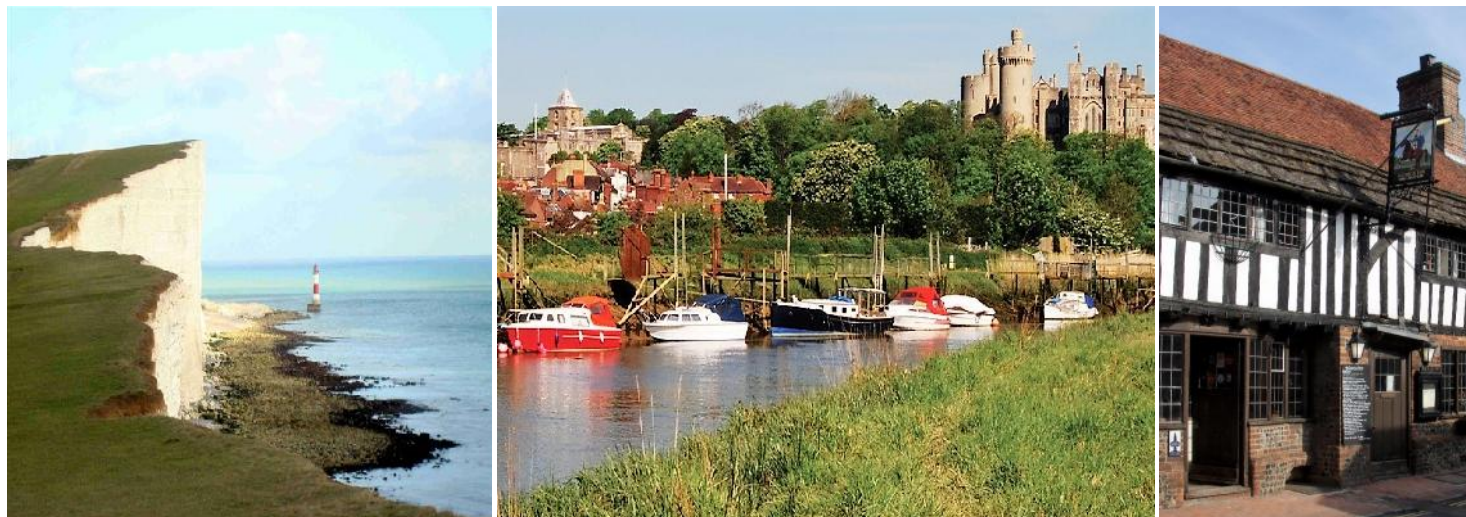


ENGLAND – THE SOUTH DOWNS

8-days / 7-nights centre-based at Abingworth Hall in Sussex – 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 the country – it is an ideal walking holiday destination especially popular in the summer months.

The South Downs Way is one of the most enjoyed of England's National Trails, following the crest of the Downs, with panoramic views over the spectacular Sussex coast and the wooded landscape of the Weald, and we walk the trail on many of the walking options on this holiday. Here we find a history that goes back to Iron Age forts; there are picturesque, timeless, quintessentially English villages and displays of wildflowers, woodlands 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 week of walking is the dramatic chalky white cliffs of Beachy Head that face off defiantly against past invaders from France.

Cost from: \$1750 per person twin share Single supplement on request

Departs: 1st, 15th, 22nd March; 1st, 19th, 26th April; 10th, 24th May; 7th, 21st, 28th June; 12th, 19th, 26th July; 9th, 16th, 30th August; 13th, 20th, 27th September; 4th, 18th October; 1st, 8th, 15th November, 2019

Includes: 7 nights in comfortable room with ensuite bathroom, full board (breakfast, picnic lunch & dinner), experienced walks leader, 5 guided walks, transport to/from the walks, evening social activities.

Not Included: Transport to/from the house, drinks, personal expenses, transport/activities on your free day.



Call OUTDOOR TRAVEL on 1800 331 582 for details or reservations



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 only 26 well-equipped ensuite rooms, there is room to breathe and relax in the sun-filled conservatory, on the terrace, by the lake or in the comfortable and spacious public areas. **Premium rooms** may be available for a surcharge – please ask when booking.

A typical centre-based walking holiday offers a choice of up to three guided walks each day. You choose the walk that best suits your ability and fitness. Walks leaders make the final decision on which routes are offered; each evening they will brief you about the walks for the next day and answer questions you may have.

