



## South Downs (Sussex Coast)

Saturday 3<sup>rd</sup> March 2007 (end 7<sup>th</sup> week)

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Join Christopher, Zing and Emma to explore the Sussex Heritage Coast where the rolling South Downs meets the sea. This is an Area of Outstanding Natural Beauty which may soon be a National Park.

We'll start from Beachy Head, the highest chalk cliff in Britain. With impressive views of the cliffs we'll walk along the South Downs Way to Birling Gap and over the Seven Sisters, a series of undulating chalk hills and valleys. We'll then head inland across high open grassland of the downs to complete the circuit. The day will end with a trip to a beach for fish and chips and maybe even a paddle!

There is a great deal of wildlife and historical interest, including settlements and burial mounds. The coastline also has examples of problems caused by the erosion of the cliffs: for example, the houses at Birling Gap are disappearing in to the sea.

**Depart: 8am (TBC). Return: late in the evening**

**Cost: £7.50**



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### Equipment

Please read the club's "Equipment List and Participation Statement" carefully then sign the slip at the bottom to confirm that you are happy with it. This should be given to me before we leave on Saturday.

You **must** have a pair of **well worn-in walking boots** that provide ankle support. It can be exposed on the coast and in March could be cold, wet and windy so you **must** have a **waterproof jacket and trousers, hat, gloves and warm clothing**. It's a good idea to check the weather forecast before the trip. You can borrow waterproof trousers from the club if you don't own these yourself, please ask me for details. You may want to bring some spare clothes for the journey home.

**Extra Equipment:** We'll stop for fish and chips or other food after the walk so bring enough money for that.

### Signing Up

If you would like to come please sign up and pay at the Free Tea. Otherwise sign up by emailing Christopher and send a **cheque for £7.50 (payable to "OU Walking Club")** to Christopher Thomas at Merton College **to arrive by the end of 1<sup>st</sup> week (Saturday 20<sup>th</sup> January)**. If you can't pay by cheque please email me to make alternative arrangements before then.

**Please note that you must be a club member to come on the trip.** You can join at the Free Tea or by emailing Barney the Membership Secretary ([membership@ouwc.org](mailto:membership@ouwc.org)).

**Refunds:** Please be aware that we cannot refund money to people who drop out unless their place is subsequently filled. If you find that you can no longer come on the trip, please contact me immediately to give yourself the best chance of a refund.

If the trip is oversubscribed, trip places will be allocated by means of a ballot (with priority being given to drivers who have passed the University minibus course and those not signed up for other trips this term). You will be contacted by email during 2<sup>nd</sup> week to confirm your place on the trip. In the event that you are unsuccessful, your payment will be returned promptly, along with details of any trips that still have places.

We hope to see you on what should be a great trip. If you have any questions please get in touch.

**Christopher Thomas**  
[christopher.thomas@merton.ox.ac.uk](mailto:christopher.thomas@merton.ox.ac.uk)

**Tse Yin Lim (Zing)**

**Emma Henderson**

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