

South Downs Way Challenge...Virtually

Week 5 – Amberley to Washington... 6 miles.

Only a short one this week, but one of the toughest climb. And we reward ourselves with a pint at the end!



Gather at the pretty village of Amberley and prepare for one of the toughest climbs on the South Downs Way.

A long slog, one and a half miles uphill, from near sea level to over 200 metres at Amberley Mount and then on to Rackham Hill.

Along the way, the road initially tops the high chalk cliffs of an old chalk quarry that is now the Amberley Museum “Located in the heart of the South Downs National Park, our Museum is dedicated to preserving the industrial heritage of the South East. With 36 acres to explore and over 40 exhibits to visit, you can discover over 150 years of the South's working past in what was once a busy chalk quarry and lime works”.



Further up we can explore a series of Tumuli and various earthworks dating back to the Bronze Age.



The steep escarpments allow stunning views to the North to Parham House and beyond across the Low Weald.

Keep walking high above Storrington and to the south you will see the distinct round mound of Harrow Hill, an important Bronze Age , and possibly Neolithic, mining site. Flint was mined here and the hill is punctured with

deep shafts and adjoining galleries.

The next couple of miles are easy walking (in the dry; really slow in the wet) across farmland with great views on a clear day in all directions.

Passing an unusual bunker surviving from the Second World War, we then start a deep descent down Barnsfarm Hill, then Highden Hill to the busy A24.



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A detour to Washington and a visit to the Franklands Arms is your reward for another six miles walked.

Go on....you've earned it!

We're now over half way with 54 miles covered, so keep up your mileage with your regular daily exercise and keep a note of your steps.

They all count towards your virtual South Downs Way walk....
