



Angmering to Littlehampton Walk

to do

Length	<p>Main Walk: 16½ km[†] (10.3 miles). Three hours 40 minutes walking time. For the whole excursion including trains, sights and meals, allow at least 9½ hours.</p> <p>Alternative Walk, from Goring-by-Sea: 15¼ km[†] (9.5 miles). Three hours 20 minutes walking time.</p> <p>Short Alternative Walk, direct to Highdown: 12¾ km[†] (7.9 miles). Two hours 50 minutes walking time.</p> <p>Short Circular Walk, from Angmering: 10½ km[†] (6.5 miles). Two hours 20 minutes walking time.</p> <p>† Add around 1½ km (1 mile; 30 minutes) if visiting Highdown Gardens. See Features below.</p>
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OS Map	Explorer OL10 (previously 121). Angmering, map reference TQ065030, is in West Sussex, 4 km ENE of Littlehampton.
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Toughness	2 out of 10.
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Features	<p>This walk combines a circular route taking in a small hill overlooking the coastal settlements on the Sussex plain with a stretch along the seafront to one of its coastal towns. There is quite a lot of residential development in this area (including some large private estates) but the start of the walk includes a few open spaces, quiet alleys and unexpected chunks of farmland before the short climb up Highdown Hill, a stretch of open downland owned by the National Trust with the remains of an Iron Age hill fort on its summit. On a fine day there are far-reaching sea views east to the Seven Sisters and west to the Isle of Wight.</p> <p>These slopes of the South Downs were quarried for chalk and in the early 20thC Sir Frederick and Lady Stern were inspired to create a garden in the unpromising surroundings of an old chalk pit, building up a fine collection of rare plants and trees. Together with a nearby pub and tearoom for refreshment, a visit to “Worthing's best kept secret” (Highdown Gardens, open daily to dusk Apr–Sep, but close around 4pm Oct–Mar; free entry) is highly recommended.</p> <p>The walk then goes gently downhill to some more possible lunch places in Angmering village, which has retained much of its rural charm. Its centre is 3 km from the sea and the next stretch is unavoidably urban, but much of it is on quiet streets and it ends with a long right of way through a private estate. This is followed by a contrasting stroll along the England Coast Path into Littlehampton, a seaside resort on the eastern bank of the River Arun. You then go past hundreds of leisure craft in the town's</p>
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harbour on the broad **Riverside Walk**, with the choice of a large riverside café or a town centre pub for refreshment before the train journey back.

Walk Options

Highdown Gardens are nearer Goring-by-Sea station and two routes are described from this station: one meeting the main route in Ferring and a shorter one going directly to Highdown. Either of these **Alternative Walks** would be worth considering if you missed a train and wanted to catch up the main group.

As the afternoon route goes back past Angmering station you could simply complete a **Short Circular Walk** there.

Transport

Littlehampton, Angmering and Goring-by-Sea are all on the West Coastway line, with a half-hourly service from London Victoria (hourly on Sundays) taking around 1 hour 35 minutes to Angmering. Buy a **return to Littlehampton**, which is also valid for travel on the Arun Valley line (changing at Ford or Barnham) and via Brighton on local services. If driving, Angmering station car park costs around £6 Mon–Sat, £3 Sun (2025).

There is a frequent bus service between Littlehampton and Brighton (Stagecoach 700) which goes near Angmering and Goring-by-Sea stations, but it will usually be just as quick to wait for the next train. There is an hourly service (Compass 12, Mon–Fri only) along the coast road into Littlehampton.

Suggested Train

Take the train nearest to **09:45** from **Victoria** to **Angmering**.

Lunch

Unless you want a very early stop at the **Henty Arms** (01903-241254) in **Ferring**, the main choice is between the pub on **Highdown Hill** (5¼ km from Angmering station, 4 or 1½ km from Goring) or 30-40 minutes later in Angmering village. Just outside Highdown Gardens, **The Highdown** (01903-924670) is a Brunning & Price pub with a large garden which serves a good range of food all day. It was formerly the Highdown Hotel and the new owners have also reopened the nearby tearoom.




