

## Henfield Community Partnership

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[www.henfieldcp.org](http://www.henfieldcp.org)

### A circular country-side walk around the south west of Henfield

Approximately 6½ miles and lasting 3 – 4 hours.  
Shortcut 4¾ miles.

This walk will take you south from Henfield towards the River Adur by Stretham Manor. The route continues north along the riverbank and returns in from the west by Rye Farm. There are many views of Chanctonbury Ring and the South Downs and South View Terrace on the southern edge of Henfield. The shortcut returns to Henfield along the Downs Link path.



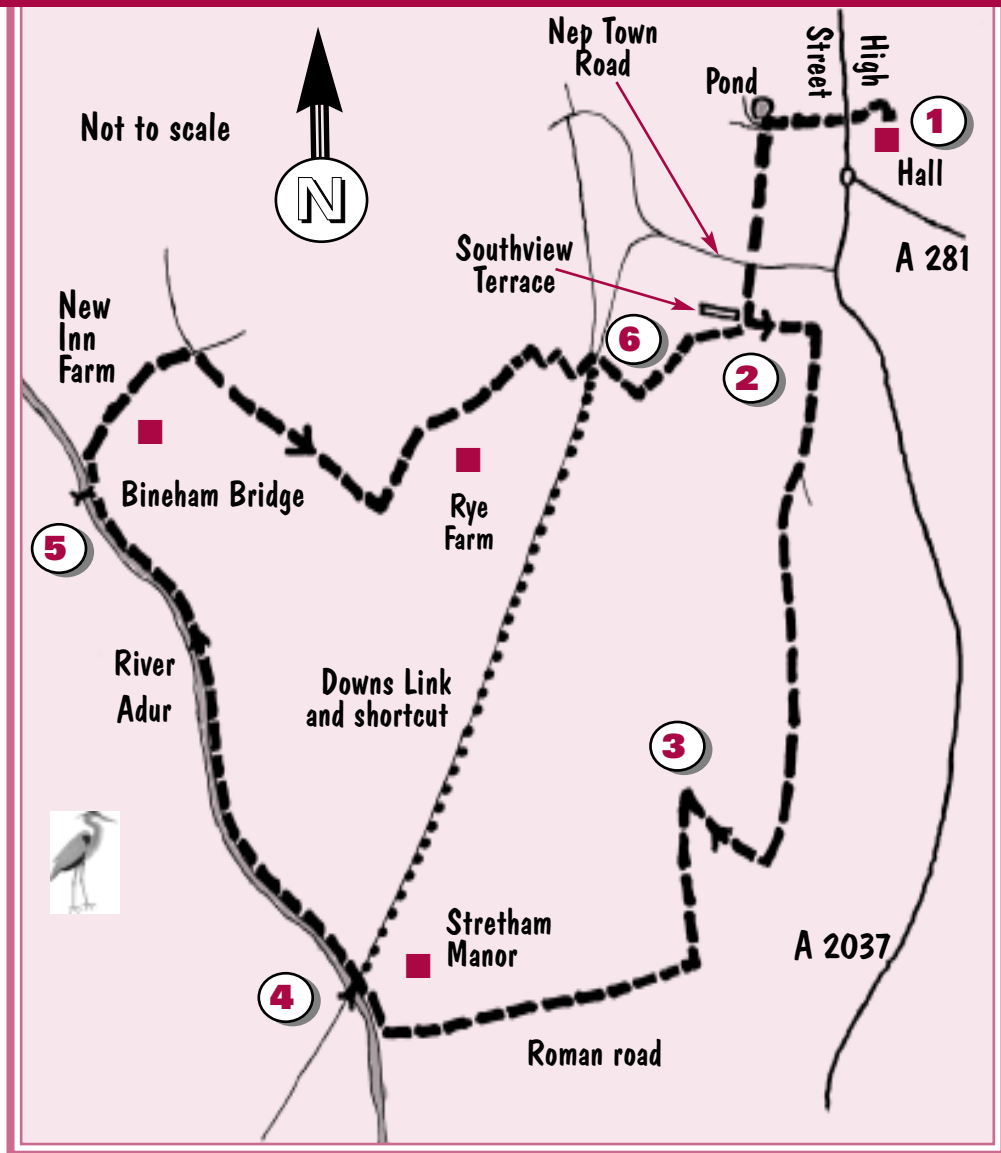
#### FOR THE WALK

These footpaths can get wet and muddy in places and may be overgrown in summer – so waterproof footwear/wellingtons and trousers are a good idea. This route is fairly level but does involve climbing over stiles – some of them high.

