

5-Night South Downs Guided Walking Holiday

Tour Style: Guided Walking

Destinations: South Downs & England

Trip code: AWBOB-5

1 & 2



HOLIDAY OVERVIEW

Stride out along the rolling hills and magnificent chalk cliffs of the South Downs. This wildlife-rich chalk downland is a colourful tapestry of historic villages, thatched cottages, pastoral landscapes of sweeping cornfields and market towns, all of which can be explored on our Guided Walking holidays.

WHAT'S INCLUDED

- High-quality en-suite accommodation in our country house
- Full board from dinner upon arrival to breakfast on departure day
- Choice of up to three guided walks each walking day
- The services of HF Holidays Walking Leaders
- Any transport to and from the walks

HOLIDAYS HIGHLIGHTS

- Head out on full day walks to discover the varied beauty of the South Downs on foot
- Admire panoramic sea and cliff views
- Let a local leader bring classic routes and offbeat areas to life
- Enjoy magnificent South Downs coastal scenery
- Visit charming English villages
- Look out for wildlife, find secret corners and learn about the rich history
- A relaxed pace of discovery in a sociable group keen to get some fresh air in one of England's most beautiful walking areas
- Discover what makes the South Downs so special from the white cliffs to the sandy beaches
- Evenings in our country house where you share a drink and re-live the day's adventures

TRIP SUITABILITY

This trip is graded Activity Level 1, 2 and 3.

Our best-selling guided walking holidays run throughout the year - with their daily choice of up to three walks, these breaks are ideal for anyone who enjoys exploring the countryside on foot. Perhaps choose an Easier walk, then build up to something more challenging as your holiday progresses.

ITINERARY

Day 1: Arrival Day

You're welcome to check in from 4pm onwards.

Enjoy a complimentary Afternoon Tea on arrival.

Day 2: South Downs

Option 1 - Cootham & Storrington

Distance: 6½miles (11km)

Ascent: 400 feet (120m)

In summary: We walk along the ridge to the west of the house and then south to Storrington. There will be time to explore Storrington and possibly visit a teashop before we return through fields to the house.

Highlight: Explore picturesque Storrington, gateway to the South Downs.

Option 2 - Washington, Sullington & Storrington

Distance: 10 miles (16km)

Ascent: 650 feet (200m)

In summary: Walking south from the house, we cross Heath Common and Washington Common to reach the village of Washington. We return along a section of the South Downs Way and then descend into Storrington – with the opportunity for refreshment. We return through fields to the house.

Highlight: The wonderful story behind the history of the Sanctuary.

Option 3 - Washington & Chanctonbury Ring

Distance: 13½ miles (22km)

Ascent: 1,300 feet (400m)

In summary: Walking south from the house, we cross Heath Common and Washington Common to reach the village of Washington. Continuing east we ascend onto the South Downs Way ridge and Chanctonbury Ring before returning to Washington to follow field paths via Storington then back to the house.

Highlight: Chanctonbury Ring, a prehistoric hill fort atop Chanctonbury Hill.

Day 3: Free Day

Discover more about [Abingworth Hall](#) and the local area for ideas on how to fill your free day.

Day 4: Amberley And The South Downs

Option 1 - Amberley & Parham Park

Distance: 6½ miles (10.5km)

Total ascent: 450 feet (140m)

In Summary: Walk through the fields at the foot of the Downs from the picturesque village of Amberley back to Abingworth Hall, passing through the grounds of Parham House.

Highlight: Parham House is a fine Elizabethan residence, surrounded by an extensive deer park.

Option 2 - Amberley & The South Downs

Distance: 9 miles (14.5km)

Total ascent: 850 feet (260m)

In Summary: Walk from Amberley beside the River Arun, then follow the South Downs Way atop the Downs as far as Kithurst Hill. From here we descend through the fields to Abingworth Hall.

Highlight: Soak up the views from Rackham Hill where the panorama stretches north over the hills and woodland of the Weald, and south towards the English Channel.

Option 3 - Amberley & The South Downs Way

Distance: 12 miles (19km)

Total ascent: 1,150 feet (360m)

In Summary: Discover the peaceful River Arun then head along the top of the Downs following the South Downs Way as far as Barnsfarm Hill. Our route then turns north, crossing Washington Common, to return to Abingworth Hall.

