

AHD	ahead	SDW	South Downs Way
BL/BR	bear left/bear right	TL/TR	turn left/turn right
FP	footpath	X	cross
m	meters	Emergency phone: 07753432989 or 07977 810964	

LEG 1 - EAST DEAN to NORTON GR 470019 Which is open 10:30 to 13:00

Leg 1 is 15.6 kilometres - 9.7 miles.

1.1 From village hall TL and walk to village green. X village green between flagpole and memorial. At road TR. In 25m TL up concrete track. Thru gate (NT Sign Hobb's Eares). Continue AHD up wide grassy track.

1.2 At top BL to follow wire fence. Thru gate. Cross track, then BR to gates. Thru LH gate. TL and follow tarmac road, soon passing cattle grid. In 490m X cattle grid and continue along road with houses on R - Crowlink.

1.3 At the end of the hamlet continue through gate and AHD through valley, keeping wire fence on R. Through 2nd gate, wire fence still on R, soon passing fenced overgrown dew pond on R as path curves to L. Continue through valley on grass track.

1.4 In 420m (GR537968) go thru gate in electric fence. TR onto SDW and continue over the Seven Sisters (***Beware - cliffs & large water hazard on left***). In 400m FWD through kissing gate then in 1500m at SDW fingerpost, BR onto FP overlooking Cuckmere Valley. Continue downhill on SDW with wire fence on L. Ignore kissing gate in fence. Continue through wooden gate downhill on SDW with wire fence on L. In 850m go down eroded steps and through wooden gate.

1.5 BR and follow track. At fingerpost BR and continue thru gate to concrete track, signed WC/Visitor Centre. Follow concrete track, leaving SDW, to Exceat. X A259 (**Hazard! major road**) (*toilets on L*) and follow SDW past flint Cycle Hire Barn on L, through wooden gate and uphill to gate and stone wall. Climb over wall, TR then TL and follow path, soon down steps, to West Dean.

1.6 Continue AHD on SDW up tarmac lane for 100m, then BL up double concrete track, with signs for 'The Glebe' & 'The Long House'. Where concrete bears L continue AHD on SDW skirting gate. In 150m TL and follow SDW, ignoring any paths L and R, later following power lines on L.

1.7 At X track, AHD follow SDW down steps. At bottom BL and in 100m TR over stile (SDW). Follow FP uphill along field edge. X stile. In 370m X track and go through kissing gate (SDW). Follow FP and power lines downhill. Thru kissing gate and continue downhill, thru kissing gate into lane – Litlington Village.

1.8 TL. At road junction TR. 20m beyond the Plough & Harrow TL onto tarmac path (SDW) sign post - Alfriston 1 mile. TL on river bank, leaving SDW.

Continue along river bank, ignoring footbridge. In 830m cross wide plank bridge. BR up grassy/chalky track. When track fades turn sharp L – c 300° - and continue uphill with bushes on L. Thru gate then 265° uphill to gate in hedge gap and road. (GR511014).

1.9 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 gate. At finger post TR thru gate – (*Rathfinny Trail*) – and follow FP. Pass fingerpost on R, continue AHD.

1.10 At Rathfinny Boreholes continue on concrete track, soon passing pumping station and more boreholes, later uphill. Thru kissing gate. Continue AHD uphill, skirting metal gate. In 350m skirt metal gate. At junction with track TR to 4 way junction with inscribed bench (*to Paul Earl*). 20m beyond junction X stile in hedge on L beside waymark post (GR488024).

1.11 Continue on FP, initially 250°, soon downhill, to wire fence. Continue with wire fence on L. Where field ends TL and continue on FP between hedge/wire fences. Thru kissing gate, continue ahead on grassy track. Where wire fence on R turns R, BR. Go thru metal kissing gate. Continue AHD for 25m thru wooden kissing gate. Continue ahead along wide track to Checkpoint at Norton. (GR 470019).

LEG 2 - NORTON to FIRLE GR469072 which is open 11:15 to 14:30.

Leg 2 is 8.5 kilometres - 5.3 miles. (so far 15.6 kilometres - 9.7 miles)

2.1 Continue to tarmac road. TR and follow road marked Private. In 550m, at the Poverty Bottom waterworks, when tarmac road becomes a track, continue AHD, later on enclosed path. In 1500m, at cross track, waymark post and clump of trees, continue AHD across field (360°). In 1000m at waymark post in cairn (GR461035) continue AHD (10°) on wide grassy track. In 960m, at path junction and waymark post, continue AHD through gate towards masts. In 630m AHD through gate. In 330m thru gate (masts visible to the R).

2.2 Follow path across field (340°). At cross track (SDW), thru gate beside cattle grid and continue AHD downhill on partially tarmaced track. In 1000m, at foot of hill, continue AHD through gate. When track becomes tarmac lane continue AHD. In 500m, at red letter box on left, TR into road (Preston Court) and continue AHD.

2.3 In 170m, where concrete track turns R continue AHD towards metal farm gates. Immediately after gates X stile on L. Continue AHD (80°) to pass thru metal gate at corner of field. Continue AHD, then thru wooden gate. Continue on FP across field before turning L around R hand side of barn. TR onto double concrete track to reach road.

2.4 X road (*with care*) to entrance of Firle Place. Thru white pedestrian gate then immediately BR (170°) across grass to kissing gate. Continue across field (150°) to L of distant tennis court. Exit field via kissing gate at corner of tennis court. TR, go thru small gate into car park, Immediately TL and go thru gap in wall. TR and follow track to reach road junction with the Ram Inn on R - Firle Village. X road and TL along tarmac pavement to the Village Hall on right – Firle checkpoint.

