

WILD WALKS

Local South Downs walks, easily reached from
Moulsecomb & Bevendean

Photo Route Guide • No Car Needed





INSPIRATION

Wild Walks came about having being inspired by taking many walks in the local downland of Bevendean & Moulsecoomb, along with walking the South Downs Way over the lock down years. Wild Walks aims to encourage people to get out and explore the local downland on our doorstep.

Moulsecoomb & Bevendean are positioned on the edge of the South Downs allowing instant access to a wide variety of fantastic walks. Being able to roam and enjoy the land around where we live, is free, good exercise, and a wonderful way to connect with nature. By taking a step out of our front door and our increasingly busy lives, walking is a simple way for most of us look after our health.

When walking locally I have been asked, 'Can you walk up here?', and 'What happens when you walk up here?' Wild Walks aims to answer these questions for people living or visiting Moulsecoomb & Bevendean. Reading an Ordnance Survey map requires some skill and investment, which many aren't comfortable with. Wild Walks are possible with no map-reading skills. Many other walks also require use of a car, or expensive public transport, these walks just cost the bus fare home. Details of buses back to Moulsecoomb & Bevendean can be found on each walk. Please check bus times and services before you set off. All walks here, and the accompanying guided walks*, start at Bevendean Community Garden, however the walks can be started anywhere in Moulsecoomb and Bevendean.

*For more info on guided walks see: www.inspired-by-nature.uk/wild-walks or www.facebook.com/WildWalksBrighton

THE WALKS

- The Local Link** *Under 2 miles*
Bevendean Community Garden to Moulsecoomb over the fields *page 4 & 5*
- Castle Hill Nature Reserve** *4 miles*
Bevendean Community Garden to Castle Hill Nature reserve *page 5 & 6*
- Set off To The Sea** *Just over 3 miles*
Bevendean Community Garden over the hills to Ovingdean *page 7 & 8*
- Walk to Kingston** *6 miles*
Bevendean Community Garden to Kingston *page 9 & 10*

Thankyou to Bevendean Community Garden
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Supported by



Changing Chalk
connecting nature, people and heritage

The South Downs

The South Downs national park is the newest of the UK's 15 national parks, it came into being in March 2010, and in 2016 the National Park was granted International Dark Sky Reserve status, making it one of the best places in the country to view the night sky.

The National Park is home to a number of globally important habitats, including lowland heath, described as rarer than rainforest. (Lowland heath is found from sea-level up to about 300m and is characterised by heathers, gorse and grasses!) Around 4% of the land in the National Park is chalk grassland². Chalk grassland is exceptionally rich in plants and insects and up to fifty different types of plants and wild flowers can be found in one square metre, many of them rare species. For more details on wildlife please see the back page.

Chalk grassland was originally created by the clearance of trees and scrub about 9,000 years ago and maintained by grazing livestock. It is thought that the chalk ridgeline of the South Downs Way has been used by people for more than 6000 years!

Looking after the land

While walking these trails its important to be aware of the 'field margin' the area between the crop and the field boundary. This area provides vital habitat for grasses and wild flowers, along with birds and insects that feast on their seeds and nectar. Please follow the countryside code to help wildlife thrive.



- [1. https://www.wildlifetrusts.org/habitats/heathland-and-moorland/lowland-heath#:~:text=Lowland%20heath%20is%20found%20from,heather%20and%20gorse%20are%20dominant.](https://www.wildlifetrusts.org/habitats/heathland-and-moorland/lowland-heath#:~:text=Lowland%20heath%20is%20found%20from,heather%20and%20gorse%20are%20dominant.)
- [2. https://www.southdowns.gov.uk/our-history/key-facts/](https://www.southdowns.gov.uk/our-history/key-facts/)
- [3. https://www.bhf.org.uk/informationsupport/heart-matters-magazine/activity/6-surprising-health-benefits-of-walking](https://www.bhf.org.uk/informationsupport/heart-matters-magazine/activity/6-surprising-health-benefits-of-walking)

About the walks

Timings & Walk Length

The walks are varying lengths, from 1.7 - 6 miles, offering options for different levels of fitness and time constraints. The distances are estimates, a route that measures 5 miles on a map maybe longer if there are many twists and turns in the path. The walks have approximate timings, depending on your pace, for example if you stop to look at the landscape or take in some tea, the time it takes to walk the walk will vary.

