

INSTRUCTIONS				FEATURES			
AHD		Ahead					
BL/BR		bear left / bear right		FB	Footbridge		
Cont		Continue		FLD	Field		
X		cross		LMG	Large Metal Gate		
Fllw		follow		SMG	Small Metal Gate		
FL/FR		fork left /fork right		LWG	Large Wooden Gate		
Immd		immediately		SWG	Small Wooden Gate		
Thru		through		MKG	Metal Kissing Gate		
TL/TR		turn left / turn right		WKG	Wooden Kissing Gate		
				ST	Stile		
POSITIONS				WMP	Waymark Post		
LHFC		Left Hand Field Corner					
RHFC		Right Hand Field Corner		INFORMATION			
LHFE		Left Hand Field Edge		CB(000)	compass bearing (000-360 degrees)		
RHFE		Right Hand Field Edge		m	metres		
				NT	National Trust		
DEFINITIONS				SDW	South Downs Way		
RD	Tarmac road double-width	LN	Tarmac lane single-width	TRK	TRK vehicle-width	PATH	Less than vehicle-width

LEG 1 – Plumpton College to OFFHAM, 11.9 kms 7.4 miles, TQ401121
OFFAM Open 11:45-13:00.

1.1 Leave Campus, TL & AHD on tarmac drive with student car park & stables on L. At the end of the car park Cont AH on gravel farm TRK between hedges. In 800m Cont AHD on grassy PATH with hedge on R towards treeline. Fllw PATH into woods, X 2 FB, then X step Thru ST into FLD.

1.2 Fllw PATH & after 100m BL on TRK. Cont AHD on TRK, passing farm buildings on L to reach T-junction at WMP. TL on TRK. Keep AHD (CB260) on TRK for 1000m to LN. (*Note: popular cycle TRK*)

1.3 X LN (*with care*) & TL. In 45m, shortly after passing impressive manor house (Streat Place) on R, BR up TRK passing churchyard & Cont AHD on TRK passing buildings on R. In 140m, (TQ 349152) TL, X stepped ST (Marked Monday Group) & Cont AHD on enclosed PATH with hedge on R. In 200m X ST & go down four steps to junction of LN/TRK. TL & AHD (CB190) on TRK. At TRK end Cont AHD on PATH (which often widens to TRK) for 1500m

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(TQ342136) Ignore turns L & R. 10m before RD, BR on PATH & in 15m reach RD at WMP.

1.4 X RD (*with care*), Thru SWG & AHD initially on enclosed PATH. In 225m Thru SWG & AHD on grassy PATH uphill. In 320m Thru gate & AHD on PATH uphill, passing seat on R then under tree, eventually towards fence corner & SWG (TQ349128).

1.5 Thru SWG & TL onto SDW. You will now follow the SDW in easterly direction (CB100) for 2 kms, ignoring all turns L & R.

1.6 At WMP with 5-ways on L (TQ370125), leave SDW & Cont AHD Thru SWG into FLD (NT Sign Blackcap on R). BL on faint grass PATH to pass trig point (*Blackcap*) on L.

1.7 Cont AHD (CB110) & FL to descend & then ascend to pass Beacon on R. Cont AHD, on faint PATH, ignoring all PATHs L & R. Cont Thru SWG to pass under pylon line.

1.8 Cont on PATH as it BR to corner of wood. Cont AHD with wire fence on R. Thru SWG & Cont with fence on R. At PATH T-junction TL to descend into woods & follow PATH as it BR.

1.9 Go Thru gateposts & Immd TL on TRK (*slippery when wet*) & follow downhill to RD. X RD (*Hazard - heavily used narrow A RD*) & TL. follow pavement as it BR & at pavement end X RD (*Use Mirror opposite to see right*) to drive off Church to reach **CP1 – OFFAM**.

LEG 2 - OFFHAM to FIRLE, 11 kms, 6.8 miles, FIRLE (TQ469072) open 12:30-15:45.

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2.1 Return to LN & TL. Immd before speed signs TR onto TRK. X ST beside LMG & Cont along TRK & soon TR up steps. TL where PATH meets TRK. Cont AHD ignoring all turns L & R. In 275m, after ascending small rise, TL opposite 'The Granary'. In 325m Cont AHD into 'Landport Road', with hedge on L & houses on R, then Green on R, then garages on L. Cont as it becomes a LN then TRK. Cont AHD, passing skate park on R.

