



The River Rother and Trotton

The historic villages, mills and churches along the River Rother are in a less frequented area of Sussex. This easier walk is over lovely farmland and by the riverside

Essential Facts

- Route distance: 13.5 km (8.5 miles)
- Approximate time: 3 hours 30 mins
- Approx. total ascent: 95 metres
- Start point Grid Ref: SU 852 220
- GPS Ref: SU 85218 22002
- Recommended O.S. Map: 133 Explorer
- Toughness Rating: Sussex 1

Please see the notes on Toughness Ratings at the end of this report

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CHALLENGE ?**

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Full Info from the Great Walks web site

THE ROUTE

The start of this walk is a car park off the A272 at Stedham Common, just west of Midhurst.

Walk through the car park, **S**, to the back, taking the footpath leading past the information board, directly across Iping Common. Follow the main path down into the open bowl, follow first the Serpent Trail, then fork right onto a small path, the Heathland Trail, that heads uphill towards the ridge at **A**.

Turn right along the sandy path to a crossing. Take the small path straight on, after 300 metres it goes right and then dives down to the left to the main road at **B**.

Cross the A272 with care, going left and right into the lay-by with the garage. Go straight up the field with the hedge on the right, at the woods turn right over a stile. Keep the hedge on the left and follow the path for 900 metres to the lane. Go straight over onto the bridleway, into a driveway and fork right at a white arrow into a fenced path. Follow this bridleway for 1.1 km to a lane, turn right uphill and left past St. James church and the driveway bends left.

Follow the driveway for 700 metres downhill to Stedham Mill. Go left in front of the main house and over the small river bridge. Take the path that is half right and climbs uphill through the woods to a lane, turn right for 100 metres and go left over a stile. The path heads uphill with a hedge on the left, under the pylons and through point **C**. At a T-junction of paths, go over the stile and turn left, down the field to the lane.

Turn left and after 50 metres turn right into a footpath that soon goes downhill into the woods. At the crossing with a wider track, turn left at **D**. Follow the track through the woods, a tarmac lane joins from the right and continue downhill for another 200 metres and turn sharp right onto a narrow road. Just after crossing a stream, turn left into a field and the footpath keeps to the left by the woods. At a farm track turn right towards Iping church. Go straight over and through the churchyard. Into the field and half left towards a gate in the far left corner at **E**.

The path continues with the woods on the left, round to the right before going left through the woods and over a stream. Cross the field and aim for the stile to the left of the barn, keep left of the farm buildings and out to the lane in front of the tiny church.

Turn left along the lane for 700 metres. At the footpath to the right there is a choice. (if there has been rain, keep on the road, to the A272 and turn right, the Keepers Arms is 300 metres on the left) Otherwise, turn right, go over a stile, go to the left to another stile and keep left aiming for the gap between two ponds. After the ponds it can be a quagmire for 30 metres to the stile and out onto the busy A272. The Keepers Arms is 200 metres to the left.

Return down the hill on the main road and over the 14th century bridge turning left by the telephone box. Before continuing cross the road and visit the beautiful church of St George. Go through a gate, straight on and left at a track, past the mill workers cottages. Go through the gate across a field looking for the gate to the left and pass Terwick Mill. Turn left, follow the track out to the road, go right and after 50 metres turn left. After 200 metres go left across a field towards the corner of the plantation at **F**.

Keep the woods to the left, then a ditch and at a track go left and right over the ditch. The path bends left, follow the signposts to the right over stiles, out to a track and turn right.



Mill Workers Cottages



Trotton Place & Meadows



A Sussex Cottage

Just before the lane turn left, cross over and through the gate into Fitzhall Plantation. Follow the main track to **G** where it crosses the driveway, go on for 50 metres and turn left through the woods keeping first the driveway to the left and subsequently the road. After 700 metres, at a gate go out onto the road, turn right and the car park, **S**, is 400 metres on the left.

Refreshment

The Keepers Arms Public House Trotton Tel: 01730 813724 Real ales, restaurant and bar meals	The White Horse Inn Public House Easebourne, Near Midhurst Bar meals and snacks
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The White Horse

