

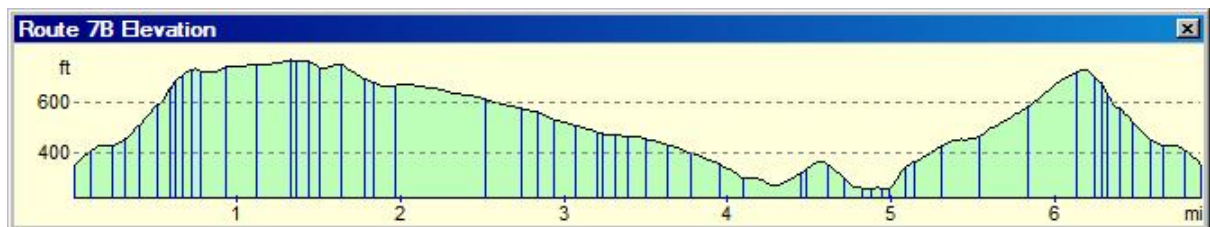
Route 7B –Chanctonbury Ring and Findon Park

6.9 miles

This route climbs up to Chanctonbury Ring and then heads south around Findon Park Farm. It returns up the south-west face of Chanctonbury Hill.

It is all off-road, a mixture of tracks, paths and grass. 0.4 miles is on a concrete lane.

Profile



Route

	Miles
1. Start from Washington Car Park on the South Downs Way, grid reference TQ 12043 11987.	
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.	
7. Cross another cattle grid.	1.66
8. After 500 yards, at the bottom of the hill, take the right fork heading S, slightly uphill, leaving the South Downs Way. (The	1.96

finger post is broken at the time of writing this). (This is where the Steyning Stinger half- and full-marathons diverge).	
9. After $\frac{3}{4}$ mile you pass a track joining from your right. Continue straight ahead.	2.72
10. After $\frac{1}{2}$ mile you pass another track joining from your right. Continue straight ahead for 35 yards.	3.2
11. After 35 yards you come to a crossroads in the track. Turn right on the 'restricted byway' (signed with dark red arrows), past the iron barrier, heading WSW.	3.23
12. After 100 yards, continue straight ahead on the main track between the stock fencing, ignoring the bridleway off to the right.	3.32
13. Continue straight ahead until the end of the track.	
14. After $\frac{3}{4}$ mile, at the end of the track, turn right into Gallops Farm. This is a concrete lane for 0.4 miles.	4.1
15. 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.	4.44
16. 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.	4.61
17. Leave the field through the gate, cross the road, and go through the iron 5-bar gate opposite and slightly left into another field.	4.71
18. 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.	
19. Leave the field through the gate, and continue along the lane,	4.82

still heading NW.	
20. After 550 yards, at the brow of the hill, turn right up the wide chalky track (signed with 'restricted byway' red arrow), heading NNE. Engage a low gear and climb the hill for 1 mile.	5.14
21. 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.	5.94
22. Turn left at the large grassy triangle, signed South Downs Way, heading NW. This is the track back down to Washington car park.	6.14
23. You arrive back at Washington car park.	6.9