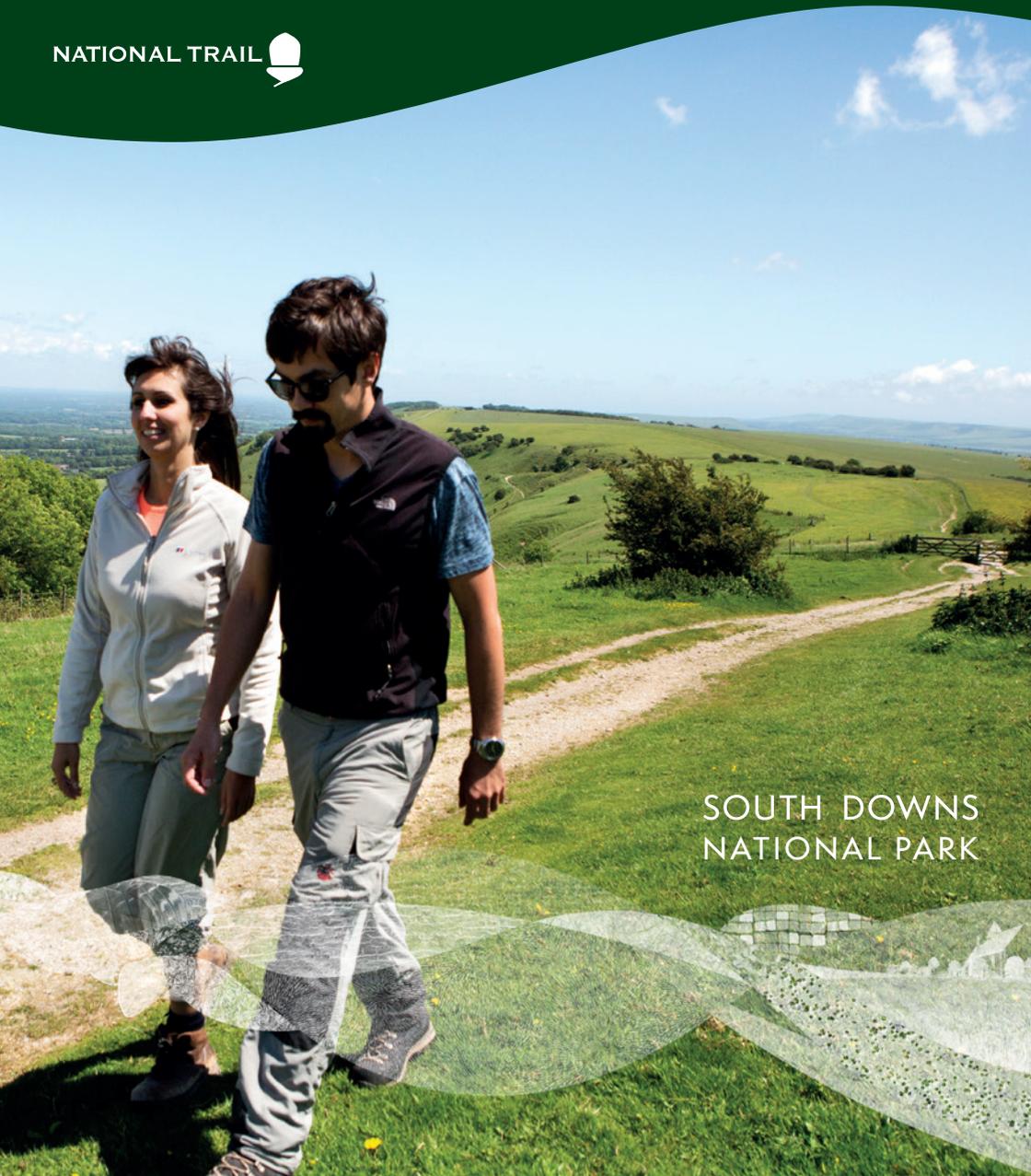


WALKS ON THE SOUTH DOWNS WAY

BY BUS AND TRAIN

NATIONAL TRAIL 



SOUTH DOWNS
NATIONAL PARK



WALKS ON THE SOUTH DOWNS WAY

As Britain's newest National Park the South Downs offers you rolling hills, picturesque villages, ancient woodland, crystal clear rivers and the iconic Seven Sisters cliffs. Running the entire length of this beautiful National Park is the undulating South Downs Way.

This 100 mile (160km) route follows old tracks and drove ways along the ridge of the chalk Downs; from the cathedral city of Winchester in the west to the seaside town of Eastbourne in the east.

The distinctive chalk and flint route is easy to follow and usually firm under foot. You'll enjoy wide open views north over the Weald and south to the English Channel. Discover hidden churches, cosy pubs and, as the seasons change, everything from bluebells to blackberries.

The Trail, which is free of stiles, is well signposted with the National Trail acorn symbol, but it's useful to have a map too so you can track your progress. The entire length of the South Downs Way can be accessed by bus and train (and just one taxi) at convenient intervals, so we've put together this booklet of 12 spectacular walks.

Let the adventure begin as you leave the car at home and soak up beautiful views on the journey. Walk a satisfying one-way stretch of the South Downs Way and then, if your route finishes near one of the many

fantastic pubs, enjoy a well-earned drink and let someone else drive you home!

This booklet also includes a handy table summarising public transport (though please check online for the most up to date transport details), tips on using buses and ideas for weekend trips. All walks are graded so you can choose the best route for your abilities or those of your group. Every route has easy bus or train links at both ends and you can enjoy each walk in either direction.

THE DISCOVERY TICKET

One of the most cost-effective ways to travel by bus around the South Downs National Park is by using our Discovery Ticket. It gives unlimited travel across the National Park and beyond in the South of England for just £17.50 per day for a family of five (two adults and three children) or £9 for an adult and £7.20 for a child (5–15 years old). If you're making shorter journeys or travelling in a small local area check bus companies own day tickets or individual single and return prices, as they may be cheaper.

Walks are graded on the following scale:

- 1 MODERATE** – possible loose, uneven and muddy surface with gates, stiles and moderate inclines. Routes up to five miles in length.
- 2 ENERGETIC** – all the above, plus steeper inclines and routes up to seven miles in length.
- 3 CHALLENGING** – all the above on routes of seven miles or more.

USEFUL INFORMATION, MAPS AND GUIDES

For more information about the South Downs Way head to the National Trail website where you'll find full listings of maps, guides, accommodation and lots of other useful details – nationaltrail.co.uk/south-downs-way

For information about exploring the South Downs National Park visit southdowns.gov.uk/enjoy

For more help contact the South Downs Way Team on sdw@southdowns.gov.uk 01273 625242

MAPS AND GUIDES

We've listed the map number for the relevant OS Explorer map that you'll need for each walk. Maps can be picked up in local shops or ordered from online retailers.

Guides to the whole Trail are also available. Two of these are the *South Downs Way XT40*, published by Harvey, and the highly detailed (OS 1:25,000) *South Downs Way A-Z Adventure Atlas* published by A-Z.

There are also a number of books for the South Downs Way including *South Downs Way – Official National Trail Guide* which is available from Aurum Press and includes OS mapping for the whole route. As well as *Walking the South Downs Way* from Cicerone, or *South Downs Way* from Trailblazer.

FIRST CATCH YOUR BUS OR TRAIN...

The summary timetable at the end of this guide gives an overview of public transport links – please check the operator's website for full details.

Buses: traveline.info/se
0871 200 22 33

Trains: nationalrail.co.uk
03457 48 49 50

Brighton & Hove: buses.co.uk
01273 886200

Compass: compass-travel.co.uk
01903 690025

Cuckmere: cuckmerebuses.org.uk
01323 870920

Metrobus: metrobus.co.uk
01293 449191

Stagecoach: stagecoachbus.com
0845 121 0190

Southern Railway:
southernrailway.com
03451 27 29 20

A FEW TIPS

- ◆ Be at the stop a few minutes early.
- ◆ Keep an eye out for your bus.
- ◆ Stick your hand out clearly.
- ◆ Bring cash for your ticket.
- ◆ Ask the driver to tell you when you get to the right stop.
- ◆ Give yourself plenty of time to get to the bus stop at the end of your walk.



MAKE A WEEKEND OF IT

Bus and train are great for a two day walk along the South Downs Way without having to go back and pick up the car. Any of the walks in this guide can be joined together to make up a longer trip with overnight stops. Here are just a few suggestions:

1 Housedean Farm – Southease – Alfriston 14 miles

◆ Grade: ENERGETIC

➤ **Day one:** Catch the 28/29 bus from Brighton, Lewes, Uckfield or Tunbridge Wells to Housedean Farm. If arriving from Brighton, walk east, crossing the farm bridge over the A27 and joining the South Downs Way. If arriving from Lewes, simply turn left and join the South Downs Way. Head east to Southease (7 miles) and stay at the YHA South Downs. If you are planning a longer trip there is also a campsite at Housedean Farm.

➤ **Day two:** Continue along the South Downs Way by crossing over the footbridge and heading east along the South Downs Way to Alfriston (7 miles). On arrival why not relax in one of the many pubs and cafés before catching either the no.125 bus to Lewes, or the no.126 to Berwick and then the train to Lewes.

2 Eastbourne – Alfriston – Eastbourne 19 miles

◆ Grade: CHALLENGING

➤ **Day one:** Catch the bus or train to Eastbourne. Head towards the seafront and join the South Downs Way footpath (coastal route) heading west past Beachy Head and the Seven Sisters to Alfriston (10.5 miles). Stay overnight in one of Alfriston's many B&Bs, hotels or pubs.