Angmering has two attractive pubs but note that both only serve food up to around 2.30pm (later on Sundays): **The Spotted Cow** (01903-783919; closed Mon & Tue) on the lane into the village, and **The Lamb at Angmering** (01903-774300) in the centre. The village also has **Pete's Den** (a micro bar) and a coffee shop.

Tea

There are many possible refreshment places in **Littlehampton**. On the seafront the route passes two large places, **The Beach Club** (a bar/restaurant) and **East Beach Café** (01903-731903; closed Mon & Tue), with its award-winning design by Thomas Heatherwick. There are several more cafés and fast food places by the seafront and alongside Riverside Walk but the suggested place is the large **Harbour Lights Café** (01903-958100; open to 6pm Mon–Wed, 7pm Thu–Sun, but kitchen closes at 5pm) in its fine riverside location, five minutes from the station.

For stronger fare you could take the alternative route through the town centre, passing three contrasting pubs close to each other on Surrey Street: the **White Hart** (01903-713324) is a typical town centre pub; the **George Inn** (01903-739863) is a JD Wetherspoons pub; and the **Dolphin** (01903-944776) is a sports bar.

At the end of the **Short Circular Walk** there are only a few fast food places in the parade of shops just past **Angmering** station.

Help Us! After the walk, please leave a comment, it really helps. Thanks!
You can also upload photos to the   SWC Group on Flickr (upload your photos) and videos to  [Youtube](#). This walk's tags are:

By Car **Start** **Finish**

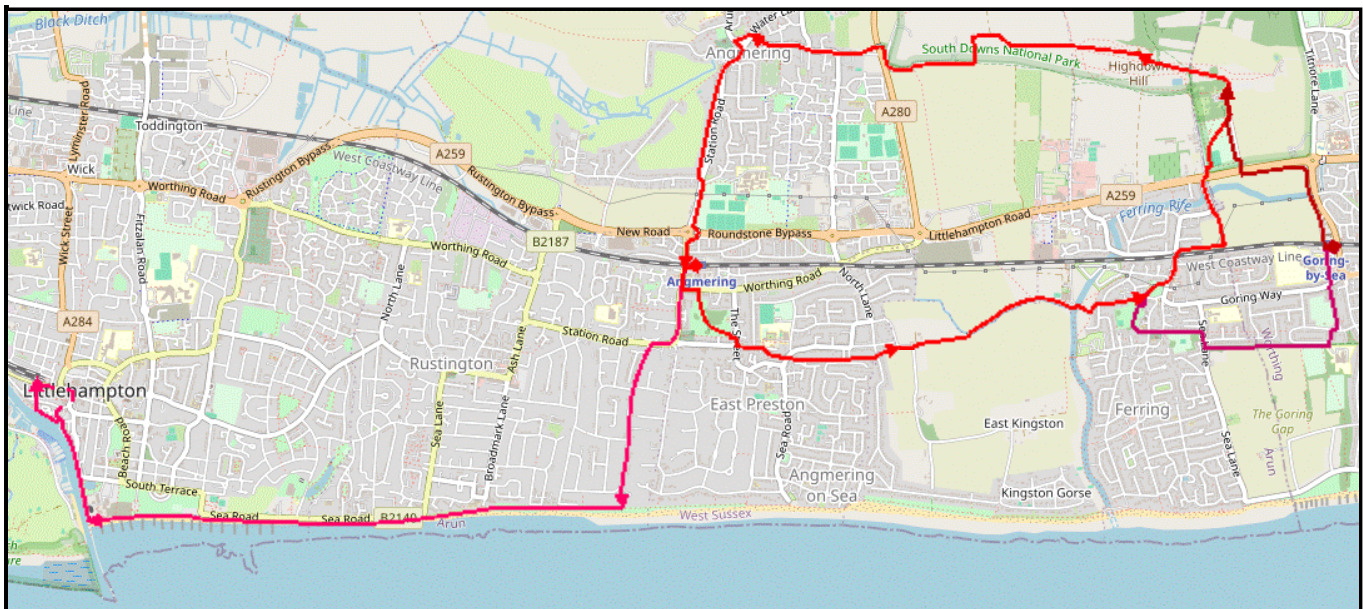
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Version Feb-25 [Sean](#)

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Walk Directions

Walk Map



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Walk Options

M. Main Walk (16½ km)

a. Alternative Walk, from Goring-by-Sea (15¼ km)

b. Short Alt. Walk, direct to Highdown (12¾ km)

c. Short Circular Walk, from Angmering (10½ km)

Walk Directions

If you are doing an Alternative Walk (from Goring-by-Sea), start at §C for the shorter version and §D otherwise.

