

7 Night South Downs Gentle Guided Walking Holiday

Tour Style: Gentle guided walking

Destinations: South Downs, United Kingdom & England

Trip code: AWBEW-7

1 & 2



HOLIDAY OVERVIEW

A landscape of chalky cliffs, high-backed hills, ancient woodland, hidden valleys, and dramatic coastline so deserving of its National Park status finally bestowed in 2010, the South Downs has always been a siren call for walkers. Perfect for those seeking the charm of the English countryside at a slower and more relaxed pace, this holiday rewards with breathtaking trails, big-name historic attractions, picturesque villages, market towns, comfortable accommodation, and more. You'll also enjoy a choice of up to three different-grade daily walks, including a gentle walk of three to four miles.

WHAT'S INCLUDED

- Comfortable en-suite accommodation in our country house
- Cream tea on arrival day
- Cooked or continental breakfast every morning
- Daily packed lunches
- Three-course evening meals, plus tea & coffee

- Guided walking with experienced HF Holidays Leaders
- Choice of up to three guided walks (on walking days)
- All transport to and from walks where necessary
- Easy-to-follow routes, maps, and information in our Discovery Point if you want to explore independently

HOLIDAY HIGHLIGHTS

- Discovering the stunning landscape of the South Downs on foot
- Keeping your eyes peeled for rare wildlife and grazing animals
- Soaking up views of the rolling countryside
- Spending time with like-minded people in the great outdoors
- Finding new routes and places to explore with your HF Holidays Leader
- Staying a skip away from Thakeham at the foot of the South Downs

TRIP SUITABILITY

This trip is graded Activity Level 1 and 2. This easier variation of our best-selling Guided Walking holidays is the perfect way to enjoy a gentle exploration of Sussex and the South Downs. The choice of three guided walks includes a very gentle walk of about 3 or 4 miles.

ITINERARY

Day 1: Arrival Day

Check-in at the hotel is available from 4pm. Enjoy a complimentary cream tea on arrival.

Day 2: Thakeham And West Chiltington

Option 1 - Perrett's Copse & Wantley

Distance: 4 miles (6.5km)

Ascent: 200 feet (60m)

In summary: We walk along the ridge to the west of the House and then turn south for a short distance before turning eastwards to Wantley, just north of Storrington. From here we walk northwards to complete our circuit, re-joining the outward route for our return to the House.

Highlight: Views from the ridge are stunning.

Option 2 - West Chiltington & Thakeham

Distance: 6 miles (9.5km)

Ascent: 450 feet (140m)

In summary: Starting out west along the ridge, we soon turn north to West Chiltington. We return, via Thakeham – and possibly via the White Lion public house, to the Abingworth Hall.

Highlight: West Chiltington church was built between 1100 & 1150 and has a fine collection of frescoes. As we head back to Abingworth Hall there are beautiful views towards the South Downs.

Option 3 - Pulborough Brooks, Nutbourne & West Chiltington

Distance: 8½ miles (14km)

Ascent: 600 feet (180m)

In summary: We walk along the ridge to the west of the House and continue west to the RSPB reserve at Pulborough. We then head north, across Pulborough Brooks meadows, to Pulborough village. We continue east to the villages of Nutbourne and West Chiltington, to return to the house.

Highlight: The nature reserve at Pulborough Brooks is not to be missed.

Day 3: Arundel And The Arun Valley

Option 1 - Arundel Park

Distance: 3 miles (4.5km)

Total ascent: 300 feet (90m)

In summary: A circular walk takes us through the landscaped grounds of Arundel Park to the pretty hamlet of South Stoke, returning alongside the River Arun.

Highlight: At the end of the walk there's time to explore historic Arundel with its impressive cathedral and Norman castle, the seat of the Duke of Norfolk.

Option 2 - Amberley To Arundel

Distance: 5.5 miles (8.5 kms)

Total ascent: 700 feet (220 m)

In summary: Walk through the fields at the foot of the Downs from the picturesque village of Amberley. Enjoy views of the Arun Valley as we make our way into Arundel.

Highlight: The medieval village of North Stoke with its church dating from the 1300s.

Option 3 - Arundel Park And River Arun

Distance: 7.5 miles (12km)

Total ascent: 625 feet (190m)

In summary: A circular route which begins through Arundel Park. After crossing the River Arun, we'll continue through open countryside to the village of Burpham, before returning alongside the river to Arundel.

Highlight: The Arun Valley is a haven for a variety of wintering wildfowl. You may also see Lapwings, Redshanks and Snipes.

Day 4: Free Day

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

Day 5: Through Cowdray Park To Petworth

Option 1 - Halfway Bridge To Petworth

Distance: 4½ miles (7km)

Total ascent: 600 feet (180m)

In summary: From Halfway Bridge we walk through fields and woodland to Petworth, soaking up this beautiful, historic corner of Sussex.

Highlight: The National Trust's Petworth House is a true English gem - with grounds landscaped by 'Capability' Brown.

Option 2 - Cowdray Park & Petworth

Distance: 7 miles (11km)

Total ascent: 800 feet (240m)

In summary: Walk from the northern edge of the polo grounds of Cowdray Park, through attractive woodland and fields to Petworth. Here you can visit Petworth House or take an optional walk around the surrounding parkland.

