

Stoughton Down via Chilgrove Hill

6.1 miles

Ascent: 640'

From Stoughton CP we climb to the Devil's Humps for good views over Chichester and the coast, then along a fairly flat section to Chilgrove Hill – again, good views – returning to the CP through Wildhams Wood.

Meet at CP (SU815126)

Leave the car park past the gate along a grassy track with the woodland on your R, heading NE. Follow this wide chalky track as it curves to the R, steadily climbing uphill. Continue ahead over the crossing track up the chalky track and head for the Devil's Humps. Stop here to admire the views in all directions.

Go a few metres S (towards Chichester) from the Humps and join a wide grassy track heading just W of N. There are several tracks here – follow the main track that goes slightly uphill, soon passing through a gate. Follow for about 40 minutes past Blackbush House to the edge of the woodland where you meet another wide track. Cross this through a gate into the field to walk across the top of Chilgrove Hill.

Soon after 2 gates go over a stile on your L alongside a farm (Bow Hill Farm) and continue ahead to another stile. Turn R downhill along a track for a short distance, then L along another track past Hill Barn.

Continue on this wide track downhill through Wildhams Wood until you reach a road. Turn L and you will soon reach the CP.