LEG 3 - FIRLE to PLONK BARN GR523031 which is open 12:15 to 16:15

Leg 3 is 7.5 kilometres - 4.7 miles (so far 24.1 kilometres - 15 miles)

3.1 Exit checkpoint and TR. Continue through village, soon passing War Memorial and Church on L then Burning Sky Brewery on R. At Private Road/Bridleway/No Motor Vehicles sign, continue AHD to the R of red brick house. In 200m BL to follow flint wall on L. Continue AHD on wide track.

3.2 On reaching tree line TR onto bridleway through trees. Continue AHD to track. TL to follow Bridleway and then R in 20yds to continue on Bridleway. In 350m continue thru small wooden gate.

3.3 Continue AHD uphill on path soon bearing left to climb steeply on chalky path. Approaching the ridge continue eastwards (120⁰) towards fence. 20m before fence BL onto SDW. Continue in an easterly direction on SDW, along the top of The Downs, with wire fence on right, for 1800m, passing a trig point on left (GR485059), to car park (*Bo Peep*) on left (GR493050).

3.4 Continue AHD on SDW thru gate. In 760m, at five finger marker post at fence corner (GR499044) continue AHD on SDW to next wooden gate. Thru gate and continue with fence now on left. In 700m pass thru gate. In 490m reach small wooden gate with track and 6 finger post beyond. (GR510034).

3.5 Thru gate and continue AHD on path (SDW). At fork continue AHD on track. In 980m continue AHD on tarmac road (Kings Ride). At X roads continue AHD (Star Lane) into Alfriston Village. At road junction TR. In 25m TL down narrow alley signed St Andrew's Church etc.

Continue down narrow flint walled alley then AHD on path (SDW) to X white footbridge. Ignore SDW fingerpost pointing right and continue AHD. At finger post TL. In 18m, just before gate, TR up embankment. X road (*with care*) to clip/waterpoint at Plonk Barn (GR523031).

LEG 4 PLONK BARN to EAST DEAN & FINISH GR557977

Finish Closes 18:30. Leg 4 is 12.9 kilometres - 8.0 miles.

(so far 32.4 kilometres - 20.1 miles)

4.1 Exit checkpoint on path thru trees. At T junction TL. Exit trees and TR. In 90m Fork L to cross field (80⁰), passing thru hedge.

Continue (80°) on path to reach wooden gate. Thru gate, then TR and follow track (SDW) for 100m to road.

4.2 X road (*with care*), thru gate and continue uphill on track (SDW). In 630m, continue through gate. In 160m, at waymark, (Route leaves SDW here) BL onto parallel chalk track and continue uphill with wire fence on L, ignoring stile in fence.

4.3 In 530m, at brow of hill, X stile AHD and in 30m BL (90°) to follow fence on L uphill. In 360m pass thru gate and continue on path. Soon after Trig. Point (GR 548034) go thru gate and TR. Follow faint path (150°) with fence on right, along top of ridge. In 850m continue thru large gate. AHD follow fence on L, frequently obscured in gorse, as it descends. Thru small kissing gate and BR (65°) to nearest stile in hedge. Cross and BR to follow path through bushes. Descend with care onto track (*The Wealdway*) and TR.

4.4 Follow track for 840m, ignoring turning on L. Skirt dark-green barrier and where track joins from R, BL and continue on track. At road TR into Jevington, using the pavement/grass verge where possible.

4.5 At the Eight Bells X road (*with care*) and ascend steps. Continue AHD between fences then after kissing gate, with fence on right. At post follow wide grassy track as it curves left. At waymark post continue on left-hand path. X stile. Follow wide grassy track (60°). X stile, then between bushes. Continue on wide grassy track (70°), passing tumuli (mound) on left. Continue on grassy track (80°) towards 2nd tumuli visible between trees. Pass to right of tumuli, continue on grassy track downhill (130°) to gate.

4.6 Go through wooden gate and continue on double chalk track uphill. Continue AHD with fence on R. Thru kissing gate, continue AHD with fence on L. Thru kissing gate – car park on L. TR to follow double track (190°). At fork keep R (230°). At four-way finger post continue AHD on track thru gate towards East Dean.

4.7 In 120m go through wooden gate 15m L of track. AHD and in 520m, at waymark post on L, continue AHD with wire fence on L. *Soon pass thru sheep grazing gate (may be gone)*. In 440m, thru small gate, with disused building and finger post on L, continue AHD. In 750m at fence follow path as it turns R. In 170m TL thru small gate (GR 564995), waymarked East Dean 1 mile. Follow fence on L.

4.8 In 800m, soon after Mobile phone pole, at fingerpost in field corner, go thru LH gate. TR and follow grassy track parallel to hedge. Follow path as it bears L to pass R of circular water butt. At signpost 'East Dean Village' Turn L to X stile. AHD on enclosed FP between wooden fences for 60m (ignoring R fork after 40m), then TL. Continue AHD to reach end of enclosed FP. AHD (slightly L) up tarmac drive to reach lane (Public Bridleway Finger Post on opposite side). TR and follow lane. Where lane meets main road (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 to the finish at East Dean Village Hall on R.

WELL DONE!

Emergency phones: 07753 432 989 or 07977 810964