Highlight: Our walk passes by the National Trust's Petworth House - this grand property was rebuilt by the 'Proud' Duke of Somerset during the late 17th Century in the new Baroque style.

Option 3 - Midhurst To Petworth

Distance: 9 miles (14.5km)

Ascent: 1,000 feet (300m)

In summary: Follow the valley of the river Rother from the historic town of Midhurst to the ruins of Cowdray Park and the famous polo ground. We continue to Petworth, where there may be time to walk around Petworth Park or to visit the house.

Highlight: The extensive grounds of Petworth House were landscaped by 'Capability' Brown and captured on canvas by JMW Turner. The park is currently home to England's largest herd of Fallow Deer.

Day 6: Storrington

Option 1 - Thakeham, Warminghurst & Little Thakeham

Distance: 5 miles (8km)

Ascent: 350 feet (100m)

In summary: We walk to the nearby village of Thakeham and then, via Warminghurst church, along Park Lane. We continue along a footpath to Little Thakeham, before ascending to the ridge and returning to the House.

Highlight: The difference between the churches in Thakeham and Warminghurst.

Option 2 - Cootham & Storrington

Distance: 6½ miles (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 3 - Pulborough Brooks & Parham Park

Distance: 9 miles (14km)

Ascent: 500 feet (160m)

In summary: We walk along the ridge to the west of the House and continue west to the RSPB reserve at Pulborough – and the opportunity for refreshment. We continue south to the western entrance to Parham Park. We stroll through the Park to Cootham – with the opportunity for refreshment at The Crown. We return through fields to the House.

Highlight: The opportunity to see local birds at the reserve.

Day 7: Glorious Goodwood

Option 1 - Singleton To West Dean

Distance: 4 miles (6.5km)

Total ascent: 540 feet (170m)

In summary: Starting at the pretty village of Singleton, we have a gentle ascent of St Roche's Hill to reach the Trundle, an Iron Age hill fort. We then follow the Monarch's Way to finish at West Dean Gardens.

Highlight: The views from the Trundle and the beautifully restored West Dean Gardens (admission payable).

Option 2 - Glorious Goodwood And West Dean Gardens

Distance: 6½ miles (10.5km)

Ascent: 850 feet (260m)

In summary: Walk through the Sussex countryside to the village of Singleton, then ascend onto the Downs to the top of the Trundle, overlooking Goodwood Racecourse.

Highlight: The walk ends at the highly recommended West Dean Gardens (admission payable). Discover the water garden, rich herbaceous borders, and the Edwardian walled kitchen garden.

Option 3 - Levin Down Nature Reserve, Goodwood, And West Dean

Distance: 8 miles (13km)

Ascent: 1,000 feet (300m)

In summary: Ascend through the woodland of the Drovers Estate to Levin Down Nature Reserve and the villages of Charlton and Singleton. After ascending The Trundle, we follow the West Sussex Literary Trail to West Dean Gardens.

Highlight: The Trundle is a fantastic viewpoint from where you can gaze down on Goodwood Racecourse and the cathedral city of Chichester.

Day 8: 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.

Country House Accommodation

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 TV.

Premium Rooms are more spacious en-suite guest rooms*. Amenities include free Wi-Fi, tea and coffee-making facilities, toiletries (hand wash, shampoo, body lotion, shower gel), and a 32-inch TV. Extras include bathrobes, slippers.

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

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.

Room supplements

Premium single	Premium double/twin	Choose your room
£20 pppn	£20 pppn	£30 per room

*Views and layout reflect each properties unique character and location

*Please note, pool opening hours are: 07:00am – 09:00am and 16:00pm – 18:30pm

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 dinner on arrival days. This is followed by a group Walks Talk for information on the following day's walking delights (held before dinner every evening). 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. 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 licensed 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.

HF Holidays understands the importance of managing allergens effectively to ensure food is safe for guests with food allergies. Whilst we are always able to confidently inform guests which allergens are present in our ingredients and dishes, we are unable to guarantee absolute freedom from the 14 main allergens in our kitchens. Vegetarian and vegan menu choices are available. If you have allergies, food intolerances, or any special dietary requirements, please inform our reservation team at the time of booking.

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

Address

Abingworth Hall
Storrington Road
Thakeham
West Sussex RH20 3EF

Tel: [+44 \(0\)1798 813636](tel:+44(0)1798813636)

By Train

The nearest station is Pulborough.

Pulborough station has a short platform, so you'll need to check the departure boards for which carriage to sit in.

National Rail have up-to-date routes and train times.

By Taxi

The six-mile journey from Pulborough railway station takes about 15 minutes.

It's best to avoid arriving at Pulborough station between 2:50pm and 3:20pm as there may not be any taxis available due to school pick-ups.

For pricing, please contact the taxi company directly.

MJ Cars

You can pre-book a taxi from with MJ Cars*. We recommend booking your taxi at least seven days in advance by contacting:

Tel: [+44 \(0\)1903 745414](tel:+44(0)1903745414)

Email: mjcars@btconnect.com

A return journey can be arranged on your behalf by the HF Holidays House Manager at Abingworth Hall.