➤ **Day two:** Cross back over the bridge from Alfriston and head east on the South Downs Way bridleway (inland route) via the Long Man of Wilmington and Jevington back to Eastbourne (8.5 miles).

3 Pyecombe – Truleigh Hill – Washington 14.5 miles

◆ Grade: ENERGETIC

➤ **Day one:** Catch the 270/271/272/273 bus from Brighton, Burgess Hill or Haywards Heath to Pyecombe. Walk westbound through Pyecombe village, past the 11th century church and use the bridge to cross the road (A23). Follow the South Downs Way to your overnight stay at the YHA at Truleigh Hill. Lunch options en-route include the Hiker's Rest at Saddlescombe Farm or the pub at Devil's Dyke (5.5 miles).

➤ **Day two:** Walk westbound to Washington via the River Adur and Chanctonbury Ring (9 miles) and catch the number 100 bus back to Burgess Hill and beyond or, the number 1 bus between Worthing and Midhurst or, the number 23 between Crawley and Worthing.



© SDNPA/Mischa Haller

4 East Meon – Exton – Cheriton 15 miles

◆ Grade: ENERGETIC

➤ **Day one:** Catch the number 67 (**not Sundays**) bus from Winchester or Petersfield to East Meon. Walk south, out of the village along Chapel Street which becomes Coombe Road. Follow Coombe Road as it turns westward and then south again. 200m after the southern (left) bend, take the public footpath on the right. Follow the footpath westward, past the farm to join the South Downs Way heading west to Exton (7 miles) where there is a choice of B&Bs (see below).

➤ **Day two:** Head west on the South Downs Way Footpath route to Gander Down via Beacon Hill, then take the sign posted turn to Cheriton (8 miles) where you can enjoy locally brewed beer in the Flowerpots Inn before catching the number 67 bus (**not Sundays**) back to Winchester.

Exton

There is no public transport serving the South Downs Way around Exton (in Hampshire) so here are some B&Bs and taxis available in the area:

- ◆ **Corhampton Lane Farm** corhamptonlanefarm.co.uk
- ◆ **Manor House** extonbedandbreakfast.com
- ◆ **Buck's Head Meonstoke** thebuckshead.co.uk
- ◆ **Petersfield Taxi** petersfieldtaxi.co.uk / 01730 303030
- ◆ **Wintax** wintaxcars.com / 01962 878727

The fare from Exton to Winchester or Petersfield is around £25–£30.

Accommodation

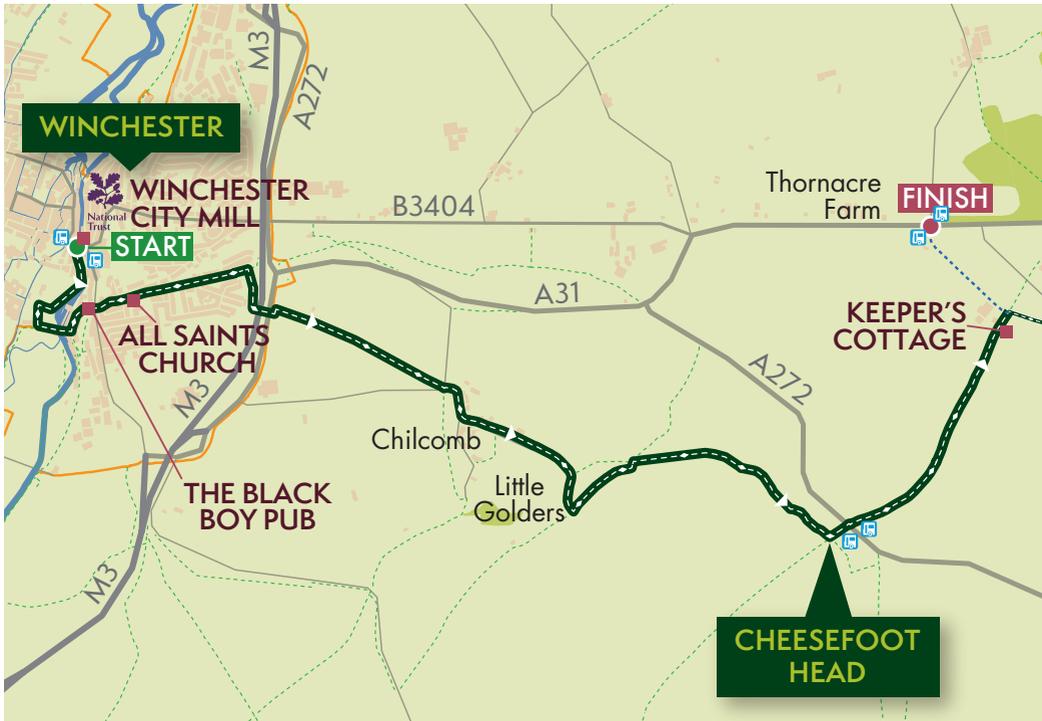
For details of accommodation along the South Downs Way visit the following websites:

- ◆ nationaltrail.co.uk/south-downs-way/plan
- ◆ yha.org.uk
- ◆ tripadvisor.co.uk

WALK

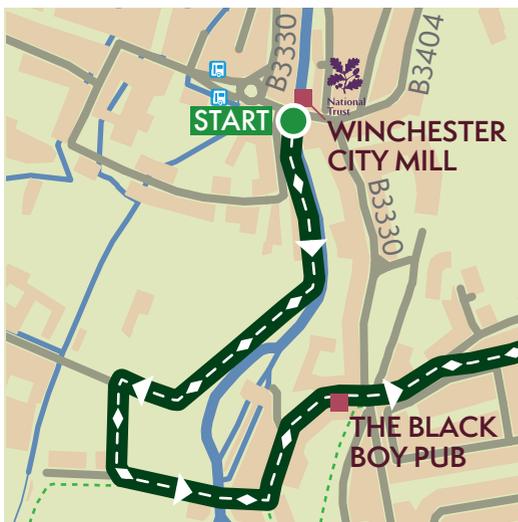
1

WINCHESTER TO CHEESEFOOT HEAD



START

FINISH



- | | | | |
|---------------------|-----------------------|--------------------|-----------------|
| The walk | National Park border | Buildings | Woodland |
| Start/finish route | Rivers and open water | Points of interest | Bus stop |
| South Downs Way | Road | Village shop | Railway station |
| Public right of way | | | |

WALK

A DAY OUT FROM WINCHESTER

1

WINCHESTER TO CHEESEFOOT HEAD

6 MILES ♦ 3 HOURS ♦ GRADE: MODERATE

Head out of Winchester beside the crystal clear River Itchen onto the Downs for sweeping views in all directions and the beautiful leafy Temple Valley.

LOOK OUT FOR

Winchester City Mill by the bridge at the start of the walk, trout drifting in the clear water of the River Itchen and the old granary on staddle stones at Chilcomb.

THE WALK

► **Start:** From opposite Winchester City Mill, at the bottom of the High Street, head down the riverside path until it joins College Walk. Follow this left and turn left at the corner, then left again along Wharf Hill past the *Black Boy* pub and *Black Rat* restaurant. Go straight on, over the cross roads and up East Hill, then bear right onto Petersfield Road. Go straight ahead on the footpath, then turn right along a tarmac path to a footbridge over the M3. From here follow the South Downs Way sign posts.

■ **Finish:** One mile after crossing the A272 at Cheesefoot Head the South Downs way turns right at Keeper's Cottage – this is where you leave the South Downs Way turning left along a lane until you reach the A31 (400 metres). The bus stop is on your left.

THE JOURNEY BACK

The no.64 bus runs to Winchester every 30 minutes (hourly on Sunday).

USEFUL INFORMATION

- ♦ **Refreshments:** There are plenty to choose from in Winchester or why not have a picnic on the Trail.
- ♦ **Toilets:** In Winchester only.
- ♦ **Maps:** OS Explorer OL32 or South Downs Way Guide (available from nationaltrail.co.uk/south-downs-way).

(During the middle of August, diversions due to a festival may affect this route, check the nationaltrail.co.uk/south-downs-way website for full details.)