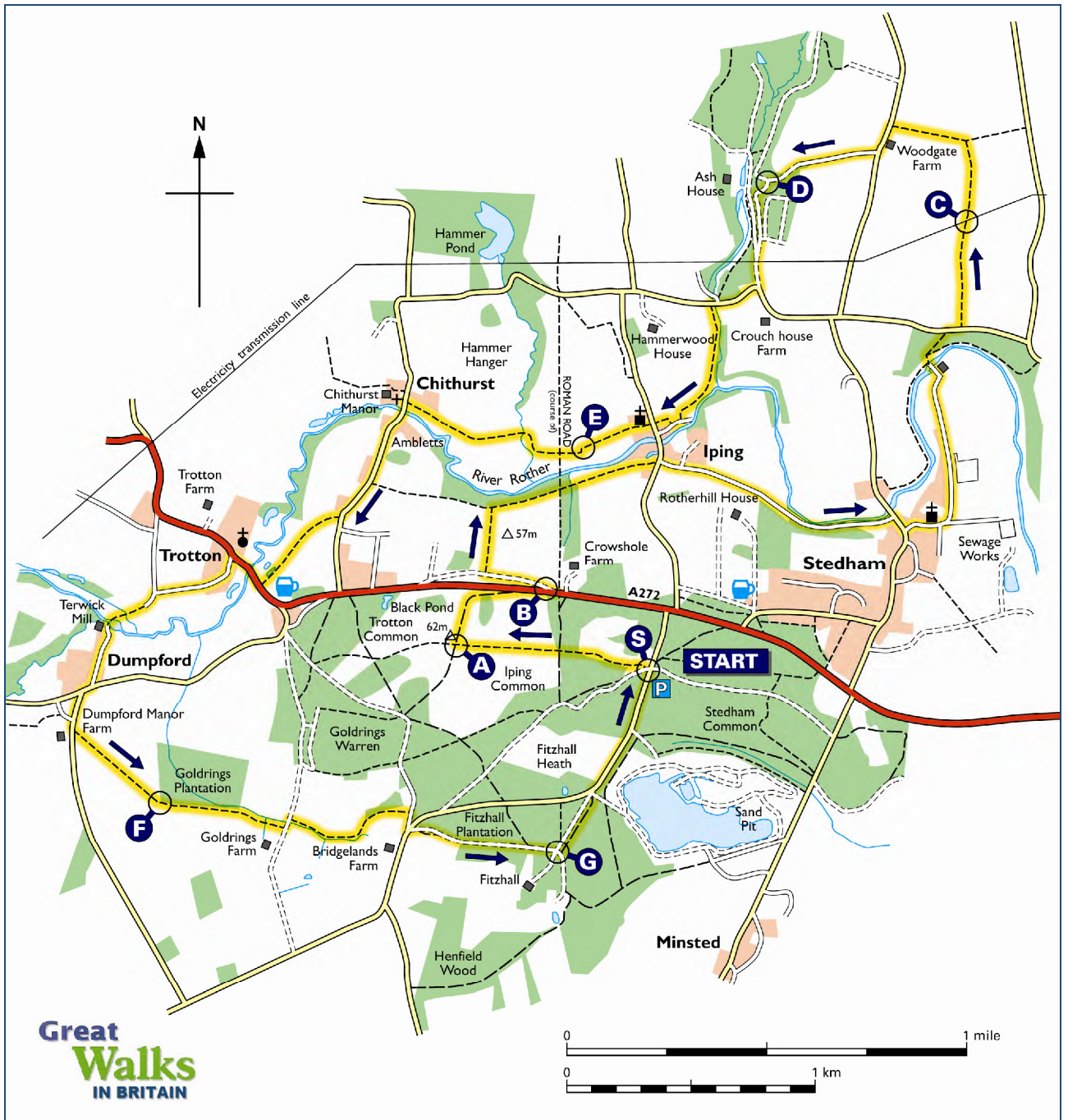
LOCAL INFO

Iping and Stedham Commons are a site of special scientific interest and are a lovely expanse of lowland heath that is kept in good condition by the grazing of Shetland ponies. The low lying foliage and gorse is the perfect habitat for insects, spiders, digger wasps and ground breeding birds. In addition to our walk, there are trails to follow over the common such as the Serpent Trail and the Heathland Trail.

The Historic Trotton Churches - First on the walk is the beautiful little Norman church of St. Mary at Chithurst. This church has been hardly altered since it was first built in 1080. St George in Trotton is a gem. It was built in the 14th century and has a close link with the ancient family, the Camoys and has two early brasses of their ancestors. The very special attribute of St. George's are the early murals from that period, depicting the Seven Works of Mercy and the Seven Deadly Sins.

RIVER ROTHER AND TROTTON G.P.S. WAYPOINTS



























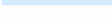


WAYPOINT NAME	MAP REF	CO-ORDINATES	ELEVATION: Metres
RRT S	S	SU 85218 22002	53
RRT A	A	SU 84367 21896	58
RRT B	B	SU 84834 22235	28
RRT C	C	SU 86544 23748	86
RRT D	D	SU 85738 23975	51
RRT E	E	SU 84984 22864	24
RRT F	F	SU 83298 21458	33
RRT G	G	SU 84880 21255	47



Great Walks
IN BRITAIN

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MAP LEGEND					
	Great Walks route				
	Motorway		Church with tower		Spot height - metres
	Main road		Church with spire		Information centre
	Secondary road		Other place of worship		Parking
	Minor road		Cathedral / Abbey		Public convenience
	Other road		Building		Public house
	Track		Built up area		Picnic site
	Footpath		Woodland		Camp site
	Bridleway		Sand		Major tourist feature
	National trail		Water feature		Other tourist feature
	Railway				

Safety First

Safety should always be your first priority in planning and undertaking a walk, whether on your own or leading a group. Please read these Safety First and Walking Our Routes notes.

