

## Walk Of The Rings

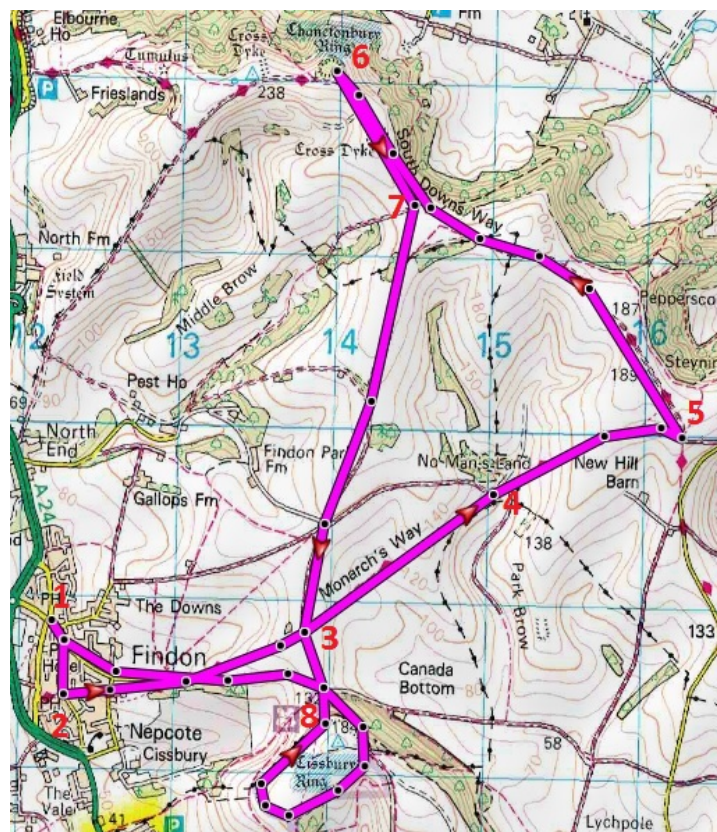
Distance: 9.8 miles or 15.8km

Time: Allow circa 4 hours

Walk start: Village centre (TQ 122 088)

Parking: In the village

This area of the Sussex Downs National Park is blessed with two of the most prominent landmarks: Chanctonbury Ring and Cissbury Ring. Both are Iron Age hill forts with the latter being the largest in Sussex. The walk takes you to both of them via two famous tracks: the Monarch's Way and the South Downs Way. The Monarch's Way is a 615 mile long footpath that follows the route taken by King Charles II in 1651 after his defeat at the battle of Worcester. The path runs through the middle of Findon en route to Brighton.



From the centre of the village (1 and TQ 122 088) and with The Gun and Village House pubs behind you, walk straight ahead past the café. Where the road forks, bear right and proceed along Cross Lane.



On reaching crossroads, (2 and TQ 122 084) turn left up Steep Lane; this is the Monarch's Way and a low post-mounted marker confirms your route. Cross over the road at the top of Steep Lane and on to Nepcote Green. This is the location of the annual sheep fair in September. Note the copper beech tree with the circular seat around its trunk. This tree was planted by the Findon Parish Council to commemorate the marriage of Prince Charles and Lady Diana Spencer on July 29<sup>th</sup> 1981. Note also the Wattle House on your right, a Grade II listed building. At the top of Nepcote Green, take a moment to enjoy the view of Church Hill behind you before joining the road and carrying on straight ahead.



A short way after, the Monarch's Way forks off to the left (TQ 130 085). This is a flint, chalk and grass track and quite rutted in places. The ascent is gentle and gives lovely views of the gallops on the left. Racehorses are exercised here especially early morning. Gradually the magnificent Cissbury Ring comes into view on right and to the left in the distance the familiar trees of Chanctonbury Ring also begin to appear. At a crossing of paths (3 and TQ138 088) you are rewarded with some lovely views towards Worthing, Shoreham and Brighton. On a clear day the chalk cliffs beyond at Seaford can also be seen.

Continue straight ahead on the Monarch's Way for about 0.75 miles through undulating, rolling Downs to arrive at a junction of paths in an area known as No Man's Land (4 and TQ150 096). Bear right and then almost immediately ahead to climb a straight, part tarmacked path to arrive at the junction with the South Downs Way (5 and TQ 162 099). Turn left. Ignoring all paths left and right continue for nearly two miles to arrive at Chanctonbury Ring (6 and TQ 139 120) with its splendid views in all directions.



Retrace your steps back down the slope and over the cattle grid. Bear right on the first path you reach (7 and TQ 144 113). Follow this broad chalk path for 2 miles until you reach the unmade car park at the base of Cissbury Ring (8 and TQ 139 085). There are many concentric circular paths around Cissbury to choose from. Your ascent to the top is rewarded with superb views towards Brighton in the east and the Isle of Wight in the west. The offshore wind farm currently under construction engages the eye as it progresses to a total of 116 turbines.

Back at the unmade car park, take the road sloping off to the left back towards the village. Initial great views give way to a wooded area which offers shade from summer sun. Continue on the road down the side of Nepcote Green. At the bottom corner carry on straight ahead down the wide residential road of Nepcote to bring you back to the centre and the end of the walk.