

# Pilgrimage on Paws



the  
British  
Pilgrimage  
Trust

CHICHESTER  
CATHEDRAL

## MAKING PILGRIMAGE WITH YOUR DOG

Dogs have been emblems of faithfulness and companionship for centuries. What better way to make a purposeful journey than with your four-legged friend.

We encourage you to pay attention to how your dog experiences the journey too. Adopt their curiosity, take time to indulge your senses and find personal meaning in your experiences together.

This guide will help you make a self-guided pilgrimage, including the path to follow, pilgrim practices to try, stories to contemplate, and holy places of all kinds to experience. Depending on your preference and your dog's stamina you can split the pilgrimage over several journeys.

Don't forget to bring water, poo bags and a lead for your dog. You'll encounter rivers, roads, wildlife and other path users on this journey, so make sure you can enjoy it with respect for all.

## THE PILGRIMAGE

BOSHAM TO FISHBOURNE  
3 MILES

FISHBOURNE TO CHICHESTER  
VIA APULDRAM 3.5 MILES

OR

FISHBOURNE TO CHICHESTER  
1.5 MILES





# BOSHAM TO FISHBOURNE

3 MILES

Bosham is the oldest known place of Christian worship in Sussex, lying at the heart of the idyllic Chichester Harbour. It is likely there has been a church here since before the 7th Century, possibly built on an earlier Roman temple. It is thought to be one of the first sites in Sussex where St Wilfrid preached.



Pause by Holy Trinity Church or at the harbour to set your intention for your pilgrimage. In the church look for the lofty Anglo-Saxon arch. The columns feel cool to the touch, patiently polished down to a smooth surface. These stones witnessed the worship by individuals key to the creation of the nation of England; Canute and Harold Godwinson, the last Anglo Saxon king of England.

Below is a mysterious crypt now used as a chapel. Whether it was built to house the bones of monks or a holy relic is a secret lost to time. All Hallows Chapel sits above, and is dedicated to the memory of the departed. Find the space which resonates with you the most and spend some time in deliberate stillness.

The river haven has made it a natural harbour for centuries, and is thought to have been the place where Canute commanded the sea to retreat. Crossing flat farmland, a line of poplars gives way to your first glimpse of the cathedral spire.

The path soon curls around a series of tidal inlets with wind-sculpted trees with the tang of salt-marsh. White Dead Nettle grows on the bank here. It's also known as Archangel, blooming between St Michael's old feast day in the Spring and Michaelmas.

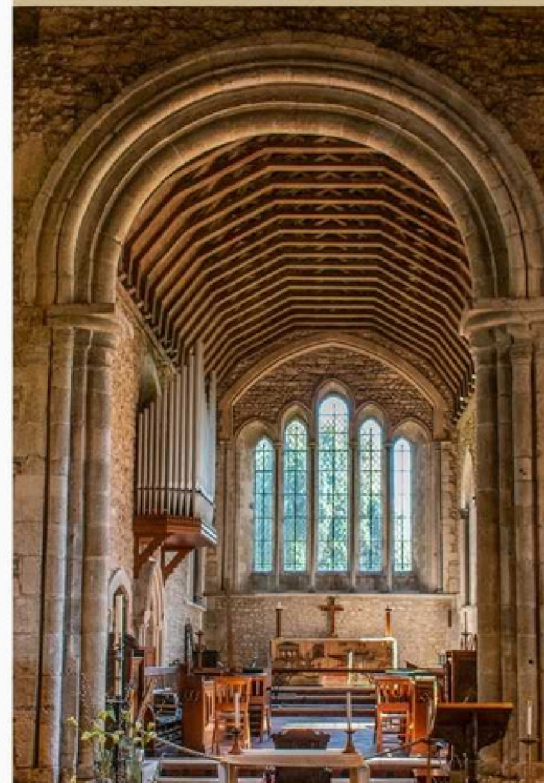
## PILGRIM PRACTICE

Set your intention for the journey at the beginning – this can be a question you want help with, or something to bring into or let go of, in your life.

Sniff out a natural token in the church yard - an acorn, leaf or small pebble and charge it with your intention. Release it at the end of your pilgrimage.

See the journey as your own personal artwork – the journey you have is made by you, it can never be repeated by you or anyone, so make it as beautiful as you can.

Please note: Holy Trinity Church doesn't encourage dogs indoors but won't turn you away if you are unable to leave your dog outside.





The wild spaces soon begin to give way to tarmac and houses, but further down the path is a shallow part of the river. Perhaps join your dog for a quick paddle or sit in deliberate stillness whilst they have a drink.

