

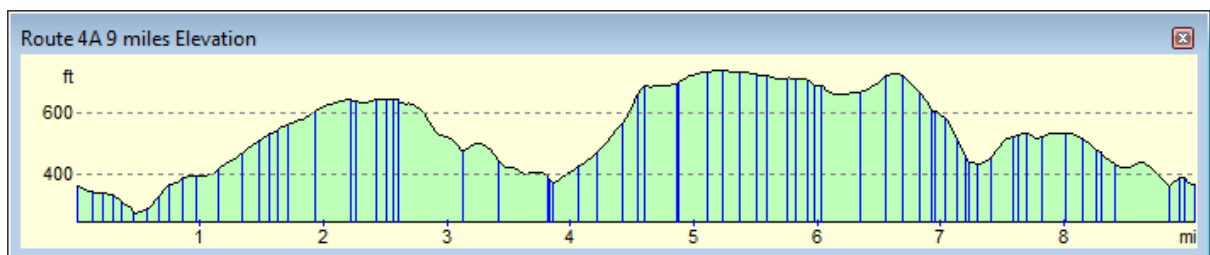
Route 4A - Whiteways to Upwaltham Hill and back

9 miles

This route follows the Monarch's Way outbound, and the South Downs Way homeward bound.

It is a trail run, all off road. Mainly chalk/flint tracks and grass.

Profile



Route

1. Start at Whiteways car park, at the top of Bury Hill on the A29. (Lat/Long N50:53:18,W0:34:36. Landranger grid TQ 00205 10852)	Miles
2. Exit car park heading NW on the bridleway past the red 5-bar gate.	
3. Take the left fork, confirmed after 10 yards by a Monarch's Way finger post.	0.5
4. Ignore the grassy track off to left, continue straight ahead on the stony track.	1.8
5. You pass the Bignor Hill National Trust sign.	
6. A larger track joins from the right. Continue straight ahead on this track.	2.25
7. After 50 yards, ignore the grassy track off to the right, bear slightly left on the main track.	

8. Ignore the fork to left, continue very slightly right into the woods, signed Monarch's Way.	2.5
9. You reach a bridleway cross roads. Go through the gate on the left into field, gate signed 'National Trust – Please close the gate'.	2.6
10. Head SW keeping the hedgerow and sea views on your left. You continue SW for 1.25 miles.	
11. Go through another National Trust gate.	3.2
12. Continue in the same direction keeping the hedgerow on your left.	
13. Go through another gate and bear left into the footpath which continues along in the same direction, between the double hedgerows, still heading SW.	3.5
14. You come to a 6-way crossing in the path, with a large wooden signpost. Take the first path on the right (sharp right) signed to Upwaltham, heading N.	3.85
15. Follow the track up the hill. The last ¼ mile of this track is the steepest hill on the route.	
16. Turn right at the bridleway T-junction, heading E. The main track may be very muddy, you can use the path just inside the wood parallel and to the left of the main track.	4.6
17. As you exit the wood, keep straight ahead on the main track.	
18. After 220 yards, at the end of the first field after the wood, bear left off the main track onto a smaller bridleway.	4.9
19. You now have woodland to your right and fields to your left, heading ENE towards the radio towers.	
20. Turn left and immediately right through the Slindon Estate gate,	5.4

heading E. Here you join the South Downs Way, which you will follow for the next 2.5 miles.	
21. Follow the fence on your right, with sea views to your right, and radio towers on the hill to your left.	
22. Go through the gate at the end of the field, follow the South Downs Way signs first left and then right.	
23. Pass through the Bignor Hill car park.	6
24. Follow the South Downs Way up and over Bignor Hill.	
25. Descending Bignor Hill, turn very sharp left down the steep stony hill, still on the main track and South Downs Way.	7
26. Follow the track round to the right, passing the barns on your left.	7.25
27. Climb the short hill and follow the undulating track for 1 mile.	
28. Running down a gentle downhill, you'll notice the trees along the fields to your right converging with the track. Bear right on the single-track bridleway signed Whiteways 1 mile. You leave the South Downs Way at this point.	8.3
29. After a little over ½ mile, at the end of the fields, you enter woodland. Bear left on the bridleway, keeping the field on your left and the woods on your right.	8.85
30. Bear right at the fork in the path into the woods.	8.95
31. Follow the path round to the right, into the Whiteways car park.	9