

slope and left after 80 metres, at junction of tracks and along broad, muddy bridleway. Left at next crossroads down steep, technical section to T-junction with road.

6. Left on road and right on bridleway just past Michelgrove Bungalow. Go through Myrtle Grove Farm, over drive to Long Furlong Farm and continue on Monarch's Way, avoiding Tolmare Farm, to junction with A280 just west of Findon.

7. Left on bridleway by metal gate and continue north to junction with South Downs Way, by barn. Left along South Downs Way past Chantry Post to car park.



Arundel and castle



South Downs Way/Monarch's Way (Arundel - starting near Storrington)

ROUTE
23

OFF ROAD

Experienced

19 miles (30.57 km)

3½ hours



Map - Explorer 121 Arundel & Pulborough

This is an extension to Route 22 which incorporates an exhilarating descent off Amberley Mount to Houghton and along a beautiful section of the River Arun to Arundel. The tree roots on the river section are slippery in the wet! Arundel is worth lingering in. There is a railway station at Arundel (between sections 3 and 4).

1. Start at Kithurst Hill car park off the B2139 Storrington/Houghton road (GR070125) off the B2139 Storrington to Amberley road. Turn right from car park and follow South Downs Way over Rackham Hill with a steep descent off Amberley Mount to meet road to Downs Farm. Turn right and then left down High Titten to B2139.



2. Don't cross road, but turn right on bridleway parallel with road, following South Downs Way signs to cross B2139. Cross River Arun to junction with Bury to Houghton road. Turn left and cross B2139 onto minor road leading down to bridleway beside River Arun. Continue to South Stoke Farm and junction with lane. Cross lane and follow bridleway past cottage on left. Continue with a steep ascent to the road.

3. Left, then right. Pass Black Rabbit pub, The Wildfowl Reserve and Arundel Castle to mini roundabout. Go left over bridge, left at roundabout on A27 and left just past railway station towards Warningcamp.

4. Continue over crossroads by YHA sign to bridleway on right (GR035075) where road meets woods. Take bridleway. At end of woods there are 3 signposts in a field. Go straight over at first, bear right at second and straight over at third, keeping on bridleway.



Swanbourne Lake Tea Rooms

5. At junction of bridleways (GR049077) follow route for 3½ miles (5.63 km). Then go immediately right up short steep bridleway, over first bridleway crossroads, then left and through woods onto tarmac section of Monarch's Way. Continue east past cottage on right where tarmac runs out. Bear right at T-junction of bridleways, down gentle

Continued on back page

South Downs Way/Monarch's Way (Arundel - starting near Storrington)