Highlight: The chalk downlands are a rich habitat for wild flowers. Look out for rare orchids and Common Blue butterflies.

Day 5: The Iconic Seven Sisters

Option 1 - Seven Sisters

Distance: 6.5 miles (10km)

Total ascent: 600 feet (180m)

In Summary: Starting at Friston church, we walk south to reach the chalk cliffs near Birling Gap, before walking along the Seven Sisters coastal path to Cuckmere Haven.

Highlight: Take time to savour the outstanding coastal scenery then gaze down from the final 'sister' over the River Cuckmere as it meanders gracefully towards the sea.

Option 2 - Beachy Head & Seven Sisters

Distance: 9 miles (14.5km)

Total ascent: 1,150 feet (360m)

In Summary: Follow the South Downs Way from above Eastbourne to Beachy Head. We then follow the glorious coastal path past the Belle Tout lighthouse and over the Seven Sisters to Cuckmere Haven.

Highlight: Look out for the Belle Tout lighthouse, now a private residence. In 1999 it was carefully jacked 17 metres inland, away from the rapidly eroding cliff edge.

Option 3 - Eastbourne & Seven Sisters

Distance: 10 miles (16km)

Total ascent: 1,550 feet (460m)

In Summary: We begin with a promenade from Eastbourne Pier to the start of the South Downs Way. Following the walk up to Beachy Head, we continue along the same route as the medium walk to Cuckmere Haven.

Highlight: Enjoy magnificent sea views as we walk atop the iconic chalk cliffs of Beachy Head and the Seven Sisters - a memorable day of breathtaking scenery.

Day 6: Departure Day

Enjoy a leisurely breakfast before making your way home.

ACCOMMODATION

Abingworth Hall

Country living just got cosier at this former farmhouse. Abingworth Hall is just a skip away from the village of Thakeham at the foot of the South Downs – a landscape of ancient woodland, hidden valleys, chalky cliffs,

and high-backed hills so deserving of its National Park status finally bestowed in 2010. While the views from the doorstep are as wow-worthy as you'd expect, the walking opportunities around the sightseeing greats such as Devil's Dyke, Seven Sisters Country Park, Kingley Vale, Parham House, and the Clayton Windmills (known locally as Jack and Jill) are equally standout. You'll also be within easy driving distance of several historic towns and cities, most fabulously Arundel, Chichester, and Brighton. Some 800 years of history are encapsulated within Abingworth Hall's walls. Parish records reference Roger of Abingworth in 1231, but this was very much a working farm until the 19th century (the 1861 census cited farmer Edward Upperland as the owner of 'Abingworth Place'). Later converted into a three-storey residence complete with an ornamental lake, it was advertised in 1905 as 'a residential estate with pleasure grounds, agricultural buildings, dwelling house, eight cottages, fertile meadow, arable lands, orchards, and market gardens'. Following a fire, the house was completely rebuilt in 1910 by new owner, Charles Stanley Peach – an architect most famous for designing the Centre Court stadium at Wimbledon in 1921. In 1913, ownership transferred to Sir Oswald Ernald Mosley, grandfather of notorious fascist Oswald Mosley, and later to Captain Frank Elliot Stobart whose wife, Faith, landscaped the gardens that remain today. In 1945, the estate was purchased by mushroom-growers AG Lingfield and the house renamed Abingworth Hall. It has been part of our HF Holidays line-up since 1994. Nowadays, there's 27 well-appointed guest rooms in two categories (Classic and Premium), a dining room for a range of dishes made with fresh and seasonal ingredients, and three comfortable lounges – the largest of which opens onto an attractive conservatory and a licenced bar. There's also a ballroom, books and games to borrow during your stay, a handy boot and drying room, and a Discovery Point offering a wide range of local area maps, route guides, and easy-to-follow information for self-guided walks. Elsewhere, there's eight acres of lovely gardens, a putting green and croquet lawn, an outdoor heated pool (open from May to September), and impossibly pretty views of the surrounds.

