

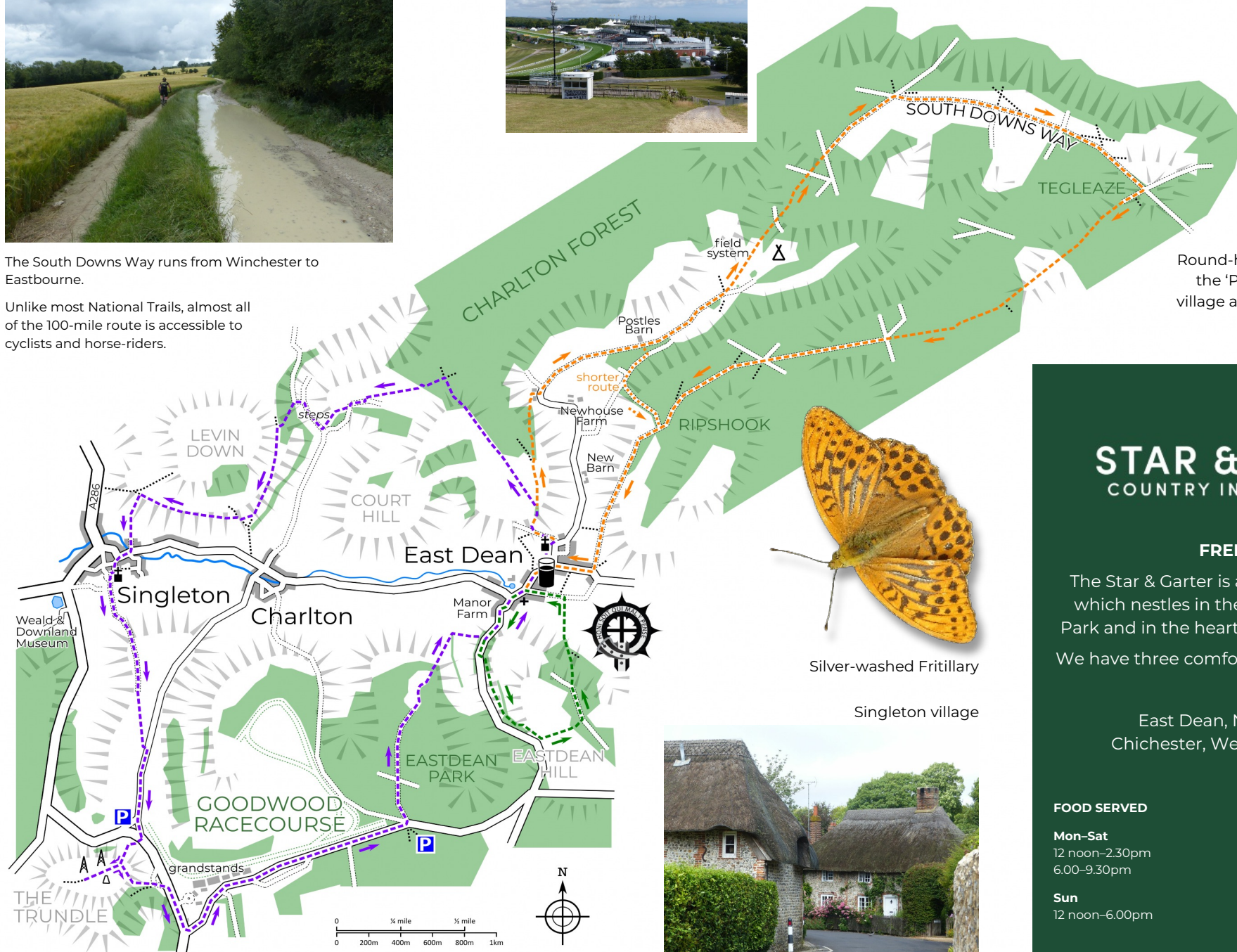


The South Downs Way runs from Winchester to Eastbourne.

Unlike most National Trails, almost all of the 100-mile route is accessible to cyclists and horse-riders.



Goodwood Racecourse



Round-headed Rampion, also known as the 'Pride of Sussex', grows above the village and on the slopes of Levin Down.



Silver-washed Fritillary

Singleton village



THE STAR & GARTER COUNTRY INN WITH ROOMS

FREE HOUSE

The Star & Garter is a gorgeous country pub, which nestles in the South Downs National Park and in the heart of the Goodwood Estate.

We have three comfortable en-suite bedrooms.

East Dean, Near Goodwood,
Chichester, West Sussex PO18 0JG

FOOD SERVED

Mon-Sat
12 noon–2.30pm
6.00–9.30pm

Sun
12 noon–6.00pm

Tel
01243 811 318

Web
www.thestarandgarter.co.uk

Email
info@thestarandgarter.co.uk

three circular walks from



THE STAR & GARTER COUNTRY INN WITH ROOMS EAST DEAN



Eastdean Hill

1½ miles: Fairly easy

Climb a wooded hillside for views over East Dean and its downland valley.

South Downs Way

2¾ or 6½ miles: Moderate

A gradual ascent to our local National Trail through grassland and woodland.