If you would like to walk this route with others, meet at The Henfield Hall, on SUNDAY, 3rd September 2006 at 2.00pm. On a warm day bring some water to drink.



# A circular early Autumn Walk, south and west from Henfield. Distance 6.4 miles (10.2 km)



**1.** Start your walk in front of The Henfield Hall alongside the car park. Keeping Hall on your left, follow path ahead, through Caudle Street to High Street. Cross road, go left and turn first right into Cagefoot Lane. At Tanyard pond by 3-way fingerpost, go left into Blackgate Lane. Cross Nep Town Road at 'Gardeners Arms' then go ahead along Weavers Lane. *Ahead is view of South Downs.*

**2.** Turn left along King James Lane. At end of gravel lane, follow footpath ahead. At 4-way fingerpost go right down Spring Hill. At bottom, by next 5-way footpath sign continue straight over concrete bridge. After a few steps paths split, take right path heading across field to stile in hedge. Cross Dagbrook Lane, go through gate and continue up slope. Through next gate and walk to south, *looking towards Truleigh Hill*. Keep to right side of next field, climb stile at end, go straight at 3-way sign, and over next stile. Go along left side of 2 fields, then look for stile to right of metal farm gate. Straight ahead to next fingerpost. Go right along side of stream.

**3.** At bridge go left along path. At road, New Hall Lane, go right along course of Roman road. *Look right towards Henfield, view of South View Terrace on horizon*. Continue on past 'Stretham Farm House', then at gate to Stretham Manor follow fingerpost on left, go along right edge of field. At 3-way sign go right along bank of River Adur. *View to left along river to Lancing College and ahead of the South Downs and Chanctonbury Ring*. Reach Stretham Bridge and the Downs Link path.

**For shorter route** go right towards Henfield along Downs Link path until gate and fence crosses track close to Henfield. Turn right, rejoining route at 6 – only 2 miles/3.3 km back to start.

**4.** Cross Downs Link path and continue over stile along same side of river for about 1 mile. *Look again towards South View Terrace on right*.

**5.** At Bineham Bridge cross stile, continue straight to next fingerpost and before gate turn right towards New Inn Farm. Follow track through farmyard, and go on up lane to cross roads with 4-way sign. Turn right, along lane past 'Frogs Hole Cottage'. Go through gate and follow track through trees. Then keep to left of field heading to fingerpost. Cross bridge and continue on to stile, then go left. At chalky track go left and walk on to crossroads by 'Rye Farm', continue straight. Just before 'Little Barn' on right, cross stile. At next footpath sign go left through gate. Then cross field to next stile. Follow path around right edge of field, past several fingerposts, then cross stile onto gravel driveway of 'Blackhouse Farm'. Cross Downs Link path.

**6.** Continue on along track past 'Colt House' and cross track at 'Dunstalls'. Very soon take footpath left over 2 stiles. Go uphill along edge of field, then continue on path following footpath signs, past seat up to South View Terrace. *Look back at view of South Downs, in distance you should see where you have just walked*. Follow Weavers Lane, Blackgate Lane and right into Cagefoot Lane. At High Street cross and go through Caudle Street until you reach car park ahead, your original starting point.

## Features of interest

River Adur has played an important role in Henfield's history before the arrival of railways. An ancient track led from Henfield to a ford across river at New Inn. Barges navigated the river and there are stories of secret tunnels used for smuggling here.

A nearby bridge existed since Tudor times and was named Bineham Bridge in 18th century, but current footbridge was built in 1950's. Stretham Manor was also built near the Adur and has a long history which is told on a Heritage Trail plaque on Downs Link path.

## Wildlife –

**Grey heron** – often seen along the river, a large heronry is located on the far side of river at Wyckham Wood, look on map for

**Mute Swan** – look for a family of mute swans

with their cygnets, each year one is always white not the familiar grey.

**Brambles and Sloes** along hedgerows.



Produced by Environment Working Group

Funded by Awards for All.

Design and artwork by Deadline Graphics, Henfield, Tel: 01273 494222.

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