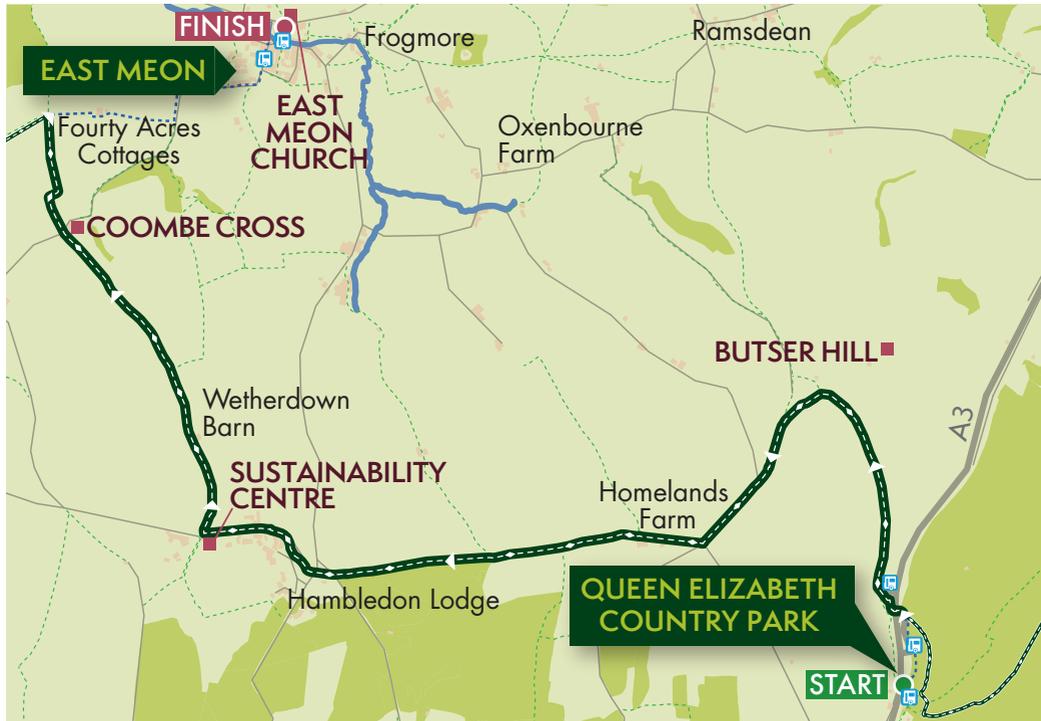


© SDNPA/Sam Moore



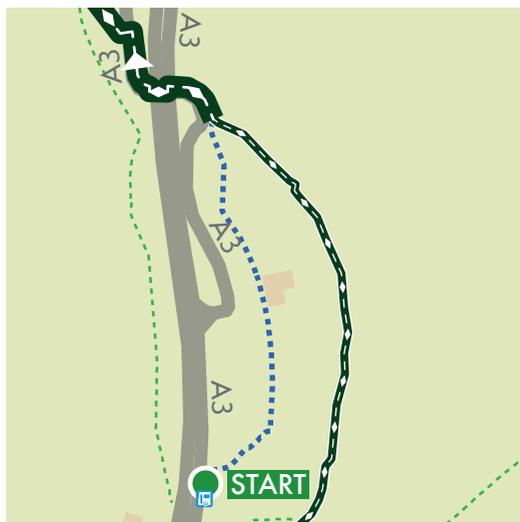
© SDNPA/Mische Haller

QUEEN ELIZABETH COUNTRY PARK TO EAST MEON



START

FINISH



- | | | | |
|---------------------|-----------------------|--------------------|-----------------|
| The walk | National Park border | Buildings | Woodland |
| Start/finish route | Rivers and open water | Points of interest | Bus stop |
| South Downs Way | Road | Village shop | Railway station |
| Public right of way | | | |

QUEEN ELIZABETH COUNTRY PARK TO EAST MEON

6 MILES ♦ 3 HOURS ♦ GRADE: ENERGETIC

Enjoy a morning coffee at the Country Park Café, stunning views from the top of Butser Hill and end with dinner or a drink in one of East Meon's cosy pubs.

LOOK OUT FOR

Downland flowers and insects, interesting ecobuildings at the Sustainability Centre and picture-perfect cottages in East Meon village.

THE JOURNEY OUT

The no.37 bus (**no bus on Sundays**) leaves Petersfield Square hourly and takes just 10 minutes to get to Queen Elizabeth Country Park. Make sure the driver knows that you want to get off at the bus stop on the busy A3.

THE JOURNEY BACK

The no.67 bus runs up to eight times a day from East Meon to Petersfield (four times on Saturdays, **no bus on Sundays**). The journey takes 15 minutes.

THE WALK

➤ **Start:** From the bus stop follow the path down into the Country Park and turn left to the Visitor Centre. Follow the South Downs Way signs through the tunnel under the main road and up Butser Hill. Then simply follow the South Downs Way signposts.

■ **Finish:** 1 ¼ miles after the Sustainability Centre you arrive at a crossroads with a lane at Coombe Cross. Continue straight across for a further ½ mile then turn right at the next path junction marked East Meon. On meeting the lane turn left to the village of East Meon. The bus stop is outside the Church.

USEFUL INFORMATION

- ♦ **Refreshments:** Country Park Café, Beech Café @ Sustainability Centre and pubs in East Meon.
- ♦ **Toilets:** Country Park, Sustainability Centre and East Meon.
- ♦ **Maps:** OS Explorer OL8 & OL3, or the South Downs Way Guide (available from nationaltrail.co.uk/south-downs-way).

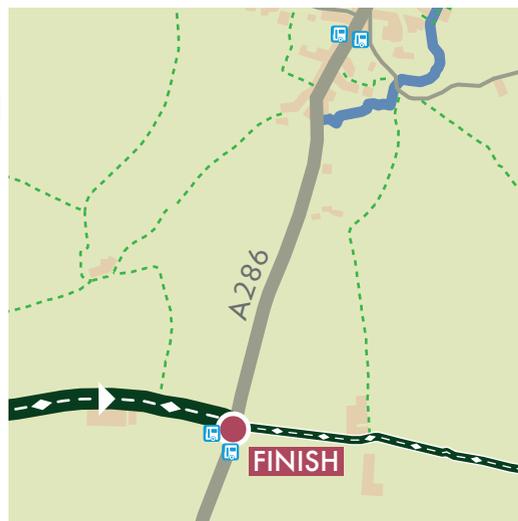
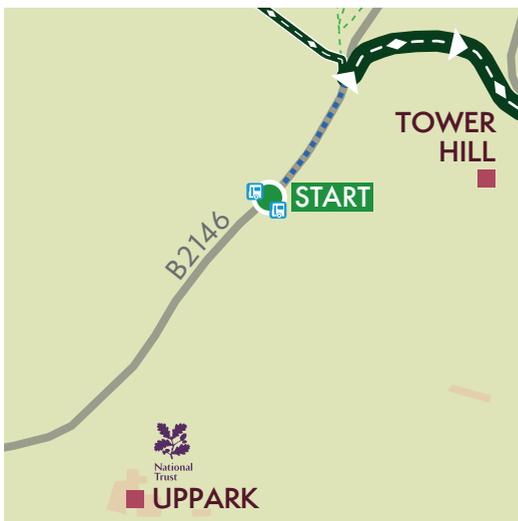


3 UPPARK TO COCKING DOWN



START

FINISH



- | | | | |
|---------------------|-----------------------|--------------------|-----------------|
| The walk | National Park border | Buildings | Woodland |
| Start/finish route | Rivers and open water | Points of interest | Bus stop |
| South Downs Way | Road | Village shop | Railway station |
| Public right of way | | | |

3

UPPARK TO COCKING DOWN

7½ MILES ♦ 3-4 HOURS ♦ GRADE: ENERGETIC

Climb this beautiful wooded stretch of the South Downs to Harting Down and Beacon Hill before descending Cocking Down to the bus at Hilltop.

LOOK OUT FOR

Tower Hill – the ruin of an 18th century banqueting room, the memorial to a German pilot, an ancient yew woodland, red kites in flight, Andy Goldsworthy's chalk stone sculpture and the Devil's Jumps Bronze Age burial mounds.

THE JOURNEY OUT

Catch the no.54 bus from Chichester (**no bus on Sundays or bank holidays**), from the bus stop on the main road outside the bus station, opposite the railway station. Ask the driver to stop at the South Downs Way – just after Uppark House. The journey takes just over half an hour.

THE JOURNEY BACK

The no.60 bus runs to Chichester every 30 minutes (hourly Sundays) with stops at Hilltop and Cocking village.

USEFUL INFORMATION

- ♦ **Refreshments:** You'll need a picnic for this one as there are no refreshments until Cocking village.
- ♦ **Toilets:** No public toilets.
- ♦ **Maps:** OS Explorer OL8, or South Downs Way Guide (available from nationaltrail.co.uk/south-downs-way).

THE WALK

➤ **Start:** When you get off the bus carefully cross the road and follow the South Downs Way up the path through the woods – it's easy to follow with plenty of signposts.

■ **Finish:** You'll arrive at the A286 at Hilltop, about a mile south of Cocking. Carefully cross to the bus stop on the far side of the road. Alternatively, continue a little further along the Trail until you reach a restricted byway at Hill Barn, turn left here to take a traffic free route into the village for refreshments.



© Stewart Garside

4 HILLTOP/COCKING TO LITTLETON FARM

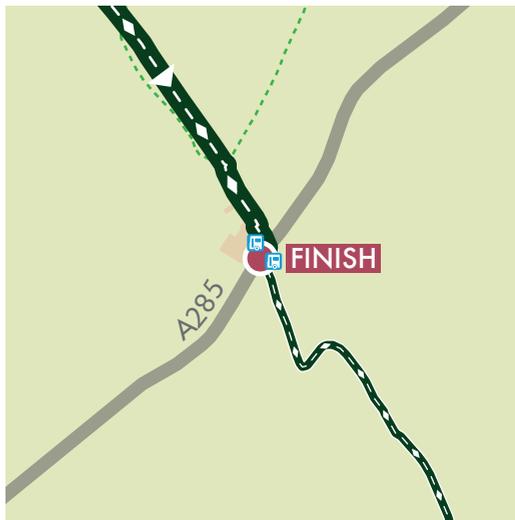


NORTH



START

FINISH



- | | | | |
|---------------------|-----------------------|--------------------|-----------------|
| The walk | National Park border | Buildings | Woodland |
| Start/finish route | Rivers and open water | Points of interest | Bus stop |
| South Downs Way | Road | Village shop | Railway station |
| Public right of way | | | |

4

HILLTOP/COCKING TO LITTLETON FARM

5 MILES ♦ 2½–3 HOURS ♦ GRADE: MODERATE

Climb gently up to Heyshott Down, following the South Downs Way along the ridge of the Downs before descending Littleton Down.

LOOK OUT FOR

Ancient burial barrows on top of Heyshott Down and amazing views to the west as you reach the top of the climb.

THE JOURNEY OUT

Hop on the no.60 bus at Midhurst bus station which runs every 30 minutes Monday to Saturday (hourly Sundays). Ask the driver for the South Downs Way bus stop on Cocking Hill (about 13 minutes). Alternatively, take the no.60 bus up to Cocking Hill from Chichester.