Country House Accommodation

Accommodation Info

Need To Know

The safety of our guests, team, and leaders is always top of our list. We will closely align ourselves with the latest government advice and guidance on COVID-19 and implement the best possible hygiene practices across our country houses. We ask that you take sensible precautions to protect other people's health and would appreciate you informing the house team immediately if you feel unwell. For the latest COVID-19 FAQs, please visit our [Coronavirus Travel Advice Page](#)

Rooms

Designed with your comfort in mind, Abingworth Hall has 27 well-appointed guest rooms available in two categories: Classic and Premium.

Classic Rooms are comfortable en-suite guest rooms, ideal for a peaceful night's sleep. Amenities include free Wi-Fi, tea and coffee-making facilities, toiletries (hand wash, shampoo, and shower gel), and a 23-inch TV.

Premium Rooms are more spacious en-suite guest rooms offering upgraded views of the surrounds. Amenities include free Wi-Fi, tea and coffee-making facilities, toiletries (hand wash, shampoo, body lotion, shower gel, shower cap), and a 32-inch TV. Extras include bathrobes, slippers, and comfortable mattresses. Please note that an extra charge of £15 per person per night applies for this room type.

We love: The Premium Rooms for views of the impossibly pretty surrounds.

The **Choose Your Room** service is available at our UK country houses, allowing you the option of choosing and confirming a specific room for an extra charge of £30 per room. This is subject to availability. Upgrade supplements apply.

CHECK IN & CHECK OUT

You are welcome to check in from **4:00pm at the earliest**. On arrival, you'll enjoy a complimentary cream tea and get to meet your fellow guests, our HF Holidays Leaders, and the rest of the friendly team.

On the day of departure, we kindly ask all guests to check out by **10:00am**. You'll be asked to settle your bill prior to leaving. You may, of course, make a charitable donation to our HF Holidays Pathways Fund if you wish. Please note that we only accept card payments.

About Your Stay

A WARM WELCOME

We want you to feel comfortable from the moment you arrive. You'll find a welcome pack in your room with guest registration forms, menus, order forms for dinners and picnic lunches, the Wi-Fi password, and the front door code. Our houses are locked at night, so we recommend noting the Duty Manager's number on arrival in case of an emergency (or getting locked out).

EVENING ENTERTAINMENT

While evening entertainment varies from house to house, the HF Holidays Big Pub Quiz held after dinner on Wednesdays is a weekly staple. Your HF Holidays Leader may be around for tips on guided and self-guided walking routes as well as visit-worthy local attractions.

WALKS TALKS

Our HF Holidays Leaders host guided walking information briefings before and after dinner on arrival days. This is followed by a group Walks Talk for information on the following day's walking delights (usually held before and after dinner, so you can join whenever suits). Self-guided walking guests are, of course, welcome.

THE WALKING DAY

Prior to setting off on walks, your HF Holidays Leader will run you through a short safety briefing. There's also an up-to-date weather forecast on display at the house to ensure you have appropriate clothing and footwear (we recommend anything waterproof enough to keep you dry in a sudden downpour). If you choose to do your own walks or are on a self-guided walking holiday, we ask that you please complete an Independent Walker Card each day. These can be found near the Discovery Point in the house.

Food & Drink

Led by experienced chefs, we serve a wide range of dishes made with fresh and seasonal ingredients. We always aim to source the best produce available and use home-grown herbs and vegetables from our own gardens whenever possible. Additionally, we have a licenced bar with beers, soft drinks, and a superb selection of spirits.

Full-board comes as standard and includes a cream tea on arrival and a hearty breakfast on departure day. Most dietary requirements can be catered for, so please inform us of any food intolerances or allergies at the time of booking. Currently, global challenges such as COVID-19 and the war in Ukraine are directly impacting our food and drink supply chain. We thank you for appreciating that menu descriptions are kept flexible to allow for last-minute changes if needed.

