



The River Adur and Shermanbury

**This is a delightful, gentle walk in rural countryside along the River Adur.
The walk has no hills and includes a section of disused railway line**

Essential Facts

- Route distance: 13.8 km (8.6 miles)
- Approximate time: 3 hours 30 mins
- Optional shorter route: 10.7 km (6.7 miles)
- Approx. total ascent: 25 metres
- Start point Grid Ref: TQ 212 180
- GPS Ref: TQ 21220 18004
- Recommended O.S. Map: Explorer 122
- Toughness Rating: Sussex 1

Please see the notes on Toughness Ratings at the end of this report

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CHALLENGE ?**

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THE ROUTE

The start of the walk is a lay-by on the A281, about 2 km north of Henfield. It is worth avoiding this walk after heavy rain, as the water meadows can become more than a little water-logged.

The start, **S**, is at the north end of the lay-by. Walk along the road-side a short distance to the Bull Inn which is just beyond the speed limit signs. Take the footpath to the right, on the other side, and into the meadow. Bear left to the stile, follow the footpath on the slightly higher ground above the meadow to the junction at **A** and continue straight on for another 500 metres. Through the gate, turn left along the fence, then over a stream and after 200 metres go left and turn right just before the weir and bridge. Keep along the south bank of the River Adur for 1.2 km to **B**, at a bridge.

Turn left over the bridge and left again immediately. Follow the path to another smaller wooden bridge, cross over to the right and follow the direction across the field to a gate out onto a lane. Turn left along the lane past the “new” cemetery of St. Giles (it is 100 years old) and when the road turns right bear left onto the public bridleway along the driveway. After 400 metres fork left and continue until coming to the elegant Shermanbury Place and the tiny church of St. Giles partly built in the 14th century and on to **C**. The route goes straight on.

At this junction, it is worth taking a short side path to the right through the trees to see an old moat where the servant’s quarters used to be. Continue on down the driveway and out through the gates onto the A281. Turn right and immediately left down Wychwood Lane to its end. Keep straight on past the last house, turn left round the back and then turn right keeping the hedge to the right. Go over the next stile and bear left across the field. Go through the trees over two stiles and through the water meadow (which can be very wet). Go over a new concrete bridge and take the path to the right for 700 metres before climbing up the bank onto the disused railway line.

The route goes left along the disused railway line that ran from Horsham to Shoreham closed in the 1960’s after 100 years of operation. It is now the Downs Link, a marked link between the North and South Downs Long Distance footpaths. The route goes south straight along the railway line, over Betley Bridge, then over a smaller stream. The longer route turns right along the south bank of the Adur.

If the shorter route is preferred, keep straight on the railway line for another 500 metres to **E**, and then turn left. This is where the two routes join again.

The longer route follows the river bank for 1.4 km passing the confluence of two branches of the Adur to **D** and then takes the footpath to the left. After 300 metres turn right and then left by Blundens Farm. Follow the farm lane for another 700 metres, go right and out onto West End Lane. Turn left to the car park at the Downs Link and turn left back onto the railway line. At this point it is possible to stop at the Old Railway Tavern, should refreshment be needed.

Take the disused railway line north for 1 km to **E**, and turn right. The shorter route rejoins here. Go left and right round Little Betley cottage, over a bridge and bear left. Go right over a ditch and continue on the edge of the field with the hedge on the right as it bends round to the left. The path turns right just before Gibses Cottages to **F**.



A Leafy Lane



The River Adur



Waiting For The Game

Now take the lane round to the left and where it turns right keep straight on, the footpath keeping the hedge on the left. At the next footpath sign, turn right along the field edge with the hedge now on the right. Go left at the end of the field and turn right onto the gravel driveway. Go straight on to the road at the side of the Bull Inn and turn right. The start, **S**, is just 150 meters along the A281.

Refreshment

The Bull Inn
Public House
London Road, Henfield
Tel: 01273 492232
Meals and bar snacks
available, large garden

The Old Railway Tavern
Public House
Upper Station Road,
West End, Henfield
01273 492509
Restaurant, bar meals
and garden