THE JOURNEY BACK

From the Littleton Farm bus stop the no.99 bus takes you south to Chichester or north to Petworth. This is a Monday to Saturday flexible service – **book at least 30 minutes in advance on 01903 264776. (Connections to Midhurst from both towns).**

THE WALK

► **Start:** From the southbound bus stop stay on the same side of the road, walk back along the verge and take the track on your right, following the South Downs Way uphill. At the top of the hill look back for amazing views to the west. From now on your views are limited due to woodland and slightly higher ground but look out for ancient cross dykes and burial mounds on Heyshott Down.

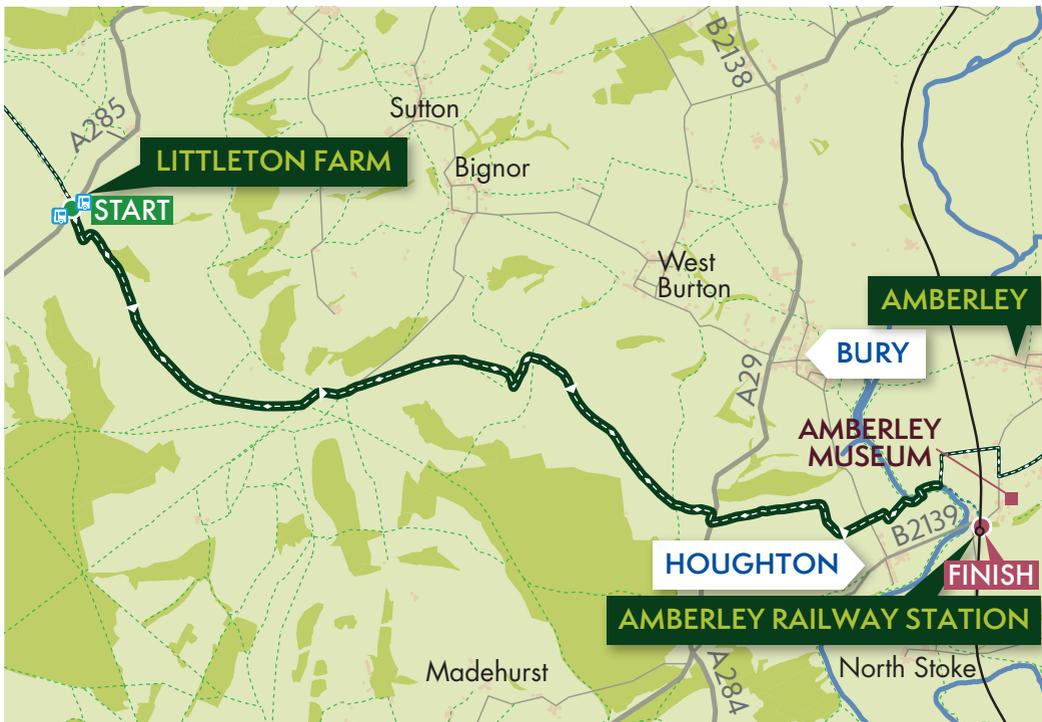
■ **Finish:** Descend Littleton Down to the A285 to Littleton Farm and bus stops.

USEFUL INFORMATION

- ♦ **Refreshments:** There is a drinking water tap and farm shop at Manor Farm, Hill Barn. Alternatively, pick up supplies in Cocking Village Shop or visit the Blue Bell Inn in Cocking village.
- ♦ **Toilets:** No public toilets.
- ♦ **Maps:** OS Explorer OL8, or South Downs Way Guide (available from nationaltrail.co.uk/south-downs-way).

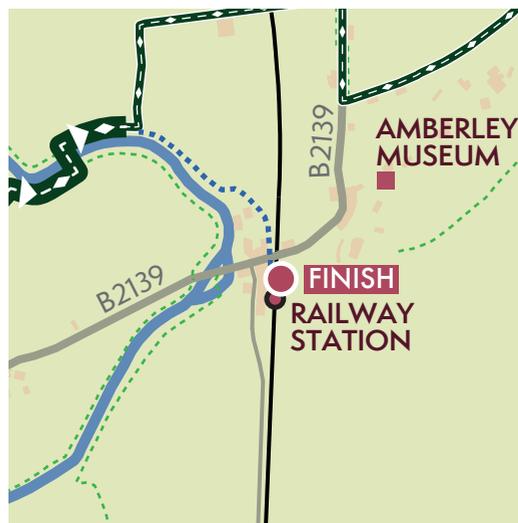
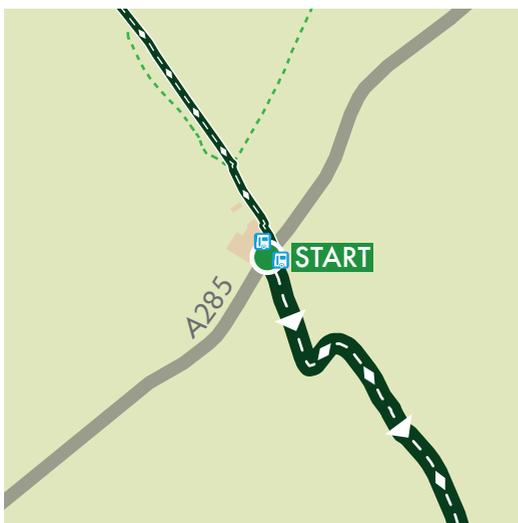


5 LITTLETON FARM TO AMBERLEY



START

FINISH



- | | | | |
|---------------------|-----------------------|--------------------|-----------------|
| The walk | National Park border | Buildings | Woodland |
| Start/finish route | Rivers and open water | Points of interest | Bus stop |
| South Downs Way | Road | Village shop | Railway station |
| Public right of way | | | |

5

LITTLETON FARM TO AMBERLEY

7 MILES ♦ 3-4 HOURS ♦ GRADE: ENERGETIC

Explore rolling hills and woodland, with wide open views over the Weald and the sea. Reward yourself with a pint or cup of tea by the river and perhaps a visit to the Amberley Museum & Heritage Centre before the train home.

LOOK OUT FOR

A beautiful variety of trees, the site of a Roman road (marked with a big signpost), Toby's stone memorial, skylarks, the National Trust's heritage sheep, the River Arun with the old stone bridge at Amberley station and Amberley Museum.

THE JOURNEY OUT

To catch the no.99 bus you need to **phone and book (at least 30 minutes before) on 01903 264776**. Ask for Littleton Farm bus stop. The no.99 bus (**no bus on Sundays**) leaves from West Street opposite Chichester Cathedral, the journey takes about 40 minutes.

THE WALK

► **Start:** From the bus stop carefully cross the road and follow the South Downs Way up the track; it's easy to follow as there are plenty of sign posts.

■ **Finish:** After crossing the footbridge over the river turn right and follow the path along the river to Amberley railway station.

THE JOURNEY BACK

Trains leave Amberley every hour – it's a 10 minute ride to Ford where you change trains for Chichester. The whole journey takes about half an hour.

USEFUL INFORMATION

- ♦ **Refreshments:** You'll need a picnic to get you to Amberley but once there you have a choice of The Riverside tearoom or the Bridge Inn.
- ♦ **Toilets:** At Amberley.
- ♦ **Maps:** OS Explorer OL10, or South Downs Way Guide (available from nationaltrail.co.uk/south-downs-way).



© John Wigley



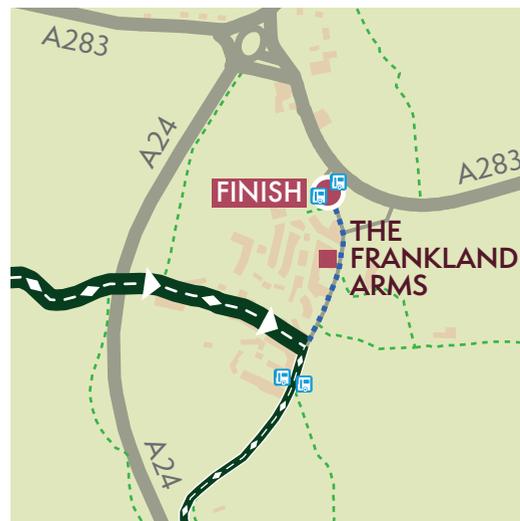
© Anne Purkiss

6 AMBERLEY TO WASHINGTON



START

FINISH



- | | | | |
|---------------------|-----------------------|--------------------|-----------------|
| The walk | National Park border | Buildings | Woodland |
| Start/finish route | Rivers and open water | Points of interest | Bus stop |
| South Downs Way | Road | Village shop | Railway station |
| Public right of way | | | |

6

AMBERLEY TO WASHINGTON

6 MILES ♦ 3 HOURS ♦ GRADE: ENERGETIC

Enjoy views over the patchwork fields of the Weald and a variety of ancient earthworks and burial mounds, perfect spots for a picnic.

LOOK OUT FOR

Views of Amberley Castle and the chalk pits of Amberley Museum, gliders from nearby Southdown Gliding Club soaring overhead, Rackham Banks and other ancient earthworks and burial mounds.

THE JOURNEY OUT

Take the train from Chichester (or Worthing) to Amberley; you will need to change trains at Ford.

THE JOURNEY BACK

From Washington take the Stagecoach no.1 or Metrobus no.23 to Worthing railway station.

THE WALK

► **Start:** From the railway station cross the road, turn right and follow the footpath until you see High Titten and the South Downs Way signs on the opposite side of the road. Cross here and walk up the track to follow the South Downs Way along the Downs.

■ **Finish:** Towards the end of the walk the South Downs Way splits offering a choice of two routes down into Washington. Take the left option to avoid crossing the busy A24. A footbridge takes you over the A24 into Washington Village. At the T-junction turn left for the pub and bus stops near the recreation ground, or right if you are planning to walk further along the South Downs Way.