Photographic Guide

Each walk has a photographic guide, this is a new idea that aims to help those with minimal map reading skills.

The Seasons & Sensory Nature Observation

Wild Walks offers a seasonal link with each walk, this is to encourage walking in all seasons, not just the warm ones! There are many benefits to walking in all seasons, from noticing the changes in nature from season to season, to ensuring the extensive health benefits are maintained all year long.

Using a range of senses on a nature walk can heighten our connection with our surroundings. Each walk offers some nature spotting suggestions along with ways we can use other senses to enhance our walks. We don't recommend tasting anything unless you are an expert.

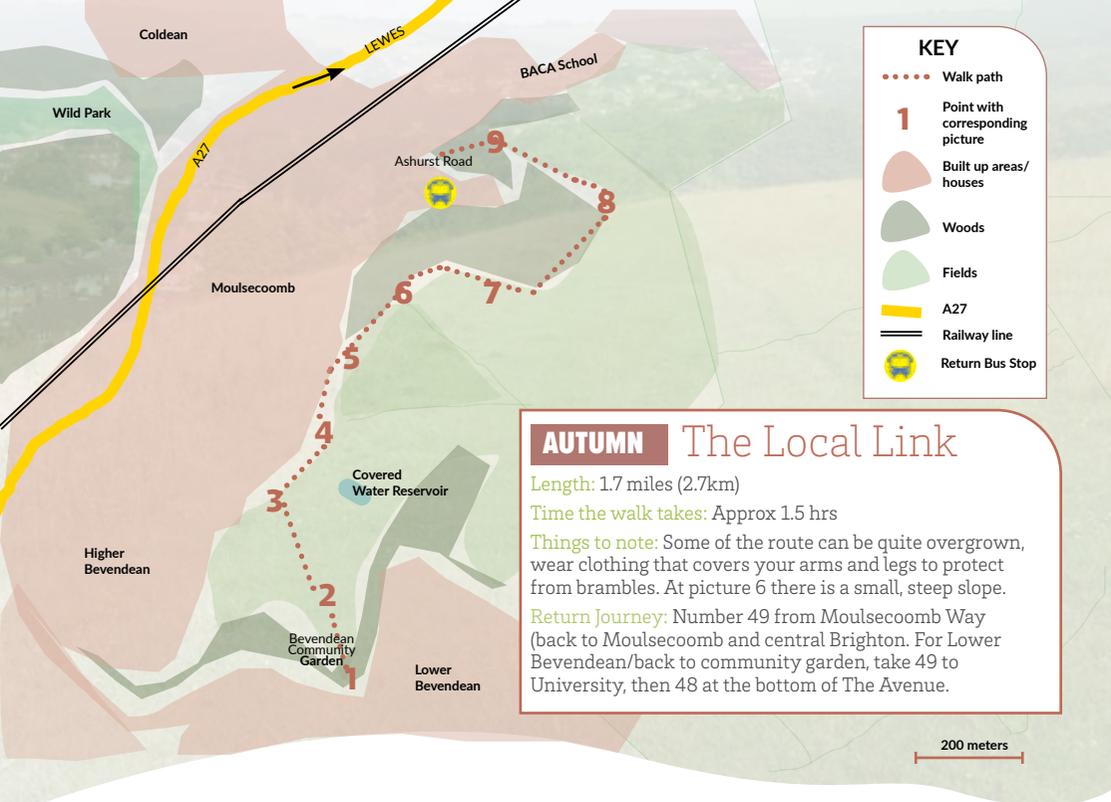
Health Benefits

Health benefits³ of walking in nature include; improved sleep, boosting energy and mood, improved immune system, reduced risk of developing heart and circulatory diseases and helping to ease muscle pain and stiffness. If you're not very active but are able to walk, increase your walking distance gradually. If your joints are a problem try swimming exercise classes, the water helps support joints while you move and can help strengthen muscles.