A. Angmering Station to Kingston Lane (1¾ km)

1. Arriving from London, go through the ticket barrier near the front of Platform 2 and turn left onto Station Road. In 125m **turn left** at the mini-roundabout into Worthing Road. In a further 125m **turn right** through a gap in a low stone wall and go past a vehicle barrier onto a narrow strip of grassland. This leads into an open space (Church Field), with an information panel about the history of **Langmeads Field**¹.
2. Bear slightly left across Church Field. In 150m go through a wide gap in the tree boundary and diagonally across a smaller field (Ingram's Croft). In the far corner turn left onto the footpath (**Parson's Way**²) running alongside the southern edge of Langmeads Field to come out onto a residential road (The Street). Turn right briefly onto The Street, then **bear left** onto the walkway alongside St Mary's Drive.
3. In 150m **veer right** onto a tarmac path across an open space between two blocks of flats opposite East Preston Junior School. In 50m **turn left** at a (partly hidden) three-way footpath sign onto an alleyway, the continuation of Parson's Way. You now head **E** on this long straight footpath for 700m, crossing two residential streets (North Lane and Lavinnia Way) along the way.
4. The path eventually comes out onto a private road (Golden Avenue) just inside the gated entrance to **West Kingston Estate**. Veer left across the road onto the continuation of the footpath, which jinks around the back of a house and comes out rather unexpectedly into the corner of a large farm field. Keep left to go alongside the tree boundary on its northern edge.

B. Kingston Lane to Ferring (1¾ km)

5. At the end of the trees continue along the field margin, now alongside a drainage ditch and Kingston Lane. In the field corner go out onto the lane at a sharp right-hand bend and take the private road between two farm properties on the outside of the bend, signposted as a public footpath. Keep right at the entrance to Newcote Farm and go through a double metal fieldgate onto a tree-lined grassy track heading **E**.
6. In 350m **veer left** to cross another wide drainage ditch on a concrete bridge, then turn right to go alongside the ditch; there are now large farm fields on both sides and Highdown Hill is visible ahead on the left, 2 km away. In a further 350m ignore another concrete bridge to continue on a narrow path between the ditch and a wooden fence.
7. In 150m you cross a plank footbridge over a small ditch and the path bends slightly right, now with a sturdy metal fence on the left. The path eventually comes out onto the embankment of a stream, **Ferring Rife**³. Turn left and go up to the access road to **Ferring Country Centre**⁴, with its **Ranger's Café** inside if you want to detour for a refreshment stop.
8. If not stopping **turn right** onto the access road (Charles Way), crossing the stream. Follow it round a couple of sharp bends and continue along a residential street (Rife Way) on the outskirts of **Ferring**. In 200m **Glebelands Recreation Ground** is on your right, and in a further 100m you come to the corner of its small village green on your left.

Continue the directions at §E.

C. Goring-by-Sea Station to Highdown Gardens *direct* (1½ km)

9. Arriving from London, go down the ramp from Platform 2 and turn right onto Goring Street, crossing the tracks at the level crossing. Where this quiet street (the old main road) curves right to join the A259, keep ahead on a walkway alongside the main road and follow it round to the left at the roundabout.
10. In 400m **cross the busy dual carriageway with great care** at the designated crossing point and go up the driveway opposite (Highdown Rise), signposted to Highdown Gardens. Although you could simply walk up the drive, there is a recreation ground/meadow on its left and it is nicer to go through the car park entrance and walk up its right-hand side. In the top corner follow a short path through a belt of trees to rejoin Highdown Rise.
11. **Highdown Gardens** are behind the wall on the left of Highdown Rise, but the visitor entrance is from the car park at the top of the drive. In 100m you pass **The Highdown**⁵ pub and its **Tea Room** off to the left; if you want an early refreshment stop you could break off now or return here after visiting the gardens.

Continue the directions at §F.

