

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.

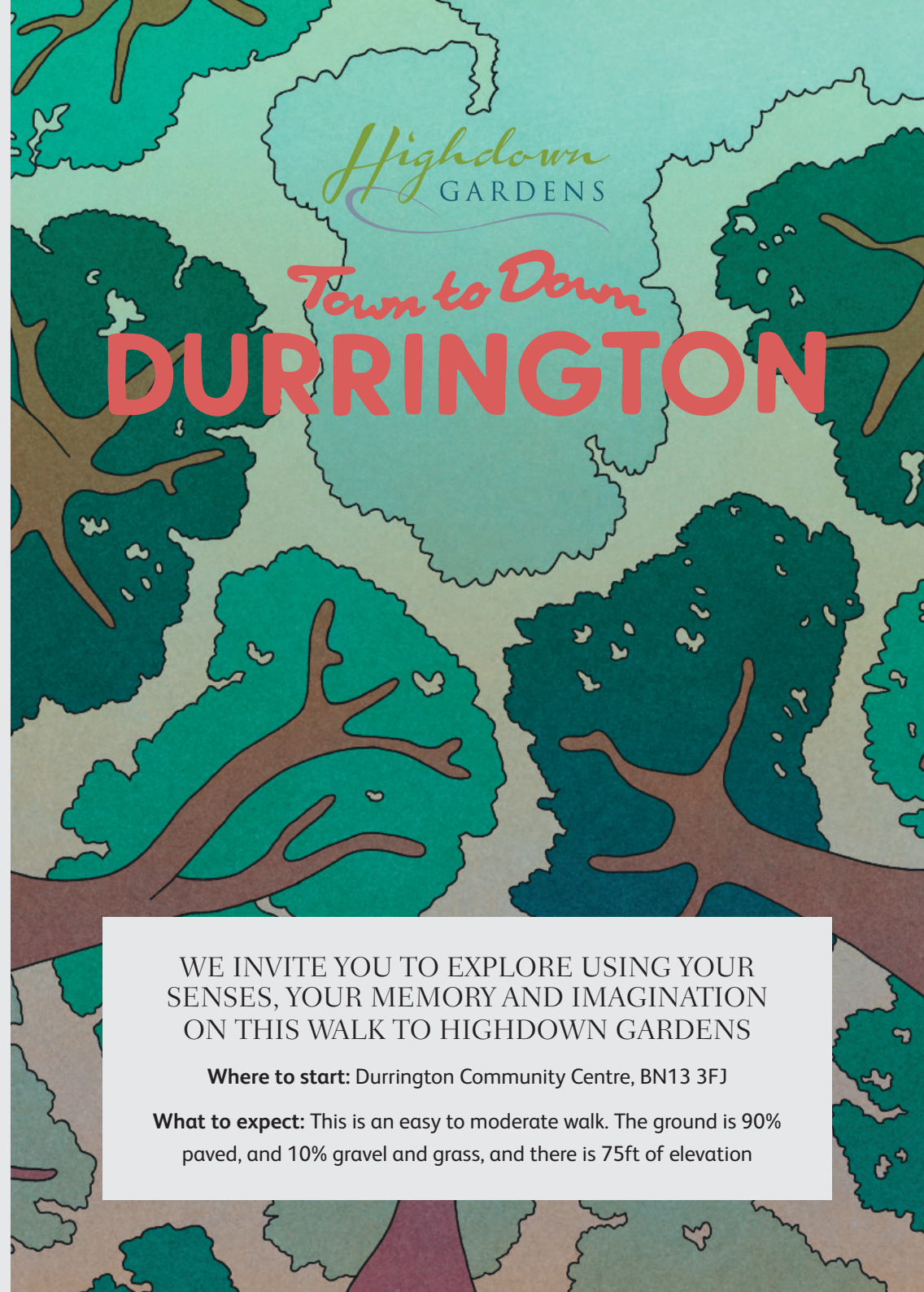
The shift from quieter to noisier spaces may be a surprise. Check the map so you know when this will happen and consider how you can find ways to remain connected with nature as you navigate.

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
or by phone: **01273 263060**



Town to Down is developed in collaboration with Highdown Gardens and imprint. To find out more, visit imprintcreative.org



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

Where to start: Durrington Community Centre, BN13 3FJ

What to expect: This is an easy to moderate walk. The ground is 90% paved, and 10% gravel and grass, and there is 75ft of elevation



AllTrails



Google Maps

DURRINGTON



Start at Durrington Community Centre

Turn left at Tesco and follow the footpath

Be careful as you cross the roads

Head right and follow the path and across Carisbrooke Drive

Follow the narrow path

Follow the path to the right of the playground

Follow the narrow path up towards Highdown Gardens

Highdown Gardens

1 Notice the verticality and density of the trees as you pass.
what3words: slope.reach.types

2 Standing underneath the oak tree, look up through its branches and watch how the light shines through and between its leaves. How does it feel being here?
what3words: makes.back.ages

3 What can you see and what's hidden from view? Listen carefully as you pass by. What nature sounds and human sounds can you distinguish? What do you imagine happening beyond the shelter of the path?

Notice the changes in light and temperature. How do you sense this in your body? How far can you see, now?
what3words: trade.vote.oldest

FINDING CONNECTIONS IN HIGHDOWN GARDENS
Notice the light and shade in different areas of the gardens. In the Middle and Lower Gardens watch the shifts in light and shade, and catch some dappled shadows cast onto the ground. Visit the treeline at the bottom edge of the Lower Gardens, and sense how it feels to be walking alongside this line of giants.

4 On the grass ahead you'll see that each tree stands alone in its own space. Choose a tree; sit, stand or lie underneath it. With your eyes, follow the pathways of its trunk and branches. How does its canopy move in the breeze and cast shadows. What sounds can you hear through the branches, and beyond? What are you feeling now, right here?
what3words: over.rich.yards

5 What memories of your journey are you taking with you as you travel up this final path to Highdown? How do you filter out unwanted sounds and carry those imprints of nature you've gathered? At the top, look around. What do you notice? Recognise any changes you feel.
what3words: stack.overnight.lower

On this walk to Highdown Gardens we invite you to notice the changes in light and shadow and the atmospheres that these create for you on the paths that you take. How do you sense the height and spread of the trees you pass and how you relate to them?