

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



Highdown GARDENS

Town to Down

GORING-BY-SEA

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

Where to start: Goring-by-Sea Railway Station, BN12 6NT

What to expect: The ground is 60% paved, and 40% gravel and grass, and there is 100ft of elevation



GORING-BY-SEA

On this walk we invite you to notice the layering of rural and urban life that lies between the start of your journey and Highdown Gardens. What connections can you make between your immediate surroundings and the landscape that meets the horizon at Highdown?



AllTrails



Google Maps

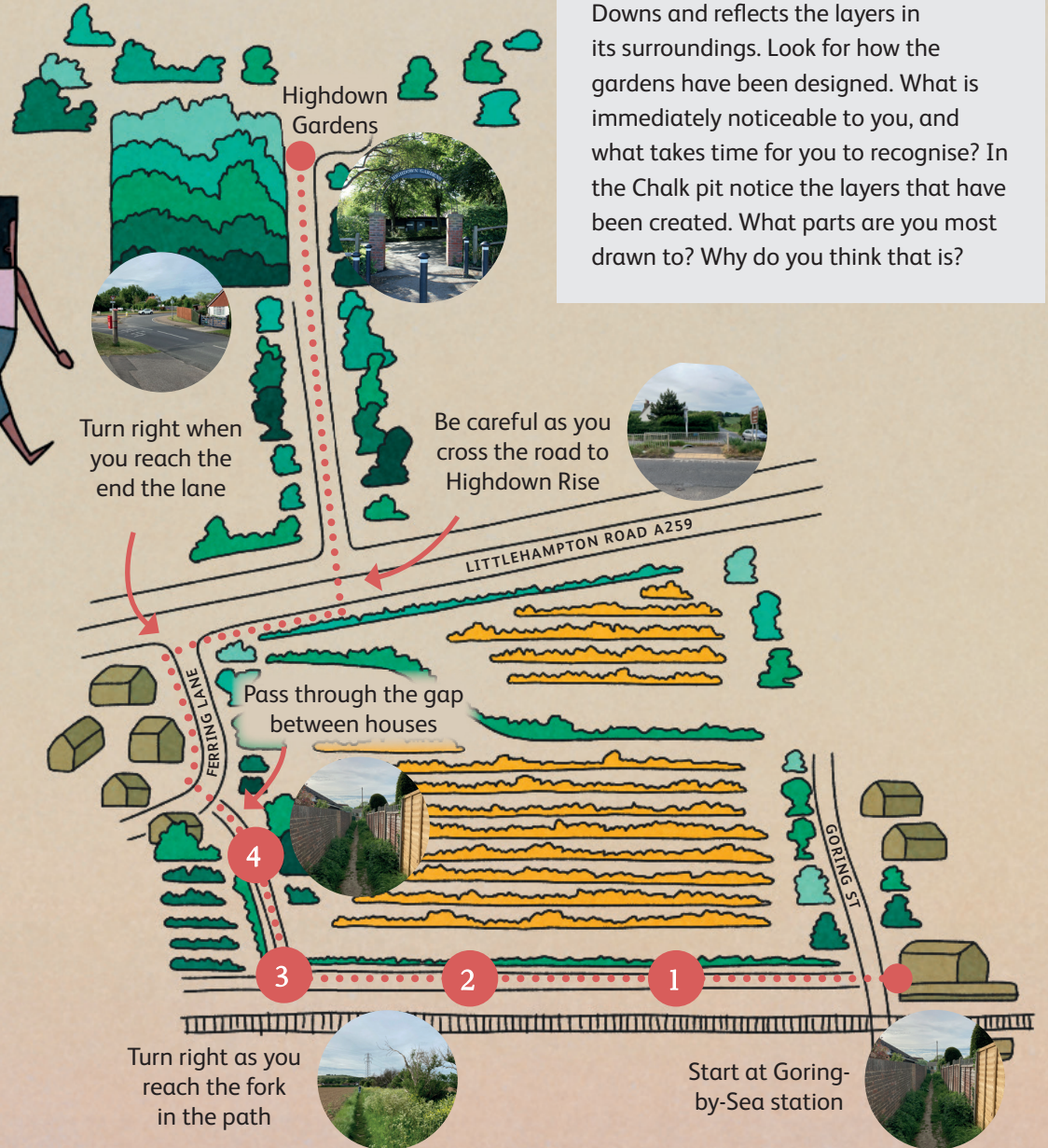


1 Notice the land beside you as it reaches up towards the treeline on the horizon and Highdown Hill. Sense the soles of your feet on the uneven path; feel the subtle peaks and troughs, as you walk. How does this mirror the land in the distance?
what3words: length.chin.shape

2 Notice the layers of urban and rural land creating the landscape together. Look at how they merge together whilst remaining separate. Do you feel more part of the natural or built up landscape? How do you know?
what3words: fantastic.bond.salad

3 Listen to the sounds that are close to you and others in the distance. What can you focus on, and what can you filter out? Which sound are you most drawn to and how does it make you feel?
what3words: resort.poetic.bravo

4 On the path you'll pass meadow grasses and wild plants. Notice how you travel past and through them, the sounds and the resistance you feel as you walk.
what3words: farmer.funny.next



FINDING CONNECTIONS IN HIGHDOWN GARDENS
Highdown Gardens sits into the Downs and reflects the layers in its surroundings. Look for how the gardens have been designed. What is immediately noticeable to you, and what takes time for you to recognise? In the Chalk pit notice the layers that have been created. What parts are you most drawn to? Why do you think that is?