D. Goring-by-Sea Station to Ferring (2¼ km)

12. Arriving from London, go down the ramp from Platform 2 and turn left to head **S** on Goring Street. In 250m **bear right** in front of a T-junction and cross over Goring Way to continue on another part of Goring Street. After passing a playing field and **The Bulls Head** turn right briefly onto Fernhurst Drive, then left into Bodiam Avenue.
13. At the end of this short street **turn right** in front of the entrance to Goring Hall Hospital onto a long tree-lined bridleway heading **W**, part of the striking **Ilex Avenue**⁶. After passing Fernhurst Recreation Ground there is a large open space on the left known as the **Goring Gap**⁷ and you can alternate between the avenue and an unofficial but well-trodden path along the field edge if you wish.
14. At the far end of Ilex Avenue turn right onto the walkway alongside a residential street (Sea Lane). In 100m cross the road and take the signposted footpath running along the northern edge of Little Twitten Recreation Ground, heading **W** again. At the far end keep ahead on Church Lane, soon passing the parish church of **St Andrew**⁸ on the left as well as some attractive old cottages.
15. At a junction go straight across Greystoke Road onto a cul-de-sac (the continuation of Church Lane). At the entrance to a couple of houses keep ahead on an enclosed track and follow this public footpath round to the right to emerge into **Glebelands Recreation Ground**. Make your way across some sports pitches to its far right-hand corner. Cross a street (Rife Way) to come to a corner of Ferring's small village green, just off to the right.

E. Ferring to Highdown Gardens (1¾ km)

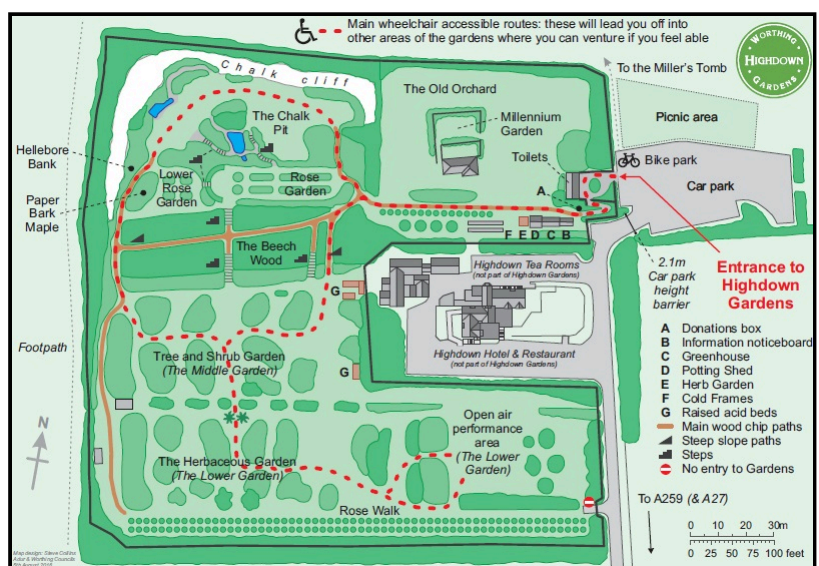
16. Make your way across the green to the opposite corner, either on the tarmac path curving round to the right or straight across the grass. Turn left onto Ferring Street, going past the Village Hall and a parade of shops (including a sandwich bar). Go over the railway tracks at the level crossing. The **Henty Arms** pub is on the right if you want an early refreshment break, but to continue the walk **turn right** onto the fenced path running alongside the railway.
17. The footpath goes past the pub's garden and allotments and comes out into the corner of a field. Continue alongside the railway for 150m, then **turn left** at a three-way footpath signpost to go alongside a line of windswept trees separating two fields. At the end of the left-hand field follow the footpath out between houses to a residential street (Ferring Lane).

18. Turn right and go along the street, crossing a stream (**Ferring Rife**³) shortly before reaching the A259. **Cross the busy dual carriageway with great care** at the designated crossing point and go up the driveway just off to the right. This private road is signposted as a public bridleway and there is a small 'Pedestrian access' sign on the gatepost where you pass to the right of a vehicle barrier.
19. After passing the house on the right at the bottom of the driveway **veer right** onto an unsignposted path through the tree boundary into the bottom corner of a recreation ground/meadow. Veer left and take any route up to its top right-hand corner. Follow a short path through a belt of trees to join a driveway (Highdown Rise).
20. **Highdown Gardens** are behind the wall on the left of Highdown Rise, but the visitor entrance is from the car park at the top of the drive. In 100m you pass **The Highdown**⁵ pub and its **Tea Room** off to the left; if you want an early refreshment stop you could break off now or return here after visiting the gardens.

