



Chanctonbury and Cissbury Rings

OFF ROAD
Intermediate

9 miles (14.48 km)

1¼ hours

ROUTE

15



Maps - Explorer 121 Arundel & Pulborough
122 Brighton & Hove

This ride visits the two Iron Age forts on the South Downs, west of Steyning and east of Findon, and incorporates part of the South Downs Way. It is on good tracks but care should be taken on some of the steeper descents. There are views from Cissbury Ring, which was the largest flint mine in Northern Europe, to Beachy Head and the Isle of Wight and from Chanctonbury Ring to Brighton, Devil's Dyke and the North Downs.

1. Start from the car park at the road-and-track crossroads 1 mile (1.60 km) south of Steyning Bowl on the Steyning/Sompting road (GR162080).



Memorial

Leave the car park going west on the track. Turn right at the crossroads (GR167081) on a well-surfaced bridleway. Climb past Steyning Bowl on the right to the bridleway crossroads with the South Downs Way at New Hill marked by a flint memorial to Walter Langmead.

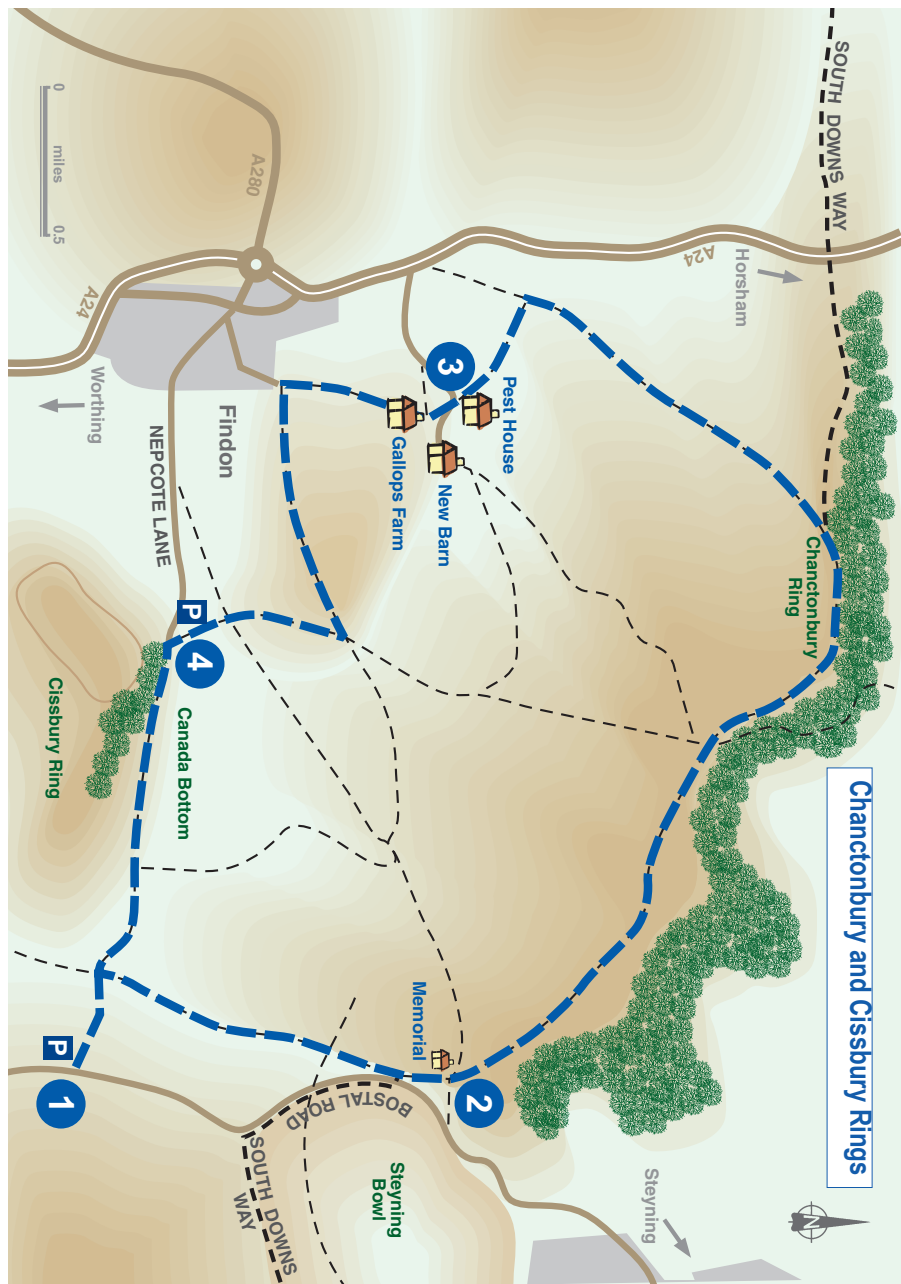
2. Straight over the junction and follow the South Downs Way past Chanctonbury Ring. Carry straight on, ignoring the South Downs Way bridleway on the right. A fast descent, which can be slippery in the wet, takes you to a bridleway crossroads. Turn left to the junction with the track to The Pest House (GR127100).



Cissbury Ring

3. Through the gate and up the steep bridleway leading over the field. Cross the road onto a second field. Exit field by gate and go over junction with track and through Gallops Farm. Follow concrete track to junction of track and lane. Turn left uphill to junction of track and bridleways. Turn right to Cissbury Ring (GR139094).

4. Left at junction of road and tracks by small car park (GR139085). Follow track through Canada Bottom to start point.



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