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

Sue's Private Hire

You can pre-book a taxi with Sue's Private Hire* by phone, text or email. Please pre-book asap as there are no taxis based at Pulborough Station. Your journey will be mostly with a lady driver and an electric car.

Tel: [+44 \(0\)1798 874848](tel:+44(0)1798874848) / [+44 \(0\)7918 137066](tel:+44(0)7918137066)

Email:- sueph520@yahoo.com

*Sue's Private Hire is not owned or managed by HF Holidays and prices are subject to change

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 two roundabouts and then at the traffic lights turn right onto the A272 to Billingshurst and Petersfield. After three miles turn left onto the B2139. Abingworth Hall is approximately four miles from this junction on the left hand side (go past Abingworth Meadows and Thakeham Pre-School).

From the M27

Continue onto the A27 around Chichester. At the second roundabout take the first exit on to the A29, then the second exit on to the B2139 to Storrington. At the mini roundabout, take the second exit onto the A283. Continue through Storrington then turn onto the B2139 towards Thakeham. Continue straight ahead at the traffic lights, and then take the first exit at the mini roundabout then the first exit. Continue down this road until you reach Abingworth Hall on the right.

By Air

The nearest airport is Gatwick Airport.

The easiest way to get from Gatwick Airport to Abingworth Hall is by taxi, a 29-mile journey taking around 40

minutes.

LOCAL AREA

Whether you're enjoying a guided or self-guided walking holiday, there's always the opportunity to linger for longer. Here's our pick of the very best things to see and do within easy travelling distance of Abingworth Hall.

Arundel

Just a 30-minute drive away, this picturesque West Sussex market town is most famous for two landmarks: Arundel Castle and Arundel Cathedral. A short way from the town centre is the open-air Amberley Museum with over 40 exhibits spread across its 36 acres.

Arundel Wetlands Centre

A 30-minute drive away, this 60-acre nature reserve run by the Wildfowl and Wetlands Trust provides a protected habitat for swans, geese, ducks, and other beautiful wetland birds. Boat safaris are available, weather permitting.

Bignor Roman Villa

Home to some of the best-preserved Roman mosaics in the UK, this courtyard villa turned visitor attraction is the heart of the South Downs National Park. The land is still farmed by the family of George Tupper, the farmer who discovered the site whilst ploughing in 1811.

Pulborough Brooks Nature Reserve

Just four miles away, this nature-rich area is set in the sheltered Arun Valley within the South Downs National Park. Expect a great variety of habitats (wetlands, heathland, woodland) as well as some wonderful wildlife viewing. The visitor centre is open year-round.

Uppark House & Garden

A 50-minute drive away, this 17th century stately National Trust property set within intimate gardens and woodland overlooking the South Downs was lovingly restored following a fire in 1989. Interiors include Grand Tour paintings and a very impressive dolls' house.

Parham House & Gardens

Set the foot of the South Downs, this E-shaped Elizabethan mansion was built in 1557. Highlights include the deer park, mature trees, four-acre walled garden with herbaceous borders, and seven acres of landscaped pleasure grounds.

Fishbourne Roman Palace

Just a couple of miles outside Chichester, Britain's largest residential Roman building was one of the great archaeological discoveries of the 1960s. The palace is most famous for its collection of mosaics, many of which were identified early in the excavation campaign.

Petworth House & Park

Managed by the National Trust, this 17th century mansion set in a 700-acre deer park is a 30-minute drive away. The majestic grounds were designed by Lancelot 'Capability' Brown and include the Ionic Rotunda erected in about 1765.

Weald & Download Living Museum

Having shot to fame as the filming location of the BBC's The Repair Shop, this open-air museum brings the history of Sussex to life with over 50 historic buildings. One highlight is the working watermill dating from the early 17th century.

Bluebell Railway

Running across 11 miles from Sheffield Park to East Grinstead in Sussex, stopping at Horsted Keynes and Kingscote, the UK's first preserved heritage line is ideal for those who like the romantic thrill of steam travel. Special events are hosted throughout the year.

USEFUL HOLIDAY INFORMATION

Essential Information

The UK has a famously unpredictable climate so it's best to be prepared for weather that's sunny one minute and raining the next. To make it easier, here's a list of items you should consider packing.

Essentials

- Suitable footwear such as waterproof walking boots that provide ankle support and good grip
- Waterproof and windproof jacket
- Comfortable clothing (jeans & waterproof capes are not suitable)
- Mid-layer(s) to keep you warm. Fleeeces make a good choice
- Waterproof overtrousers
- Gloves and a warm hat
- Rucksack with waterproof liner
- Flask for hot drinks
- Water bottle (at least 1 litre capacity)
- Sunscreen
- UV sunglasses

Recommended

- Several base layers (long-sleeve or short-sleeve)
- Cushioned walking socks to avoid blisters
- First aid kit, including plasters and insect repellent
- Sit mat
- Waterproof pouch for valuables
- Rubbish bag (remember to always leave no trace)
- Wallet/purse
- 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.

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.

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