

SUSSEX STRIDE 21/22 September 2019

AHD	ahead	X	cross
BL/BR	bear left/bear right	SP	sign post/finger post
TL/TR	turn left/turn right	SDW	South Downs Way

LEG 1 - LONGHILL to OFFHAM TQ401121, open 1130 to 1330 10.1 miles.

1.1 TR at road uphill then TL at main road. TL into Ovingdean Road, pavement on left. At top of hill after second lamp-post on right (N^o 13) TR along track. Continue AHD, ignoring all turns left and right. In 1400yds, pass rusty gate, continue AHD, soon passing school on left to reach main road. X road (*Hazard – busy road, X with care*). TR then immediately TL into Downsway. Continue AHD along Downsway.

1.2 At T-junction TR into McWilliam Road. At junction (barred by posts) X main road using traffic island. TL and X Bexhill Road. In 50yds TR onto track SP Public Byway (not the car park or Public Bridleway Route). At metal barriers continue on left track. Thru gate by radio masts. Continue AHD on track between wire fences, ignoring any turns left and right.

1.3 In 1000yds (GR369074), shortly BEFORE metal gate, turn sharp left to join SDW and thru gate, with fence on right. Follow SDW for 2000yds as it descends thru 4 gates. Pass thru tunnel under railway.

1.4 TL through wooden gate. In 450yds go thru gate and continue AHD uphill on tarmac road. TR over bridge across A27. TR, sign-posted Housedean Farm & SDW. Descend to road and continue AHD.

1.5 Continue along path (SDW) to the end of the wall. (*Drinking water tap on wall*). TL up steps and through gate. Continue AHD on SDW. At the top of hill descend through gate into woods. After emerging from woods continue AHD as path ascends between wire fences.

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1.6 In 500yds through gate, TL and follow SDW, with wire fence on left, passing dew pond on right, two gates in quick succession and then under pylon line. At junction thru gate and TR (SDW). In 1200yds, at end of enclosed path DO NOT follow SDW but TR through gate. In 30yds BL on faint grass path to pass trig point (*Blackcap*) on left.

1.7 Continue AHD (110°) and very soon take left fork to descend and then ascend passing SP (ignore arrow) and Beacon on right. Continue AHD, on faint path, ignoring all paths left and right. Continue thru gate. Pass under pylon line, with nearest pylon on left.

1.8 Follow path as it bears right to corner of wood. Continue ahead with fence on right. Thru gate and continue with fence on right. At path T-junction and waymark TL and follow path as it descends and BR through woods. Thru gate, ignoring path on right after 30yds.

1.9 In 60yds go thru gate on right. Immediately TL on main track (*slippery when wet*) and follow downhill to road. X road (*Hazard - heavily used narrow A road*) and TL. TR along road signed Hamsey, passing church on left. Follow road as it swings left (ignore path AHD). Immediately before unlimited speed signs TR to arrive at CP1.

LEG 2 - OFFHAM to FIRLE TQ469072, open 1230 to 1600, 6.6 miles.

2.1 On leaving the CP pass over stile and continue along track and soon TR up some steps. TL where path meets track. Continue AHD ignoring all paths to left and right. After ascending small rise TL opposite 'The Granary'. In 400yds continue AHD into Landport Road, with hedge on left and houses on right, then green on right, then garages on left. Continue along road then tarmac track with school on right. AHD into another road.

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2.2 After 30yds bear left down narrow enclosed path (no cycling sign). X bridge over railway. Then fork left downhill with railings on left. Continue AHD with large pond on left. Follow path as it bears left around pond to join tarmac road. When pond ends continue on enclosed tarmac path with wall on right to X bridge over River Ouse. TR along path with river on right. Continue AHD on brick path, Jenners Way, with Tesco on left.

2.3 Continue AHD under road bridge and along Jenners Way with Harveys Brewery on right. BR then AHD with Giles Leisure on left. At junction with road TL. Continue AHD passing church on left. At T-junction cross road (*with care*) and continue AHD up Chapel Hill between vacant shop and Bags of Books.

2.4 Follow road to top of hill (Lewes Golf Club), using path when it appears on right of road. At car park TR at SP and go thru gate. Follow path with fence on left at first. After 300yds take right fork (90°). Descend and thru gate. Follow descending path to gate on right. Thru gate and follow path (110°), later waymarked. Thru gate. Pass to right of dewpond. Continue to follow left curving path through valley.

2.5 X stile beside green sign. Follow faint path (120°) to brow of hill, X stile. Descend following faint path (110°). Thru gate in tree line, continue with fence on right. Thru gate, across field and through small gate, to right of house, into road. TL and then TR at T-junction. X road with care to pavement. Continue through Glynde (*toilets on R by rec ground*), crossing over river and railway bridges.

