hello@southdownsfood.org by 30 September 2016.

Which South Downs vineyard supplied wine to a state banquet at Buckingham Palace last October?

The winner will be contacted by email or telephone by 31 October 2016, good luck!

DID YOU KNOW...



While hosting the state banquet at Buckingham Palace last October, in honour of President Xi Jinping's four-day visit, Her Majesty raised a glass of Ridgeview's Grosvenor blanc de blancs 2009 – this was the third time in recent years that the Queen turned to this South Downs firm for state dinners. If it's good enough for Her Majesty it must be worth a taste!
ridgeview.co.uk





© Mischa Haller

With crystal clear streams, meandering rivers and a stunning heritage coastline, the water of the South Downs not only provides fabulous views and fascinating wildlife, it also gives 1.2 million people safe and healthy drinking water.

WONDERFUL WATER

Anyone who's appreciated the spectacular white cliffs at Seven Sisters will know that the South Downs are made of chalk, which not only gives us wonderful vistas but also glorious downland flowers, butterflies and other wildlife. However, you might not be aware of the other amazing properties this unique rock, made of minute fossilised shells, has.

Chalk is porous, meaning that it can absorb and store vast quantities of water, like a giant underground sponge. The aquifer provided by

the South Downs chalk supplies 1.2 million people across the South East of England with drinking water.

Around 365,000 people in and around Brighton & Hove depend on this amazing natural asset but the water coming out of the chalk here often fails national standards for nitrates, pesticides and oil pollution – from both the countryside and the town itself. A lot of work, and money, goes into cleaning the water before it can be used, but is there a better way – what if we could tackle the problem at the source?

The ChaMP (Chalk Management Plan) aims to do just that by working with farmers, land managers, the Highways Agency, local authorities, industries and the public to prevent and limit pollution getting in to the water cycle. ChaMP includes activities such as advice and grants to farmers and landowners, sustainable urban drainage initiatives and awareness raising, and best practice events for land managers and the public. The ultimate goal is to improve the quality of our ground water and that

chalk will once again become the only natural filter our water needs.

This three-and-a-half-year long project brings together Southern Water, Brighton & Hove City Council, the Brighton and Lewes Downs Biosphere Partnership, the South Downs National Park Authority, the Environment Agency, Natural England and the University of Brighton. Keep an eye on our website for further information southdowns.gov.uk

Save water, energy and money

Southern Water is offering a **FREE** water-saving visit and **FREE** installation of water saving devices to schools across Sussex and Hampshire. Southern Water will help teachers engage pupils in saving water by becoming Water Heroes.

Get in touch now at sally.lambert@southernwater.co.uk or call 01903 272701.

Here are some easy things you can do to save water in your home while also saving money...



Take a quick shower rather than a bath



Use a water butt to collect water for your garden



Fill a kettle with just the water you need



Use the eco settings on your washing machine & dishwasher



BE A WATER HERO

OTTERS RETURN TO THE ROTHER



© 123RF.COM

The first confirmed evidence of an otter on the upper Rother River in Hampshire since 2001 has been captured on film...

A camera trap, set up on the river to monitor whether invasive species American mink, which threatens our native wildlife, were at large in the area instead recorded a young otter visiting the site on two separate occasions during September 2015.

Chris Gurney, Apprentice Ranger for the South Downs National Park, explains how exciting this finding is for the National Park and nature lovers:

"It's been 14 years since the last confirmed sighting of an otter here – probably because the river hasn't been healthy enough to support the fish they eat. There's been a real community effort to improve the habitat of the Rother with local fishing groups, landowners and volunteers all working together to

restore the river and encourage more sympathetic land management, so this sighting is a great sign that the hard work is starting to pay off."

"Everyone would love to see this otter find a mate and settle down, however the Rother is still failing water quality standards so there's a long way to go yet. We need to work together to reduce the pollution running off surrounding land to improve the river's health and make it a great spot to raise an otter family."