A typical ‘Classic Walking Week’ suggested itinerary:

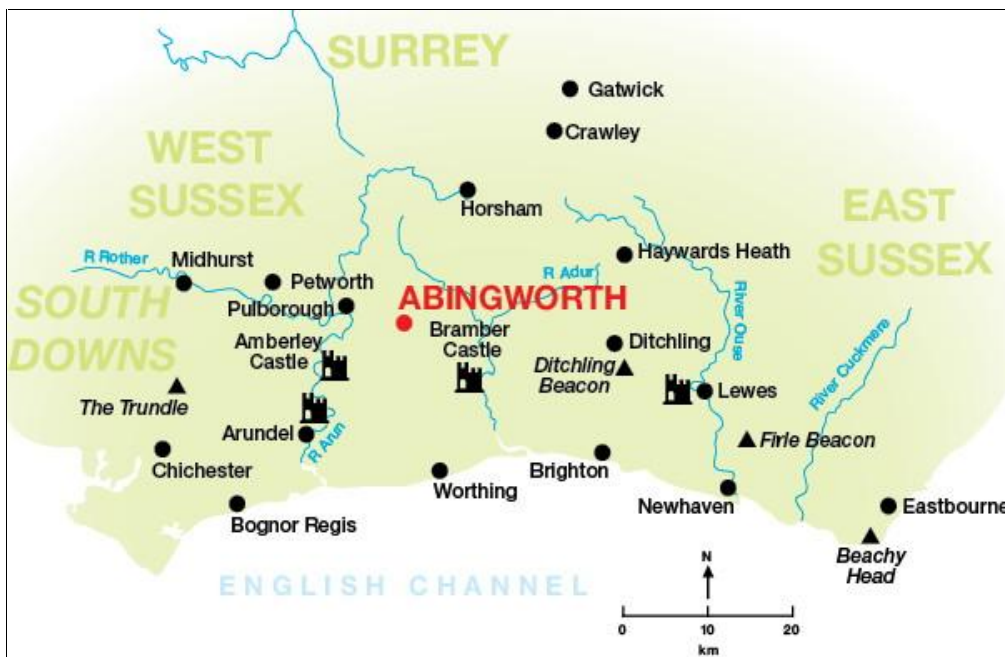
Day 1: Arrival day. Plan to arrive at your country house accommodation mid-afternoon.

Days 2 - 4: Choice of full day walking options. After dinner perhaps join in an organised activity such as a quiz or a talk about the area, or relax in the bar.

Day 5: Free day. No walks are organised today. You can relax at the hotel, walk independently, or explore the local area. The village of Battle where English King Harold met William the Conqueror in 1066AD is nearby; you could visit Hastings with its castle and funicular train, fish smoking sheds and its pebble beach, see the original Royal Observatory (established before Greenwich) at Herstmonceux, or tour the Roman and Norman-era ruins of Pevensey Castle, a Roman ‘Saxon Shore’ fort turned Norman keep after the Battle of Hastings.

Days 5 - 6: Again choose from up to three full-day walks each day; evening social activities.

Day 8: Departure day. Tour ends after breakfast.



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Footpath information:



Easier walks: Up to 7½ miles (12km) on generally on good tracks and field paths. Up to 950ft (280m) of ascent in a day



Medium walks: Up to 10 miles (16km) and up to 1350ft (420m) of ascent in a day on tracks and field paths with some rougher or steeper sections



Harder walks: Up to 13 miles (21km) and up to 1950ft (580m) of ascent in a day with some steep sections.

Possible walking routes may include:

The Iconic Seven Sisters: The walk atop the chalk cliffs and along the coastal Seven Sisters path or South Downs Way is memorable and breath-takingly scenic. In fine weather there are magnificent views of the sea, the River Cuckmere winding its way to the Channel, the Coastguard Cottages at Cuckmere Haven and the majestic white cliffs standing sentinel.

Amberley and the South Downs: Starting from the attractive village of Amberley, we walk through fields at the foot of the Downs and alongside the River Arun. Some walkers detour to Parham House, a fine Elizabethan residence surrounded by an extensive deer park, whilst others ascend and follow the South Downs Way atop the Downs. The chalk downlands are a rich habitat – look for rare orchids and Common Blue butterflies in season.

Devil's Dyke and Ditchling Beacon: Devil's Dyke is a natural valley high on the Downs, once a Victorian tourist attraction complete with railway, observatory and cable car, now a peaceful beauty spot. Ditchling Beacon is the highest point in East Sussex and enjoys commanding views south over the English Channel. On these walks we again follow stretches of the South Downs Way and pass by the iconic Clayton Windmills, 'Jill', a wooden mill dating to 1822, restored to working order, and 'Jack' a brick tower mill built in 1864.

Chanctonbury and Cissbury Rings: The easier walk ascends to Chanctonbury Ring, a prehistoric hill fort on the crest of the Downs; this mysterious and atmospheric place has inspired many legends and tales. Other walks take in both Chanctonbury and Cissbury Rings. Cissbury is a vast Iron Age hillfort with formidable ditches and ramparts, the second largest in Britain. These walks finish in the historic and photogenic village of Steyning with its many half-timbered and thatch-roofed buildings.



Outdoor Travel walking holidays, guided in small groups or self-guided with inn-to-inn luggage transfers and meals, are available in many parts of the United Kingdom, Ireland and across Europe including the **Coast-to-Coast** trail, the Cotswolds, the rugged coast of Cornwall, the **West Highland Way** in Scotland or the **Ring of Kerry** in Ireland. In France see the Dordogne, Provence or Alps, walks too in Austria, Spain or Italy. Walk the **Way of St James** to Santiago in Spain or the **Via Francigena** – the pilgrims' Road to Rome.

Contact Outdoor Travel for more details and reservations:

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