Finding Bevendean Community Garden

The walks in the book all start from Bevendean Community Garden: Heath Hill Ave, Brighton BN2 4FH
wha3words: spark.nests.verse





KEY

- Walk path
- 1** Point with corresponding picture
- Build up areas/houses
- Woods
- Fields
- A27
- Railway line
- Return Bus Stop

AUTUMN The Local Link

Length: 1.7 miles (2.7km)
Time the walk takes: Approx 1.5 hrs
Things to note: Some of the route can be quite overgrown, wear clothing that covers your arms and legs to protect from brambles. At picture 6 there is a small, steep slope.
Return Journey: Number 49 from Moulsecomb Way (back to Moulsecomb and central Brighton. For Lower Bevendean/back to community garden, take 49 to University, then 48 at the bottom of The Avenue.

WALKING THE LOCAL LINK

1. Begin at Bevendean community garden. Walk through the metal gate to the right of the community garden entrance. Follow the path on your right up the hill. Keep right until you come to a wooden gate with an opening that you can walk straight through.

2. Turn to your left then take the right fork up the hill. Keep going over the brow the hill until you have houses in sight.

3. At a cross roads of the paths turn right. Carry on along this path you will have the back of a row of houses on your left.

4. At the end of the field go straight on through the wooden gate. This area can be quite overgrown. Be aware of brambles and nettles.

5. Continue along this path with the farmers field on you right.

6. When you reach the end of this field, there is a short but very steep path taking you over a small hump - be careful. Once you are over the hump, bear right and go through the metal gate.

7. Take the path on your left, (reminder to keep dogs on a lead, sheep graze in this field). Skirt around the edge of the field keeping wooded area on your left.

8. Once you have walked to the end of the wooded area you will be able to see an old wooden post in the not too far distance. Turn left after the post, bear left until you come to the edge of the slope, then turn right, You will see Coldean in the distance (don't head down the slope).

9. Walk straight along this path towards the wood in front of you. The path will lead you to a metal gate into a small wood. Once through the gate take the left path, then the left path again. You may have some branches across the path to navigate. After a short walk through the woods, you will see a metal fence which leads to a metal gate that brings you on to Ashurst Road.

Finding the bus stop: Leave the woods and turn right onto Ashurst Road, at the end of the road turn left, walk a short way before turning left again onto Moulsecomb Way. The bus stop is at the bottom of Moulsecomb Way. See above 'Return Journey' for information on buses.



Autumn Nature Observation Look out for:

- Flowering Ivy.** Ivy is one of the few plants to flower in the autumn, so it's very important for pollinators like bees and butterflies that are still active.
- Crimsons, golds and browns of trees** losing their leaves and changing colour.
- Fungi.** Damp weather provides ideal conditions for fungi to grow. **You may be able to smell damp, earthy aromas in the air.**
- Teasel:** Masses of tiny seeds are beloved by many birds, especially goldfinches.
- Migrating birds.** Nightingales, cuckoos, swifts and swallows fly south to warmer climates for the winter.

1
Bevendean
Community
Garden

Scale 200m

WALK TO CASTLE HILL NATURE RESERVE

WINTER Castle Hill

Length: 4 miles (6.4km)
 Time the walk takes: Approx 2 - 2.5 hrs
 Please note: Crosses a busy road at pic 3. Gradual incline into nature reserve, be careful on chalk paths which can be slippery in both wet and dry conditions.
 Return Journey: Number 22 bus from Bexhill Road

KEY

- Walk path
- 1 Point with corresponding picture
- Built up areas/houses
- Woods
- Fields
- Main road
- Return Bus Stop

1. Leave Bevendean Community Garden and turn left up the chalk lane until you come to a gate, go through the gate and carry on up the hill. Continue straight up the hill until you reach the top and go through another wooden gate, continue straight ahead, up the hill. You will come to a cross roads of foot paths follow straight on. The path is chalky and can be slippery and uneven.

