

7 Night South Downs Guided Walking Holiday

Trip style: Guided Walking Holidays

Destination: 📍 South Downs

Trip code: ABW07-BOB01

Trip Walking Grade: ul 1, 2 & 3

Carbon Footprint: 🌳 135kg CO2



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, this holiday rewards with breathtaking trails, big-name historic attractions, picturesque villages, market towns, comfortable accommodation, and so much more.

WHAT YOU'LL LOVE

- 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 coast, cliffs, and 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

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 three guided walks (each walking day) from March to October, and two from November to February
- 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

WALKING GRADES AND OPTIONS

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 VERSION 1

Day 1 Arrival Day

Check-in at the hotel is available from 16:00. If you are a member you can arrive at the house from 14:00. Enjoy a complimentary cream tea at 16:30 and meet other guests.

Day 2 South Downs

Option 1 - 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 2 - 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 Storrington then back to the house.

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

Option 3 - Cootham & Storrington

Distance: 6½ miles (10.5km)

Ascent: 350 feet (100m)

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.

Day 3 Cowdray Park to Petworth

Option 1 - Stedham to Petworth - Through the Rother Valley

Distance: 11½ miles (18km)

Ascent: 1,200 feet (360m)

In summary: This longer route to Petworth begins from Stedham with a walk along the Rother Valley to Stedham Mill. Upon reaching Cowdray Park, our route follows that of the two shorter walks to Petworth.

Highlight: Discover the fascinating history of Cowdray House - the former home of the Montague family, was built in 1542 and largely destroyed by fire in 1793.

Option 2 - 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.

Option 3 – Cowdray Park to Petworth

Distance: 7 miles (11km)

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 built by the Duke of Somerset in the late 17th Century in the style of Versailles.

Day 4 Free Day – South Downs

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

Day 5 The Knepp Estate

Option 1 – Shipley, Knepp Estate and Warminghurst

Distance: 12 miles (19km)

Ascent: 590 feet (210m)

In summary: We follow the same route as the option 2 and having explored some of Knepp's walking trails we return to Abingworth Hall through open countryside via the village of Warminghurst.

Highlight: Taking time to explore the Knepp Estate's footpaths, tree platforms and bird hide.

Option 2 – Knepp Estate

Distance: 10.5 miles (16.5km)

Ascent: 350 feet (100m)

In summary: From Dial Post we walk to the south western edge of the Knepp Estate. In 2001 the Knepp Estate started a re-wilding project to turn farmland back into a natural habitat. The area is now home to an astonishing variety of species including rare birds such as nightingales and turtle doves. It is also home to the UK's only wild population of white storks which come here to breed in the summer months. While walking here you may also see many different grazing animals. We follow some of Knepp's walking trails and can explore different tree platforms and the bird hide before returning to Dial Post.

Highlight: Exploring the Knepp Estate where there is a pioneering re-wilding project in progress.

Option 3 – Shipley and Knepp Estate

Distance: 6.5 miles (11km)

Ascent: 350 feet (100m)

In summary: From the village of Dial Post we walk through the south western part of the Knepp Estate where a pioneering re-wilding project has been in progress since 2001. The estate is now home to a diverse range of species and is the only place in the UK where white storks nest and breed. Grazing animals you may see include Tamworth pigs, longhorn cattle and three species of deer – red, roe and fallow. We continue to the village of Shipley with its beautifully restored windmill and ancient church before exploring the eastern part of the Knepp Estate.

Highlight: Shipley – this historic village was first mentioned in the Domesday Book. It has a beautifully restored windmill.

Day 6 Parham Park

Option 1 – Thakeham, Warminghurst & Ashington

Distance: 6½ miles (10.5km)

Ascent: 400 feet (120m)

In summary: We walk to the nearby village of Thakeham and then, via Warminghurst church, across fields to Ashington. We return via woodland to the House.

Highlight: The gentle stroll through the woodland at the end of the walk.

Option 2 – Pulborough Brooks & Parham Park

Distance: 9 miles (14.5km)

Ascent: 550 feet (180m)

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.

Option 3 – Parham Park & Amberley

Distance: 13½ miles (22km)

Ascent: 1,150 feet (340m)

In summary: We walk along the ridge to the west of the house and then south to Cootham. We continue south to ascend onto the South Downs Way ridge and then west to Amberley, before returning through lovely Parham Park to the House.