Although there have been some anecdotal reports of otters in recent years, this is the first animal caught on camera. Follow us on Facebook and Twitter for up-to-date news and stories on otters and much more – southdowns.gov.uk.

WILDLIFE ON THE WATER

Download the free ARC Explorer app to experience and explore the Arun and Rother rivers and local wildlife – arcexplorer.org.uk. As well as discovering walks, news and events in the area, you can use the app to share sightings of wildlife you've spotted when out and about. All data from the app goes to the Sussex Biodiversity Records Centre so you'll be doing your bit to assist conservation in the area. You can even collect a badge for each species that you record and there's a prize at the end of the project (August 2016) for the person with the most badges, so grab a pair of binoculars and get out there!

FREE activities and training for schools

We want to get young people up from their school desks and out exploring, playing and learning in the best kind of classroom – the outdoors! The Arun and Rother Connections (ARC) project has funding to deliver a number of outdoor activities for schools in the Arun Valley and surrounding landscape.

Come and join us for **otter and water vole discovery**, **river field trips** and **Forest School training**. You can also borrow our **wildlife camera** to find out what animals get up to on school grounds after you've all gone home, or why not get yourself an **Arun & Rother Explorer resource pack** aimed at teachers to help them use the Arun and Rother rivers for outdoor learning.

Get in touch now for more information – deborah.coggles@Rspb.org.uk / 01273 763 378



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PLANNING IN YOUR NEIGHBOURHOOD

Have you ever wondered who makes decisions about planning in your local area, or do you want to be more involved in these decisions?

If so then you should find out whether your parish has a Neighbourhood Plan.

Neighbourhood planning allows local communities to be more involved in planning for the places where they live, work or visit. This

is done by preparing one of the following:

- Neighbourhood Development Plans
- Neighbourhood Development Orders
- Community Right to Build Orders

Through neighbourhood planning you can develop specific planning policies for your local area which cover local issues. These can be policies for individual sites or a wider area and can deal with just a handful of topics or cover a broad range of subjects.

Neighbourhood planning gives a voice to a wide range of people in your community, hopefully creating more agreement for a long-term,

planned approach and a sense of ownership. Where communities come together with sound working relationships they not only stand a better chance of making plans happen they also develop a better understanding of how planning works.

For more information about starting a Neighbourhood Plan visit southdowns.gov.uk/neighbourhood-planning

SUCCESSFUL PLANNING

The Petersfield Neighbourhood Plan (PNP) is the largest neighbourhood plan made to date within the South Downs National Park. It plans for more than 700 new homes, 3 hectares of employment space and protects the future of a much valued sports hub – including measures to create a new community centre. The plan also establishes a clear network of green spaces to connect the town with the National Park and developers will have to make sure that the network of streams and rivers in the heart of the town are not only protected but improved.

Preparation of the neighbourhood plan wasn't easy. Challenges included finding a balance between conserving and enhancing the nationally valued landscape while meeting the aspirations of local people. Thank you to the thousands of people in the community who attended workshops and events which all contributed to the final plan.

SOUTH DOWNS NATIONAL PARK LOCAL PLAN

The National Park needs properly managed development that conserves and enhances the natural beauty, wildlife and cultural heritage for which it was designated. The Local Plan will help shape the future of the South Downs National Park by:

- putting landscapes first while still serving the needs of our communities and local economy;
- protecting the special qualities of the National Park;
- valuing nature both for its own sake and for the things it gives us – like clean water, food and space to breathe; and
- applying a single set of planning policies across the National Park to ensure all planning decisions reflect its special qualities.

Keep up to date with the development of the South Downs National Park Local Plan at southdowns.gov.uk/local-plan



EMBRACE THE DARKNESS

Here are some things that we can all do to encourage more nocturnal wildlife into our gardens, rural or urban:



Turn off lights when not needed



Avoid bright lights such as halogen security lights



Buy lamps under 500 lumens



Buy 'redder' lamp colours – wildlife (and us) prefer red to white light



Plant paler flowers in your garden to attract night-time insects



Install a bat box

It's always nice to get out in the early evening for a spot of star gazing under some dark skies.

