



ramblers
at the heart of walking

Now Open
March 2018

From the Sussex Area of the Ramblers

Now Open

This month's reports on improvements to rights of way comes from West Sussex, who are responsible for the words and pictures in this article.

Stoughton, FP472

In December 2017, the Volunteer Rangers installed 25 steps and 18m of handrail on this extremely steep section of footpath on Walderton Down. Previously users had to navigate this section amongst the roots of the trees, but the new flight of steps will make this route safer for all users, both climbing and descending. The work took three days and the Volunteer Rangers contributed a combined total of over 150 hours to complete the job.



Storrington, FP2442 & FP2448

Over two days in January 2018 the Volunteer Rangers replaced one flight of steps and handrail on FP2442 which were all rotten, and cleared 100m of overgrowing vegetation. They also installed another flight of new steps on FP24448 to replace some broken concrete blocks.



Elsted & Treyford, FP2944

Over five days the Volunteer Rangers spent nearly 150 hours installing 65 steps and 50m of handrail on this steep and very slippery section of FP2944 on the edge of Treyford. They also replaced a stile with a new kissing gate to improve access and as the local clay made the surface dangerously slippery they also improved the surface of the steps with over a ton of material to finish the steps.



Worthing, BW2062

Working together with Parks Rangers from Adur and Worthing District Council the Volunteer Rangers helped to clear this 300m section of BW2062. Starting from the carpark on Storrington Rise, twenty volunteers and five staff members spent two days clearing brambles and also removed fifteen fallen, or dangerous, dead trees to re-open the bridleway.



Brighton Rights of Way Consultation

Every council responsible for footpaths has to have a rights of way improvement plan. Some people think they are a waste of time, just something councils do because they have to, but they do offer a way to input your ideas on what the future should hold. Brighton council is consulting on its rights of way plan. It says: "Brighton & Hove 's rights of way provide important links to the city's countryside, parks and open spaces and are enjoyed by hundreds of people each day



Countryside access affects a wide range of people including local residents and visitors to the area. Walking and riding contributes to peoples' well-being and helps reduce congestion and pollution.

The city council is responsible for maintaining around 159km of public rights of way all over the city, and has recently published a Rights of Way Improvement Plan (ROWIP) setting out its ten year plan.

Now local people are invited to have their say. The Rights of Way public consultation asks those with an interest in the countryside what they think of the council's proposals to manage paths around the city.

The Plan sets out how the council is planning to improve provision for walkers, cyclists, horse riders and those with mobility issues. Proposals also include plans to create more opportunities for volunteering and explore new funding sources."

To see a copy of the Brighton & Hove Rights of Way Improvement Plan 2017 - 2027 and take part in the consultation visit the Rights of Way pages at:

www.brighton-hove.gov.uk/rightsofway The consultation closes on 18th May.

Wakehurst Place

From the Daily Telegraph via the Mid Sussex group newsletter

Christmas is fast becoming just a memory, the decorations are down and the lights have been packed away - but did you know that the Christmas tree that you possibly drove by several times without giving a second glance was actually Britain's largest living Christmas tree? The 118ft tall redwood planted in the late 1890s, was one of the first exotic trees to be placed on the 565 acre Wakehurst Place estate. Each year Wakehurst's Woodland and Conservation team use ropes, specialist climbing gear and two cherry pickers to put up the 1800 energy saving festive lights.



Trees Improve Mental Health

From the Daily Telegraph via the Mid Sussex Group newsletter

It has long been thought that living near trees is good for you, but now there is physical proof.

Researchers at the Max Planck Institute, Berlin, found the structure of the brain's amygdala – the grey matter vital for processing anxiety – was more robust in people who live near forests.

In a study involving the MRI testing of 341 German city dwellers between 61 and 82, Dr Simon Kuhn, a psychologist, found people living near woods were more likely to have a healthy amygdala. The correlation did not apply to people living near green areas, wasteland or open water.

The Age Gap

From the Daily Telegraph

Apparently England has more ancient oaks than the rest of Europe – but this quintessentially English tree habitat is declining. This is due to an 'age gap', there are not enough younger trees maturing to fill the gap when existing ancients die. But there is a new £4.6m conservation programme, 'Back from the Brink', which aims to bring 20 species back from the brink of extinction.

Vote for Hastings

As part of a campaign to boost urban walking, the Ramblers has launched a competition to find the best urban walk. With shameless partisanship Sussex Rambler urges you to vote for Hastings Old Town. Its promotional video is at <https://youtu.be/sgJHwDWcl48>. Or you could vote for other funny foreign places. You can find out more and vote by following the "vote here" link, but be quick, because voting closes on March 13th. [Vote here](#).

Of course, you may find that your favourite urban walk is not on the shortlist. In this case there is a nomination form for the 2019 competition that you can find using the vote here link.

Stop press: We have just heard that Hastings is running second, so please do your bit

Found a Problem on a Right of Way?

Please don't leave it to someone else! Report it. The more people report a problem the more likely it is to be fixed. Take a picture if you can. An easy way to report a problem is via <https://www.fixmystreet.com/>, but it is quicker to report it direct

East Sussex rightsofway@eastsussex.gov.uk.

West Sussex via their [on line form](#)

Brighton and Hove contact via their [on-line form](#)

About This Newsletter.

This year we hope to put the newsletter out monthly on the 1st of each month or thereabouts.

Please send in your contributions. As you can see we particularly need stuff from west Sussex Anything of interest to walkers in Sussex is of interest. Please keep it short if you can. Send your contributions to comms@sussexramblers.org.uk

How about joining the Ramblers?

If you would like to support our work, or find out about our extensive programme of walks in Sussex, you can join the Ramblers [here](#)

Our web site

Have a look at our website at <http://www.sussexramblers.org.uk/>