2. You may hear the traffic as you approach the Falmer road up ahead. Take care and cross directly over the road and over a small verge then turn right. You will be on a tarmac path shared with cyclists that runs alongside Falmer road.

3. Take the next wooden gate on your left. Walk all the way along the bottom edge of this field, this field often has livestock. Keep to the path and have dogs on leads.

4. Once you reach the end of the field there is a small wood on your left, and a few different paths, take the path on the right. Go through the wooden gate in front of you and immediately turn right going through another wooden gate. Walk up the hill, near the top of the field go straight on through another wooden gate.

5. The path bends slightly left, proceed through the metal gate, and take a sharp right on to the track.

6. Walk along the track until you see a sign on your left for Castle Hill Nature Reserve. Go left here down the path. This is quite a steep and uneven path. Once you reach the end of this track you'll see another wooden gate, don't go through the gate, just turn right moving along this smaller path (often a bit overgrown) following the field

round until you reach a wooden gate, go through this gate.

7. Walk straight down a small slope and between the hawthorn trees, stay on the path (barbed fence on the left - gorse on your right). The path takes a steady incline followed by a sharper incline 30 metres to the top.

8. Carry straight up the path which bends to the left. You'll see a Telecom tower up ahead on your left. Go through wooden gate on your right and follow the path straight on. At the paths cross-roads, go straight across toward the houses. Then turn right, the sea and Brighton should be visible in the distance.

9. You will be on a wide grassy path. Near the end of the grassy path look left to the road (Bexhill Road) for the bus stop back to Brighton (left hand side of road).



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2



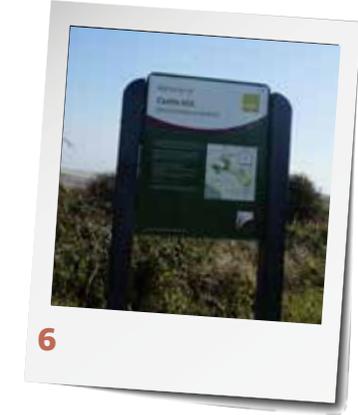
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6