USEFUL INFORMATION

- ♦ **Refreshments:** The Riverside tearoom or the Bridge Inn at Amberley or Frankland Arms in Washington.
- ♦ **Toilets:** No public toilets on this route other than those found in pubs etc.
- ♦ **Maps:** OS Explorer OL10, or South Downs Way Guide (available from nationaltrail.co.uk/south-downs-way).

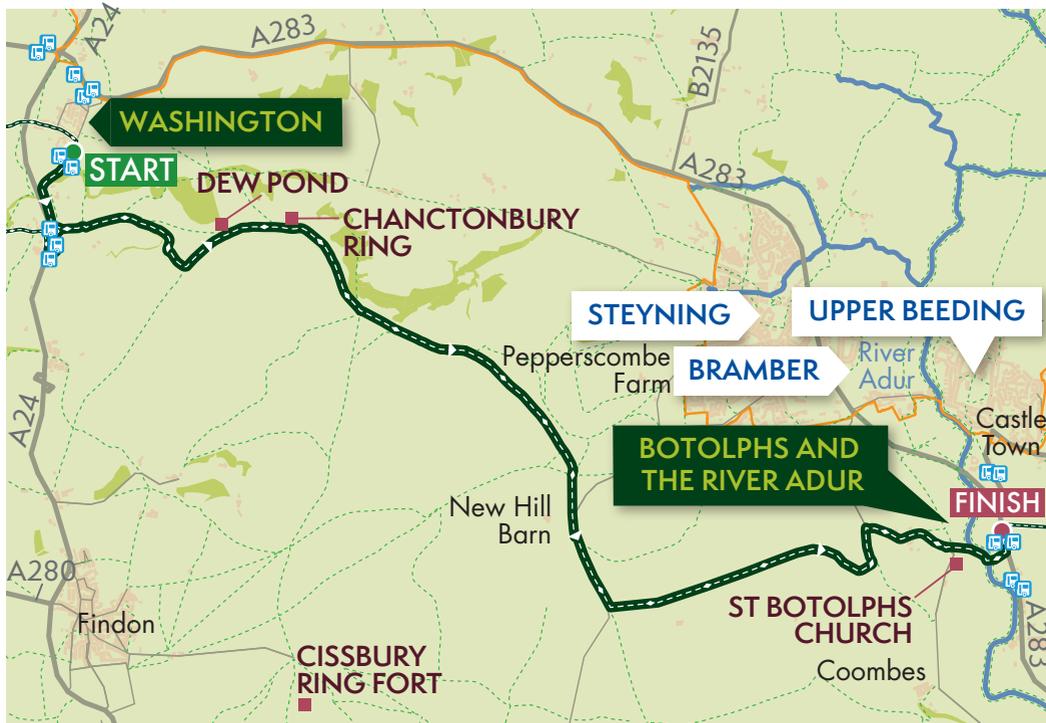


© Rebecca Saunders

WASHINGTON TO BOTOLPHS AND THE RIVER ADUR

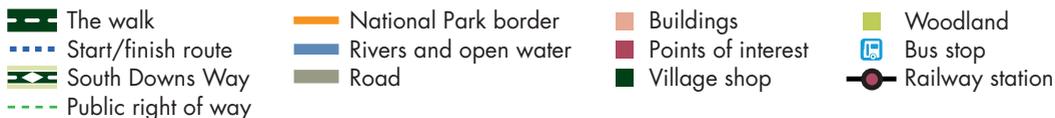
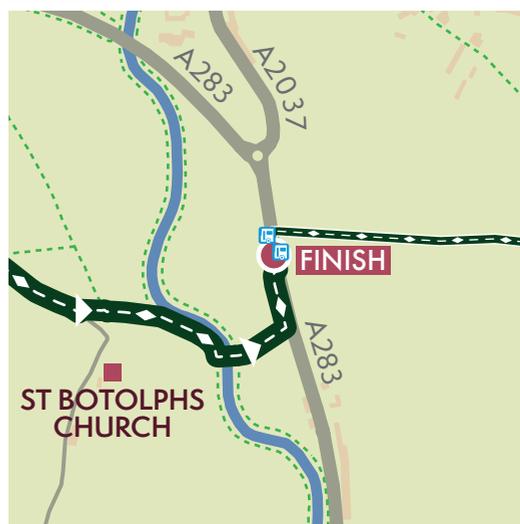
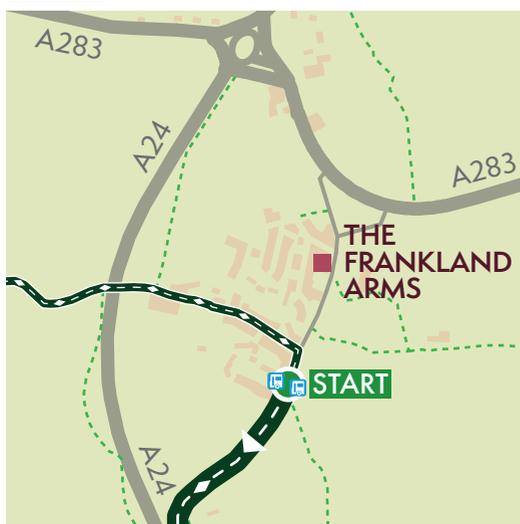


NORTH



START

FINISH



WASHINGTON TO BOTOLPHS AND THE RIVER ADUR

7 MILES ♦ 3 HOURS ♦ GRADE: ENERGETIC

This classic open downland walk takes in chalk grassland, arable farmland and stunning 360° views from the top of the Downs.

LOOK OUT FOR

Stunning panoramic views across the county, a dew pond thought to date back to Neolithic times and the Iron Age Hill Fort, Chanctonbury Ring, where evidence of a Roman temple was found during excavations following the great storm of 1987.

THE JOURNEY OUT

From Worthing take the Stagecoach bus no.1 or Metrobus no.23 to Washington Village. Ask the driver for the Washington Bostal stop.

THE JOURNEY BACK

From the A283 take the no.2 bus to Shoreham-by-Sea for onward train connections.

THE WALK

► **Start:** The South Downs Way rises out from a small car park to the south of the village, a short walk from the Washington Bostal/Stokes Mead bus stops. Follow the National Trail symbols to stay on the South Downs Way, though you can take a diversion to visit the impressive Cissbury Ring Hill Fort 1½ miles to the south.

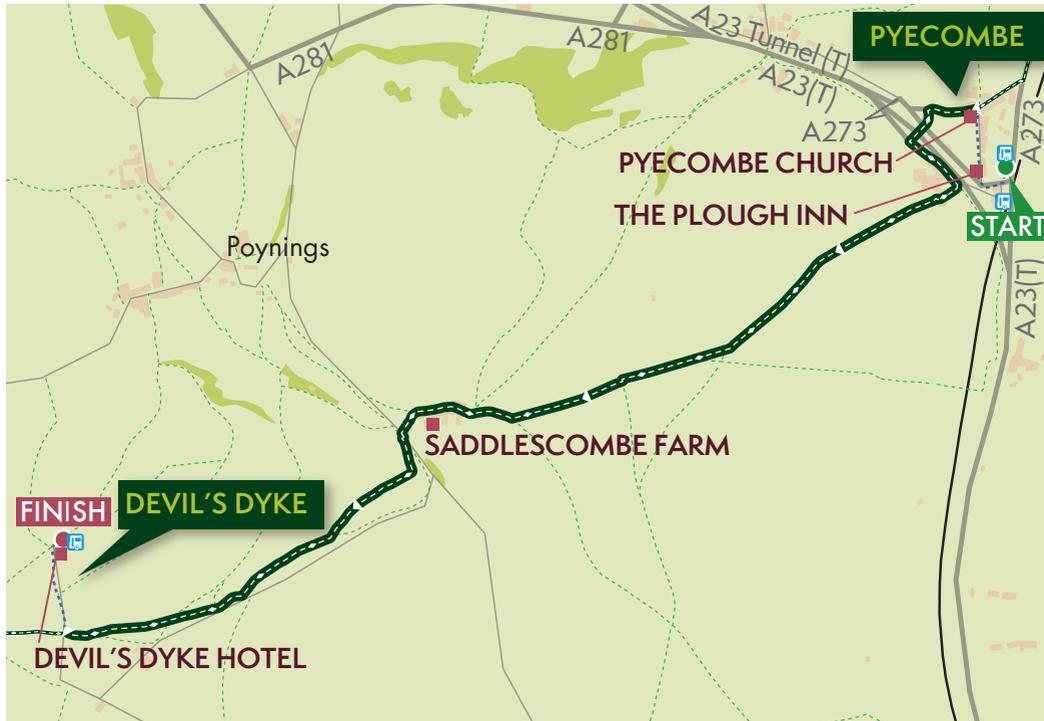
■ **Finish:** The walk drops down into the Adur Valley and the hamlet of Botolphs with its Saxon Church. To catch the bus or to carry on walking the South Downs Way, cross the river and then the busy A283, turning left for both the bus stop and the continuation of the South Downs Way. Alternatively, take the riverside footpath north into Bramber village where refreshments and bus stops can be found.

USEFUL INFORMATION

- ♦ **Refreshments:** In Washington, Bramber, Upper Beeding and Shoreham-by-Sea.
- ♦ **Toilets:** No public toilets on this route other than those found in pubs etc. Public toilets can be found in Bramber.
- ♦ **Maps:** OS Explorer OL10, or South Downs Way Guide (available from nationaltrail.co.uk/south-downs-way).

