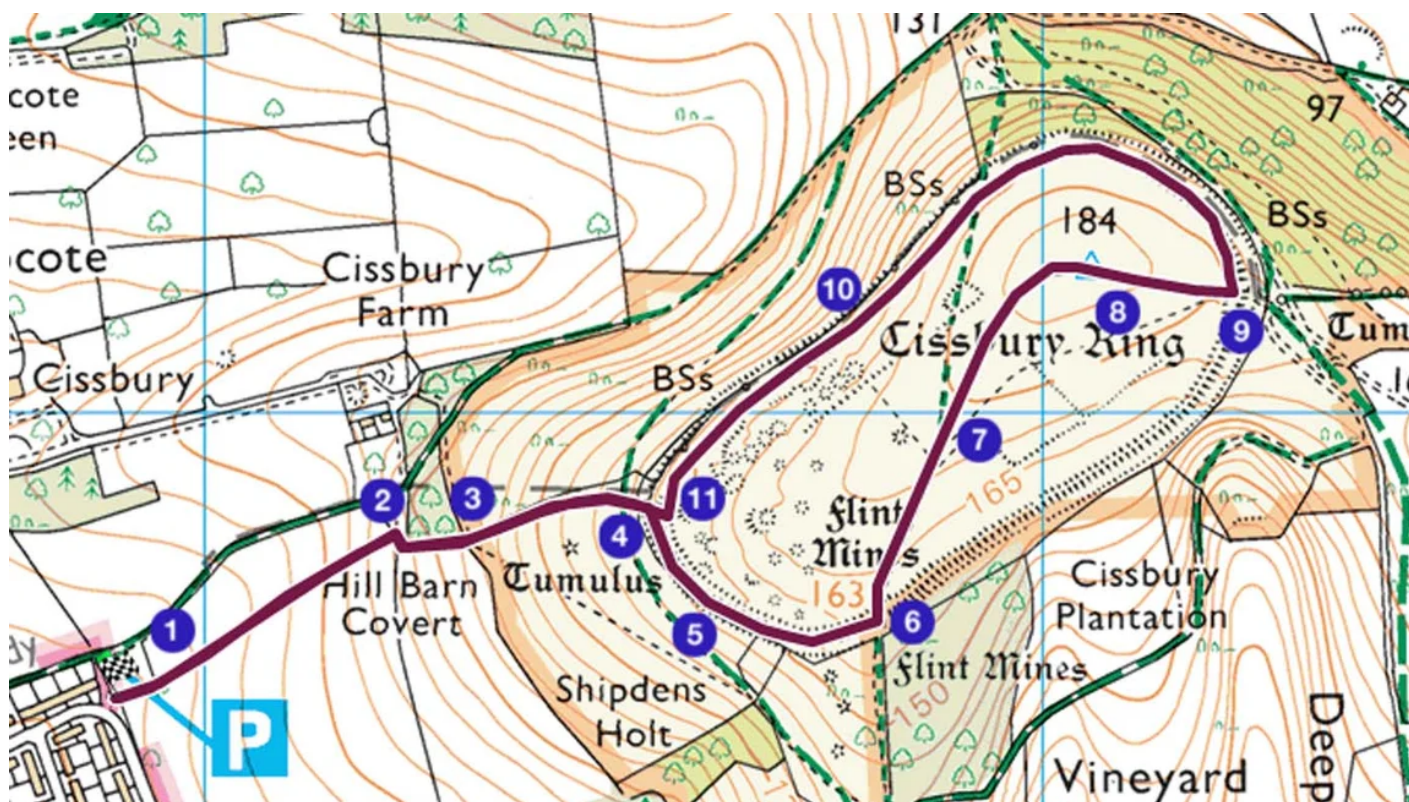


SUSSEX

Cissbury Ring history and nature trail

Walk along an ancient road and see where flint mining provided tools for our Neolithic ancestors. On the route look out for varied wildlife in this important chalk downland site and enjoy panoramic views from the second largest Iron Age hillfort in the south of England.



Information

Address: Storrington Rise car park, Findon Valley, BN14 0HT

OS map: OS Explorer OL10 (previously 121)

Activity: Walking

Moderate: Grassland, embankments and flint paths with some moderately steep sections. Some areas may be slippery when wet. For further details, please see section marked Terrain.

Dog friendly: Dogs must be kept on a lead.

Full trail: Miles: 2.2 (km: 3.52)

Access: Challenging

Duration: 1 hour - 1 hour 30 mins

Terrain

The route is over chalk grassland, chalk and flint paths and Iron Age hillfort embankments. There are some short moderately steep sections and the walk includes some steps. Some areas may be slippery when wet so footwear with a good tread is recommended.

Total steps: 11

Start point: Storrington Rise car park, Findon Valley, grid ref: TQ129076

1. Leave the car park at the south-east corner and take the left-hand path where the track splits. Walk straight up the hill and look for a gap in the trees.
2. Go through the gap in the trees turning right past a bench. When you come out of the woods turn left and walk uphill by the edge of the field until you come to a kissing gate in the corner.
3. Go through the kissing gate. Continue climbing on another grassy path just to the right of the trees up ahead, until you reach the fence at the foot of Cissbury Ring.
4. Go through the kissing gate near the bench and turn right onto the lower of the two embankments.
5. Walk round the fort towards the south taking in the views as you go.
6. When you reach a gravel footpath crossing your track in front of a wooded area turn left and go through the gap in the inner embankment. This is the southern entrance to Cissbury.
7. Take the grassy uphill path, which goes diagonally to the right across the hillfort. Continue walking uphill until you reach the triangulation point.
8. Turn right at the triangulation point and walk down towards the eastern entrance to Cissbury Ring, which is the obvious gap in the earthworks.
9. Climb the steps on your left and continue along the upper embankment until you get to a lone tree and a bench where you can sit and admire the views.
10. Continue following the path around the north-east side of Cissbury Ring until you arrive at the steps at the south-west corner. These are just above the kissing gate you came through earlier to access the hillfort.
11. Go down the steps, back through the kissing gate, and follow the route back down to the car park.

