

## Route 7A – ‘Two Forts’: Chanctonbury Ring and Cissbury Ring

### 9 miles (9.5 miles with optional variation)

This route climbs up to Chanctonbury Ring and then heads south for a lap of Cissbury Ring. It returns up the south-west face of Chanctonbury Hill.

It is all off-road, a mixture of tracks, paths and grass.

#### Profile



#### Route

1. Start from Washington Car Park on the South Downs Way, grid reference TQ 12043 11987.	Miles
2. Follow the track uphill out of the car park, heading E.	
3. Follow the main track uphill for $\frac{3}{4}$ mile, ignoring all side turnings.	
4. Turn left at the T-junction at the large grassy triangle, still following the South Downs Way, heading NE.	0.76
5. After $\frac{1}{4}$ mile, cross the cattle grid onto the open grassland at Chanctonbury Ring.	1.04
6. Follow the main path curving gradually right, keeping Chanctonbury Ring on your left. You can see Cissbury Ring across the valley to the south.	
7. Cross another cattle grid.	1.66
8. After 500 yards, at the bottom of the hill, take the right fork	1.96

<p>heading S, leaving the South Downs Way. (The finger post is broken at the time of writing this). Follow the track straight ahead for 1.9 miles to Cissbury Ring, ignoring all side turnings. Cissbury Ring is clearly visible ahead of you all the way (unless you're in low cloud, of course...)</p>	
<p>9. Cross the road by the small car park, and go through the gate into the Cissbury Ring National Trust area.</p>	3.82
<p>10. Continue straight ahead and through the gate visible 80 yards ahead of you.</p>	
<p>11. Scale the defences of Cissbury Ring! Climb one flight of steps to the lower ramparts, then up a second flight to the top ramparts.</p>	
<p>12. At the top of the steps, have a look to the left. You'll see a solitary tree and a bench. Make a mental note of this, as it's a good landmark when coming back to the top of the steps later.</p>	3.94
<p>13. Turn right and run all the way around the edge of Cissbury Ring. This is a 1.2 mile loop. Look right as you begin, and you can see Chanctonbury Ring to the North. As you return along the other side, you can see Beachy Head. You have to go up and down two sets of steps during the run around the top to stay on the top of the ramparts.</p>	
<p>14. As you near the end of the lap around Cissbury ring, you'll pass the solitary tree and bench you noted earlier.</p>	5.08
<p>15. 100 yards after the tree and bench, you come back to the top of the steps where you first climbed up to the top of the ring. Go back down both flights of steps to the bottom of the hill.</p>	5.14
<p>16. Go through the gate, then directly across the grass and out of the second gate.</p>	
<p>17. Cross over the lane and small car park, and continue straight ahead, heading NNW. This is the same track you followed on the outbound route to Cissbury Ring.</p>	5.3

18. After just over ½ mile, at the grassy triangle, turn left on the 'restricted byway' past the iron barrier (signed with dark red arrows).	5.88
19. After 90 yards take the right fork onto a single-track bridleway.  (To increase the run to 9.5 miles, see the optional variation overleaf).	
20. After 0.4 miles, at the fork in the path, continue straight ahead and slightly right.	6.35
21. You pass a farmhouse on your left.	6.6
22. 150 yards after the farmhouse, turn right through a gate into a field, signed Public Bridleway. (This is directly opposite a track turning off to your left). Follow the path diagonally downhill to your left, to the gate visible at the bottom of the field, heading NW.	6.7
23. Leave the field through the gate, cross the road, and go through the iron 5-bar gate opposite and slightly left into another field.	6.79
24. Cross the field in the same direction as before, downhill and to your left. You can see a lane ahead of you going up into the trees, which is where you are heading.	
25. Leave the field through the gate, and continue along the lane, still heading NW.	6.9
26. After 550 yards, at the brow of the hill, turn right up the 'restricted byway', heading NNE. Engage a low gear and climb the hill for 1 mile.	7.22
27. After 0.8 miles, the track splits in two: take either path, as they join up again. The track then splits again: again, take either path.	
28. Turn left at the large grassy triangle, signed South Downs Way,	8.23

heading NW. This is the track back down to Washington car park.	
29. You arrive back at Washington car park.	9

### Optional variation:

This increases the distance to 9.5 miles by including Gallops Farm. It is less muddy, but it includes 0.4 miles on concrete.

From step 19 in the original instructions:

<p>Instead of taking the right fork onto the single track bridleway, continue straight ahead on the main track between the stock fencing (heading towards Findon on the map). Continue straight ahead until the end of the track.</p>
<p>After <math>\frac{3}{4}</math> mile, at the end of the track, turn right into Gallops Farm. This is a concrete lane for 0.4 miles.</p>
<p>After 0.3 miles, go straight through Gallops Farm, following the track straight ahead out of the farm with the stock fencing on your left.</p>
<p>After 300 yards, cross another farm track and go through the gate into a field, signed with a Public Bridleway way marker. Follow the path diagonally downhill to your left, to the gate visible at the bottom of the field, heading NW.</p> <p>(This is the same point as step 22 in the original route)</p>

After this, add  $\frac{1}{2}$  mile to the distances on the original route.