Accessibility

For accessibility and assistance information, please contact our expert team on [020 3974 8865](tel:02039748865) or [view the accessibility information online for Abingworth Hall](#)

TRAVEL DETAILS

Our address is: Abingworth Hall, Storrington Road, Thakeham, West Sussex, RH20 3EF
Tel: [01798 813636](tel:01798813636)

BY TRAIN:

The nearest railway station to Abingworth Hall is Pulborough. Please note that Pulborough station has a short platform, check the departure boards for which carriage to sit in. For train times and route planning by train visit www.nationalrail.co.uk or phone [03457 48 49 50](tel:03457484950).

BY TAXI:

The 6-mile journey from Pulborough railway station takes approximately 15 minutes. Please try to avoid arriving at Pulborough station between 2.50pm and 3.20pm, as there may not be taxis available for your onward journey to Abingworth Hall due to school pick-ups. You can pre-book a taxi from our recommended taxi company, MJ Cars. The guide price for a 4-seat taxi is around £16 (2022 prices). 8-seat taxis are also available at a higher rate. Please pre-book your taxi at least 7 days in advance by contacting:

MJ Cars*

Tel: [+44 \(0\)1903 745414](tel:+441903745414)

Email: mjcars@btconnect.com

The return journey can be arranged on your behalf by the Abingworth Hall Manager.

*MJ Cars is not owned or managed by HF Holidays.

BY CAR:

From the M25 take either the A24 or the M23 and then the A264 towards Horsham. At the Great Daux roundabout go south on the A24 towards Worthing. Go straight over 2 roundabouts and then at the traffic light cross roads turn right onto the A272 signposted to Billingshurst and Petersfield. After 3 miles turn left onto the B2139 (The Selsey Arms on left). After 3.5 miles pass the turning for Thakeham on the left. After half a mile, Abingworth Hall is on the left, directly after the national speed limit signs.

From the M27 continue onto the A27 and around Chichester. At Fontwell Park roundabout take the first exit to continue on the A27 and at the next roundabout take the first exit on to the A29. After approx. 4 miles, at a roundabout, take the 2nd exit on to the B2139 to Storrington. At the mini roundabout in Storrington, take the 2nd exit onto the A283. Continue through Storrington and take the first exit at the mini roundabout by the Anchor Inn on to the B2139 towards Thakeham. Take the 2nd exit at the next mini roundabout and then take the 1st exit at next mini roundabout (by Steyning Grammar School). Continue down this road until you see 30mph signs. Abingworth Hall is just before these signs, on the right. Look out for the end of the driveway between two high stone walls.

LOCAL AREA

Abingworth Hall is situated amidst gentle rolling farmland at the foot of the South Downs. The nearest facilities are in the village of Storrington, about two miles away. Here you'll find a small supermarket, post office, newsagent, pubs and a bank.

During your stay at Abingworth Hall you may enjoy visiting the following places of interest:

Arundel

The quaint town of Arundel, about 30 minutes' drive away, is dominated by its castle, the home of the Duke and Duchess of Norfolk. During your visit you may enjoy a walk in [Arundel Castle's](#) extensive grounds, or beside the tranquil river Arun.

Arundel Wetlands Centre

This 60-acre nature reserve is run by the Wildfowl and Wetlands Trust and provides a protected habitat for a wide range of swans, geese, ducks and other wetland birds. A network of paths takes visitors to a number of viewing areas to enjoy watching the wildlife. [Arundel Wetlands Centre](#) is just outside Arundel town, about a 30-minute drive from Abingworth Hall.

Bignor Roman Villa

[Bignor Roman Villa](#) was discovered in 1811 by a man ploughing a field. This Roman home clearly belonged to a family of some consequence and features many fine mosaic floors of intricate design. It is located just outside Pulborough, about 10 miles from Abingworth Hall.

Pulborough Brooks Nature Reserve

Just 4 miles from Abingworth Hall, [Pulborough Brooks](#) is a large nature reserve in the Arun Valley managed by the RSPB. A network of nature trails take visitors into the reserve where there a range of habitats from ponds and ditches to woods and meadow. The site is an important place for over-wintering wildfowl and for nesting waders. The reserve can be reached either by road or on foot from Abingworth Hall.

Uppark House

Completely restored after an extensive fire in 1989, this stately National Trust property has ornate rooms and lovely gardens with surrounding woodlands. [Uppark House and Garden](#) is around 50 minutes' drive from Abingworth.