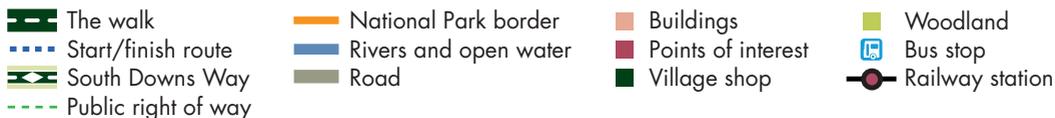
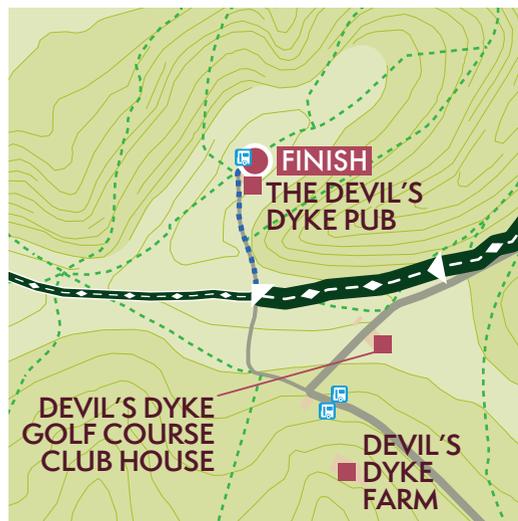
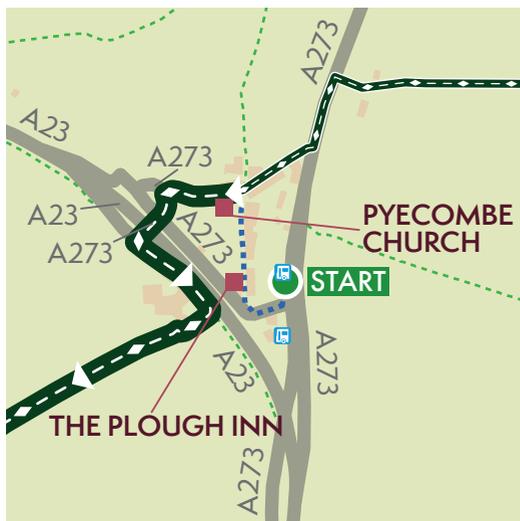


© Sean Lewis



START

FINISH



Climb over West Hill to historic Saddlescombe Farm, home to the Hiker's Rest café. From there it's a 30–45 minute walk to Devil's Dyke where you can enjoy stunning views and an alfresco pint while you wait for the bus home.

LOOK OUT FOR

Pyecombe Church and its tapse gate, historic Saddlescombe Farm and donkey wheel, chalkland butterflies, Devil's Dyke: the longest dry valley in the country, and views over the Weald.

THE JOURNEY OUT

Head to Churchill Square (stop E) in Brighton and catch Metrobus no.270/271/272/273, leaving about every 30 minutes (but only a few on Sundays). Ask the driver for Pyecombe Garage. The journey takes about 23 minutes (4 minutes after the Black Lion, Patcham).

THE JOURNEY BACK

The no.77 bus runs approximately every hour Sat, Sun and Bank Holidays. A Mon–Fri service runs during the summer. It is essential to check current timetables when planning your walk – buses.co.uk

THE WALK

► **Start:** Go past the BP Garage and turn right at The Plough Inn up Church Lane. At the church turn left onto the South Downs Way and follow the signposts.

■ **Finish:** At Devil's Dyke turn right along the lane to the bus stop by the pub.

USEFUL INFORMATION

♦ **Refreshments:** Shop at Pyecombe Garage or DIY tea at the church (donations welcomed), Hiker's Rest café at Saddlescombe Farm and Devil's Dyke pub.

♦ **Toilets:** Pyecombe Church, Saddlescombe Farm, Devil's Dyke.

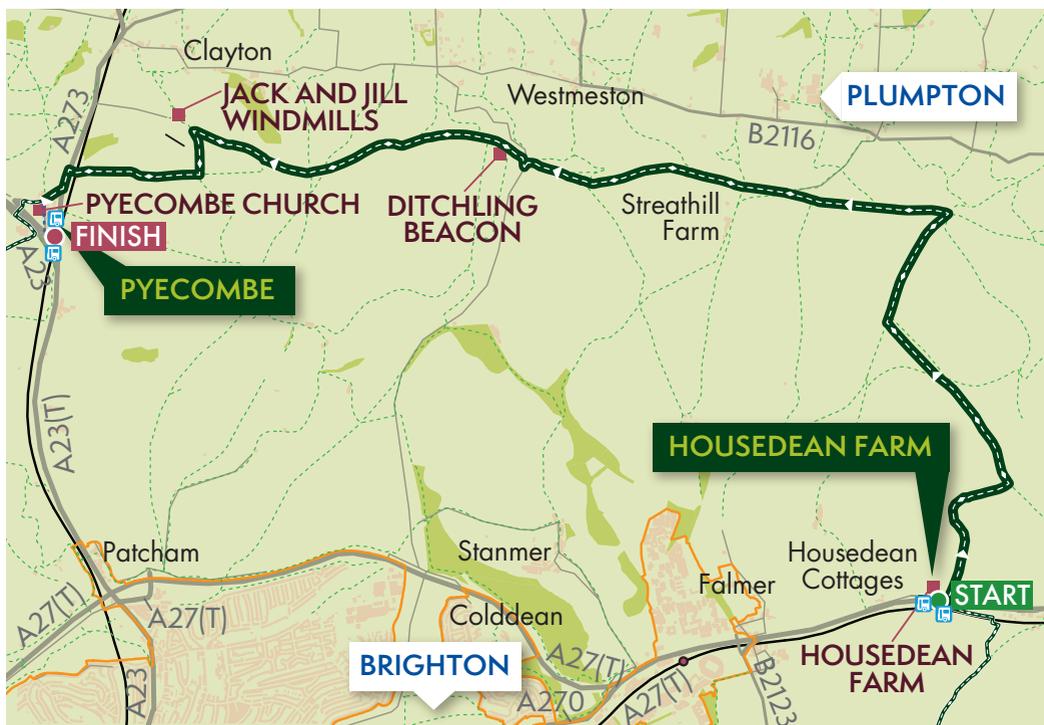
♦ **Maps:** OS Explorer OL11, or South Downs Way Guide (available from nationaltrail.co.uk/south-downs-way).



9 HOUSEDEAN FARM TO PYECOMBE

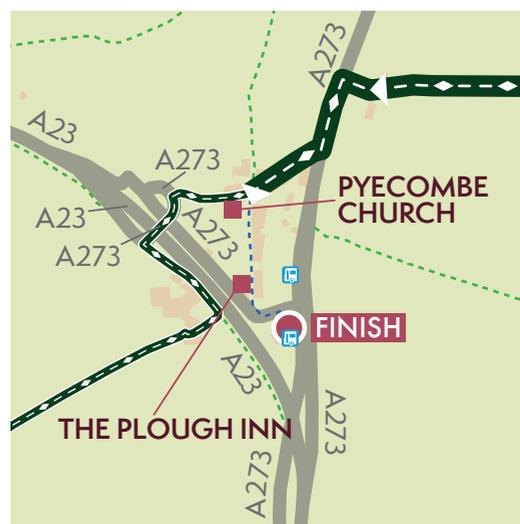
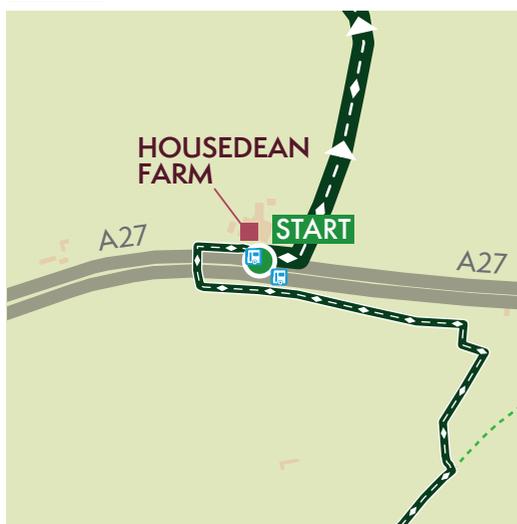


NORTH



START

FINISH



- | | | | |
|---------------------|-----------------------|--------------------|-----------------|
| The walk | National Park border | Buildings | Woodland |
| Start/finish route | Rivers and open water | Points of interest | Bus stop |
| South Downs Way | Road | Village shop | Railway station |
| Public right of way | | | |

9

HOUSEDEAN FARM TO PYECOMBE

8½ MILES ♦ 4-5 HOURS ♦ GRADE: CHALLENGING

After a long climb you can enjoy stunning views across fields and villages from the top of Ditchling Beacon. Visit on a Sunday afternoon in summer and you may find the Jill Windmill open to visitors.

LOOK OUT FOR

Chalkland flowers and butterflies, Ditchling Beacon, Jack and Jill windmills and Pyecombe Church with its unusual lead font which dates back to the 12th century.

THE JOURNEY OUT

Hop on the number 28/29/29B bus at Churchill Square (stop G) in Brighton – the journey takes 23 minutes. Listen out for the Housedean Farm stop about one minute after Falmer Village.

THE JOURNEY BACK

Metrobus 270/271/272/273 will take you back to Brighton. They run about every 30 minutes (only a few on Sundays).

THE WALK

► **Start:** From Housedean Farm and Campsite, turn right along the South Downs Way where the Trail is then well signposted.

■ **Finish:** At Pyecombe Church, turn left onto Church Lane and left again at the bottom to the BP Garage – the bus shelter is on the far side of the garage.

