

# Bramber, Upper Beeding and the South Downs Way

Distance: 3.3 miles  
Long Hill, Stiles

This walk takes you beside the River Adur and up part of the South Downs Way. On clear days you will be able to enjoy lovely views of the Downs. Although it is a little longer than the others it is well worth it. The hill will certainly get your heart working hard.



Park in the public car park at the Sports Centre in Upper Beeding.

**1.** Leave the car park and turn right into the High Street. Cross to the opposite side of the road.

**2.** Cross the bridge and turn left down the steep steps onto a footpath just before Riverside Cottage. Follow the footpath along the right hand side of the river passing under the road bridge and crossing several stiles. Ignore any footpath signs to your right. After about three-quarters of a mile you will come to the junction with the South Downs Way. Look out for the acorn symbol of the South Downs Way on the signpost. Turn left here.

**3.** Cross the river at the footbridge and follow the footpath straight ahead up to the A283 Shoreham road.

**4.** Before the hedge turn left and walk along side it for about 50 metres. You will come out in a lay-by.

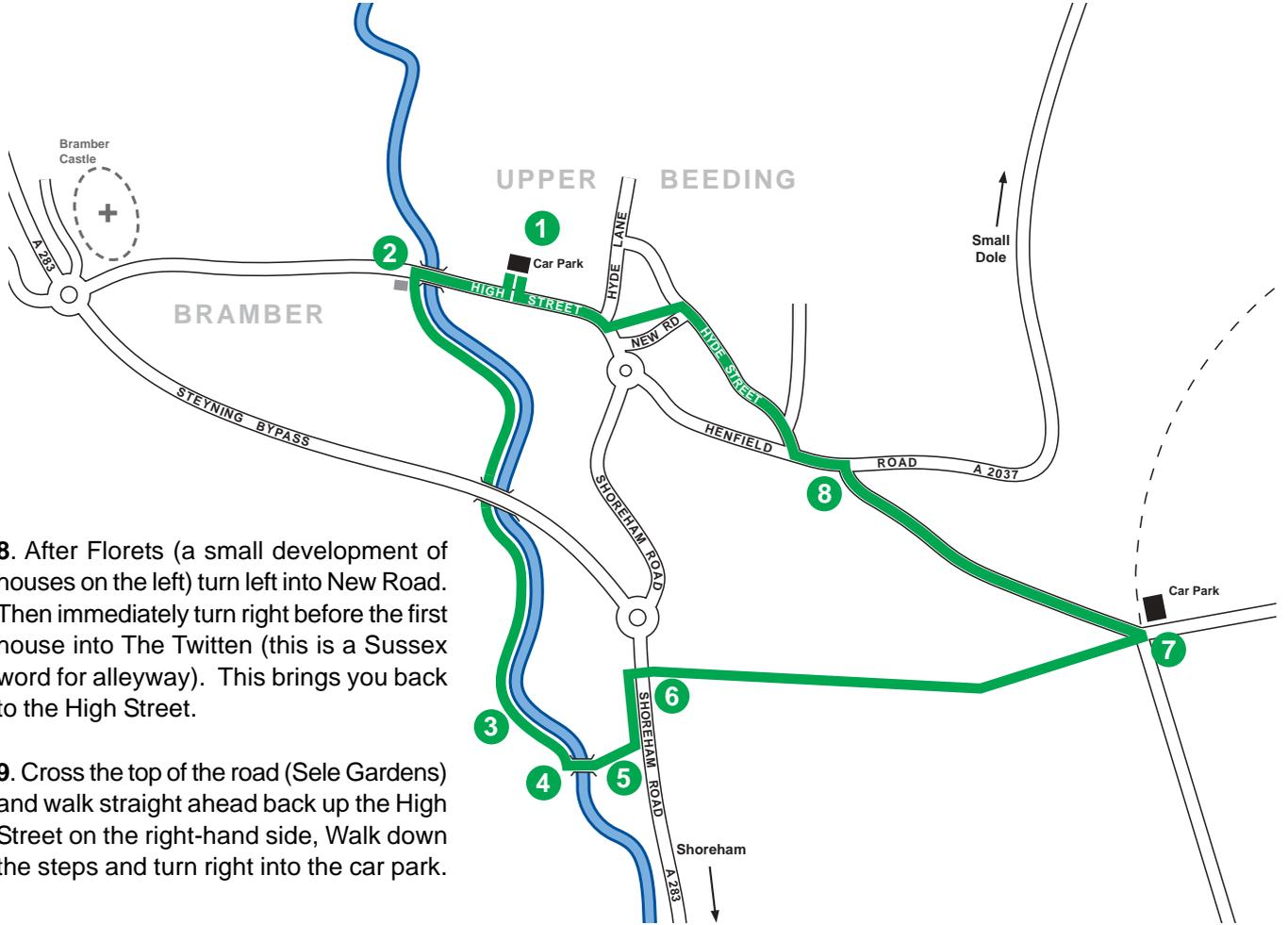
**5.** On the opposite side of the road you will see the South Downs Way signpost. Carefully cross this busy road and turn left walking along the verge for a short time.

Before the roundabout sign turn right and follow the footpath uphill. This is a good climb so use the excuse to look back at the views for stopping and taking a breather.

**6.** Near the top of Beeding Hill pass through a gate into a cattle field. Follow the footpath sign along the left-hand side of the field to another gate. After passing through this gate you will see a small parking area here. At the five-point footpath sign take the first path on your left. This is Monarchs Way. This downhill path is quite uneven and stony all the way down. This footpath takes you, via the Bostal downhill. At the bottom pass between the houses then turn left into the Henfield Road.

**7.** Walk along the pavement on the left-hand side. After about fifty metres cross the busy Henfield Road and turn right into Manor Road. Walk up the right-hand side of the road. Very soon you will see Hyde Street on your left. Cross the road here and walk up Hyde Street, passing the convent on your left.

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**8.** After Florets (a small development of houses on the left) turn left into New Road. Then immediately turn right before the first house into The Twitten (this is a Sussex word for alleyway). This brings you back to the High Street.

**9.** Cross the top of the road (Sele Gardens) and walk straight ahead back up the High Street on the right-hand side, Walk down the steps and turn right into the car park.