Although the weather doesn't always play ball you should be able to spot some easily identifiable objects such as the Orion Nebula, Seven Sisters and the Andromeda Galaxy. However, our night-time skies are not all about us.

A growing wealth of evidence shows that light pollution has both good and bad impacts on wildlife. For the higher level predators, such as some species of bats, the common redshank (*Tringa tetanus*) and the fox, the addition of light is a good thing. With more light it becomes easier to forage and locate food. Artificial lighting creates a perpetual full

moon helping top level predators to capitalise on the lack of cover other animals and insects can hide within.

In general however, artificial lighting adversely affects wildlife. As within any ecosystem, the quality and stability of habitats usually depends on lower level species in the food chain. A lot of evidence is now showing that artificial light negatively effects moths and other insects in particular. As we've all seen, moths gather around bright sources, flying much more than they would have without the light. This increase in activity tires the insects making them more

susceptible to predators. With large amounts of light, insects can move from established habitats and de-populate areas that other light averse species, such as bats, would once forage. Once there is an alteration in the food chain, further habitat degradation can occur such as pollination of flowers or trees.

So the obvious thing is to avoid lighting sensitive wildlife sites, which is something the SDNPA Local Plan Policies look to do.

In January 2016 we submitted a bid for areas of the South Downs National Park to become an International Dark Skies Reserve. To keep up to date with our progress visit southdowns.gov.uk/darkskies

New Dark Sky Discovery Sites in the South Downs

Four new sites in the National Park have been recognised as great local spots to see the stars. Birling Gap, Ditchling Beacon, Devil's Dyke and Iping Common joined existing Dark Sky Discovery Sites at Butser Hill, Old Winchester Hill and Winchester Science Centre & Planetarium.

Find out more at darkskydiscovery.org.uk



GET INVOLVED

From clearing scrub to monitoring harvest mice, volunteers are crucial to our conservation work in the South Downs National Park. To help you find your perfect volunteering opportunity in the South Downs we've developed a handy online tool.

The South Downs Volunteering Map helps people interested in gaining new skills, discovering local history, making new friends, getting exercise or enjoying nature find volunteering opportunities within the National Park. You can search based on the sort of work you want to do, aspects of the National Park you are most interested in or when you are available. Simply visit southdowns.gov.uk/volunteering-map and get volunteering.

© Anne Purkiss



NATURE SESSIONS WITH THE RSPB

Help hundreds of primary school children connect to nature by exploring the wildlife within school grounds.



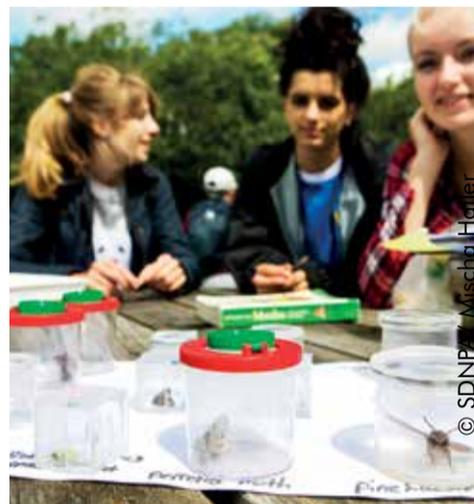
We've designed fun and interactive sessions to give children first-hand experiences with nature, from bug hunting or bird watching to finding daisies or mini-beasts, and we need you to get involved!

school, links with teachers or teaching assistants, or even a local newsletter or forum, please tell others about this great project and how they can get involved.

How can I get involved?