F. Highdown Gardens to Highdown Hill (¾ km)

21. Notes on visiting Highdown Gardens (~1½ km)

- This Worthing Borough Council map shows the main areas within these steeply-sloping gardens. There is only one access point, so you will be coming back out the same way.
- Leaflets showing suggested trails through the gardens can be obtained from a new Visitor Centre in the Upper Garden.
- There is free entry to the gardens, with a Donations box on the entrance path just before the Visitor Centre.



22. On leaving the gardens **turn left** past a wooden barrier to go up the side of a picnic area. **Veer left** around the top corner of the gardens and follow a grassy path sloping gently uphill. Skirt around either side of a clump of trees and go up to a gap in the tree boundary ahead, with iron railings on the right surrounding the **Miller's Tomb**⁹.
23. In the trees go through a wooden swing gate in a low flint wall (marking a Borough boundary), passing a National Trust information panel about **Highdown Hill**¹⁰. Continue in the same direction on the grassy path sloping gently uphill across the downland.
24. In 175m keep ahead at a four-way signpost to go alongside a hedge, then climb the low rampart ahead onto the site of the small **Iron Age hill fort**¹¹ on its summit.
*There are far-reaching views from the summit: on a fine day you can see the coast from the Seven Sisters to the Isle of Wight, and far out to sea you might be able to glimpse the huge **Rampion Wind Farm**¹².*

G. Highdown Hill to Angmering (village) (2¾ km)

25. Take any of the grassy paths heading **W** from the summit, which all lead to a metal fieldgate in the hedge 300m away. Go through the adjacent kissing gate and follow a broad grassy track between fences towards the restored **Ecclesden Mill**¹³. After it curves right and left ignore a track down to the right and continue towards the sailless windmill. At a footpath signpost turn left as indicated and follow the enclosed path down to a T-junction with a bridleway.

26. Turn right onto the bridleway, which becomes a tarmac lane at the entrance to Ecclesden Paddocks. In a further 400m the bridleway swings right in front of the A280. Keep ahead at a signposted path crossing to go over the main road on a footbridge. Bear right in front of the new Meadow Gate development to head **W** again.
27. You pass the car park for **The Spotted Cow** on the right and then the pub itself, the first of Angmering's refreshment places. At the road junction with the B2225 keep ahead on the village's long High Street, eventually going down a slope where you pass **Pete's Den** (a micro bar) on the left. At the road junction at the bottom of the High Street the village's other pub is straight ahead, **The Lamb at Angmering**.

H. Angmering (village) to Angmering Station (1¾ km)

28. From the left-hand end of the pub go along Church Lane, a narrow back street of attractive cottages. At the far end, with the parish church of **St Margaret**¹⁴ opposite, turn left to go down Arundel Road. Keep right at the village green and turn right onto Station Road.
29. After passing the Village Hall and a Medical Centre *fork right* into North Drive, a residential street parallel to the main road; a belt of mature trees helps to reduce the traffic noise from the main road. At the end of this long street veer left to return to Station Road.
30. Cross the main road carefully and follow the footway on its left-hand side up to the roundabout with the busy A259. Use either the footbridge or the pedestrian crossing just off to the left in order to continue along Station Road opposite. In 150m you come to a level crossing, with the station on the left.
 - If you are finishing the Short Circular Walk, Platform 1 on the near side is for trains to London or Brighton.

