

ENGLAND – THE SOUTH DOWNS

8-day / 7-night centre-based at Abingworth Hall – one-hotel guided walking tour



The South East of England has a climate all of its own and it is generally warmer and sunnier than most parts of England – it is an ideal walking holiday destination especially popular in the summer months.

This is one of the most popular of England's National Trails and it follows the crest of the South Downs, with panoramic views over the Sussex coast and the wooded landscape of the Weald. Here you can find a history that goes back to Iron-Age forts, there are picturesque timeless quintessentially English villages and displays of wild flowers, woods and hedgerows that are constantly changing and alive.

Here are the dens of badgers, nests of squirrels, hides of deer and a home to a host of native and migratory birds. The pinnacle for many on this walk is the dramatic chalky white cliffs of Beachy Head that face off defiantly against past invaders from France.

Cost: \$1195 per person (twin share) Single rooms are available at \$120. Premium single or twin rooms are available and carry an extra supplement – ask for details

Departs: 30 Mar, 6 Apr, 12,19 May, 9,16,23 Jun, 7, 14,21,28 Jul, 4,11,18 Aug, 1,15 Sep, 26 Oct, 16 Nov 2012

Tour includes: 7-nights in comfortable room with ensuite bathroom, full board (breakfast, picnic lunch & dinner) experienced walks leader, guided walks, transport associated with the walks & social activities in the evenings.

Not Included: Transport to/from the house, drinks and any personal expenses.

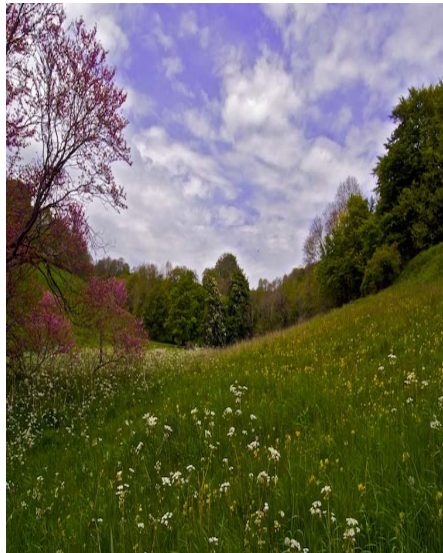


Call OUTDOOR TRAVEL on 1800 331 582 for details or reservations

Walking Highlights:

- Following the chalk cliffs to the iconic Seven Sisters and Beachy Head
- Relaxing on the terrace or by the lake at the gorgeous Country House in Sussex countryside
- Experiencing the stunning wide open views of the Weald and picturesque historic villages

The village of Battle where English King Harold met William the Conqueror in 1066 is nearby, visit Hastings with its castle and funicular train, fish smoking sheds and its pebble beach or the original Royal Observatory (established before Greenwich) is at Herstmonceux, which is just a few miles away.



Accommodation: Situated in the peaceful Sussex countryside just an hour by train from London, Abingworth Hall occupies a country estate that dates back some seven centuries and stands beside its own lake in seven acres of parkland, within the tranquil Weald. With 26-ensuite rooms all well equipped with tea/coffee making & TV, there is room to breath and relax in the sun-filled conservatory and comfortable and spacious public areas. Abingworth Hall is just 5km south of the crest of the South Downs which rises abruptly above the small town of Storrington. The manager here is a real treasure!

Suggested itinerary: You will have a daily choice of either of these options

Half-Day Walks:

- Wander the beautiful park of Arundel Castle, through woodlands to the deer park of Petworth House
- Visit the ancient market town of Steyning or cross the polo grounds of Cowdray Park to Midhurst



Less than 4½ miles with gentle gradients up to 300 feet ascent in a day.
At a leisurely pace, these walks will finish with a picnic lunch.

Easier Walks:

- Wander to the 12th century church at West Chiltington, or Elizabethan manor house of Parham Park
- Enjoy walks along the crest of the downs
- Follow the meandering Rother Valley to the parklands of Petworth House or a picturesque riverside path to the historic town of Arundel



5 to 7 miles with mostly gentle gradients.
Up to 750 feet of ascent in a day.

Medium Walks:

- Visit many of the highlights of the South Downs including the iconic Jack and Jill windmills, the Iron Age hill forts of Chanctonbury and Cissbury Rings, and the superb viewpoint of Ditchling Beacon
- The charming wooded countryside of the Weald offers walks to timeless traditional villages and flower filled river meadows



8 to 10 miles on undulating paths with occasional steeper sections.
Up to 1,375 ft of ascent in a day.

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Harder Walks:

- The South Downs Way, which follows the crest of the downs, is the focus of our longer walks
- Amberley to the Chantry Post and back to Abingworth or from Devil's Dyke to Ditchling Beacon
- Follow an old Roman road onto Bignor Hill, or cross the downs to 'glorious' Goodwood



10 ½ to 13 miles with a few steep sections
Up to 2000 ft of ascent in a day



Please Note: The above program should give you a good feel for the walk but the daily route is subject to change. Each year we listen carefully to the views of our guests and make improvements to our walking programs.

Further information will be sent to you prior to your holiday; however your walk leaders at Abingworth Hall will make the final selection of daily walks.

Footpath Information: Walks range from woodland, moorland, through valleys and beside streams and rivers, so appropriate footwear should be worn at all times.



Other walking holidays – guided in small groups or self-guided with inn-to-inn luggage transfers & meals are available in many parts of the United Kingdom, Ireland & across Europe including the **Coast-to-Coast** trail. **St Cuthbert's Way** from Scotland into England; walks in the **Lake District**, the **Ring of Kerry**, the Dordogne or Pyrenees in France, Austria, Spain or Italy. Perhaps walk the **Way of St James** from Le Puy to Santiago from France to Spain or the **Via Francigena** – the pilgrims Road to Rome.

Contact **Outdoor Travel** or your travel agent for more details, travel brochures and reservations:

- Call Toll free 1800 331 582 or (03) 57551743 or Fax (03) 57501020
- Email: info@outdoortravel.com.au
- Web: <http://www.outdoortravel.com.au/>
- Mail: Outdoor Travel Pty Ltd, PO Box 286, Bright, VIC 3741 Australia
- Travel Agent Licence No 31102