- **Invite us to your school**
Find out more and book by visiting: rspb.org.uk/forprofessionals/teachers/outreach
- **Volunteer**
Find out about volunteering as an education officer by emailing dixie@rspb.org.uk
- **Spread the word**
If you have children or grandchildren in a primary

Our staff and volunteer educators can deliver free sessions to schools in Brighton, Hove and the surrounding areas, providing all the materials and equipment needed. Taking part can also help schools achieve Wildlife Action Award and Eco-schools awards. The project is funded by Aldi through the sale of plastic bags. Together, we hope that these sessions will be the first step for many children towards enjoying and valuing the natural world as much as we do.



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© SDNPA / Mischa Haller



© Nick Robinson



National Trust

CAPABILITY BROWN: A LANDSCAPING LEGEND



Portrait of Lancelot 'Capability' Brown, c.1770–75, Cosway, Richard (1742–1821)/Private Collection/Bridgeman Images.



© National Trust Images/Andrew Butler

2016 marks the 300th anniversary of the birth of Lancelot 'Capability' Brown.

Born in August 1716 and described as the 'father of landscape architecture', Capability Brown changed the face of eighteenth century England through his designs of hundreds of country estates. Nicknamed 'Capability' because of his habit of telling clients that their gardens had 'great capabilities', his carefully constructed rolling landscapes using trees, lawns, water, bridges and buildings have shaped people's view of the quintessential English countryside.

Walking through Petworth Park in West Sussex, the landscape gives every impression of being totally natural. However, in reality it could not be more unnatural. When Charles Wyndham, 2nd Earl

of Egremont inherited Petworth in 1750 he commissioned Capability Brown to wipe away the formal ornamental gardens, orangery and orange garden, aloe garden and the giant rampart terraces. Brown then created the serpentine Upper Pond along with the smaller Lower Pond and in 1762 he moved the original road from Petworth to Tillington, passing within 50 feet of the house, to its present position 0.75 miles south. New carriageways were then constructed to offer visitors momentary glimpses of the house through the newly-planted trees before its full splendour could be admired on arrival.

The parkland immediately in front of Petworth House was grazing

for horses, pigs and cattle, and Turner's 1828 views of Petworth Park immortalise the remarkably unchanged landscape. Today, the 700-acre deer park is maintained by the National Trust and open to the public every day without charge – nationaltrust.org.uk/petworth-house-and-park

Over two centuries have passed since his death, but such are the enduring qualities of Capability Brown's work that over 150 of the 260 or so landscapes with which he is associated remain worth seeing today. The images that Brown created are as deeply embedded in the English character as the paintings of Turner and the poetry of Wordsworth.

Visit nationaltrust.org.uk for details of all the National Trust gardens and properties waiting to be discovered in the South Downs.

CELEBRATORY EVENTS



National Trust's Petworth House & Park is one of the main hubs for the Capability Brown anniversary celebrations with the following events taking place:

- **The Embroiderers' Guild; celebrating 'Capability' Brown**
Sat 19 Mar–Sun 4 Sept, 11am–4.30pm
 Local Embroiderers' Guilds will exhibit work inspired by Petworth Park's 'Capability' Brown landscapes.
- **Petworth Park Revealed: The Naked Landscape**
Sat 2 Apr–Sun 6 Nov, 11am–4.30pm
 This exhibition will explore the incredible scale and impact of Capability's work here, sweeping away old traditions and imposing his own bold vision.
- **Petworth Park Inspired: The Art of Landscape**
24 Sept–27 Nov
 A small group of paintings by J.M.W. Turner and others will be shown alongside a newly commissioned film charting the development of the Petworth landscape.

Eleanor won many literary awards and the Eleanor Farjeon Award for children's literature is presented annually in her memory by the Children's Book Circle.



LOTTERY FUNDED



Eleanor Farjeon

A SOUTH DOWNS ALPHABET

Inspiring people to discover heritage through creative learning

The South Downs has a rich cultural heritage with strong links to well-known writers, poets, musicians and artists who have drawn inspiration from this special place – Virginia Woolf, Jane Austen, Hilaire Belloc, Edward Thomas, Joseph Turner and Eric Ravilious to name but a few.

