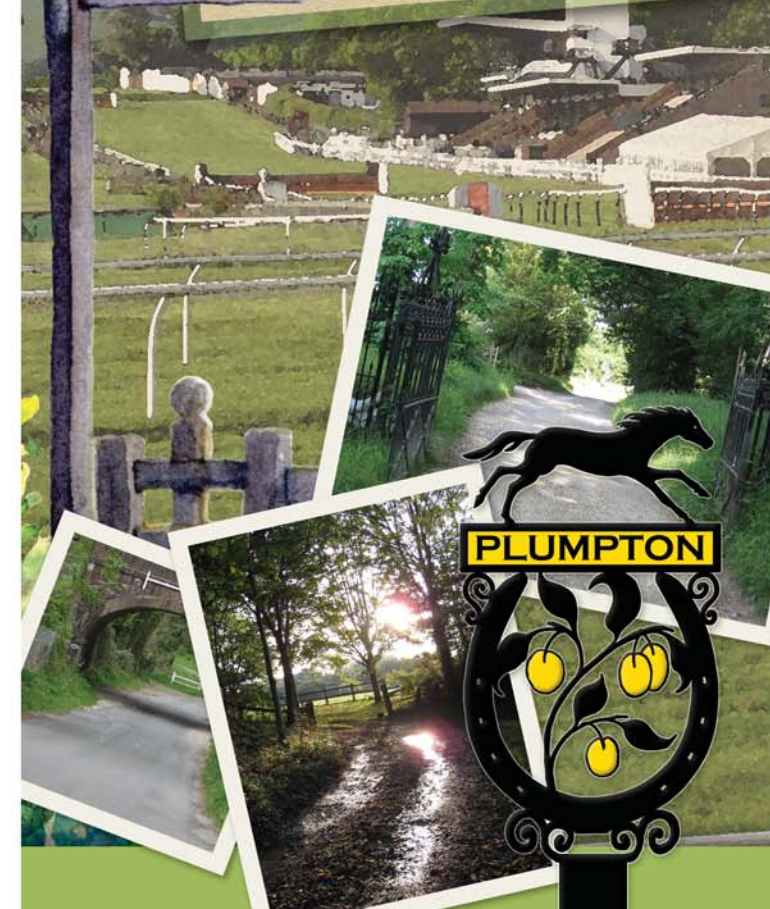


Plumpton Racecourse, the Ferrings and Mount Pleasant

An interesting circular walk to the east of Plumpton Green, starting and finishing at the George V Playing Fields, opposite the station. Passing via the racecourse and East Chilington, it uses quiet lanes and wide tracks with no stiles, and offers splendid views and plenty to see all year round.



Wildlife notes

Just before the T junction at point 3, there is a small rookery on the right.

The wood on either side at point 6 is carpeted with wood anemones in early spring. Great spotted woodpecker, warblers and tits can all be found here, in spring and summer especially. Look out for long tailed tits in the trees and marsh marigolds in the boggy ground near the bridge at point 7.

Kingfishers have been seen on the stream at point 9.

Lapwing may breed in the large, open, agricultural fields around point 11, and yellowhammers are fairly common. In cold periods of winter the fields can provide feeding grounds for flocks of lapwings and sometimes golden plover, or flocks of thrushes or skylarks.

Keep a look out for buzzards throughout this walk.

This leaflet is one of 16 produced by the Plumpton Village Action Plan Footpaths Team. Copies can be downloaded free from www.plumptonvap.co.uk

Plumpton parish includes the villages of Plumpton and Plumpton Green. The parish lies at the foot of the South Downs, near Brighton and Lewes, in East Sussex. The southern part of the parish is within the South Downs National Park.

Public transport

Plumpton is served by two bus services (166 and 824, Monday to Saturday) and a frequent train service (London Victoria to Eastbourne, Hastings and Ore, daily including Sundays). There is also a daily train service from Brighton via Lewes.

For information about bus times telephone **0844 477 1623** or visit www.countryliner-coaches.co.uk For train times telephone **0845 127 2920** or visit www.southernrailway.com

Pubs and shop

Plumpton has four pubs: the Half Moon at the south end of the village, beneath the Downs; the Winning Post and Fountain Inn, both in the centre of the village, and the Plough, at the north end of the village. There is also a pub, the Jolly Sportsman, in East Chilington. The Plumpton village shop is open daily and has a delicatessen.

Please follow 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



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The route

1 Leave the George V Playing Fields and turn right along Station Road and then left into East View Fields.

2 Walk up East View Fields on the left hand side and turn left along the twitten between houses number 14 and 16, crossing the footbridge over the railway, heading towards the grandstand of Plumptre Racecourse ahead.



3 Follow the metalled footpath with the racecourse on your left and gravelled car park on your right, around the back of the grandstand and racecourse buildings, heading due south towards the Downs until you come to a T junction at the main entrance to the racecourse.

4 Turn left, following the racecourse access road, and continue to its end, with the racecourse on your left and the Downs on your right.

5 Cross Plumpton Lane into the unmade road opposite. The house to your left used to be the Green Cross Inn and is believed to have had smuggling connections.

6 Pass through some large iron gates and follow the tree-lined track known as the Ferrings, ignoring another track to the left leading to Chilton Ferring. This is an old Roman Road called the Greensand Way.

7 Cross the bridge and continue along the track as it goes uphill between high banks, emerging at East Chilton Church. Note the ancient yew in the churchyard and the eastern wall, which is built of Sussex marble, known as Winklestone.

8 Follow the metalled road sharp left down the hill, passing the Jolly Sportsman pub on your right. Continue on to the T junction, just past Hollycroft.

9 Turn left onto Novington Lane and walk north, under the railway, over the river and up the short, but steep Pinchers Hill.

10 Continue on, ignoring a lane on the right signposted to Cooksbridge and Lewes, but note the old letterbox at the junction. Take the next turning to the left onto a farm access road and bridleway.

11 Continue on to the end of the road, passing through North Barnes Farm, to return to Station Road by the Winning Post pub.

12 Turn left to return to the George V Playing Fields.