Lead a group of other walkers only if you have leadership and navigational experience adequate for the 'worst case' conditions which may be encountered on the particular walk, bearing in mind the terrain, possible weather and navigational demands.

Weigh up the capabilities of your party, in terms of fitness and walking speed. Adjust your time expectations accordingly.

Ensure all your party are adequately clothed for the weather and conditions. Footwear is particularly important. Clothing must protect against cold, wet or strong sun according to the time of year.

Emergencies are quite rare, but it is essential to think ahead about what to do if someone in your party sustains an injury. Will you have a First Aid kit? Is there a qualified First Aider in the party? How could help be summoned in a serious eventuality?

Refreshment, particularly water, can be vital. Dehydration in hot summer conditions can be rapid, and frequent intake of fluids is essential.

On tougher walks it is a good idea to tell someone where you are planning to go – and when you expect to be back. Remember - mobile phones often lose reception in mountainous or isolated areas.

All our walks use legitimate routes: Public Rights of Way, Public Footpaths, Bridleways, Permissive Paths, Access Land, Byways and Roads.

Road walking calls for particular care. When there is no defined footpath or verge wide enough for safe walking it is usually best to walk on the right – facing oncoming traffic. An exception may be a tight bend, where walkers would be more visible on the left.

Occasionally you may find a public footpath blocked or unuseable. It is perfectly in order to take the shortest available diversion without damaging crops, perhaps around a field margin.

It is courteous to close gates after passing through, sometimes even if the gate was open when you arrived – particularly if it is obvious livestock may escape.

Mutual respect for farm animals is to be encouraged! Don't frighten or annoy them, but equally don't put your party members in danger or discomfort. You certainly wouldn't be the first walkers to go round the outside of a field of frisky bullocks.

Dogs should always be kept on a lead anywhere near farm animals, and under close supervision elsewhere in the countryside.

Walking Our Routes

Our walks are designed to be negotiated using the route directions in conjunction with the map section provided. We suggest walkers also take the Ordnance Survey Explorer or Outdoor Leisure map recommended for each walk.

On mountain, moorland and open heathland walks it is **ESSENTIAL** to have navigational expertise and tools, including the recommended Ordnance Survey map(s).

Take care to observe any cautions in the route description; exposed paths, areas liable to flooding etc.

Consider conditions before setting off. Will heavy rain have made a water meadow impassable? Will frost or snow make a path slippery?

When navigating the route look for clues to confirm you are in the right place. Are map features where you would expect on the ground? Are features mentioned in the text where expected? If you suspect you may have taken a wrong turn, take action sooner rather than later. It is better to re-trace to a known point rather than carry on regardless with the possibility of becoming increasingly confused.

All our routes are carefully checked before publication, but features can change on the ground – sometimes surprisingly quickly. Footpaths may be re-routed, buildings can appear or change significantly and these days pub names seem to change frequently.

The approximate time given for each walk is based on an average walking speed of 2.5 miles per hour (4 km/hour), plus an allowance for ascent, descent and any difficult terrain.

Total ascent is the approximate total ascent over the whole walk.

GPS users can enter in the waypoints provided in each of our walk reports. It is important to read our guide **Introducing GPS for Walkers**, available as a PDF file from the Great Walks in Britain web site.

Remember that GPS is a great navigational tool, but only one of those available to the navigator. Never dispense with conventional map and compass – and the training and skills to use them, especially on mountain, moorland or open heathland walks.

TOUGHNESS RATINGS

All our **Sussex & The South Downs** routes can be undertaken by reasonably fit walkers able to utilise our map segments, together with the route guidance notes. Always consider recent and forecast weather.

Each walk has been allocated a **Toughness Rating**:

1. Easier walks with modest ascent and generally on well defined paths. There may be stiles or narrow gateways to negotiate.
2. Routes which are more demanding. They may include more ascent and possibly paths which are looser or more difficult underfoot.
3. More strenuous walks with some steep sections, higher paths or places which may be wet and boggy.
4. The most demanding walks in this edition. There may be prolonged steep ascents. Conditions may be challenging underfoot.

Toughness Ratings are allocated in the context of the terrain in the edition area. For example a walk rated as demanding in Cambridgeshire may be equivalent to an easier or moderate route in the Brecon Beacons.