I. Angmering Station to the Coast Path (1¾ km)

31. To head for Littlehampton cross the tracks and continue along Station Road, repeating a short stretch of the Main Walk. This time go straight ahead at the mini-roundabout. In 300m you pass the church of **St Mary the Virgin**¹⁵ on the left and follow Station Road round to the right. In 125m *turn left* into Preston Paddock, a cul-de-sac signposted as a public bridleway and heading **S**.
32. In 50m keep ahead on the bridleway, now a tree-lined tarmac path. At the end continue in the same direction on a wide road (Pigeonhouse Lane) and follow it all the way through **The Willowhayne**, a large private estate.
There are prominent 'No Public Right of Way' notices on all the side roads but Pigeonhouse Lane itself is the continuation of the public bridleway.
33. In 600m you go past white-painted gates across the road at the boundary with another private estate, **Botany Close**. Bear slightly left and take the broad surfaced path in the middle of a fenced grassy strip ahead, heading directly towards the sea. The path emerges onto a strip of grassland between the estate and the shingle beach, with a three-way wooden signpost confirming that this is the **England Coast Path**¹⁶ (ECP).

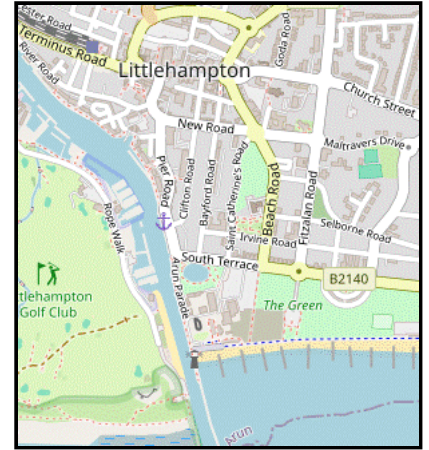
J. The Coast Path to Littlehampton (Riverside Walk) (3¼ km)

34. Turn right and simply head **W** along the seafront, either on the grassy strip or the beach (easier when the sand is exposed at low tide). On the ECP the grass ends after about 1 km and you have to veer left across the shingle as indicated for 60m to pick up a surfaced path at the top of the beach.

35. There is soon another strip of grassland which you could walk along as an alternative to the path, but in 250m this ends where the B2140 comes in from the right and runs alongside the promenade for 1½ km. On the next stretch you pass the striking **Rustington Convalescent Home**¹⁷ and **Norfolk Gardens** (which includes a miniature railway), as well as a couple of large refreshment places, **The Beach Club** (a bar/restaurant) and **East Beach Café**.
36. After the B2140 turns inland **The Green** in front of South Terrace offers an alternative to the promenade, although in early 2025 access to some areas was restricted by work on the Littlehampton Seafront Regeneration Scheme. At the end of the promenade you pass the **Coastguard** building and a **Lighthouse**¹⁸ in front of the short pier, where the **River Arun**¹⁹ flows into the sea.

K. Riverside Walk to Littlehampton Station (1 km)

37. To complete the walk turn right onto the broad Riverside Walk, passing a small amusement park and a boating pond on the right. The path continues alongside Pier Road for 150m, passing **Soul Kitchen & Bar** and several fast food places.
38. After the road curves away Riverside Walk goes alongside some new apartments for 200m, then skirts around the slipway for the **RNLI Littlehampton Lifeboat Station** at Fisherman's Quay. The suggested refreshment place is the prominent **Harbour Lights Café** in its large modern building overlooking the river, with fine views from its terrace.



If you want to try some other refreshment places before heading to the station, the slightly longer route in [40] goes past three pubs in the town centre.

39. Main route

- Go past the front of the café to continue along Riverside Walk for 150m. Just before a striking new apartment block with a circular tower **turn right** into a short alleyway, which leads into Mariners Quay.
- Go straight across River Road and along Terminus Place to come to the main road, with the station opposite. The station is a terminus and trains can leave from any of the four platforms.

40. Town route (+100m)

- Go past the right-hand side of the café to a T-junction and turn right onto Surrey Street. At the next T-junction turn right again onto River Road. The first of the pubs is on the left-hand side of the road at the next junction, the **White Hart**.
- Turn left onto the main road (Surrey Street again) to pass the **George Inn** on the left and then the **Dolphin** on the right, plus a few other eateries. Follow the road round to the left in front of the **Millennium Clock Tower**²⁰ on Littlehampton's High Street.
- Keep ahead at a mini-roundabout, now on Terminus Road. The station is 100m ahead on the right-hand side of the main road, which you can cross at the pedestrian lights halfway along. The station is a terminus and trains can leave from any of the four platforms.

