

Route 7C –Chanctonbury Ring and Buddington Bottom

5.65 miles

This route climbs up to Chanctonbury Ring and then heads south into the valley between Chanctonbury Hill and 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

	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 50 yards, after the first thorn tree on the right, turn right on the bridleway, heading WSW. There is no finger post, but there is a blue-arrow way marker post. Follow the bridleway down the hill and through the woods.	2
10. Go through the gate at the end of the woods, into the field.	2.43
11. Follow the path straight ahead into the field, keeping the fence and woodland on your left. Follow the curve of the path round to your left.	
12. After ¼ mile, you pass a waymarker on your left, with a blue arrow. Continue straight ahead (SW) turning gradually round to the right towards the trees at the edge of the field.	2.66
13. After 100 yards, the path forks either side of some scrub. Take the left fork towards the fence, and follow the bridleway along the edge of the wood, with the fence on your left.	
14. After 550 yards, go through the gate and continue along the bridleway.	3
15. After ¼ mile, another track joins from the left. Continue straight ahead past the 5-bar gate.	3.25
16. Follow the track, keeping the wooden fence on your left (don't go down the road). You pass the farm buildings on your left. Continue straight on along the track.	
17. After 2/3 mile, at the brow of the hill, turn right up the wide chalky track, signed with a 'restricted byway' red arrow, heading NNE. Engage a low gear and climb the hill for 1 mile.	3.9
18. 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.	4.73

19. Turn left at the large grassy triangle, signed South Downs Way, heading NW. This is the track back down to Washington car park.	4.9
20. You arrive back at Washington car park.	5.65