USEFUL INFORMATION

♦ **Refreshments:** Take a picnic as, other than an ice cream van at Ditchling in summer, there's nothing until Pyecombe. At Pyecombe you'll find self-service tea in the church (donations welcomed), the Plough Inn and a shop at the garage.

♦ **Toilets:** Pyecombe Church.

♦ **Maps:** OS Explorer OL11, or South Downs Way Guide (available from nationaltrail.co.uk/south-downs-way).

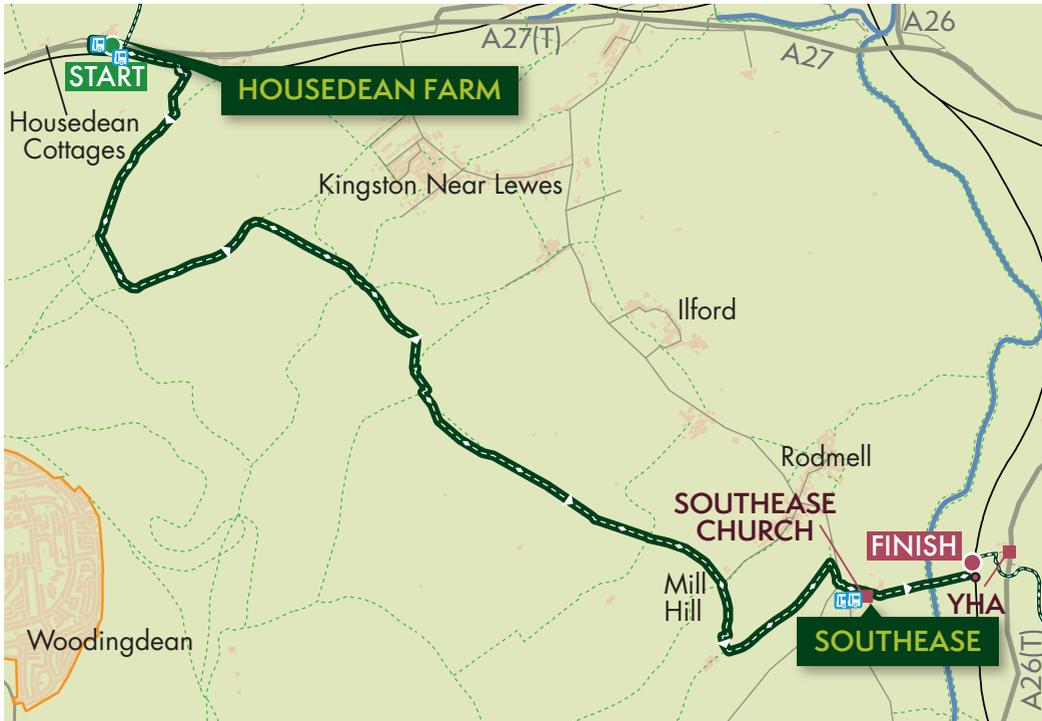


© SDNPA/Sam Moore

The A273 is very busy in this location. For this reason we do not advise walkers to attempt any shortcuts to the bus stop at the end of the walk. The bus stop is best reached through the village via Church Lane as illustrated.

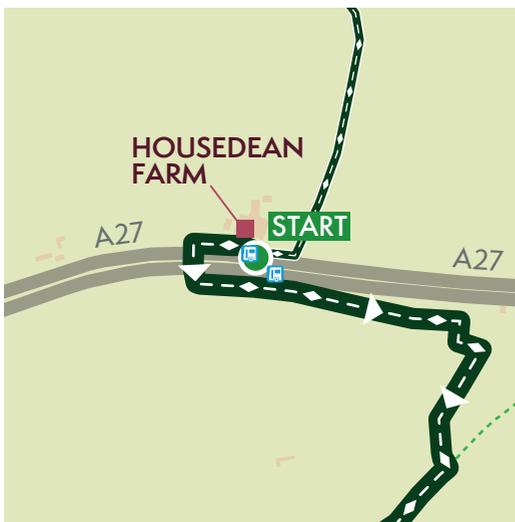
WALK

10 HOUSEDEAN FARM TO SOUTHEASE



START

FINISH



- | | | | |
|---------------------|-----------------------|--------------------|-----------------|
| The walk | National Park border | Buildings | Woodland |
| Start/finish route | Rivers and open water | Points of interest | Bus stop |
| South Downs Way | Road | Village shop | Railway station |
| Public right of way | | | |

WALK

A DAY OUT FROM LEWES

10

HOUSEDEAN FARM TO SOUTHEASE

8½ MILES ♦ 4-5 HOURS ♦ GRADE: CHALLENGING

Climb up onto the Downs and follow the ridge to Southease village enjoying sweeping views north over the Weald. Take a look at the medieval wall paintings in Southease Church and finish with tea at the YHA café just beyond Southease Station.

LOOK OUT FOR

Sheep grazing, paragliders gliding, the Southease swing bridge and the River Ouse. Consider a detour to Rodmell Village where you will find Monks House, once home to Virginia and Leonard Woolf and now a National Trust property.

THE JOURNEY OUT

Number 28/29/29B buses leave Lewes bus station every 10 minutes – the journey takes about 10 minutes. Ask the driver for Housedean Farm and listen out for the stop announcement.

THE JOURNEY BACK

Trains run hourly to Lewes every day, or the no. 123 bus runs about every 2 hours, Monday to Saturday.

USEFUL INFORMATION

- ♦ **Refreshments:** There is a water tap at Southease Church and a café at the YHA hostel just past Southease Station.
- ♦ **Toilets:** YHA café near Southease Station.
- ♦ **Maps:** OS Explorer OL11, or South Downs Way Guide (available from nationaltrail.co.uk/south-downs-way).

THE WALK

► **Start:** From the bus stop bear left round the corner and through a gate onto the South Downs Way. The Trail is then well signposted.

■ **Finish:** Return by bus from the stop on the main road just before Southease village, or by train from Southease station which is ½ mile past the village, on the South Downs Way.



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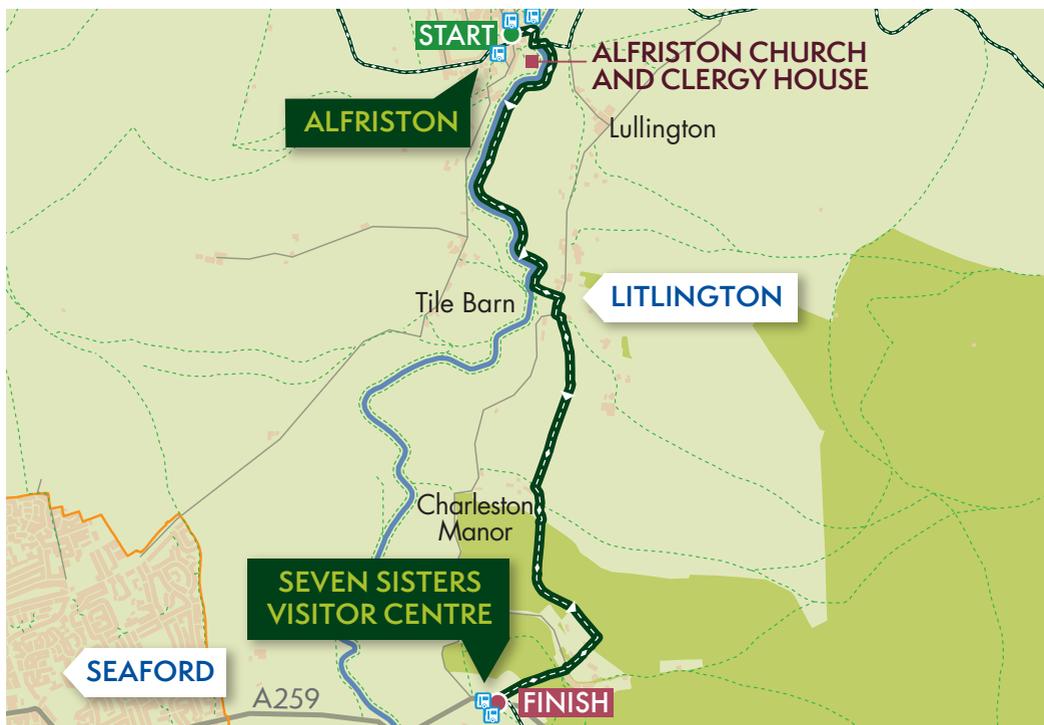


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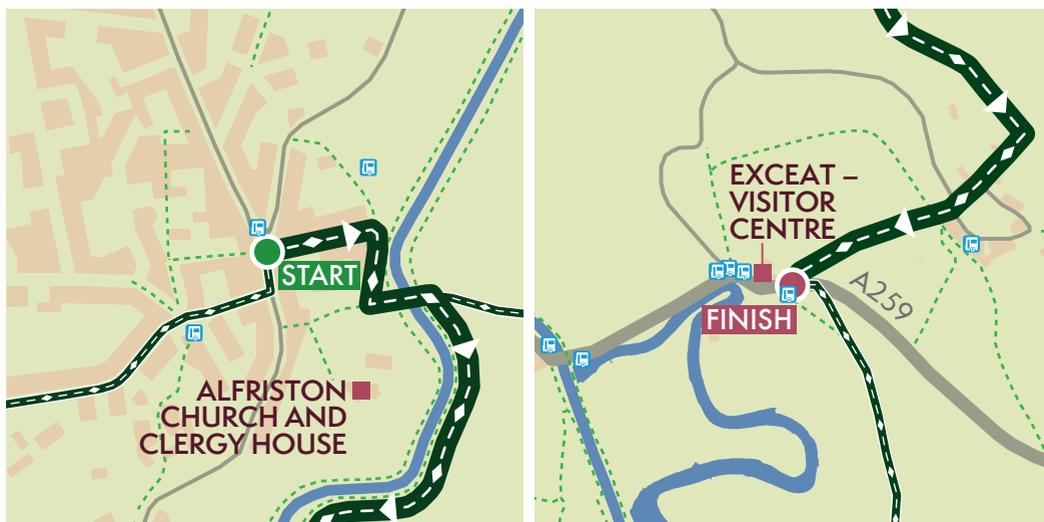
ALFRISTON TO SEVEN SISTERS VISITOR CENTRE



NORTH



START **FINISH**



- | | | | |
|---------------------|-----------------------|--------------------|-----------------|
| The walk | National Park border | Buildings | Woodland |
| Start/finish route | Rivers and open water | Points of interest | Bus stop |
| South Downs Way | Road | Village shop | Railway station |
| Public right of way | | | |

ALFRISTON TO SEVEN SISTERS VISITOR CENTRE

3 MILES ♦ 2 HOURS ♦ GRADE: ENERGETIC

Meander your way along the Cuckmere River to the pretty village of Litlington, then over wooded downland (with two steep climbs and lots of steps) to the Seven Sisters Visitor Centre.