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8



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Winter Nature Observation



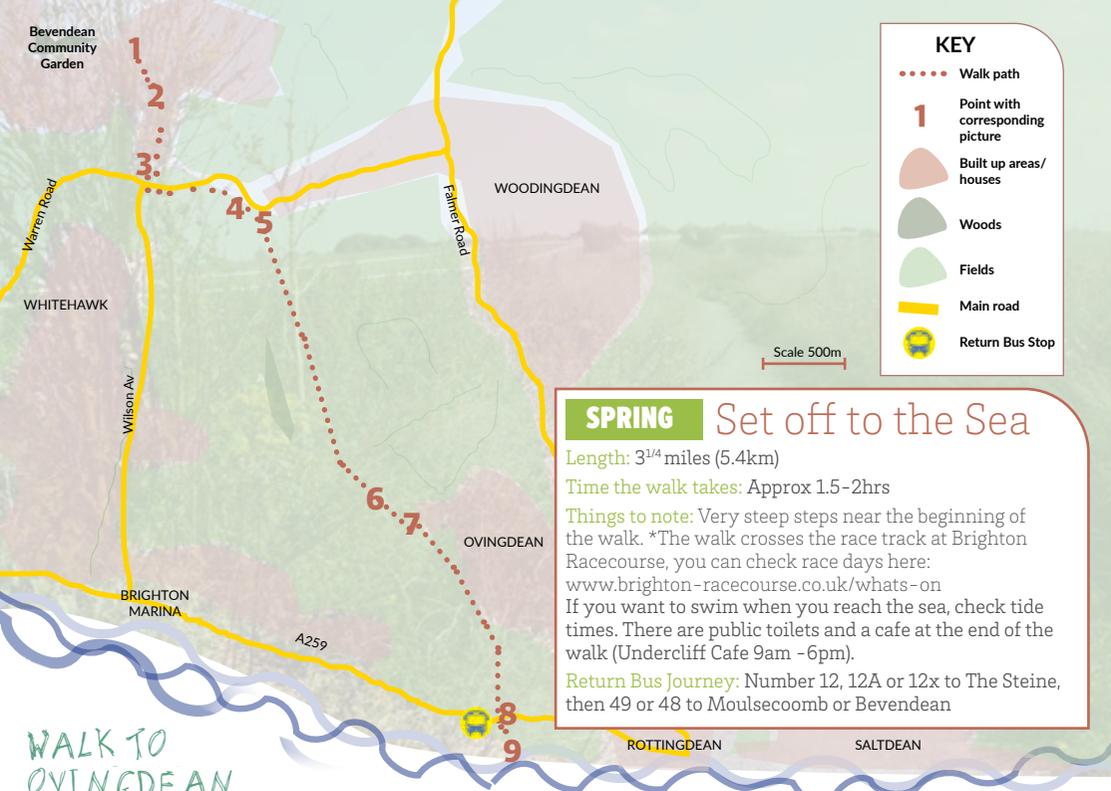
Feel the cold air on your cheeks, or touch the petal of a winter flower such as a primrose.



Spot bright berries on bare branches.



The sky and light in winter is entirely different to summer. On a clear day, the sky can be a deep, intense blue, if you are walking later in the afternoon, the sun drops low in the sky, creating magical shadows across the land.



SPRING Set off to the Sea
 Length: 3¹/₄ miles (5.4km)
 Time the walk takes: Approx 1.5-2hrs
 Things to note: Very steep steps near the beginning of the walk. *The walk crosses the race track at Brighton Racecourse, you can check race days here: www.brighton-racecourse.co.uk/whats-on
 If you want to swim when you reach the sea, check tide times. There are public toilets and a cafe at the end of the walk (Undercliff Cafe 9am -6pm).
 Return Bus Journey: Number 12, 12A or 12x to The Steine, then 49 or 48 to Moulsecomb or Bevendean

WALK TO OYINGDEAN

Starting from Bevendean Community Garden. Walk right, down the lane and cross over the road, Bevendean Primary school will be on your left.

1. After the school car park entrance turn left, walk a few steps then turn right through the metal gateway. Walk across Farm Green park. Cross over the road (Taunton Road) and turn right, at the T junction turn left onto Auckland Drive. Carry on round, up Auckland Drive passing the bus stop on your right until you get to The Hyde Business park sign, turn right here.

2. Walk round the industrial estate until you get to West Control Solutions which will be on your right. You will find a footpath directly after this building. Turn right to walk up the footpath. There are 25 sets of steps! Ranging between 2 and 7 steps in each set, take your time.

8

3. At the top of the steps, turn right towards the traffic lights. Once you reach the pedestrian crossing, cross over Warren Road, then walk left to cross over Wilson Avenue. There is a wooden gate on the side of the racetrack, walk through the gate onto the gravel pathway. As you walk along, the racetrack will be on your left. The path widens as you bend round slightly.

4. When you get to a section where there is choice of paths, with a notice board on your right, go through the gate on your left. Cross over the race track*, where you will enter a small car-park.

5. In the car-park walk right through the middle to the path. At the far end and you will see a vehicle barrier with a red sign, step over the barrier and on to the track. This is the main path now just carry on ahead. You will be walking with fields on your left and a golf course on your right.