From this point, you may choose to pause your pilgrimage, to head straight to Chichester through Fishbourne or take a longer route via Apuldram.

## TO APULDRAM

### LONG ROUTE 3.5 MILES VIA APULDRAM

For the longer route to Chichester, continue to Apuldram. Listen to the sea birds busy in the water and take a moment to feel the movement of air around you.



Tucked away from the water is the church of St Mary the Virgin. It once belonged to the manor of Bosham, owned by the Earl Godwin. The simple church has some features in common with Bosham and Chichester Cathedral, suggesting they shared the same craftsmen. 15th-century additions of a dark oak screen, encaustic floor tiles and graffiti in the porch offer hidden details to be discovered. Trace your finger round the grooves scratched into the stone by someone who has gone before you. Return to Fishbourne to continue on.

## PILGRIM PRACTICE

Deliberate stillness means taking a moment to be peaceful. If you are with friends, commit to a moment of silence. Sit still, breathe deeply, allow sounds and distractions to move around you. You may wish to focus on your intention, or let your thoughts drift with the water in the river.

You could lie down and spend time and looking at a church ceiling, or try 'looking at sky' meditation in an open space or in a churchyard.

Take the time to explore with your senses - trace tree bark or the old church graffiti with your fingertips, listen to the wildlife on the path, notice the scent of different places on your journey.

Please note: if you'd like to spend time inside St Mary's church in Apuldram please contact them directly so they can ensure it is open for you.





## FISHBOURNE TO CHICHESTER

### SHORT ROUTE 1.5 MILES

For a more direct route to Chichester, or having returned from Apuldram, turn now to cross the water meadows to Fishbourne. Named after the river, this little village once had a port before it became silted up. The rushing traffic still follows the road laid out by the Romans. Here you follow the footsteps of ancient pilgrims visiting the temple of Neptune and Minerva, or perhaps a basilica constructed centuries before the Cathedral.

Today's transport infrastructure means no direct flat path for modern pilgrims. Under the dual carriageway, over the railway line, but always returning to the straight course between fine houses, the girdling ring road and the West Gate, now vanished in all but name. Find the bell tower and the statue of St Richard before entering the Cathedral.



Here, grey stone gives way to creamy white in the light and airy space. You may seek out the stone dog of the hand-holding effigies on the Arundel Tomb which inspired Philip Larkin's poem. Or perhaps bathe in the light from Marc Chagall's brightly coloured window.

Making your way to the east end to the shrine of St Richard, add your own candle to the many flickering here. Bathe in the echoing peacefulness of one of the most important shrines for medieval pilgrims.

Consider your intention standing at the vibrant tapestry celebrating the life of Richard, bishop and saint. Has anything changed for you? What will you take with you, and what will you leave behind, as you take your first steps in your next journey - the way home.

## PILGRIM PRACTICE

It was once traditional for pilgrims to approach their destination barefoot. The cloisters or the wall near the statue of St Richard offer good places to sit and take off your boots. Both you and your dog may enjoy the feeling of the cool smooth stone as you stretch your toes.

Pilgrims can request blessings on arrival, or you may prefer time to yourself.

Why not light a candle at the shrine and consider your intention, or things that matter to you.





## DIRECTIONS

### BOSHAM TO FISHBOURNE - 3 MILES

From Holy Trinity Church in Bosham, head to the harbour and turn left to follow the path to the back of the bay. Cross over The Drive and find the path that runs between the houses. At the other side cross Taylor's Lane and follow the footpath straight across the field.

Follow the path down the right side of the cottage, and cross over Old Park Lane continuing straight. At the end of this path turn right, and take the next path on the left. Follow this path around the estuary and through the nature reserve.

Cross over Mill Lane and go through the gate, following the path along the river. At the end take the right fork to head to the bridge. From here, you could choose a longer route to visit St Mary's Apuldram before circling back or take the short option left across the field to Fishbourne.

### VIA APULDRAM - LONG ROUTE 3.5 MILES

After crossing the stream, continue straight and cross over another bridge before joining a long boardwalk across the field. Follow the path along the haven bank until the left turn along a long line of trees, which takes you to St Mary's Apuldram.

Returning the same way, after the boardwalk take the right fork across the field straight to St Peter & St Mary's Church. From here, follow the Short Route directions below.

### FISHBOURNE TO CHICHESTER - SHORT ROUTE 1.5 MILES

After crossing the stream, take the first path on the left across the meadow towards St Peter & St Mary church.

Avoid the car park and cross the meadow to the path that runs long and straight between trees and houses. At the end cross the road and turn right.