The Bull Inn

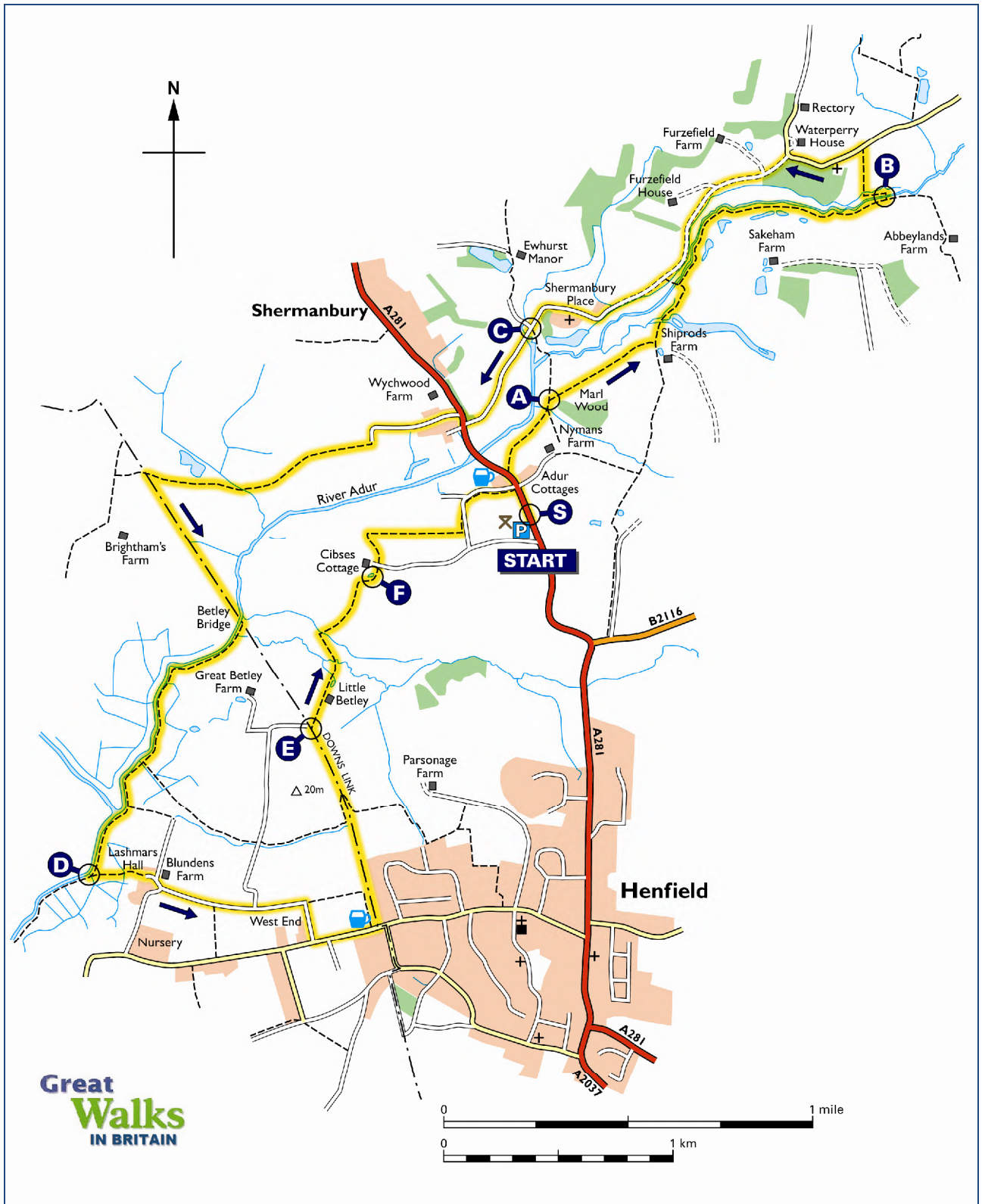
LOCAL INFO

The **River Adur** rises in the low hills to the south of Horsham and flows west before turning south through the gap in the South Downs at Bamber Castle and out to the sea at Shoreham. The area that the walk covers is through some delightful water meadows with their grasses, wild flowers, butterflies and birds.

It is also possible to see the influence of man. The area has numerous examples of weirs, sluice gates and channels designed to partially drain the land to allow grazing. The Mock Bridge, near the Bull Inn is a fine old stone bridge that originally took the main road down to Shoreham.

THE RIVER ADUR AND SHERMANBURY G.P.S. WAYPOINTS

WAYPOINT NAME	MAP REF	CO-ORDINATES		ELEVATION: Metres
RAD S	S	TQ	21220 18004	10
RAD A	A	TQ	21384 18505	7
RAD B	B	TQ	22817 19376	6
RAD C	C	TQ	21258 18799	9
RAD D	D	TQ	19320 16415	4
RAD E	E	TQ	20285 17063	10
RAD F	F	TQ	20541 17705	8



























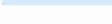




Great Walks
IN BRITAIN

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MAP LEGEND					
	Great Walks route				
	Motorway		Church with tower		Spot height - metres
	Main road		Church with spire		Information centre
	Secondary road		Other place of worship		Parking
	Minor road		Cathedral / Abbey		Public convenience
	Other road		Building		Public house
	Track		Built up area		Picnic site
	Footpath		Woodland		Camp site
	Bridleway		Sand		Major tourist feature
	National trail		Water feature		Other tourist feature
	Railway				

Safety First

Safety should always be your first priority in planning and undertaking a walk, whether on your own or leading a group. Please read these Safety First and Walking Our Routes notes.