This year the work of Eleanor Farjeon, author of *Morning Has Broken*, is being celebrated in a project to bring a wide range of her poems to life and stimulate creative responses from the next generation.

Eleanor Farjeon (1881–1965) was an important literary figure from World War I onwards. Her series of poems, *A Sussex Alphabet*, appearing as a limited illustrated edition by the Pear Tree Press in 1939 and covering characters, folklore and landscape, captured the essence of the county she loved. They combine a unique mixture of fantasy, realism, humour and love of Sussex heritage.

The Heritage Lottery Funded South Downs Alphabet project is using Eleanor Farjeon's book, *A Sussex Alphabet*, as a lens through which to view the modern day South Downs National Park. It has been developed through a partnership between the South Downs National Park Authority and The Write House, a group of independent historians and authors based in Sussex and is supported by renowned local author Lynne Truss.

Schools across the National Park are taking part in this inter-generational project alongside

University of the Third Age groups with the aim to bring Eleanor Farjeon's love of the landscape, and her funny, poignant and relevant poetry alive for a new generation and stimulate research into the heritage that inspired her.

The project began with inspirational events for adults and children to learn about the inspiring landscapes, tranquil and unspoilt places, rich wildlife and habitats, historical features and distinctive towns and villages that make up the South Downs. Between February and July this year, opportunities for archival research, visits to sites within the South Downs National Park and workshops to uncover the heritage behind Eleanor Farjeon's work will take place. Participants will then share their knowledge in creative ways, culminating in a series of poems reflecting what people value most about the South Downs as it is today.

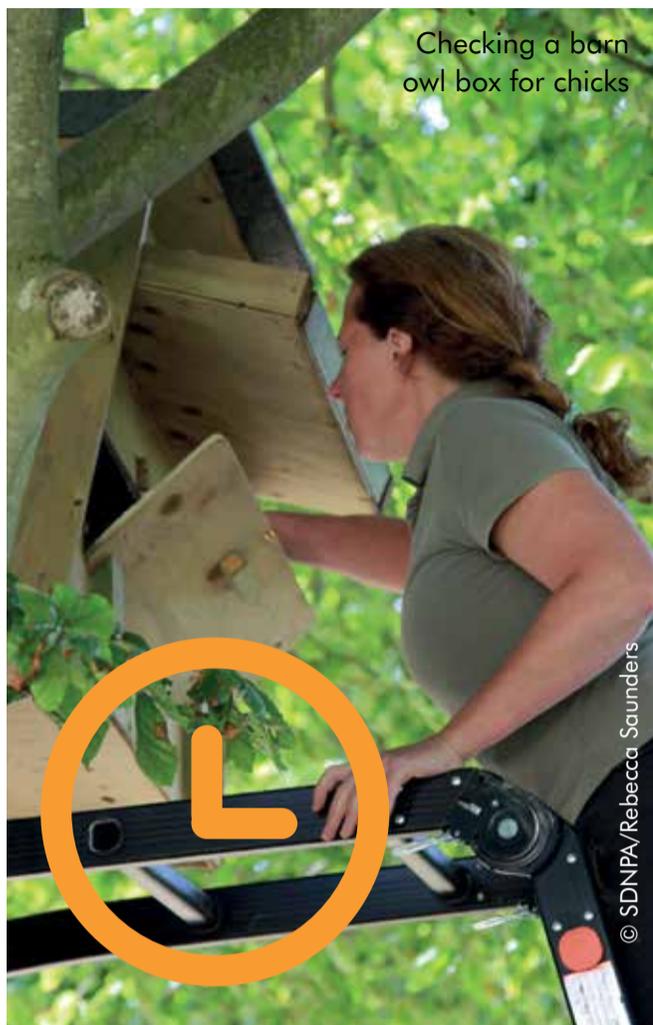
The end product will be a new South Downs Alphabet book of these poems to be published in a box set edition alongside Eleanor Farjeon's original book in December 2016. To find out more contact learning@southdowns.gov.uk