Singleton & Goodwood

7¼ miles: Moderate

Featuring a flower-rich reserve, a pretty village, a fine viewpoint and the famous racecourse.

Eastdean Hill

1½ miles: Fairly easy

Allow 1 hour. One gradual climb and one stile. Field and wood-land paths may be muddy in places and compacted chalky clay can be slippery after rain.

1 From the front door of the pub, turn left past the phone box. **2** Keeping the village green on your right, pass the Methodist chapel on your left and turn left at the road junction, signposted to Goodwood and Chichester. **3** Pass Manor Farm as you leave the village. **4** Continue uphill past the delimit signs and pass an overgrown quarry on your left (ignoring a footpath on the right). **5** After the road swings left, look out for a wooden fingerpost on the left with a Monarch's Way roundel. **6** Leave the road here and follow a narrow path through the trees to a gate. **7** Walk up the narrow field beyond, aiming gradually away from the road to a stile in the top left-hand corner. **8** At the footpath junction beyond, go straight on among trees, before bearing left to emerge in a field. **9** Turn right and walk along the field edge, with the road again to your right. **10** At the next field entrance, with a footpath sign by a telegraph pole, turn left, at right angles to the road, and cross the field to the trees on the other side. **11** Enter the wood beyond a waymark post and follow the path-cum-track to a junction of tracks. **12** Turn left, and shortly ignore a ride heading off on the right. **13** At a rather misleading bridleway sign, leave the obvious track ahead and bear right onto the narrower, descending path. **14** This path leads down through the trees, crossing a ride at a waymark post, to a path junction with a finger post. **15** Carry straight on and emerge into fields with a view to East Dean ahead of you. **16** Walk down the left-hand side of the field to the corner, then continue ahead between fields and under power lines. **17** At the end of the field, drop down a couple of steps to a perpendicular path. **18** Turn left, shortly ignoring a path off to the right. **19** Carry straight on when you meet a metalled road (Droke Lane), past flint terraced cottages, to return to the Star & Garter.

South Downs Way

2¼ or 6½ miles: Moderate

Allow 3–4 hours for the longer route. One gradual ascent and several stiles; some paths may be muddy underfoot, and compacted chalky clay can be slippery.

1 From the front door, turn right and walk past the village hall on the left, ignoring a footpath just afterwards. **2** Turn left at the church noticeboard and walk up to the church, passing to the left of the flint-and-brick Church Cottage. **3** Pass to the right of

the church and exit the churchyard in the far corner, into the car park. Turn right to the road. **4** Turn left up a sunken farm track and follow it for 150 yards until you emerge into a field. **5** Leave the track almost immediately to follow a sunken grassy way uphill (Round-head Rampion, the 'Pride of Sussex', grows here). **6** In the top right-hand corner of the field, go through a hand-gate into the wood, passing a bench on the right. **7** After 200 yards, just beyond a gateway with waymark disks, continue along the the right-hand side of the field. **8** Look out for a wooden fingerpost, where you bear right into the trees, close to the fence on your right. **9** Keeping right at each opportunity, follow the waymarked path downhill through the trees to a field gate. **10** Walk down the right-hand side of the field and climb a stile into the farmyard, and pass behind an open-sided barn. **11** Turn right past a fine flint-walled barn and out to the farm drive. **12** Turn left and bear right at a junction of tracks beyond the farm buildings. **13** Follow the track up the valley for just under ½ mile to Postles Barn. *For the shorter route, turn right here into the trees and see "Shorter route", below.* **14** Otherwise, continue along the track, passing a field on the right sometimes used for camping. **15** Beyond a copse to the right of the track, but before a second on the left, turn left off the track through a gateway by a 'Restricted byway' signpost. **16** Walk up the dry valley to the right of a medieval terraced field system, then climb slightly right, out of the valley bottom, to a gate into the woods. **17** Follow the byway for ¾ mile, keeping straight on at a series of cross-roads, until you meet the South Downs Way. **18** Turn right along the long-distance bridleway, signposted 'Upwaltham'. **19** Stay on the South Downs Way for ⅔ mile to a crossroads with another signposted byway, ignoring a couple of paths signposted off to the left along the way. **20** Continue on the South Downs Way ahead, ignoring more paths on the left until you reach another crossing track at the top of a hill, with wide views to the north. **21** Turn right off the South Downs Way here, signposted to 'East Dean'. **22** Shortly, ignore a bridleway off to the left, continuing ahead with a field on your right. **23** The track narrows as it continues through woodland to reach a gate into fields. **24** Continue ahead, with fields on either side. **25** Beyond a clump of trees on the left, sheltering a shallow pit surrounded by large flints, the path proceeds to the corner of a wood, where it re-enters the trees. **26** At a signposted junction with a public foot-path, keep straight ahead on the public bridleway, which passes an overgrown, redundant gateway before joining a long, straight ride. **27** After ¼ mile, go straight on at a five-way junction, now following a gravelled track. **28** Cross another ride and keep along the main track whenever it is crossed or joined by other paths. **29** Eventually you pass a metal barrier beyond the Forestry Commission sign for Charlton Forest/Ripshook/New Road. **30** The rough track (New Road) descends ahead for ¾ mile, with occasional views over the valley to your right, until meeting the road on the edge of East Dean. **31** Turn right back

to the road junction at Droke Farm below the church, and bear left back to the Star & Garter.