Brighton

The cosmopolitan seaside city of Brighton is about 40 minutes' drive from Abingworth Hall and has an excellent range of specialist shops, entertainment, and its famous pier. You may also enjoy a visit to the [Royal Pavilion](#), built in the early 19th century by George IV.

Amberley Working Museum

Just 15 minutes' drive from Abingworth Hall, this large open-air museum tells the industrial story of the downs, complete with a steam railway, vintage buses and restored quarry machinery. [Amberley Museum](#) is just outside Amberley village which is also well worth a visit with its sleepy streets lined with thatched cottages and flower-filled gardens. The village is also home to a small [pottery](#).

Parham House

Just 10 to 15 minutes' drive away, Elizabethan [Parham House](#) is surrounded by an extensive deer park. Some of our guided walks go through the deer park.

Chichester

The historic cathedral city of Chichester, about 45 minutes' drive away, has plenty of interest. Visit the impressive [Chichester Cathedral](#) and take a walk which follows the old city walls.

Fishbourne Roman Palace

Just a couple of miles outside Chichester lies [Fishbourne Roman Palace](#), the largest residential Roman building found in Britain. It was discovered in 1960; excavations revealed many superb mosaics.

Petworth House

A large late 17th century mansion, now run by the National Trust with extensive grounds that were landscaped by 'Capability' Brown. The surrounding deer park is home to a large herd of fallow deer. [Petworth House](#) is around 30 minutes' drive from Abingworth.

Weald & Downland Living Museum

Located on the Downs, near the village of Singleton, this excellent open-air museum contains many restored buildings that bring the history of Sussex to life. These include a working watermill and a re-creation of a typical downland village. The [Weald & Downland Living Museum](#) is also home to the popular BBC TV programme 'The Repair Shop'. The museum is around 45 minutes' drive from Abingworth.

Bluebell Railway

[The Bluebell Railway](#) is one of Britain's premier heritage steam railways with an impressive collection of 50 locomotives, representing the Southern Railway and its predecessors. The line runs through rolling countryside from Sheffield Park to East Grinstead, about 40 minutes' drive from Abingworth.

USEFUL HOLIDAY INFORMATION

Essential Information

Essential Equipment

- Rucksack with a waterproof liner
- Thermos flask for hot drink
- Water bottle (at least 1 litre)
- Spare high-energy food such as a chocolate bar
- Small torch
- First aid kit – your leader's first aid kit doesn't contain any medication or blister kits (such as Compeed)

Optional Equipment

- Walking poles are useful, particularly for descents
- Insect repellent
- Sun hat
- Sunglasses
- Sun cream
- Camera

Safety On Your Holiday

Walks may be changed for safety reasons and are subject to a maximum and minimum number of guests.

Leaders always consider the safety of the group as a whole, and may need to alter or curtail the walk if the conditions dictate. Your leader may refuse to accept a guest while clothing, equipment or behaviour is unsuitable. In the event of a problem all leaders carry a mobile phone, first aid kit, group shelter, spare maps and a compass.

Please note: If you choose to leave the group your leader is no longer responsible for you.

If you have a particular health condition or disability please put this on your guest registration form. This information will be confidential to your leaders and the house manager, but leaders do need to take account of any issues when planning walks. Please carry a copy of these trip notes with you, or note down the contact

phone number for your accommodation (details in the travel section) should you need them in case of emergency.

HOW TO BOOK

When you're ready to book, you can choose to **book online** or book **over the phone**. Our website offers secure online booking for our holidays, is available 24/7, and offers more in-depth information about all our holidays. If you prefer to call us, our experienced and knowledgeable team are available to answer any specific questions you have and can offer guidance as to which holiday is best suited to your needs.

Our office is open: Monday to Friday: 9am – 5.30pm, Saturday: 9am – 1pm, Sunday & Bank Holiday Monday: closed

PAYING YOUR DEPOSIT

To secure the holiday of your choice, you will need to pay a deposit: UK & European Holidays: £150 per person and Worldwide Holidays: £250 per person. You can pay your deposit by debit or credit card with no additional card fees charged or make an online BACS payment directly into HF's bank account, please see details under BACS payments. You can also pay your deposit by cheque within seven days of booking. Cheques should be made payable to 'HF Holidays Ltd' with your booking reference / Order ID on the back.