© Chichester Observer Series/Derek Martin



© Chichester Observer Series/Derek Martin



Checking a barn owl box for chicks

© SDNPA/Rebecca Saunders



Being interviewed about our water vole reintroduction project

© SDNPA



Leading a guided walk in the Cuckmere Valley

© SDNPA

A TYPICAL DAY IN THE LIFE OF A RANGER

If the South Downs are the lungs of South East England, then our rangers are the heart of the National Park.

We often get asked what a typical day in the life of a South Downs ranger entails, so we thought we would give you a flavour of the many different things our rangers get up to on a day-to-day basis. The quick answer is that there is no such thing as a typical day, or night.

Here in the South Downs we have four ranger teams. Due to the variety of landscapes in the South Downs, a ranger's working day is usually determined by where they are in the National Park.

With its crystal-clear chalk rivers and dense woodland, you may find our Western Downs rangers busy reintroducing water voles, installing barn owl boxes or measuring our dark skies. The Wealden Heaths area includes rarer than rainforest lowland heathlands, so much of this team's work focuses on improving habitats to protect heath-dwelling reptiles and birds, while also working with communities to conserve and enhance the local area. Our Central Downs rangers can be spotted helping partner organisations to reintroduce grazing animals on key chalk grassland sites or working closely with farmers to improve land management. In the Eastern Downs the ranger team might be found clearing scrub to help species like the Adonis blue butterfly flourish or working with partners on the Heritage Coast or the Brighton and Lewes Downs Biosphere. Our rangers also help us by attending over 60 events each year, where we talk face-to-face with around 10,000 people.

A ranger's day often involves leading a task force of enthusiastic, dedicated and invaluable South