Walk Notes

1. **Langmeads Field** was originally three pasture fields and parkland. It was acquired by Arun District Council and has been kept as an informal area for recreation.
2. **Parson's Way** reveals that this is a footpath linking two churches in the same parish, with a priest who had to walk between them. Those at Ferring and East Preston were linked in this way until the parishes were separated in 1913.
3. **Ferring Rife** has multiple sources in the vicinity of Highdown Hill and flows into the sea at Ferring Beach (*rife* is a dialect word for stream in this part of West Sussex).
4. **Ferring Country Centre** was established by Worthing Mencap in 1986 as a support centre for people with learning disabilities. It has expanded into a large site open to the general public with a garden centre, children's farm, riding school, etc.
5. **The Highdown** was previously the Stern's home, Highdown Towers. The mansion and gardens were bequeathed to the Borough of Worthing after Lady Stern's death in 1972. Since then it has been a multi-room nightclub (Sterns), the Highdown Hotel and is now a pub.
6. **Ilex Avenue** was created in the 1840s as a grand carriage drive from Ferring in the west and Goring in the east to **Goring Hall** (now a private hospital). It is 1¼ km long and was planted with over 400 holm oaks (*Quercus ilex*), an evergreen oak from the Mediterranean which tolerates salt-laden winds.
7. The **Goring Gap** (whimsically named after the more famous feature on the Thames) is one of several undeveloped areas along the West Sussex coastline, a planning policy by the local authority to prevent a continuous sprawl of development.
8. **St Andrew, Ferring** dates from the 12thC, although records show that there has been a church on the site since the 8thC. The chancel was enlarged and the north aisle added in 1250. A new stained glass window designed by the artist Mel Howse was installed behind the font in 2022. The church is listed Grade I.
9. The **Miller's Tomb** was built by John Olliver 27 years before his death in 1793. An eccentric character who was outwardly a prosperous miller, Olliver was rumoured to be the leader of a local smuggling gang, using the tomb to store contraband.
10. **Highdown Hill** (81m) is the only hill on the Sussex coastal plain. Unlike other hills on the South Downs, it has a gentle 'dip' slope on its north face and a steeper 'scarp' slope facing the sea.
11. The small **Iron Age hill fort** on the summit of Highdown Hill dates from around 600 BC and consists of a single rampart and ditch. There was also an Anglo-Saxon cemetery on the site.
12. The **Rampion Wind Farm** was developed by E.ON and completed in 2018. It consists of 116 turbines with a combined capacity of 400 MW, covering an area of 72 km² between 13 and 25 km offshore.
13. **Ecclesden Mill** (or Highdown New Mill) was a brick tower mill built in 1826, taking over from John Olliver's Highdown Mill. It ceased working in 1872 and lost its sails in a storm in 1880. It was converted into a house in the 1970s and has since been further restored, with a lead cap added.
14. **St Margaret, Angmering** dates from the 13thC, with its tower being added in 1507. Only the tower and a few remnants have survived its rebuilding in 1852-53 and the remodelling of its east end in 2007-09.
15. **St Mary the Virgin, East Preston** dates from the mid-12thC, with the chancel being added in the 13thC. An octagonal stone spire on top of the tower became unstable and had to be removed in 1951.
16. When complete the **England Coast Path** will run for around 4,300 km, an unbroken path along England's entire coastline. It was officially renamed the "King Charles III England Coast Path" in May 2023.
17. **Rustington Convalescent Home** was built for this purpose in 1897 by Sir Henry Harben, a Victorian philanthropist. After his death in 1911 the Worshipful Company of Carpenters took over its management and it continues to provide short-term convalescent care. The building is listed Grade II.

18. The **Lighthouse** was built in 1948, replacing two wooden domed structures which had been demolished in World War II to prevent the enemy using them as navigational aids.
19. The **River Arun** is one of the fastest-flowing rivers in England. It was first embanked in the 16thC and a canal linking it to the River Wey briefly provided a trading link between London and the South Coast in the 19thC before being superseded by the railway.
20. As its name implies, the **Millennium Clock Tower** was constructed in 2000 to commemorate the new millennium. Fifty years earlier the council had been donated the 1920s clock “to be displayed in the town centre” and were finally able to meet the benefactor's wishes.

» *Last updated: February 24, 2025*

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