NON-MEMBER FEE

Non-members can join our holidays by paying a Non-Member's fee of £30 per person per holiday. Alternatively, full membership is available from £100 – visit hfholidays.co.uk/membership for details.

BACS PAYMENTS

Please quote your booking reference / Order ID when you make your payment online: Bank Name: National Westminster Bank, Account Name: HF Holidays Limited, Account Number: 48904805, Sort Code: 60-00-01, IBAN: GB90NWBK60000148904805

Once we have received your booking and deposit, we will send a confirmation invoice to the lead name. Please check this carefully. For bookings 'with flights' it is essential that the names on your booking confirmation invoice match those on your passport for bookings overseas. Please advise us immediately of any errors. Any name changes after the balance of your holiday has been paid will be subject to a fee levied by the airline.

MANAGE MY BOOKINGS

Payments can also be made through the [Manage My Booking](#) function on our website. Click on the link at the top of our homepage. This is available to all customers who provide an email address at the time of booking.

YOUR FINAL BALANCE

Your final balance payment is due 6 weeks before departure if you are staying in an HF Holidays UK country house, 8 weeks before departure if you are travelling on one of our holidays in Europe and 10 weeks before departure if you are on a Guided Trail staying in one of our partner hotels or are travelling on a Worldwide holiday. As with paying your deposit, you can pay your final balance by debit or credit card, make an online BACS payment directly into HF's bank account or pay by cheque.

TRAVEL INSURANCE

Travel insurance is an important part of any booking and essential for one of our holidays. HF Holidays works with specialist. Insurance Brokers Campbell Irvine Direct. For more information or to obtain a quote call them on [01702 427 236](tel:01702427236) or visit hfholidays.co.uk/insurance

PEACE OF MIND

ATOL:

The air holidays and flights in this brochure are ATOL-protected, since we hold an Air Travel Organiser's Licence granted by the Civil Aviation Authority. Our ATOL number is ATOL 710. In the unlikely event of our insolvency, the CAA will ensure that you are not stranded abroad and will arrange to refund any money you have paid us for advance bookings. For further information visit the ATOL website atol.org.uk

MEMBER OF ABTOT:

HF Holidays is a member of ABTOT (The Association of Bonded Travel Organisers Trust Limited) which provides financial protection under the Package Travel, Package Holidays and Package Tours Regulations 1992 for HF Holidays Ltd and in the event of their insolvency, protection is provided for the following: 1. non-flight packages commencing in and returning to the UK; 2. non-flight packages commencing and returning to a country other than the UK; 3. flight inclusive packages that commence outside of the UK and Republic of Ireland, which are sold to customers outside of the UK and Republic of Ireland. 1, 2 and 3 provides for a refund in the event you have not yet travelled. 1 and 3 provides for repatriation. Please note that bookings made outside the UK and Republic of Ireland are only protected by ABTOT when purchased directly with HF Holidays Ltd.

TRIP NOTE VALIDITY

These Trip Notes are valid based on the date printed at the bottom of the page. They will occasionally be updated post booking and pre-departure. We will send you the latest trip notes prior to departure through a link in your pre departure documents or we can send you a copy in the post if preferred.

In booking this trip you should be confident in your ability to participate in all activities described in these Trip Notes. If you have any doubt about your suitability you should call HF Holidays and ask to speak to one of the team about this itinerary.

The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure, the Trip Notes supersede the brochure. All holidays can be subject to unexpected changes; so please be prepared to be flexible where necessary. At times, it may not be possible to follow the itinerary as planned due to weather conditions, political, physical or other factors. In these circumstances we will make the best possible alternative arrangements to maintain the integrity of the original itinerary.

PRICE GUARANTEE

We promise that our earliest published prices will always be the best and if we reduce our holiday price after your booking has been confirmed, we will pass this reduction on to you. Our price promise applies if any subsequent offer price is for an identical holiday, duration, location and date and does not cover any optional extras, flights or additional services.

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