2.2 25m after TRK becomes LN, BL down narrow enclosed PATH. X bridge over railway. Then FL downhill with railings on L. Cont AHD with large pond on L. Fllw PATH as it BL around pond to join tarmac RD. When pond ends Cont on enclosed tarmac PATH with wall on R to X bridge over River (Ouse). TR along PATH with river on R. Cont AHD on brick PATH, Jenners Way, soon with Tesco on L.

2.3 Cont AHD under RD bridge & along Jenners Way with Harveys Brewery on R. BR then AHD with GL Construction Projects on L. At junction with LN TL. At T-junction X RD (*with care*) & Cont AHD up Chapel Hill beside Bags of Books.

2.4 Fllw LN to top of hill (Lewes Golf Club), using PATH when it appears on R of RD. At car park TR at WMP & go Thru SWG. Fllw RH (lower) PATH with fence on L at first. After 300yds take R fork (CB080), & descend to X SWG. Fllw descending PATH to SWG. Thru SWG & Fllw on grassy PATH (CB110). Thru SWG. Pass to R of Dewpond & FR to pass close to WMP Cont AHD to Fllw L curving PATH through valley ignoring RF.

2.5 X ST beside green sign. Fllw faint PATH (CB120) to brow of hill, X ST. Descend Fllw faint PATH (CB110). Thru WKG in tree line, Cont with fence on R. Thru WKG, cross Fld on faint PATH & Thru SWG, to R of house, onto LN. TL & then TR at T-junction. X RD with care to pavement. Cont to end of

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pavement, then X RD again close to toilets on R by rec ground. X over river & railway bridges.

2.6 Cont along pavement to main RD A27 (*Hazard! fast, major road*). X, using the traffic islands, & Cont AHD on LN. In 320m, with red letter box on R, TL onto concrete TRK, passing Preston Court on R.

2.7 In 150yds, where TRK TR. Cont AHD towards LMG. Immd after LMG X ST on L, BR, & Filw PATH (CB080) to pass through LMG. Cont AHD, towards & then Thru SWG. Cont AHD on PATH between Flds before TL around RH side of barn. TR onto double concrete TRK to reach RD.

2.8 X RD (*with care*) to entrance of Firle Place. Thru white pedestrian gate on L, then Immd BR (CB170) across grass to WKG. Cont across Fld (CB140) towards RH side of 2nd tree from L. Exit Fld via WKG at corner of tennis court. AHD toward wooden building. BR on TRK pass R of LWG & AHD to LN junction with the Ram Inn on R. X LN (*with care*) & TL along tarmac pavement to the Village Hall on R. **CP2 – FIRLE.**

LEG 3 - FIRLE to ALFRISTON, 7.5kms 4.7 miles, TQ521030 CP 3 open 14:00-17:45

3.1 Exit CP & TR on pavement along LN, soon passing WW1 Memorial & Church on L. In 80m, at Private RD/Bridleway/No Motor Vehicles sign, Cont AHD to the R of red brick house. In 230m BL on gravel TRK with flint wall on L. Cont AHD.

3.2 On reaching tree line TR onto PATH through trees. At X PATH, TL and then in 20m TR onto TRK. In 350m Cont Thru SWG. Cont AHD uphill on PATH soon bearing L to climb steeply on chalky PATH. Approaching the ridge Cont eastwards to reach small marker post on top of The Downs (TQ480059).

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Cont in an easterly direction (on SDW), along ridge, with wire fence on R, for 1.6 kms, passing a trig point on L (TQ485059), to Car Park (*Bo Peep*) on L (TQ493050).

3.3 Cont AHD on SDW Thru gate. In 730m, at five finger WMP (TQ499044) Cont AHD on SDW to next SWG. Thru gate & Cont with wire fence now on L. In 730m pass Thru SWG. In 450m reach SMG with TRK & 3 fingered WMP beyond. (TQ510034).