Follow this long straight Roman road through the under pass, over the railway line, and straight over the roundabouts until you see the bell tower on your right. Turn towards the statue of St Richard and enter the Cathedral to complete your journey.

## TRANSPORT

Bosham's train station is a 1.3 mile walk from the start point.

The No. 56 Bus connects Bosham, Fishbourne and Chichester usually once every hour and a half. Stagecoach does usually allow dogs but this is at the driver's discretion.

The Pay & Display car park with toilets is 4 minutes away from the start point in Bosham

Fishbourne's train station is 0.5 miles from Mill Lane.

The nearest bus stop is the Salt Hill Road stop for the No.56

There is on-road parking in Mill Close near to the route in Fishbourne.

## REFRESHMENTS

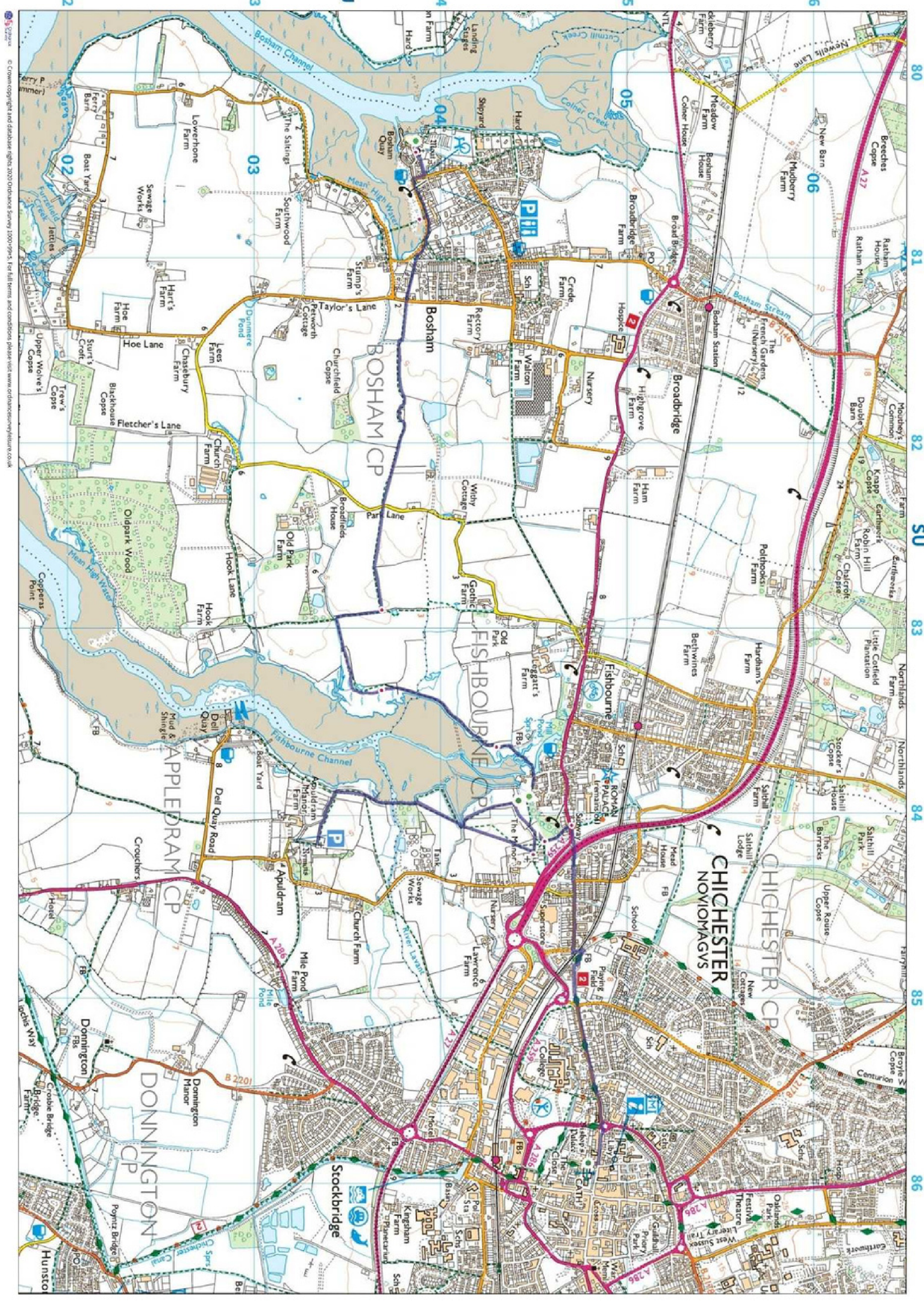
The Crate Cafe and Shoreside Cafe in Bosham are both dog-friendly options.