Helping Steyning Grammer School students with scrub clearance

© SDNPA

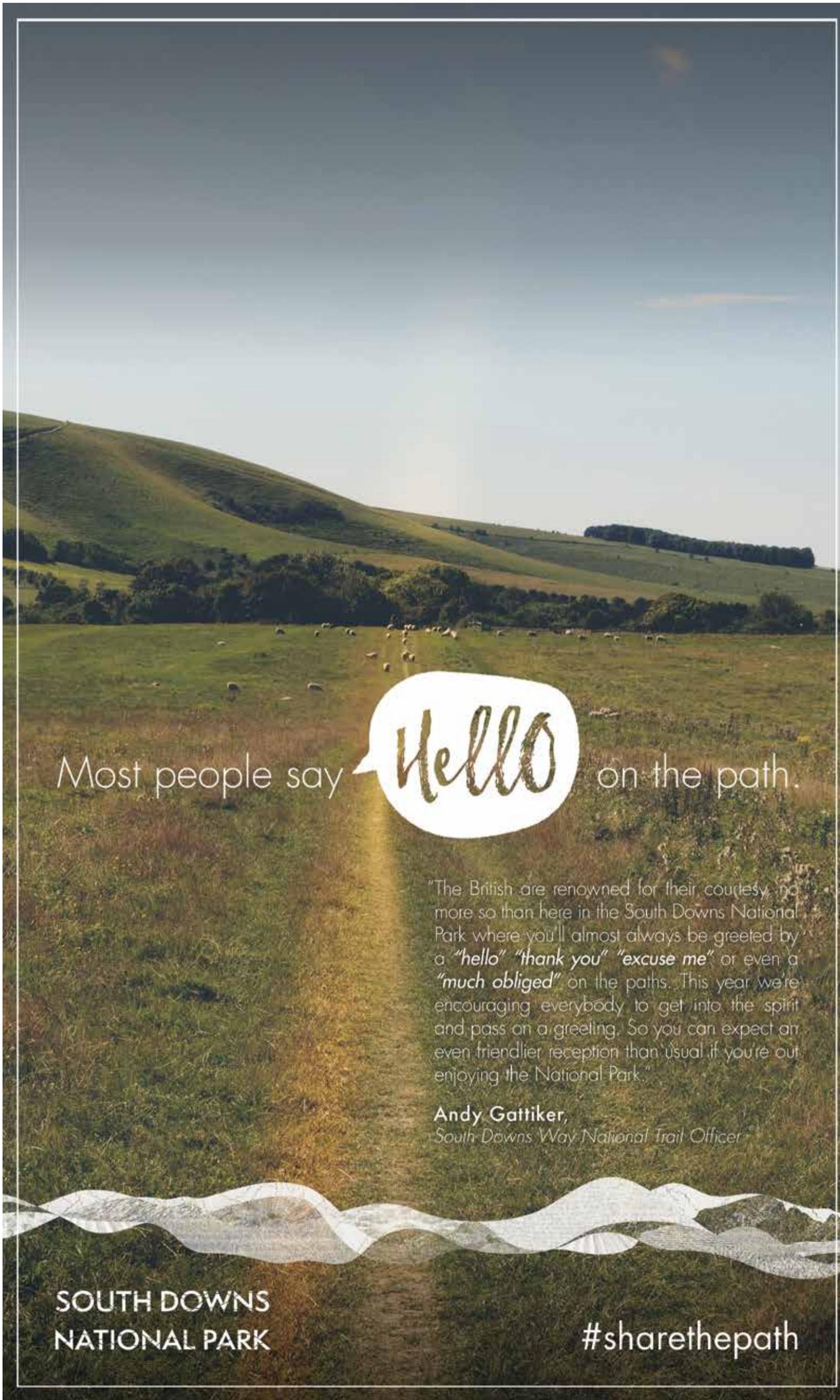
Downs Volunteer Rangers. With over 500 volunteers across the National Park, rangers help facilitate this huge workforce to carry out tasks such as scrub clearance, hedge laying, coppicing, surveying and much more. Rangers and volunteers also work closely with our South Downs Way Officers to keep the popular National Trail accessible for visitors by installing gates, stiles, signposts, steps and fencing. Alongside this, rangers are responsible for all our open access land, 300 areas in total, and they work closely with farmers and landowners to ensure these areas are maintained to give us even more places to explore.

But it's not all fresh air and physical work, rangers also have to write reports, analyse data, develop conservation management plans, give talks, comment on planning applications and take part in radio or TV interviews too. So, as you can tell, a day in the life of a ranger is as varied as the rich tapestry of the South Downs National Park. Next time you're out in the South Downs and see a butterfly fluttering past you or a new gate in place to make your walk that bit easier, give a salute to the rangers and volunteers who help protect and improve this beautiful landscape for us all to enjoy.



© SDNPA / Anne Purkiss

Volunteers carrying out field work for the Secrets of the High Woods project



Most people say **Hello** on the path.

"The British are renowned for their courtesy, no more so than here in the South Downs National Park where you'll almost always be greeted by a "hello" "thank you" "excuse me" or even a "much obliged" on the paths. This year we're encouraging everybody to get into the spirit and pass on a greeting. So you can expect an even friendlier reception than usual if you're out enjoying the National Park."

Andy Gattiker,
South Downs Way National Trail Officer

**SOUTH DOWNS
NATIONAL PARK**

#sharethepath



Share Your Thoughts

Want to discuss the South Downs National Park with others?

Whether you live in, work in, visit or are just passionate about the National Park, joining our online Forum is the ideal way to raise topics, join in discussions, post photos, take part in surveys or simply find out about what's going on. It only takes a moment to sign up and then you're ready to add your opinion to an existing item or start your own post.

To view the current hot topics or to start your own discussion, go to **southdowns.gov.uk** and click on 'Forum' at the top right of the page.

To keep up-to-date with news, events and competitions, follow us on...



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@SDNPA
@Ranger_sdnpa



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