Lead a group of other walkers only if you have leadership and navigational experience adequate for the 'worst case' conditions which may be encountered on the particular walk, bearing in mind the terrain, possible weather and navigational demands.

Weigh up the capabilities of your party, in terms of fitness and walking speed. Adjust your time expectations accordingly.

Ensure all your party are adequately clothed for the weather and conditions. Footwear is particularly important. Clothing must protect against cold, wet or strong sun according to the time of year.

Emergencies are quite rare, but it is essential to think ahead about what to do if someone in your party sustains an injury. Will you have a First Aid kit? Is there a qualified First Aider in the party? How could help be summoned in a serious eventuality?

Refreshment, particularly water, can be vital. Dehydration in hot summer conditions can be rapid, and frequent intake of fluids is essential.

On tougher walks it is a good idea to tell someone where you are planning to go – and when you expect to be back. Remember - mobile phones often lose reception in mountainous or isolated areas.

All our walks use legitimate routes: Public Rights of Way, Public Footpaths, Bridleways, Permissive Paths, Access Land, Byways and Roads.

Road walking calls for particular care. When there is no defined footpath or verge wide enough for safe walking it is usually best to walk on the right – facing oncoming traffic. An exception may be a tight bend, where walkers would be more visible on the left.

Occasionally you may find a public footpath blocked or unuseable. It is perfectly in order to take the shortest available diversion without damaging crops, perhaps around a field margin.

It is courteous to close gates after passing through, sometimes even if the gate was open when you arrived – particularly if it is obvious livestock may escape.

Mutual respect for farm animals is to be encouraged! Don't frighten or annoy them, but equally don't put your party members in danger or discomfort. You certainly wouldn't be the first walkers to go round the outside of a field of frisky bullocks.

Dogs should always be kept on a lead anywhere near farm animals, and under close supervision elsewhere in the countryside.

Walking Our Routes

Our walks are designed to be negotiated using the route directions in conjunction with the map section provided. We suggest walkers also take the Ordnance Survey Explorer or Outdoor Leisure map recommended for each walk.

On mountain, moorland and open heathland walks it is **ESSENTIAL** to have navigational expertise and tools, including the recommended Ordnance Survey map(s).

Take care to observe any cautions in the route description; exposed paths, areas liable to flooding etc.

Consider conditions before setting off. Will heavy rain have made a water meadow impassable? Will frost or snow make a path slippery?

When navigating the route look for clues to confirm you are in the right place. Are map features where you would expect on the ground? Are features mentioned in the text where expected? If you suspect you may have taken a wrong turn, take action sooner rather than later. It is better to re-trace to a known point rather than carry on regardless with the possibility of becoming increasingly confused.

All our routes are carefully checked before publication, but features can change on the ground – sometimes surprisingly quickly. Footpaths may be re-routed, buildings can appear or change significantly and these days pub names seem to change frequently.

The approximate time given for each walk is based on an average walking speed of 2.5 miles per hour (4 km/hour), plus an allowance for ascent, descent and any difficult terrain.

Total ascent is the approximate total ascent over the whole walk.

GPS users can enter in the waypoints provided in each of our walk reports. It is important to read our guide **Introducing GPS for Walkers**, available as a PDF file from the Great Walks in Britain web site.

Remember that GPS is a great navigational tool, but only one of those available to the navigator. Never dispense with conventional map and compass – and the training and skills to use them, especially on mountain, moorland or open heathland walks.

TOUGHNESS RATINGS

All our **Sussex & The South Downs** routes can be undertaken by reasonably fit walkers able to utilise our map segments, together with the route guidance notes. Always consider recent and forecast weather.

Each walk has been allocated a **Toughness Rating**:

1. Easier walks with modest ascent and generally on well defined paths. There may be stiles or narrow gateways to negotiate.
2. Routes which are more demanding. They may include more ascent and possibly paths which are looser or more difficult underfoot.
3. More strenuous walks with some steep sections, higher paths or places which may be wet and boggy.
4. The most demanding walks in this edition. There may be prolonged steep ascents. Conditions may be challenging underfoot.

Toughness Ratings are allocated in the context of the terrain in the edition area. For example a walk rated as demanding in Cambridgeshire may be equivalent to an easier or moderate route in the Brecon Beacons.