

## GENERAL SAFETY INFORMATION:

The focus of these walks to Highdown Gardens is for you to have the opportunity to connect with the natural environment as you leave the urban landscape behind. This involves crossing some busy roads and moving through built up areas. Please be mindful of your own safety, and that of others you're walking with. We recommend that you use the map to identify where these are on your route, so that you can come together and safely navigate crossings and changes in your environment.

For larger groups, we recommend that you undertake your own risk assessment prior to taking the journey together.

The ground can be uneven and pathways narrow. No whole route is suitable for wheels. It is recommended that participants on these walks wear sturdy footwear.

The routes have been designed to take you close to and through nature. You will pass free growing vegetation. Please ensure that you are aware of allergies, such as hayfever, and take the necessary precautions so that you can enjoy your walk.

The shift from quieter to noisier spaces may be a surprise. Check the map so you know when this will happen and consider how you can find ways to remain connected with nature as you navigate.

## CONTACTING HIGHDOWN GARDENS

You can contact the Highdown Gardens team,  
Monday to Friday from 9am to 4pm:  
by email: [highdown.gardens@adur-worthing.gov.uk](mailto:highdown.gardens@adur-worthing.gov.uk)  
or by phone: **01273 263060**



Town to Down is developed in collaboration with Highdown Gardens and imprint. To find out more, visit [imprintcreative.org](http://imprintcreative.org)

**imprint**

Connecting with nature through creativity



WE INVITE YOU TO EXPLORE USING YOUR SENSES, YOUR MEMORY AND IMAGINATION ON THIS WALK TO HIGHDOWN GARDENS

**Where to start:** The Spotted Cow Pub, BN16 4AW. To begin this walk, you can either get the Stagecoach No 9 Bus from Angmering or walk from Angmering Community Centre

**What to expect:** This is an easy to moderate walk. The ground is 20% paved, and 80% gravel and grass, and there is 175ft of elevation

# ANGMERING



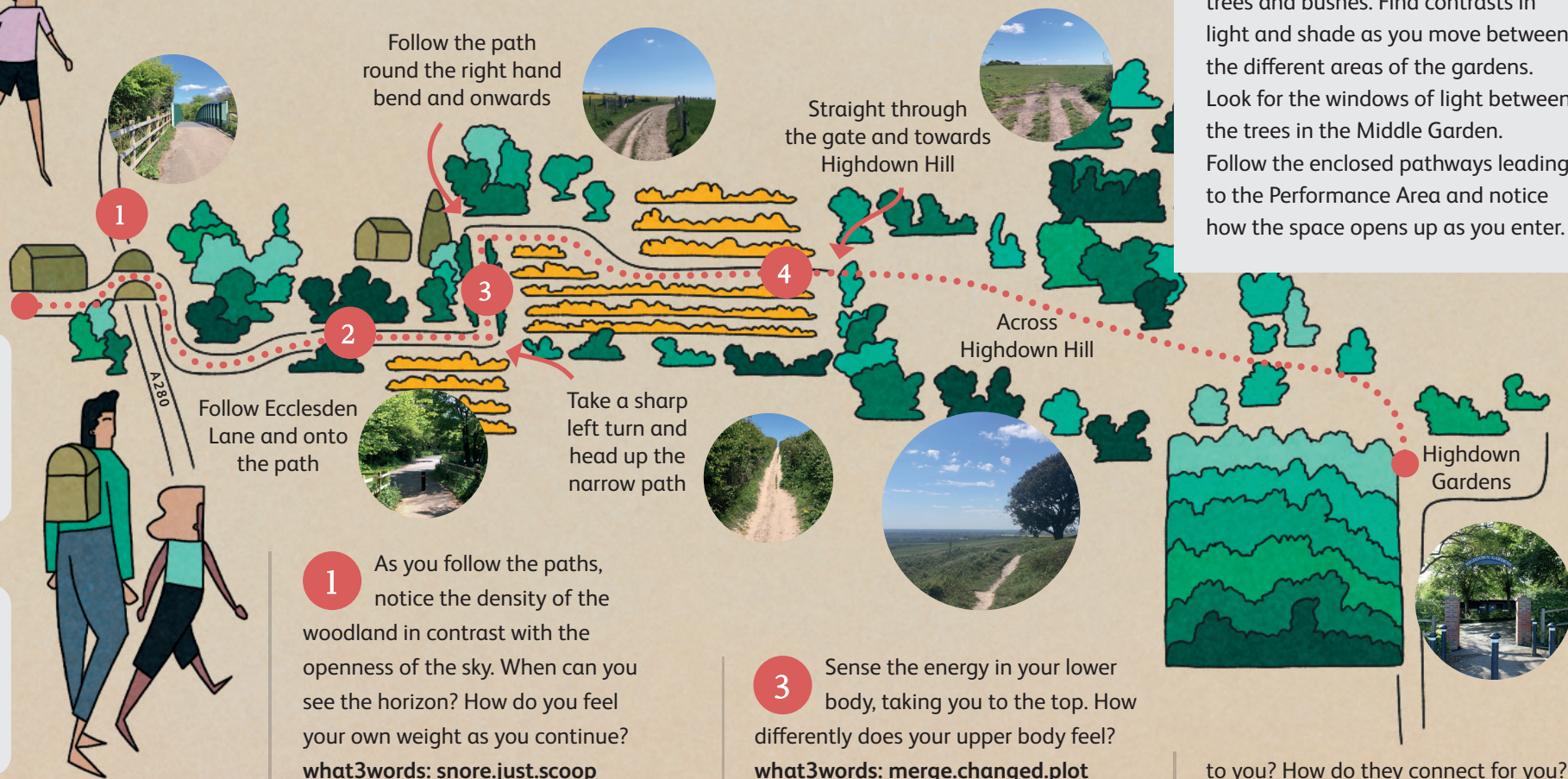
Start at The Spotted Cow pub



AllTrails



Google Maps



## FINDING CONNECTIONS IN HIGHDOWN GARDENS

Look for winding pathways lined with trees and bushes. Find contrasts in light and shade as you move between the different areas of the gardens. Look for the windows of light between the trees in the Middle Garden. Follow the enclosed pathways leading to the Performance Area and notice how the space opens up as you enter.

On this walk we invite you to notice the contrasts between the near and far spaces, to find the horizon and take in the vastness of the land, sea and sky. How do you sense these in your body, and what connections can you make?

**1** As you follow the paths, notice the density of the woodland in contrast with the openness of the sky. When can you see the horizon? How do you feel your own weight as you continue?  
**what3words: snore.just.scoop**

**2** Look for some gaps in the trees. How far in the distance can you see? Notice how this affects your body. Imagine reaching out into the distance. How far would you like to go?  
**what3words: zoos.petal.clicker**

**3** Sense the energy in your lower body, taking you to the top. How differently does your upper body feel?  
**what3words: merge.changed.plot**

**4** Notice the space opening up to you, and the landscape, sea and sky emerging around you. Pause, taking in all that you can see. Imagine taking a series of snapshots as you do. Close your eyes. What images come

to you? How do they connect for you? What can you hear in the distance? Where can you sense the light on your body, and the breeze on your skin?

At different parts of your walk, pause and repeat.  
**what3words: parade.unions.take**