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**DAY 4**      **Monday May 6**      **Duncton to Arundel**      **10.3 miles**

**Theme**      *The Word is Life*

**LEADER: Chris Nussbaum & Ceri Potts**

**Maps: L197 or OL10**

Pilgrims gather for prayers at Saints Anthony & George in Duncton before heading through Burton Park: a country estate; house built in 1828, requisitioned in WW2 for a boarding school and now apartments. Its church, St Richard's is Grade 1 listed. The walk continues through villages of Barlavington, Sutton and Bignor in the foothills of the South Downs, before climbing the wooded escarpment to the South Downs Way, which is followed all the way to Houghton. Take care crossing the A29. There are fabulous views towards Amberley and Arun valley on the descent. After a brief 30 minute refreshment stop, the walk heads south along the River Arun, before climbing up into Arundel Park, approaching Arundel from the west.

Time	Miles	Location	Grid Ref
		<i>Rise time and breakfast time will be announced the night before.</i>	
07:55	0	DEPART: Duncton Village Hall	SU964177
08:00 - 08:15	0.1	PRAYERS: SS Anthony & George, GU28 0JY	SU962177
08:25 - 08:30	0.4	DIY PRAYERS: St Richard's, Burton Park, GU28 0PD	SU967175
09:00 - 09:05	1.6	DIY PRAYERS: St Mary's, Barlavington, GU28 0LG	SU972160
09:25	2.4	Sutton	SU978151
09:40 - 10:00	2.9	PRAYERS: Holy Cross, Bignor, RH20 1PJ	SU982146
11:45 - 12:15	6.9	REFRESHMENTS: George & Dragon, Houghton	TQ017114
14:00 - 15:00	10.3	MASS: Arundel Cathedral	TQ015071
15:00 - 17:00	10.3	BUFFET LUNCH: Arundel Cathedral Centre	TQ014071
17:00	10.3	DEPART: make your own way home	TQ014071

**About the pub:** The George & Dragon opens at 11.30, but does not serve food until 12.00. There will not be time to order a meal. Pilgrims may wish to purchase a drink and buy bar snacks to keep them going until the buffet lunch after Mass.

**Addresses**      Refreshments: George & Dragon, Houghton, Arundel BN18 9LW  
Hall: Arundel Cathedral Centre, London Rd, Arundel BN18 9AY

**A&B Pilgrimage History :** St Wilfred's Sussex Pilgrimage 1981, pilgrims stopped for prayers at Holy Trinity, Duncton. Mercy Pilgrimage 2016, pilgrims had lunch at the George & Dragon. Pilgrims have visited Arundel Cathedral so many times we have lost count!

