

SOUTH DOWNS WALKS

SUITABLE FOR ALL ★

MILES WITHOUT STILES

TRAILS SUITABLE FOR PEOPLE WITH IMPAIRED
MOBILITY, WHEELCHAIRS, MOBILITY
SCOOTERS AND PUSH CHAIRS



MILL HILL ACCESS TRAIL

Mill Hill is an 11 hectare (28 acre) chalk grassland site designated as a Site of Nature Conservation Importance (SNCI) and a Local Nature Reserve in recognition of its great variety of wildlife including many rare species. A huge range of chalk grassland species flourish here including Adonis blue and chalkhill blue butterflies, the yellow herb horseshoe vetch and the distinctive whitethroat.

Mill Hill Access Trail is a 0.3 miles (0.5km) wheelchair friendly circular route with passing and resting places. The route takes you through stunning chalk grassland, a woodland copse and gives you spectacular views of the River Adur, the English Channel, surrounding downland and the stunning Lancing College.


There is a wheelchair friendly picnic table at the start of the trail.

SOUTH DOWNS NATIONAL PARK

From rolling hills to bustling market towns, the South Downs National Park's landscapes cover 1,600km² of breathtaking views, hidden gems and quintessentially English scenery.

CONTACT US

South Downs National Park Authority
southdowns.gov.uk

 01730 814810

 @SDNPA / @Ranger_sdnpa

 /SDNPA

SOUTH DOWNS
NATIONAL PARK





Whitethroat
© Nigel Symington

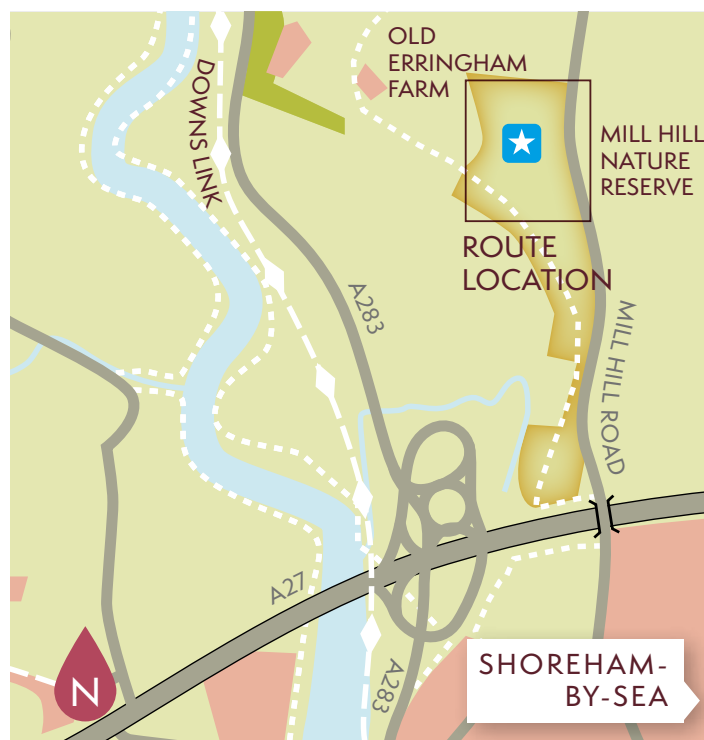


Adonis Blue
© Neil Hulme



KEY

- | | | | |
|--|-------------------|--|----------------------|
| | Parking | | Woodland |
| | Seating | | Fields |
| | Picnic area | | Open Access Land |
| | Viewpoint | | Track |
| | Information panel | | Road |
| | | | Access for all trail |



START POINT: Mill Hill upper car park.

GRID REF: TQ211074

DISTANCE: 0.3 miles (0.5km)

FACILITIES: No toilets or other facilities nearby.

GETTING THERE

By bus: Bus routes number 2, 59 and 59A stop at the bottom of the hill near Mill Hill (very steep lane). The walk up to Mill Hill is not wheelchair accessible, contact Traveline on **0871 200 2233** for details or visit traveline.info/se.

By train: The nearest railway station is Shoreham-By-Sea, approximately 1.7 miles from the trail.

By car: From the A27 take the exit towards Shoreham on the A283. At the Red Lion pub turn left on to Upper Shoreham Road. Just beyond the second pedestrian crossing turn left and follow the signs to Mill Hill.