6. As the chalk path comes to an end, you will see Bulstrode Farm coming up. Walk through the farm.

7. You will come out onto a road called Greenways this takes you all the way to the coast. Keep heading straight on through the village. Take care as some stretches of the village have no pavements. Carry on along here, nearer the sea you will pass what used to be St Dunstan's Blind Veterans home, (now a flat development) on your left.

8. Take the path as it goes slightly left heading under the underpass. Take the steps down to the seafront.

9. You have arrived at the sea! If you want a swim, check tide times before you set off (if it's low tide the sharp rocks make it very difficult to get in the sea). To find the bus stop for return journey go back up the steps and the bus stop is on your left.



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4



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6



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8



9

Spring in Nature Engage your senses:

- New buds and shoots emerging:** try gently touching new buds on trees and shrubs what do the different textures feel like?
- Spot pollinators:** Bees, wasps, moths, and butterflies, making the most of early bloomers like blackthorn.
- Spot migratory birds** such as Blackcap, Chiffchaff and Wheatear returning to the UK after winters in warmer climes.

To find the bus stop for return journey go back up the steps and the bus stop is on your left.

Yellow pussy willow designed by Freepik
 Blackthorn Credit: Nick Spurling /



SUMMER The Kingston Walk

Length: 6 miles (9 km)

Time the walk takes: Approx 2.5-3 hrs

Things to note: Take care crossing Falmer Road. Chalk paths can be unstable when dry, and very slippery when wet. Option to stop at The Juggs Pub or continue to the bus stop.

Return Journey: Number 28 or 29 bus back to Brighton, then 49 or 48 to Moulsecomb or Bevendean

WALK TO KINGSTON

1. Begin at Bevendean community garden. Walk through the metal gate to the right of the community garden entrance. Follow the path on your right up the hill. Keep right until you come to a wooden gate with an opening that you can walk straight through.

2. Carry on straight up the hill until you reach a wooden gate. Continue straight ahead, walk along the Juggs road, (named after the Brighton fishwives who transported their fish for the market in Lewes by donkey in either baskets or earthenware jugs). You will come to a crossroads of foot paths, go straight on. The path is chalky be careful the path can be slippery and very uneven.

3. Listen out for traffic as you get closer to the main road. Take great care crossing this busy fast road. Cross directly over the road and over a small verge turn right you will be on a tarmac path shared with cyclists that runs alongside the Falmer road.

4. Turn left through the first wooden gate on your left. Walk all the way along this field which often has sheep grazing. Near the end of the field you will see a small wood and a few different paths. Take the path on the right.

5. Go through the wooden gate in front of you and immediately turn right going through another wooden gate and walk up the hill. Near the top of the field go straight on through another wooden gate.

6. The path bends slightly left, proceed through the metal gate, and turn left. Walk a short way and through another wooden gate. Follow the path along the ridge of the field with the fence on your right.

7. You will reach a patch of Gorse bushes (prickly bushes often with yellow flowers). Walk through the middle of the bushes and go through the wooden gate. There is a fork in the path take the left fork, the fence will be on your left.

8. The gentle downhill path will turn into a steep uneven chalk path (take care). You will come to a metal gate at the end of the path, walk through and carry straight on.

9. A residential road will come into view. At this point you can choose to follow the Kingston Ridge road, which is the most direct route back for buses back to Brighton, or go via The Juggs Pub for a well earned drink.

If going directly back to Brighton: Continue straight ahead down Kingston Ridge and then turn left onto Ashcombe Ridge. Be sure to take the path on the right, running parallel to the road, (the road has no pavements and is fast with blind bends). When you reach the end of the path there is a railway bridge, walk under here and towards the A27 ahead of you. There is a loo and burger van here. The bus stop will be on your right.

If going to The Juggs: To get to The Juggs pub, take the path (pic 9) off to the right. You will be walking along Church Lane. At the recreation ground cross diagonally over the grass leading to a path through the grounds of St Pancras Church. After exiting the church grounds turn left on The Juggs is towards the end of this road.



