



03 WEST SUSSEX KINGLEY VALE & BOW HILL

▶ Distance: 12.5km/7¾ miles ▶ Time: 3½ hours ▶ Grade: Moderate

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FEATURE
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The ancients yews
around point 2.

PHOTO: TOM BAILEY



CHOSEN BY...

KEITH FOSKETT

This walk is a circular
adventure in the

South Downs National Park, visiting one of the oldest yew tree woods in the country at Kingley Vale. It takes in a delightful mix of open countryside, grassy meadows, ancient woodland, prehistoric earthworks and mysterious barrows. The lower slopes contain the best of the yews, whilst the upper reaches are perfect for admiring the autumn colour, and substantial views south to the English Channel and the Isle of Wight.

1 Start

From car park, head north on a wide, stony path through

fields. Continue through short section of woodland and on through fields, with Kingley Vale visible directly ahead. On the southern edge of the wood, turn L to go straight at first and then curve to the R. Keep along path at edge of woods, with trees to R and fields to L, with extensive views opening up to the south east. Continue to fork in path.

2 1.9km/1¼ miles

Go R on path into the woods – it becomes grassier and open before entering enclosed woodland. These lower flanks are the best areas to see the yew trees. Veer R as path merges from L and keep going to reach an open summit where the first of four ancient

PLAN YOUR WALK



ROUTE

Start/Parking

Free car park near the village of West Stoke, grid ref SU824087

Is it for me?

Some moderate ascents, gentle walking overall

Stiles None

PLANNING

Nearest town Mid Lavant

Refreshments Wellies Restaurant and The Horse and Groom pub near start

Public toilets None

Public transport Bus 54 from Chichester

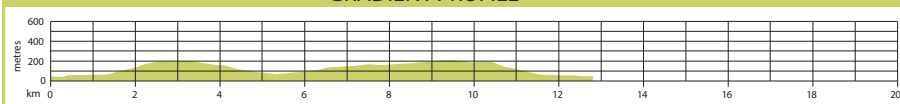
Maps OS Explorer 121; Landranger 197

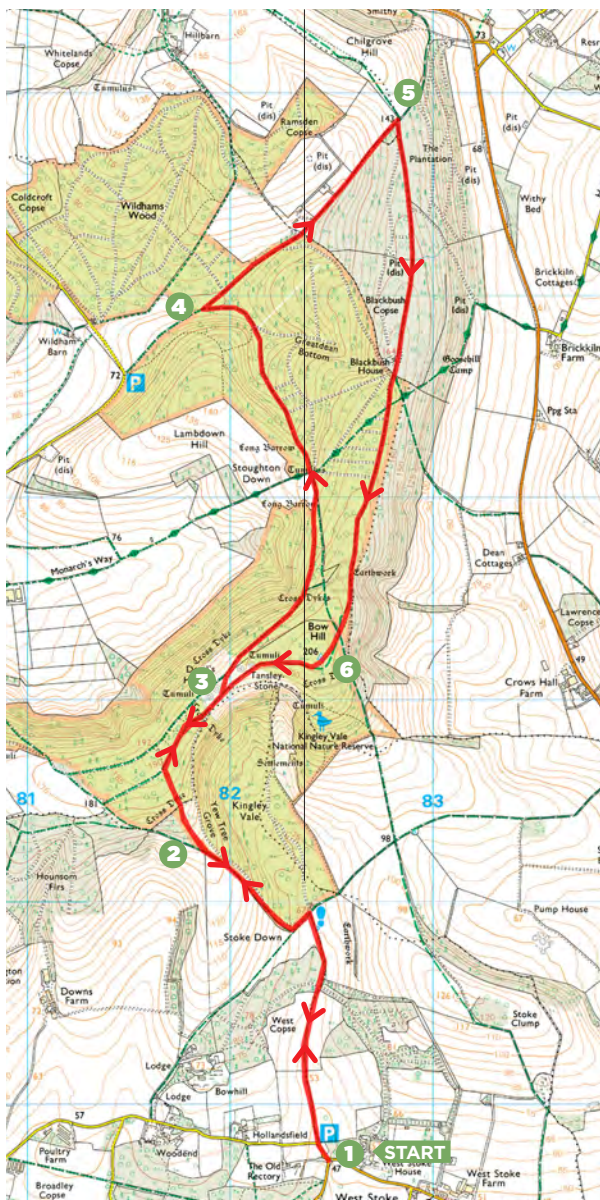
tumuli known as the Devils Humps command a lofty perch.

3 2.8km/1¾ miles

With tumuli on R, follow grassy path north to enter woodland once more on a wide, well defined track. A field

GRADIENT PROFILE



03 WEST SUSSEX
KINGLEY VALE & BOW HILL► OS Explorer map 121 ► Buy maps at: ordnancesurvey.co.uk/mapshop

opens on your L shortly before a junction. Bear slightly L downhill through broad leaf woodland. A wide track merges from the R as you bear L, and shortly after you'll reach a junction.

4 5.1km/3¼ miles
Take a sharp R to head NE on a well-defined, straight path with woodlands to start and then fields on L. Continue 1.3km to path crossroads, to the S of Chilgrove village.

5 6.5km/4 miles
Turn sharp R and head S through woodland. Carry on straight at a small junction (the L turn takes you to the earthworks of Goosehill Camp). Stay S on a straight path which emerges at a trig point on Bow Hill, just E of the Devil's Humps.

6 9.2km/5¾ miles
Bear R towards the humps, keeping them to your R, to rejoin your upward route. Retrace steps back along the S edge of woodland and across fields back to car park. **CW**

TRAILZILLA ID:
TZID28111

Use the TZID to download the walk from www.iftto.com/routes or search for it in the **Country Walking Best Walks in Britain App**

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