3.4 Thru gate & TL onto chalk track **Now following Official SDW diversion**. Keep R and in 85m TR and pass 'STEEP INCLINE sign and AHD 320m. At WMP on L TR for 340m. At WMP & Red barrier TL to LN. At LN T-Junction TR. AHD to LN Junction & TL onto pavement. (**end of diversion**) At X LNs Cont AHD (Star Lane) into Alfriston Village. At LN junction X LN & TR. In 30m TL down narrow alley signed St Andrew's Church. to reach **CP3 – ALFRISTON** in the side entrance of the Old Chapel Centre on L (TQ521030).

LEG 4 - ALFRISTON to EAST DEAN, TV558978, 11.4 kms 7.1 miles, TV558978, CP3 open 14:45-20:45

4.1 Leave CP & TL down narrow flint walled alley then AHD on PATH (SDW) to X white footbridge. Ignore SDW fingerpost pointing R & Cont AHD to RD. X RD to R of Great Meadow Barn & through SWG. In 30m X next SWG. AHD on path for 100m then TL through gap in trees. Almost Immd FL to cross Fld (CB080). AHD Thru hedge & Cont (CB080) on PATH to reach SWG. Thru gate, then TR & Flw TRK (SDW) for 60m to RD.

4.2 X RD (*with care*), Thru gate & Flw SDW uphill on sunken chalk TRK. Stay on SDW as it BR then BL. In 1600m, at top of hill, Thru SWG (TQ544033) & bear slightly R (CB120) to Flw TRK (SDW) downhill, keeping fence on R.

4.3 In 275m, at WMP, bear L to Flw SDW on grassy TRK across open downland for 1150m, passing 2 short WMP. Thru SWG (TQ550022) then AHD (CB160) to second SWG & AHD along enclosed PATH to junction. TL onto TRK downhill (SDW). In 600yds BR at junction & Flw SDW PATH, (ignoring X TRK), to Jevington Church. (*Water tap on wall by blue church notice*). Cont down Church Lane to LN junction. (*Take Care*) TR then 2nd L - Eastbourne Lane, SDW.

4.4 Cont on TRK uphill, ignoring any turnings L or R. In 1500m, just before crest of hill (TQ576009), TR Thru SWG, leaving SDW, & Cont along grassy TRK (CB200) for 275m & Thru SWG to L of main TRK. Cont on PATH & in 400m, at WMP on L, Cont AHD on PATH with wire fence on L. In 365m, Thru SG with brick shelter & WMP on L, Cont AHD. In 730m Flw PATH as it TR. In 130m TL Thru SWG (TV564995), waymarked East Dean 1 mile.

4.5 In 800m, soon after Mobile phone pole, at WMP in LHFC, go thru LH SMG. TR & follow grassy PATH parallel to hedge. Flw as it BL to pass R of circular water butt. At signpost 'East Dean Village' Turn R to X stile. AHD on enclosed path between wooden fences for 60m (ignoring R fork after 40m), then TL. Continue AHD to reach end of enclosed path. AHD (slightly L) up tarmac drive to reach lane (Public Bridleway WMP on opposite side). TR & follow LN. Where LN meets main RD (A259) TR to continue along pavement for 150m. X road using the traffic island (**Hazard! major road**). Continue AHD along Gilbert's Drive for 160m then X RD to **CP4 East Dean Village Hall** on R.

LEG 5 - EAST DEAN to LITLINGTON 10kms 6.2 miles TQ 523016 CP 5
open 16:30-23:15

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5.1 Exit CP. TL & walk to village green. X village green between flagpole & memorial. At LN TR. In 45m TL up concrete TRK, pass NT sign Farren Hall on L. Thru SWG, NT Sign Hobb's Eares on L. Cont AHD up wide grassy TRK.

5.2 At top BL & Filw RHFE to LWG. Thru SWG on L & BR (CB300) to LMG & Thru SWG on L. TL & Filw tarmac LN, soon passing cattle grid. In 450m pass 2nd cattle grid & Cont along LN with houses on R – (Crowlink).

5.3 At the end of the hamlet Cont on PATH. X SWG & Filw PATH through valley, RHFE. Cont through 2nd SWG & Cont AHD as PATH curves to L onto TRK. Cont through valley on grass TRK.

