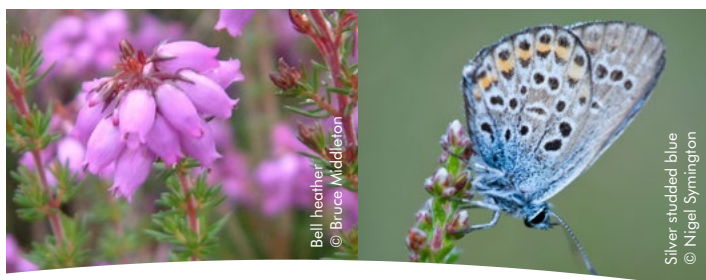


MILES WITHOUT STILES

TRAILS SUITABLE FOR PEOPLE WITH IMPAIRED MOBILITY, WHEELCHAIRS, MOBILITY SCOOTERS AND PUSH CHAIRS



© SDNPA



Bell heather © Bruce Middleton

Silver-studded blue © Nigel Symington

IPING AND STEDHAM COMMONS

This route gives the opportunity to explore one of the best examples of lowland heath in the South Downs National Park.

During June and July, keep a lookout for the rare silver-studded blue butterfly. A heathland specialist whose caterpillars thrive on the bell heather.


Disabled Ramblers is a small charity which was set up around 20 years ago to encourage disabled people to access the countryside on their mobility scooters. Visit disabledramblers.co.uk for more information.

© SDNPA Sam Moore




SOUTH DOWNS NATIONAL PARK

From rolling hills to bustling market towns, the South Downs National Park's landscapes cover 1,600km² of breathtaking views, hidden gems and quintessentially English scenery.

YOUR COUNTRYSIDE CODE: RESPECT. PROTECT. ENJOY.

- Respect other people**
 - Leave gates and property as you find them
 - Keep to the paths 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

CONTACT

South Downs National Park Authority: 01730 814810
 @SDNPA  /SDNPA  southdownsnp

SOUTH DOWNS NATIONAL PARK



The route starts in the car park of Iping and Stedham Commons, a nature reserve managed by Sussex Wildlife Trust. The Commons are a great place to watch wildlife at any time of year, but particularly during the spring and summer months.

1 Head west through a bridle gate from the car park, taking the left fork continuing downhill and crossing a wooden bridge (turn right here for a short cut to the main path).

2 After the bridge, and immediately after passing a large conifer, take the next right fork up hill.

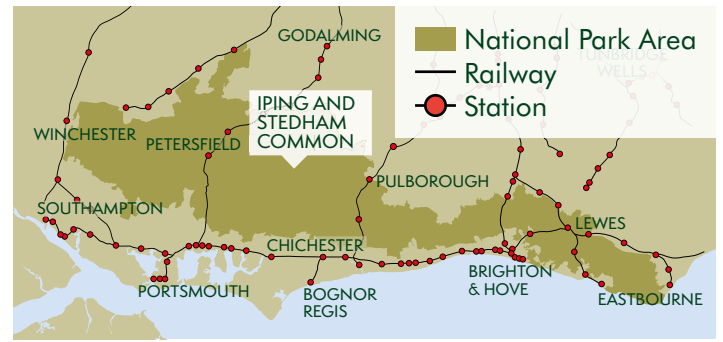
3 At the T junction turn right and join the **Serpent Trail**. Take time to enjoy the open heathland here and the far-reaching views of the Downs, also noting the two Bronze Age burial mounds (tumuli) covered in heather, just to the right of the path. The route continues past a bench before a crossroads.

4 Turn right here and head east along the Serpent Trail back towards the car park.

ADD-ON

5 To explore further, carefully cross the road from the car park into Stedham Common. Follow the Serpent Trail east to see 'Dragonflies Rest' one of seven sculptures that are part of the **Heathland Sculpture Trail**. Stedham and Iping commons are home to all five of the heathland dragonfly species found in the south of the UK.

6 Turn here and follow the same path back to the car park.



DISTANCE:

1.25mile/2km and Add-on 0.6mile/1km (out and back total). This Route for Many circuit is suitable for people with restricted mobility, including all-terrain mobility scooters and families with pushchairs.

ALLOW:

Typically takes 30 mins to complete, plus another 15 mins for the add-on.

SURFACE:

Sandy surface, uneven in parts but for the most part fairly level, some slight gradients.

FACILITIES

The closest public toilets are in the nearby historic town of Midhurst, where there are also a number of options for refreshments. The garden centre at Trotton also has a tea room.

GETTING THERE

Public Transport: Stagecoach Route 91, 92 nearest bus stops opposite Iping Lane

Parking: Car park at Iping Common, West Sussex GU29 0PB grid ref SU852219. **What3Words:** drizzly.word.volcano



SERPENT TRAIL

The **Serpent Trail** is a 65 mile/106km walking route that winds between Haslemere and Petersfield showcasing the outstanding landscape, wildlife and history of the greensand hills and heathland.