There are two pubs in Fishbourne both of which have outdoor spaces.

At the Cathedral try the Cloisters Kitchen and Garden.

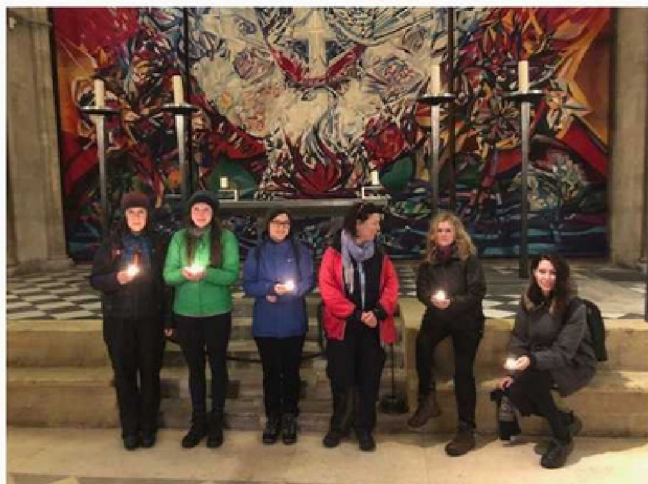
Other city cafe options include Cafe Paradiso on North Street, Boston Tea Party on Baffins Lane, or Harris & Hoole on South Street.

*Please note changes to business can occur so please check with individual locations before visiting with your dog. Information correct at time of publication.*





## ABOUT PILGRIMAGE TO CHICHESTER CATHEDRAL



*Pilgrims at the shrine of St Richard*

Chichester Cathedral has been an important landmark for pilgrims for centuries. From 1245 to 1253 Richard de la Wyche was Bishop of Chichester, nine years after his death, he was canonised as Saint Richard of Chichester. A shrine was dedicated to Saint Richard, which made the Cathedral an important centre for pilgrimage.

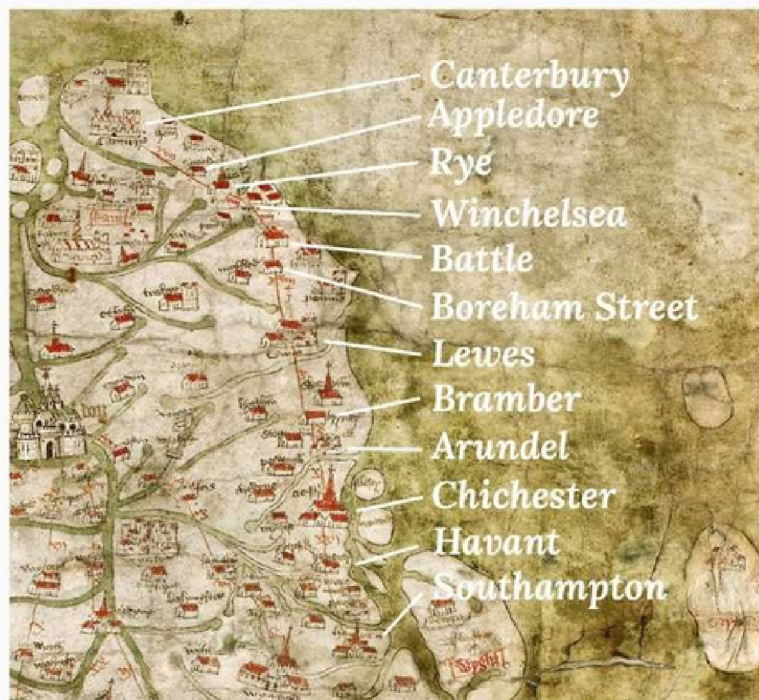
Chichester Cathedral is a living, working place of worship that has been at the centre of life in Chichester for over nine centuries.

## ABOUT THE OLD WAY

The Old Way is a 240-mile pilgrimage route that runs from Southampton to Canterbury. It would have been the best option for thousands of pilgrims coming from the south coast or the continent to reach the shrines of St Thomas Becket and other saints across the south east. The route can be identified on the Gough Map, a 14th Century "road map" that shows the connection between holy places and the distances between them.

Today, the route combines ancient and modern paths ensuring pilgrims have the opportunity to experience remarkable places as part of their journey, away from the roads and deep into nature. You can see the whole route at:

[www.britishpilgrimage.org/old-way](http://www.britishpilgrimage.org/old-way)



*Excerpt of the Gough Map showing the Old Way waypoints*