

015

YHA Truleigh Hill Shoreham-by-Sea

Hill, river and town walk

Distance: 13.1 miles (21km) **Ascent:** 322m (1,056ft)

Time: Allow 5h 45m to 9h 30m

Map: OS Explorer 1:25k (OL11) Brighton & Hove

Start/Finish: OS Locate TQ 220 105 **what3words** ///rags.allies.switched



From the top of the South Downs to Shoreham Harbour with planes, trains and quirky boats. From the hostel turn right and follow the South Downs Way to the River Adur. Turn left before the bridge, follow Downs Link or the river path and cross Shoreham Old Bridge. Turn left to take the path alongside the airport, turn right for the terminal, hangers and cafe. Return to the river wall and head under the railway. Fork right after the bridge, cross the busy A259 and take the concrete footpath past houseboats. Turn left over the Swing Bridge. Cross the main road, keep the church on your left and cross the railway. Turn left into Mill Lane, onto Erringham Road and right onto Mill Hill. Cross the A27 and look for a narrow opening on the left then follow footpaths to Old Erringham Farm. Go through the farmyard and continue to the road. Turn right and then left to Erringham Farm and Mossy Bottom Barn. Follow the straight footpath between hedgerows, then sharp left and uphill back to the hostel.

Hazards

Caution required crossing busy roads. Do not walk this route if the river is flooded.

This route has been created by YHA to provide inspiration and to aid planning and preparation of your walk. It doesn't replace the need for an OS Map or the OS Maps App to navigate your walk safely. Digital maps are a guide and do not always reflect the conditions on the ground, ensure you are aware of your immediate surroundings.

Accessibility

There are stiles and steps on the route and gates and paths less than one metre wide. Narrow winding paths in places and sections of rough ground with stones and ruts exceeding 10cm.

Points of interest

Extensive views throughout rural sections and the picturesque River Adur. Norman churches at Old Shoreham and Shoreham-by-Sea. Old Shoreham Bridge – Wooden former toll bridge. Art deco airport buildings dating from 1930s and associated original hangers. Fantastic houseboats. The Swing Bridge.

Facilities

Toilets in Shoreham – at Adur Recreation Ground (after airport), Beech Green (south of houseboats), Middle Street and Pond Road (in the town centre) and Buckingham Park. Café at the airport. Many cafés, shops and pubs near Old Shoreham Bridge and in Shoreham-by-Sea after the Swing Bridge.

Scan or click to view this route on the OS Maps App – also a route profile and GPX



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Route: YHA Truleigh Hill & Stephen Mukahy



Thank you for choosing to walk from our hostel.
We hope you have a great time.

Walking in the national landscapes of England and Wales is part of YHA's heritage. With hostels on National Trails, in National Parks and Areas of Outstanding Natural Beauty, YHA plays a unique role in the nation's walking community.

To make it easy for everyone to enjoy walking from YHA hostels, we have curated three walks – an easy, moderate, and more challenging option. They have all been graded – the higher the grade, the more challenging the route.

Before you go:

- Check the local weather forecast (metoffice.gov.uk).
- Check the tide times for coastal routes (tidetimes.org.uk).
- Get the right clothing, footwear and kit for the route and weather.
- Ensure you have enough time to complete the route before dark.
- Download the OS Locate and what3words apps to your phone.
- Contact 999 by SMS text (must pre register by texting 'register' to 999) (relayuk.bt.com/emergencysms).
- Plan your walk by completing the YHA route notification card it helps Emergency Services if you get into difficulties or fail to return from your walk when anticipated (yha.org.uk/route-card).
- Ensure your entire group have the fitness and skills to complete the route.
- For further information on how to stay safe visit adventuresmart.uk

For more walks or information on route grading and timings go to yha.org.uk/walks

If you encounter problems with this route contact walking@yha.org.uk



Scan or click to shop
for OS maps online
osmaps.com/yha

Share your walks



What to wear

- Base layer and mid layer.
- Walking trousers.
- Warm jacket(s).
- Take extra layer(s).
- Hat, gloves and neck gaiter.
- Sun hat, sun cream and sunglasses.
- Waterproof jacket and trousers.
- Cushioning walking socks.
- Walking shoes or boots.

Kit

- Map, compass and GPS device or OS Map app on your phone.
- Water, lunch and high energy snacks.
- Charged mobile phone and portable charger.
- First aid kit.
- Head torch, spare batteries.
- Watch.
- Whistle and survival bag.
- Rucksack, with waterproof cover or a dry bag or plastic bag inside.
- Medicines or toiletries you would usually use.

You might also want to take

- Spare socks, hat, gloves.
- Balaclava.
- Leg gaiters.
- Waterproof baseball cap (handy if you wear glasses).
- Walking poles.

- Bivi bag or group shelter.
- Spare food and hot drink.
- Duct tape (handy for fixing things).
- Penknife or multitool.
- Tissues and hand sanitiser.
- Plastic bags to take away your rubbish or dog poo.

In case of emergency

- Call 999 (or text 999 if pre-registered) and ask for the Police.
- Use OS Locate or what3words to provide a detailed description of your location.
- If you need to attract attention shout or give six blasts on a whistle at regular intervals. In low light flash your torch six times at regular intervals.
- If you can send someone for help, they need to know your location (grid reference), number of people in the group and the nature of the emergency.
- Help could be some time coming so whilst waiting make the casualty comfortable.
- Keep the casualty warm and dry using spare clothing. Use coats or rucksacks to insulate them from the ground.
- Remember the rest of the group could be getting cold whilst waiting. Use an emergency shelter or find a sheltered location.