

THE SEVEN STARS

○ = Assists

○ = Landmarks

MAP

1 From front of the pub with garden ahead, bear left through car park up to main road. Cross straight over with care, pass footpath sign and follow made up track.

260 yards ahead, turn left at footpath sign and cross stile (see assist). Follow left edge of field for 180 yards, cross stile then bear right and head across field at 2 o'clock (see assist). On opposite side, cross stile and turn left along grass track. Follow for 130 yards and turn left over stile to right of metal gate. Walk gently uphill along right edge of field for 100 yards.

In field corner, cross fence with care and continue ahead up steps through trees. Enter field and cross at 11 o'clock for 120 yards (see assist). Cross twin wire fences with care and head at 10 o'clock for 130 yards towards field corner.

Cross fence then stile and enter field. Bear left and walk steadily uphill for 100 yards towards trees (see assist). Continue

with fence to right for 120 yards and glorious views of South Downs to left. Turn right over stile and head sharply uphill on track through trees.

160 yards on, track bends to left. Follow, exit trees ahead and pass arrow marker to left. 60 yards ahead, just before track enters field, turn right at footpath sign (see assist).

Walk for 70 yards and turn left at arrow marker. 70 yards ahead, turn right on to track and follow gently uphill. 40 yards on, continue into next field and follow left edge for 300 yards.

Track enters trees. Walk for 90 yards and turn right into lane passing farmhouse to right. Continue gently uphill through trees for 900 yards. Pass lane to left and 30 yards on, turn right on to track.

Head sharply downhill through trees. Take care as flint track may be watercourse at certain times. 220 yards ahead, gradient eases for 140

yards then sharpens again. Continue on rutted track for 150 yards. Track opens up with a bench and great views to right. Continue downhill for 300 yards and path levels out. Pass farmhouse 100 yards on then bear right on to lane.

Follow gently downhill for 850 yards, pass chapel and turn right at T junction. Follow lane for 150 yards and turn right at concealed footpath sign. Follow narrow path (if overgrown, cross metal gate, walk along right edge of field for 70 yards, pass through wood gate then turn left to resume).

Cross stile ahead and walk diagonally across field at 10 o'clock for 140 yards (see assist). Cross 2 stiles and fence into next field. Walk across at 1 o'clock for 130 yards, pass by metal gate and continue ahead for 30 yards. Cross stile 5 yards to left of metal gate.

Walk straight ahead across field for 160 yards and turn left on to made up track. Follow for 280



yards back to the main road. Cross over and you're back at the Seven Stars for some much deserved hospitality!



Statistics

- 3.5 miles
- 75% downland
- 5% road
- 20% track
- 70-90 mins