2.6 Continue along pavement to main road A27 (*Hazard! fast, major road*). X, using the traffic islands, and continue AHD on minor road. In 350yds, at red letter box on right, TL into Preston Court and continue AHD.

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2.7 In 150yds, where concrete track turns right continue AHD towards metal farm gates. Immediately after gates X stile on left, BR, and follow footpath (80°) to pass through metal gate at corner of field. Continue AHD, thru wooden gate. Continue AHD on footpath between fields before turning left around right hand side of barn. TR onto double concrete track to reach road.

2.8 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 (140°) to left of distant tennis court. Exit field via kissing gate at corner of tennis court. TR, go thru small gate into car park. TL and exit car park thru white gate. TR and follow track to reach road junction with the Ram Inn on right - Firle Village. X road and TL along tarmac pavement to the Village Hall on right – CP2.

LEG 3 - FIRLE to ALFRISTON TQ521030

OPEN 1330 to 1730 4.8 miles

3.1 Exit checkpoint and TR. Continue through village, soon passing War Memorial and Church on left. In 100yds, at Private Road/Bridleway/No Motor Vehicles sign, continue AHD to the right of red brick house. In 250yds BL to follow flint wall on left. Continue AHD on wide track.

3.2 On reaching tree line (GR475068, 'Firle Estate Private' gateway on left) TR onto bridleway through double farm gates (ignore footpath through trees). Continue AHD with trees on right and open fields on left, ignoring gates on right. In 500yds continue thru small wooden gate marked (*very faintly*) Access Land.

3.3 Continue AHD uphill on path soon bearing left to climb steeply on chalky path. Approaching the ridge continue eastwards to reach small marker post on top of The Downs (GR480059). Continue in an easterly direction on SDW,

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along the top of The Downs, with wire fence on right, for 1 mile, passing a trig point on left (GR485059), to car park (*Bo Peep*) on left (GR493050).

3.4 Continue AHD on SDW thru gate. In 800yds, 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 800yds pass thru gate. In 500yds reach small wooden gate with track and 6 finger post beyond. (GR510034).

3.5 Thru gate and continue AHD on enclosed path SDW (140°). At fork continue AHD on track. In 1000yds continue AHD on tarmac road (Kings Ride). At X roads continue AHD (Star Lane) into Alfriston. At road junction TR. In 30yds TL down narrow alley signed St Andrew's Church etc. CP3 is in the Old Chapel Centre on left. (GR521030).

LEG 4 - ALFRISTON to EAST DEAN TV557977, open 1500 to 2030.

7.1 miles.

4.1 Leave CP and turn L down narrow flint walled alley then AHD on path (SDW) to X white footbridge. Continue AHD. X small footbridge and continue to road, (leaving SDW). X road (*with care – blind corner*). TR then immediately TL thru 2 gates and continue AHD on path.

4.2 After 110yds TL thru hedge then TR to cross field (80°), pass thru hedge and BL(80°) to cross 2nd field to stile. TR and follow broad track (SDW) to road. X road (*with care*), thru gate and follow SDW uphill on sunken chalk track. Ignore paths on left. In 1 mile, at top of hill, thru either metal or wooden gate (GR544033) and bear slightly right (120°) to follow track downhill, keeping fence on right.

4.3 In 300yds, at SP, bear left to follow SDW on grassy track across open downland for 1250yds, passing 3 short waymarks. Thru gate (GR550022)

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then AHD (160°) to second gate and AHD along enclosed path to junction. TL downhill (SDW). In 600yds BR at junction and follow SDW, ignoring X track, to Jevington Church. (*Water tap on wall by blue church notice*). Continue down Church Lane to road junction. TR then 2nd left - Eastbourne Lane, SDW.

4.4 Continue on wide path uphill, ignoring any turnings left or right. In 1600yds, just after black metal barrier and just before crest of hill (GR576009), TR thru small gate, leaving SDW, and continue along grassy track (200°) for 300yds and thru gate to left of main track. In 450yds, at waypoint on left, continue AHD with wire fence on left. In 400yds, thru small gate with brick shelter and SP on left, continue AHD. In 800yds follow path as it turns right. In 140yds TL thru small gate (GR 564995), waymarked East Dean 1 mile.

4.5 In 800yds, soon after 2 comms. poles, at SP in field corner, go thru left gate. TR and follow grassy track parallel to hedge, ignoring small 'private' stile on right. In 500yds X stile on right. Follow path between fences. TL and continue AHD to road. TR. Where road meets main road (A259) continue along pavement. X road (*Hazard! major road*) using the traffic island. Continue AHD along Gilbert's Drive to East Dean Village Hall on right - CP4.