5.4 In 400m (TV537968) go Thru SMG & TR onto SDW & Cont over the last four of the seven sisters going west. (*Beware - cliffs & large water hazard on L*). In 1600m, after 1 WKG, at WMP, BR onto PATH overlooking Cuckmere Valley. Cont downhill on SDW with wire fence on L. Ignore WKG in fence. Cont through SWG downhill on SDW with bushes, later wire fence on L. In 1100m go down steps & through SWG.

5.5 BR & Filw PATH. At WMP BR & Cont Thru SWG to concrete TRK, signed Visitor centre. Filw concrete TRK, leaving SDW, to RD - A259 (*Hazard! major RD*). X RD, BR to WMP, & Filw SDW past flint walled building on L (*toilets on L*), Thru SWG & uphill to stone wall. Climb over wall, TR then TL & Filw PATH down steps to West Dean.

5.6 Cont AHD on SDW up tarmac LN for 90m, then BL up double concrete TRK, signposted to 'The Glebe' & 'The Long House'. When concrete bears L Cont AHD on SDW, skirting LWG on R. In 100yds, at WMP, TL & Filw SDW, ignoring any turnings L & R, later following power lines on L.

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5.7 In 550m, at X TRK, AHD & Flw SDW down steps (*beware – barbed wire on L*). At bottom BL & in 95m TR over ST (SDW). Flw PATH uphill Thru gap by LMG & Cont AHD along LHFE. In 250m X TRK & go through MKG. Flw PATH downhill between hedge & electric fence. Thru WKG & Cont downhill. Thru WKG into LN & T Immd L to **CP 5 LITLINGTON**

LEG 6 - LITLINGTON to RODMELL, 15.7 kms 9.8 miles, TQ420062, CP6

open 18:30-03:30

6.1 Leave Hall & TL. At road junction TR. 20m beyond the Plough & Harrow TL onto tarmac path (SDW) sign post - Alfriston 1 mile. TL leaving SDW. & in 50m TR to X footbridge. TL thru KG & Cont on RH river bank to Stile. X Stile TR & cross 2 plank bridge. BL (CB250) up feint grassy PATH. Cont uphill as PATH BR to Wooden gate. Thru gate then (CB265) uphill to gate in hedge gap & road. (GR TQ511014).

6.2 X road (***Hazard! – fast, busy road, bad sightline on right***), thru gate. Continue downhill on path which opens out onto grassy path with bushes on L. (*Rathfinny Vineyard on right*). In 820m continue AHD with wire fence on R. Thru KG on RHS. Pass WMP on R, continue AHD.

6.3 At Rathfinny Boreholes continue on concrete track, soon passing pumping station & more boreholes, later uphill. Thru kissing gate next to metal gate. Continue AHD uphill, skirting 2nd metal gate. In 350m skirt 3rd metal gate. At junction with track TR to 4 way junction with inscribed bench (*to Paul Earl*). 25yds beyond junction go Thru gap in hedge on L beside WMP (TQ488024).

6.4 Cont on PATH, initially (CB260), soon downhill. Cont with hedge/wire fence on L. In RHFC Cont on PATH between hedge/wire fences. Thru MKG, Cont AHD on grassy TRK. Where wire fence on R turns sharp R, BR to go Thru MKG onto TRK Junction. Cont AHD for 25m Thru WKG. Cont AHD along TRK. At junction with LN TR & Fllw LN marked Private. In 600m, at the Poverty Bottom waterworks, where tarmac LN becomes a TRK, Cont AHD. Where TRK swings R Cont AHD on enclosed PATH (CB330). In 730m, at cross TRK, Cont AHD across open Fld (CB360).

6.5 In 550m at cairn/waymark (TQ461035) Cont AHD (CB010) on grassy TRK. In 1370m, at PATH junction, Cont AHD (CB360) towards masts. In 450m AHD through gate. In 275m go Thru gate (masts visible to the R). X Fld (CB340) towards ridge.

6.6 At cross TRK on ridge (WMP, cattle grid) TL (CB280) onto SDW. At SWG Cont AHD. In 100m at SWG Cont AHD with fence on L. Fllw faint meandering grassy TRK. In 1000m Thru SWG & as TRK descends, Cont with another wire fence on L. After fence end, pass small WMP on R and small WMP on L where farm TRK joins from L, TR & Fllw TRK (SDW).