LOOK OUT FOR

Alfriston church and Clergy House, dragonflies and water birds on the river, Litlington village and views of the Cuckmere River winding its way towards the sea.



THE JOURNEY OUT

Catch the no. 125 bus (126 on Sundays) from Eastbourne Gildredge Road, opposite the railway station – the journey to Alfriston takes about 35 minutes.



THE JOURNEY BACK

The no. 12 Coaster bus leaves every 10–15 minutes and will whisk you back to Eastbourne in 17 minutes. The 12X or 13X services will also take you back to Eastbourne.



THE WALK

► **Start:** The bus drops off at the coach park on Monday to Saturday, or at the market cross on Sundays. From the market cross go down River Lane and follow the South Downs Way signposts. From the coach park take the path at the southern end over the stile to the river, turn right to join the Trail.

■ **Finish:** Go through the Seven Sisters Visitor Centre and follow the signpost to the bus shelter (on the near side of the road). Alternatively, if you'd like a longer walk you can carry on to Eastbourne along the coastal footpath/inland bridleway route.



USEFUL INFORMATION

- ♦ **Refreshments:** There are a choice of pubs and cafés in Alfriston, Plough & Harrow pub and a tea garden in Litlington and the Saltmarsh Kitchen at the Seven Sisters Visitor Centre.
- ♦ **Toilets:** At the start and finish locations.
- ♦ **Maps:** OS Explorer OL25, or South Downs Way Official National Trail Guide (available from nationaltrail.co.uk/south-downs-way).



12 SEVEN SISTERS TO EASTBOURNE

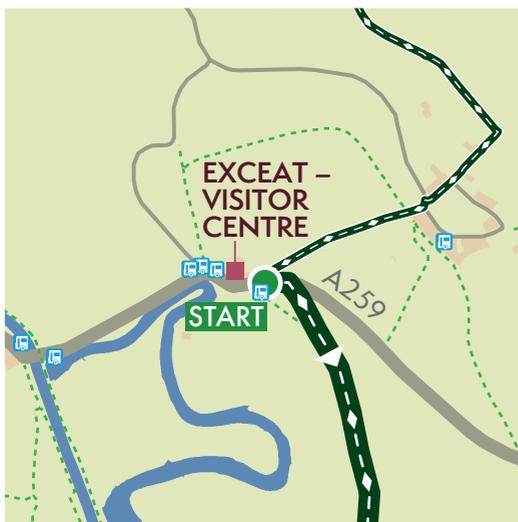


NORTH



START

FINISH



- | | | | |
|---------------------|-----------------------|--------------------|-----------------|
| The walk | National Park border | Buildings | Woodland |
| Start/finish route | Rivers and open water | Points of interest | Bus stop |
| South Downs Way | Road | Village shop | Railway station |
| Public right of way | | | |

12

SEVEN SISTERS TO EASTBOURNE

7½ MILES ♦ 3-4 HOURS ♦ GRADE: CHALLENGING

Blow away the cobwebs on this bracing coastal hike. With plenty of ups and downs you'll enjoy fantastic views of the meandering Cuckmere River and the iconic Seven Sisters. Stop for a well-earned cuppa at Birling Gap Tea Rooms.

LOOK OUT FOR

Rabbits and sheep nibbling the chalk grassland, Belle Tout and Beachy Head lighthouses, the white cliffs of the Seven Sisters, blooming yellow gorse and the meandering river at Cuckmere Haven with its water birds on the river.

THE JOURNEY OUT

Catch the no. 12 or 12X bus to Seven Sisters Country Park Visitor Centre. Buses leave from Eastbourne Gildredge Road, opposite the railway station every 10-15 minutes and the journey takes about 17 minutes.

THE JOURNEY BACK

Take the no.3 or 3A bus to the town centre and railway station. These buses run every 30 mins during the week (until about 6pm) and hourly on Sundays. Alternatively, it is 1½ miles walk along the prom to the pier.

THE WALK

► **Start:** The South Downs Way goes right from the bus stop – follow the path uphill towards the coast.

■ **Finish:** The walk ends at the refreshment kiosk in Eastbourne. The bus stop is straight ahead on the left side of Dukes Drive.

USEFUL INFORMATION

♦ **Refreshments:** Saltmarsh Kitchen at the start, Birling Gap Tea Room and Beachy Head pub.

♦ **Toilets:** Seven Sisters Visitor Centre, Beachy Head and Eastbourne.

♦ **Maps:** OS Explorer OL25, or South Downs Way Guide (available from nationaltrail.co.uk/south-downs-way/).



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SUMMARY OF PUBLIC TRANSPORT LINKS

See page 2 for bus and train company contact details.

Places you can access the South Downs Way by bus or train	Operated by	Bus number		Connections to reach origin point in column 1	Mon-Sat frequency	Sunday frequency	See map on back page
Winchester		Train/bus		Well connected by rail and bus			A
A31, Alresford Road	Stagecoach	64		Winchester bus station, Alton Station	Every 30 mins	9 per day	B
Exton		Taxi only					C
East Meon	Stagecoach	67		Petersfield Square, Winchester bus station	5-8 per day		D
Queen Elizabeth Country Park	Stagecoach	37		Havant bus station, Petersfield Square	Hourly	–	E
Buriton Cross Roads Greenway Lane, Uppark House Gate, South Downs Way	Stagecoach Wheeldrive Stagecoach	37/94 54		Havant bus station, Petersfield Square, Chichester outside bus station, Petersfield Square	Hourly 4 per day 4 per day	–	F
Cocking A286, South Downs Way	Stagecoach	60		Chichester bus station, Midhurst bus station	Every 30 mins	Hourly	G
Littleton Farm A285, South Downs Way	Compass Travel	99*		Chichester West St, Petworth Square *must book: 01903 264776	6 per day*		H
Amberley Station	Southern	Train		Horsham, Pulborough, Bognor Regis, Chichester, Arundel	Hourly	Hourly	I
Washington Recreation Ground	Stagecoach Metrobus	1 23 100		Worthing South Street, Pulborough Station, Worthing South Street, Horsham Station, Pulborough Station, Steyning, Burgess Hill Station	Hourly Hourly Hourly	6 per day Hourly –	J
Upper Beeding A283, ½ mile south of village	Brighton & Hove	2		Brighton Churchill Square (stop C), Shoreham Station	Hourly	Hourly	K
Devil's Dyke	Brighton & Hove	77		Brighton Churchill Square (stop H) or Station (stop E)	Saturdays hourly (plus Mon-Fri Summer only)	Approx. hourly	L
Pyecombe BP Garage, A273	Metrobus	270/271/272 273		Brighton Churchill Square (stop E), Burgess Hill, Hassocks	Every 30 mins	4 per day	M
Ditchling Beacon	Brighton & Hove	79		Brighton Old Steine (stop U) or Station (stop D)	Hourly, Sat & Sun only	Hourly, Sat & Sun only	N
Housedean Farm A27	Brighton & Hove	28/29/29B		Brighton Churchill Square (stop G), Lewes, Uckfield	Every 10 mins	Every 30 mins	O
Southease Station, Bus shelter (123)	Southern Compass Travel	Train 123		Brighton, Lewes, Seaford, Lewes Bus Station, Newhaven	Hourly 6 per day	–	P
Alfriston Coach Park (125)	Compass Travel	125		Eastbourne Gildredge Rd (opp. station), Lewes Bus Station,	3 per day	–	Q
Alfriston Market Cross (126)	Cuckmere Buses	126		Eastbourne Gildredge Rd (opp. station)	–	5 per day	
Seven Sisters Country Park Visitor Centre, Exceat	Brighton & Hove	12/12X/13X		Brighton Churchill Square (stop E), Eastbourne Gildredge Rd (opp. station)	Every 10 mins	Every 15 mins	R
Eastbourne Foot of Beachy Head	Stagecoach	3/3A		Eastbourne Gildredge Rd (opp. station)	Every 30 mins	Hourly	S

SOUTH DOWNS NATIONAL PARK

TAKE THE LEAD

For a safe and fun visit with your dog please remember to keep them on a lead around livestock and wildlife. Always bag and bin your dog poo – any public bin will do!

South Downs National Park Authority
 South Downs Centre, North Street,
 Midhurst, West Sussex, GU29 9DH

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-  South Downs National Park Boundary
-  South Downs Way
-  South Downs Way Footpath Only
-  Long distance routes
-  Planned route
-  Railway
-  Railway stations
-  Countryside sites
-  Settlement
-  Visitor Information
-  No cycling
-  Drinking water taps
-  Access points by bus or train

(see table overlaid for more details)

