**Welcome...**

... to the Downs on your Doorstep

Not only can you walk between Stanmer Park & Ditchling Beacon you can cycle and ride too. And if you want to discover more of the South Downs you can walk freely across newly created open access land.

As you explore you will become aware of the many ways humans have changed the landscape over the past 6000 years. Discover the past and enjoy yourself!

**Open Access**

Since September 2004 you have the right to walk over areas of open country. Three of these areas can be found on the map overleaf: Dencher Bottom, Big Bottom and Moon’s Bottom.

In addition Brighton & Hove City Council has created 200 hectares of new open access in and around Stanmer Park to complement the access we already enjoy through Stanmer Woods.

This means you can now walk freely across much of the Stanmer estate! The map overleaf gives you endless opportunities to create your own Stanmer and Ditchling Beacon walk.

**Rights and Responsibilities**

The access land symbol shows land that may be open for public access on foot.

Access may also exist for other activities such as riding a horse or bicycle responsibly on the open access land in Stanmer Park to the north of Stanmer Village.

Dogs must be kept on a fixed lead (2 metres or less) on most of Stanmer Woods.

This means you can now walk freely across much of the Stanmer Village. The map overleaf gives you endless opportunities to create your own Stanmer and Ditchling Beacon walk.

**How to Get There**

Falmer railway station about 0.25 mile or 500 metres (6 minute walk) to the main park entrance at Lower Lodge.

In addition to the main entrance at Lower Lodge, Falmer Station is a convenient starting point.

The nursery is a hidden gem.

25, 23c, 28, 29 to bus stop on main road adjacent to the main park entrance.

Or for a copy of the full Health Walks programme contact:

Tel: 01273 292564
e-mail: countryside@brighton-hove.gov.uk

www.brighton-hove.gov.uk/countryside

**Healthwalks**

Getting involved in regular walking can help you feel less stressed, keep you flexible, and halve the risk of a heart attack or stroke. It can also reduce the risk of certain cancers and diabetes and improve blood pressure. Walking even burns the same amount of calories as jogging!

Healthwalks are a series of short social walks across Brighton & Hove, including Stanmer Park. For further details or for a copy of the full Healthwalks programme contact:

Tel: 01273 292564
e-mail: healthwalks@brighton-hove.gov.uk

www.brighton-hove.gov.uk/healthwalks

**Want to Explore Some More?**

Look out for other ‘Downs on your Doorstep’ leaflets available from local libraries, cafes and other popular venues. Alternatively download them from our website details bottom of page). To venture further afield you could use the orange Explorer 123 Ordnance Survey map (available from bookshops).

If you are interested in attending a countryside event take a look at the events diary. Events range from guided walks and talks through to kids events and festivals. Visit the website below and search using keyword ‘countryside’ or ‘park’.

www.brighton-hove.gov.uk/events

Why not try other walks on the Downs that start and finish at local bus stops? Leaflets are available from the South Downs Joint Committee, please contact:

Tel: 01243 558700
Web site: www.southdownsonline.org

e-mail: info@southdowns-ond.org.uk

**Easy Access**

We are constantly working to improve access to the countryside by replacing stiles with easy access gates, installing seats, and surfacing paths.

Stanmer’s easy access route sweeps 5 miles around the park along the ridge, through the woods and back down into the park. If you are using a pushchair or wheelchair you may appreciate being dropped off near the top at Upper Lodge Woods and picked up back down in the park itself.

The access land symbol shows land that may be open for public access on foot.

ACCESS

EAZY

FACILITY

OPEN UP LEAFLET TO SEE ROUTE MAP

**Historic Parkland**

It is believed that Stanmer was the domain of Aedwulf, King of the South Saxons (765AD).

Stanmer comes from the Saxon ‘Staem More’ meaning story pond.

This probably refers to Stanmer Church pond which is surrounded by large stones.

It was also recorded in the Doomsday book 1086.

Since then it has had many owners. It was the Pelham family (1790s) who commissioned the building of the large house, landscaped the gardens and planted the woodlands.

A recent historic landscape study has highlighted the importance of this 18th century parkland.

**Open Views**

The open downland landscape you are today is a result of 6000 years of human activity.

Before this the Downs would have been covered by a wildwood.

The woods were cleared for cultivation and grazing of livestock.

The ongoing farming activity over the millennia prevented the woodland from returning.

This has led to the patchwork of arable, pasture, wildlife rich chalk grassland, woodland and scrub that we see today.

The nursery is a hidden gem.

**Access May Also Exist for Other**

Access may also exist for other activities such as riding a horse or bicycle responsibly on the open access land in Stanmer Park.

Dogs must be kept on a fixed lead (2 metres or less) on most of Stanmer Woods.

This means you can now walk freely across much of the Stanmer Village.

The map overleaf gives you endless opportunities to create your own Stanmer and Ditchling Beacon walk.

**The Countryside Code**

Be safe – plan ahead and follow any signs

Leave gates and property as you find them

Protect plants and animals and take your litter home

Keep dogs under close control

Consider other people

For more information visit: www.countrysideaccess.gov.uk

Need a Translation?

This can also be made available in large print, Braille or on audio tape
Many of the routes cross open downland which is fairly steep in places. Some are unsurfaced and bumpy. They can become muddy and slippery when wet, so take care!

Field colours correct at time of going to press.