6.7 Thru SWG & at junction with PATH, fork L, (SDW) & Cont over footbridge to (Itford Farm YHA). At T junction, TL & Fllw LN (SDW), crossing the railway by the SWGs when lights are green. Cont on LN over bridge (River Ouse). Fllw LN into (Southease) Village. Cont AHD, passing Village Green & Church on L.

6.8 50m beyond Church, at WMP on R (Rodmell ½ mile), TR Thru SWG on R. Immd TL & Fllw permissive PATH for 650m (including X SWG). At T junction & WMP, TR on TRK downhill. In 230m, just beyond first house on R, TL through gap in low flintstone wall & Cont on tarmac PATH beside terraced

houses on R. Cont AHD on LN (Marten's Field). After 45m TL thru SWG into courtyard of **CP6 – Rodmell Village Hall**.

**LEG 7 - RODMELL to HOUSEDEAN FM, 9.5 kms, 5.9 miles, CP 7 open
19:45-06:00.**

7.1 Leave Village Hall, TL to T-junction. TL & Cont. AHD on LH side of LN. In 320m, at X-RD TL & X RD (*with care*) using the traffic island. TR. In 15m TL into Mill Lane. Cont uphill ignoring all turns L & R.

7.2 In 820m, at top of hill at WMP, TR & Cont on SDW (**You will now Fllw the SDW for the next 14 kms**) between fences. Thru SMG & AHD on TRK. In 450m, Thru 2 SMGs Cont AHD on TRK. In 450m Thru SWG & Cont AHD on concrete TRK (CB305).

7.3 In 2 kms, as concrete TRK turns L, (TQ391067), TR (CB050) on grassy TRK (SDW). In 80m BL Thru SWG on SDW (CB320). In 180m pass WMP. In 850m pass WMP (TQ386075) & Cont AHD on grassy TRK with wire fence on L. In 180m Thru SWG & AHD on SDW (no fence on L) ignoring R fork after 100m at WMP.

7.4 In 730m Thru SWG & BL on PATH uphill (CB210) to fence on L and AHD. In 1000m (TQ370074) Thru SWG. In 25m FR Thru SMG onto PATH with fence on R (SDW).

Fllw SDW for 920m downhill on grassy TRK passing Thru or past 3 SWG. 320m after 3rd gate, at WMP, Cont AHD on PATH Thru Trees (SDW). (*Beware steep section may be slippery when wet*). In 330m pass Thru tunnel.

7.5 TL through SWG. In 400m go Thru gate & Cont AHD uphill on tarmac LN. TR over bridge across A27. TR, sign-posted Housedean Farm & SDW. Descend to LN & Cont AHD along pavement. In 100m TL through opening &

enter farm yard, Immd. TL to reach CP in 1st barn on R - **CP7 – Housedean Farm.**

LEG 8 - HOUSEDEAN FM to PLUMPTON COL. TQ357137, 4.8 miles

8.1 Leave CP & farm yard, TL on pavement (SDW) & Cont along pavement to the end of the wall. TL up steps & through SWG. Cont AHD on SDW. At the top of hill (TQ371097) descend through SWG into woods. At PATH fork BR. After emerging from woods Cont AHD as PATH ascends between wire fences.

8.2 In 460m (TQ375102) thru SWG, TL & Filw LHFE on SDW for 3.4 kms, Thru two SWG in quick succession & then under pylon line. At junction (TQ364116) Thru/past gate & TR (SDW).

8.3 In 100m X SWG. Filw RHFE 1000m at WMP/5-way-crossing (TQ370125) TL & Cont AHD on SDW in westerly direction (CB275). In 1325m, at WMP (TQ356127), turn sharp R & descend on TRK rough, later concrete (Plumpton Bostall) for 1100m passing L of LMG to RD. (B2116). BL & X RD (*GREAT CARE*) TL & Cont AHD on pavement, soon passing The Half Moon Inn PH on R. 5m after pub and at the start of next pavement BR into woods on PATH. Pass L of Stile, and AHD on grass PATH. At Junction of drive to Plumpton College TR. In 230m TL & enter College Campus/Finish.

THE END! WELL DONE!