

## A Lunchtime Stroll

Distance: 2.9 miles or 4.6 km

Time: Allow around 1 hour

Walk Start: Village centre (TQ 122 088)

Parking: In the village

This is a relatively short walk making it an ideal pre or post lunchtime leg stretcher. After an ascent up Stable Lane to the edge of the village, the route continues gently upwards along a track adjoining the gallops. Turning to a southerly direction, lovely views towards Cissbury Ring, Worthing and Brighton reward your earlier efforts. A gentle descent via road brings you back into the village and Nephcote Green, the venue for the annual sheep fair, and the end of the walk.

Skylarks abound on the South Downs and no less so in this area. Rising vertically from the ground, their song is a distinctive mix of trills and runs of no less than 200 notes per second. Impressive for such a small bird. Also present are thrush, warbler and yellowhammer. Buzzards are often on display and in more recent years sightings of the majestic red kite have increased.



From the centre of the village (1 and TQ 122 088) and with The Gun and Village House pubs behind you, walk along the square and take the first left into Stable Lane. Walking up to its end, the lane becomes the drive to a farm ahead of you.

Turn right onto a wide, straight unmade track (2 and TQ 126 090) that ascends alongside the gallops where racehorses are regularly exercised especially in the mornings. After  $\frac{3}{4}$  of a mile you arrive at a junction of paths (3 and TQ 139 094).

Turn right to follow a narrower chalky path. Arable fields to your left lead the eye to some great views on clear days towards Shoreham and Brighton. It is also possible to see the British Airways i360 Observation Tower.



You reach the unmade car park at the base of Cissbury Ring after ½ a mile (4 and TQ 139 085) where you bear right onto the road. After a mile you reach the bottom corner of Nepcote Green (5 and TQ 125 085) where you bear right to follow the residential road of Nepcote gently sloping back down the centre of the village and the end of the walk.