Shorter route

14a From Postles Barn, climb steeply through the trees to meet a track at a T-junction. **15a** Turn right and follow the track (ignoring a vague track off to the right) to reach a junction with another signposted bridleway after 250 yards, near the corner of the wood. **16a** Turn left. **17a** After 400 yards, with views down the valley, you meet New Road (a rough track) between a Forest Commission sign and a metal barrier. Turn right past the barrier and rejoin the main route at step **30**.

Singleton & Goodwood

7¼ miles: Moderate

Allow 4 hours. Several moderate climbs and multiple stiles. Muddy in places after rain; some field paths may be overgrown or occasionally under crop or ploughed.

Follow steps **1–6** of the **South Downs Way** walk, above.

7 After 200 yards, just beyond a waymarked gateway, leave the field edge and walk diagonally left, towards the end of the wood projecting from the right, which you meet at a waymark post. **8** Bear left and follow the woodland edge for ¼ mile to a wooded corner, where the path heads past another waymark post and into the trees. **9** After winding through the trees for a while, you come to a crossroads with a four-way fingerpost. Turn left. **10** After a stile at the exit from the wood, bear half-right across the field ahead, aiming towards the scrubby slopes of Levin Down in the distance; a waymark post in the middle offers reassurance that you are on the right line. **11** After a gate in a hedge, turn right along a grassy fieldside track. **12** At the field corner follow the track left, but before the track drops sharply turn right across some rough grassland. **13** Keep to the right of some scrubby trees, then follow the path as it swings left and down some steps to a track. **14** Turn right and follow the track for 250 yards to a junction, where you turn left. **15** When the track bends right, go through the wooden kissing gate ahead of you into the trees of Levin Down Nature Reserve. **16** Bear left along a path that climbs steadily up the wooded slope. **17** On emerging into open country, take a few steps forward then turn left along a path parallel to the woodland edge on your left. **18** Stay on this path as it clears the wood and heads out along the slope with flower-rich grassland on either side. **19** Beyond a wooden hand-gate, continue through denser scrub, then descend gradually to the bottom of the reserve. **20** Just after a hand-gate next to a field-gate, bear slightly right on a vague path, cutting the corner above a reserve noticeboard. **21** On meeting a path that leads up from the noticeboard, turn right

then almost immediately left, continuing on a vague path along the contour rather than climbing the slope. **22** After winding through flower-filled grassland, the path climbs some steps to a hand-gate, beyond which it passes through a belt of scrub and then continues near the bottom of the slope to a double hand-gate at the end of the reserve. **23** Follow the hedge on your left in the next field, looking out for a gate on your left (well before the obvious exit in the corner of the field). **24** Turn left through this first gate to emerge through a further gate at the top of a field with views over Singleton village to Goodwood Racecourse on the horizon. **25** Follow the path down the slope and along a gappy hedge to a gate into a track past a cemetery and out to the road. **26** Turn right along the road, passing the Village Hall on the left. **27** At a triangular junction, turn left, then left again down a no-through road to the church. **28** Turn right at the church door then turn left along a path running inside the churchyard wall past the tower to a gate at the end of a farmyard. **29** Walk past the end of the barn and join a fenced, grassy track up the hillside. **30** Beyond a gate, the path climbs more steeply then levels off to another gate. **31** Continue along the track to a third gate and drop down to a lane. **32** Turn right and follow the lane for ¼ mile to a triangular junction and car park; keep left. **33** Cross the road ahead and climb a flight of broad paved steps, leaving them halfway up by a fingerpost to reach a gate on the right. **34** Climb the steep slope and go through an obvious gap in the earthen ramparts of the Trundle hillfort. **35** Our walk continues from here, but for rewarding views, cross the hilltop, between the trig point and transmitter masts to a bench on the far side. **36** Returning to the gap where you entered the hillfort, head downhill in the direction of the racecourse grandstand to a stile. **37** Follow the track ahead down to the road. **38** Turn right for 350 yards, then turn left, signposted on a brown sign to the Racecourse and Country Park. **39** Follow this road past the rear of the racecourse complex. **40** Beyond the last of the racecourse buildings, follow the road, which runs alongside the course, separated from it by a flint wall. **41** Shortly after the road parts company with the racecourse, at a right-hand bend, turn left past a metal gateway onto a track through the trees. **42** This track runs through the wood for half a mile, passing a couple of crossings and small clearings, before reaching a stile into a field surrounded by trees. **43** Follow the woodland edge on your right to a waymark and pass through a belt of trees to emerge at the top of a field with views to East Dean. **44** Walk diagonally down the slope towards the village, to a stile in the bottom right-hand corner of the field. **45** Cross a shallow valley to a track leading out to the road. **46** Turn left and walk down the road into the village. **47** Keep right at the village green to return to the Star & Garter.



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