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

Day 7 The Iconic Seven Sisters

Option 1 - Beachy Head & Seven Sisters

Distance: 9 miles (14.5km)

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 2 - Eastbourne & Seven Sisters

Distance: 10 miles (16km)

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.

Option 3 - Seven Sisters

Distance: 6.5 miles (10km)

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.

Day 8 Departure Day

Enjoy a leisurely breakfast before making your way home.

Daily Walk Options



Easier Walks

Walk at a relaxed pace, often spending time at places of interest en-route. Walking experience isn't necessary as distances are quite short and gradients generally easy.



Medium Walks

Walks follow well-defined paths, though often in hilly or upland areas, or along rugged coastal footpaths. These may be rough or steep in sections and will require reasonable fitness.

Accommodation

Abingworth Hall, Thakeham

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.

Check-In & Check-Out

You are welcome to check in from 4pm at the earliest. HF Members can check in earlier, from 2pm. 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. Check out 10am.

About

• 27 well-appointed guest rooms • Exclusive occupancy: 37 guests minimum • Check in from 4:00pm • For members check in from 2:00pm • Full-board (including cream tea on arrival) • Free Wi-Fi • Free on-site parking • Boot room and drying room • Travel cot & high chair • Discovery Point offering a wide range of local area maps, route guides, and information for self-guided walks • Books and games to borrow • Licensed bar • Three lounges • Heated outdoor pool (open May to September*) • Electric vehicle charging point - Please note, you will need to bring your own cables to use this EV charging point



Food & drink

Seasonal dining, tailored for you

Our team of skilled chefs design our dinner menus to showcase the best of each season, from warming winter comfort food to vibrant summer dishes, including vegetarian, vegan and high-protein options. We also source fruit and vegetables within a 40-mile radius of each house, open every break with a Chef's Special menu inspired by dishes and flavours of the local area, and are able to adapt dishes to suit special dietary requirements.

Welcome Cream Tea

What better way to start your stay than with a cream tea, served fresh on arrival to make you feel instantly at home. A quintessentially English tradition, our scones are baked in-house and served with preserves and clotted cream, providing the perfect opportunity to meet fellow walkers.

A hearty breakfast to start the day

Start the day with a freshly-prepared cooked breakfast and a wide choice from our continental buffet, including hot drinks, juices and fresh fruit. Our team offer a quick and friendly service, leaving you fuelled and ready for your day's adventures.

Our famous picnic lunch

Our personalised picnic lunches are perfect for a day out walking, ready to enjoy when hunger strikes. Choose from a large selection of fresh sandwiches and salads, freshly baked cakes and snacks, including the ever-popular Freddos chocolate bar! Everything is designed to fit neatly into your rucksack, and all of the packaging we provide is recyclable or compostable.

3-course evening meals

Our à la carte evening menus feature a wide choice of starters, mains, and desserts, made with seasonal ingredients and, wherever possible, herbs and vegetables from our own gardens. Shared around sociable tables, dinners are relaxed occasions, with drinks available to order at the table or from the bar, and a traditional Sunday roast to round off the week.

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.

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

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](#)

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, HF Holidays Inter-House Quiz night 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 walk leaders host guided walking information briefings before dinner on guided walking holiday arrival days. This is followed by a group Walks Talk for information on the following day's guided walks (held before dinner every evening). Self-guided walking guests are, of course, welcome.

The walking day

Prior to setting off on guided 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.

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: This email address is being protected from spambots. You need JavaScript enabled to view it.

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:- This email address is being protected from spambots. You need JavaScript enabled to view it.

*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 & Downland 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

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

For holidays operating October through to the end of March, please also bring the following on your walks:

- spare warm clothing
- spare high energy food
- head torch and spare batteries
- please note for the October to March season your waterproof jacket needs to offer a high level of waterproofing and wind resistance, and a hood. Look for a waterproof jacket with sealed/taped seams and a minimum HH (hyrodstatic head - this is the rating given on waterproof jackets) of 10,000mm+

Recommended

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

Trip Information

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 where 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.

Tripnote validity

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.

Document produced: 23 July 2026

