

## South Downs Way Challenge...Virtually

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### *Week 4 –Cocking Hill to Amberley... 11.8 miles.*

*We are now three weeks into our Lockdown and if your daily stroll and other exercise average about 1.7 miles per day, you will have covered the 35 miles to this point and be ready to join us for the fourth leg of our walk from Cocking Hill to Amberley.*

*Leaving the small car park behind us we start the long drawn out climb of Heyshott Down  
Top up with water at Hill Barn Farm and follow the track up through farmland.*

*As we reach the tree line, take a look back the way you just came for the last view you will have from the South Downs Way for a while, as the view to the south will now be obscured by trees for the next two miles.*



*Look on the map and you'll see this area abounds with tumulus (burial mounds) and cross dykes (prehistoric boundary or defensive earthworks).*

*The next couple of miles are really quite flat but high, and pass by areas under conservation by the Graffham Downland Trust.*

*At Graffham Down the views open up again and climbs a little as we near the second highest point (253 metres) on the South Downs Way at Crown Tegleaze.*

*Then, from the beautifully named Stickingspit Bottom, we can enjoy a long descent to Littleton Farm on the A285.*

*Cross carefully and prepare to climb once more a chalk track that steeply twists and turns back up to 240 metres at Sutton Down. Along the way the track passes through two ancient cross dykes.*



*The track skirts a steep wooded escarpment to the north, and then we follow the track with great views to the south until at Gumber Corner we meet up with the Monarch's Way (which at this point is following the old Roman road of Stane Street).*

*Now another drawn out climb to the top of Bignor Hill followed by a very steep and grassy (slippy when wet), route down .*

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*And finally, the last climb of the day, up a narrow chalky track....watch your footing here.*



*We are now skirting the western side of Bury Hill and emerge at the top to the most glorious of views on the South Downs Way.*

*Crossing the A29 carefully we can take time to enjoy that magnificent view that we usually only glimpse from our car windows.*

*Soak it in, and try and work out your route to Amberley below.*

*In normal times The Bridge Inn beckons as do the Tea Rooms by the River Arun.*

*Oh for normal times....!*

***A great way to finish this leg of 11.8 miles and 47.7 miles in total.....  
We're nearly half way already... Who says you can't have fun on Lockdown.***

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