Summer Nature Observation



Look & listen: Buzzards have a call that sounds similar to a seagull. Listen out for trills, whistles, warbles and fizzing sounds of skylarks.



Download 'Merlin', a free bird song ID app with QR code.



Summer flowers blooming: Look out for wild poppies and pyramid orchids often seen in the south downs.



Look for this unmistakable black-and-white butterfly, The Marbled White, found in meadows throughout June and July.

Keeping Safe & Comfortable

When to walk: The waking routes can be followed at any time of year, in the winter months take account of reduced daylight hours. It's not advised to walk if lightening or strong gales are forecast (over 40mph). Equally if its very hot be sure to take plenty of water.

What to Take: Always take a rucksack with the essentials; this guidebook, a map if you have one, water, phone, money/bank card, sun cream, snacks, and waterproofs, if your rucksack isn't waterproof - it's a good idea to keep everything in a strong plastic bag, (in case it rains your belongings are kept dry). If you're happy to carry a bit more; a flask for hot drinks, notebook, sunglasses, and binoculars. In the unlikely event of an emergency a whistle can be worth taking. A basic first aid kit is a good idea to take. If you're walking alone it's sensible to let someone know you are going, and when you expect to be back, (remember to let them know when you return).

What to wear: Layers are key; a base layer, to transport sweat from away from your skin, a mid-layer to keep you warm, and an outer layer to protect you from the rain. Footwear ideally should be closed toe, comfortable, and worn in. Keeping a warm hat and gloves in your rucksack is a good idea. In summer also carry a sun hat.

Online & Staying In Touch

Information on guided walks along with downloadable maps and supporting information are available to at:

www.inspired-by-nature.uk/wild-walks
Facebook: WildWalksBrighton

Please note; gates, markers and names can change over time. We aim to update the maps online. Any changes or comments please email hmarstrong@hotmail.co.uk.

WILDLIFE

Just a few of the species you might see out walking include:

Many Orchid species, St John's Wort, Field Scabious, Wild Carrot, Cowslip, Wild Marjoram, The Round-headed Rampion aka the Pride of Sussex, Greater Yellow Rattle (rare nationally but found abundantly in grasslands)

Over 30 different species of butterfly. They include Duke of Burgundy, Small Copper Orange Tip, Small Blue, Dark Green Fritillary and the iconic Adonis Blue, not forgetting many moths, including the striking Cinnabar moth.

It's possible to see Lapwings, Yellowhammers and Barn Owls among a variety of other more common birds such as Green Finches and Wood Pigeons

Trees include Beech and Ash, others to look out for include Holly, Yew, Hawthorn, and Rowan.



Wild Marjoram



Wild Carrot



Cinnabar Moth



Cinnabar Caterpillar

Links & Resources

WILDLIFE

www.wildlifetrusts.org/wildlife-explorer

BUTTERFLIES

www.southdowns.gov.uk/celebrating-10-years-with-10-amazing-butterflies-of-the-south-downs-national-park

Bird & TREE ID

www.merlin.allaboutbirds.org · www.rspb.org.uk/birds-and-wildlife
www.woodlandtrust.org.uk/trees-woods-and-wildlife/british-trees

THE SOUTH DOWNS

www.southdowns.gov.uk

WALKING & ACCESS

www.getoutside.ordnancesurvey.co.uk/guides/hiking-for-beginners-a-complete-guide

www.brighton-hove.gov.uk/libraries-leisure-and-arts/parks-and-green-spaces/rights-way-and-open-access



Dedicated to Binky the loveliest of dogs to explore with

Thankyou to Esme, Shane, Nula, Poppy, Jo, Toffee, Kate, Mikey, Anna, Sara, Sara, Will, Keira, Bevendean Community Garden, Anna, Mitchie, Simon Reeve, Zillah, Laura, Chris, Xena, Flic, Archeodiscovery, Urban Forage, and Mr Muffin!

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