LEG 5 - EAST DEAN to LITLINGTON TQ522015, open 1630 to 2300.

5.8 miles

5.1 Exit CP. TL and walk to village green. X village green between flagpole and memorial. At road TR. In 30yds TL up concrete track (NT sign Farren Hall). Thru gate (NT Sign Hobb's Eares). Continue AHD up wide grassy track.

5.2 At top BL to follow wire fence. Thru gate. BR to gates. Thru gate. TL and follow tarmac road, soon passing cattle grid. In 500yds X cattle grid and continue along road with houses on right - Crowlink.

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5.3 At the end of the hamlet continue through gate and follow path through valley, keeping wire fence on right. Continue through 2nd gate, passing dew pond on right as FP curves to left. Continue through valley on grass track.

5.4 In 450yds (GR537968) TR onto SDW and continue over the Seven Sisters. (*Beware - cliffs & large water hazard on left*). In 1 mile, after 4 Sisters and 2 kissing gates, at SP, BR onto footpath overlooking Cuckmere Valley. Continue downhill on SDW with wire fence on left. Ignore kissing gate in fence. Continue through wooden gate downhill on SDW with bushes, later wire fence on left. In 1200yds go down steps and through wooden gate.

5.5 BR and follow track. At SP BR and continue thru gate to concrete track, signed WC/Visitor centre. Follow concrete track, leaving SDW, to road - A259 (*Hazard! major road*). X road and follow SDW past flint walled building on left (*toilets on left*), through wooden gate and uphill to gate and stone wall. Climb over wall, TR then TL and follow path down steps to West Dean.

5.6 Continue AHD on SDW up tarmac lane for 60yds, then BL up double concrete track, signposted to 'The Glebe' & 'The Long House'. Where concrete bears left continue AHD on SDW, skirting gate. In 100yds TL and follow SDW, ignoring any paths left and right, later following power lines on left.

5.7 In 700yds, at X track, AHD and follow SDW down steps (*beware – barbed wire on left*). At bottom BL and in 100yds TR over stile (SDW). Follow footpath uphill along field edge. In 300yds X track and go through kissing gate. Follow FP downhill between hedge and electric fence. Thru kissing gate and continue downhill. (*Caution – there may be an electric fence halfway down the field*). Thru kissing gate into lane. Immediately turn left into CP5 in Litlington Village Hall.

LEG 6 - LITLINGTON to NORTON TQ472020, open 1700 to 0100.

3.9 miles.

6.1 Exit CP and TL. At road junction TR. 20yds beyond the Plough & Harrow TL onto tarmac path (SDW) towards river. TL on river bank, leaving SDW. Continue along river bank, ignoring foot bridge. In 800yds cross wide plank bridge (*New Bridge*). BR up grassy/chalky track. When track fades turn sharp left – (c300°) - and continue uphill with bushes on L. Thru gate then uphill (265°) to small gate, hedge gap and road. (GR511014).

6.2 X road diagonally left (*Hazard! – fast, busy road, bad sightline on right*), thru gate and continue AHD (270°) downhill on path. Continue on grassy path with bushes on left. (*Rathfinny Vineyard on right*). In 900yds continue AHD with wire fence on right. Thru gate. At finger post TR thru gate – Rathfinny Trail – and AHD on footpath with hedge on left. At fingerpost continue AHD.

6.3 At Rathfinny Boreholes continue on track, soon passing small pumping station and more boreholes, later uphill. Thru kissing gate. Continue AHD uphill, skirting to left of metal gate. In 350yds skirting to right metal gate. At junction with track TR to 4-way junction with inscribed bench (*to Paul Earl*). Just beyond junction X stile in hedge on left beside waymark (GR488024).

6.4 Continue on footpath, initially 260°, soon downhill 240° to wire fence and hedgeline. Continue with hedge on left. Where field ends BR then BL and continue AHD (230°) on (possibly overgrown) footpath between hedge/wire fences. Thru kissing gate, continue ahead on right hand grassy track with wire fence on right. Where wire fence turns right, BR to go thru kissing gate, beside metal gate, to CP6, Norton, a gazebo.

LEG 7 - NORTON to SOUTHEASE TQ423052, open 1830 to 0300.

5.7 miles.

7.1 Leave CP on (260°) thru gates and AHD to tarmac road. TR and follow road marked Private. In 650yds, at the Poverty Bottom waterworks, where tarmac road becomes a track, continue AHD. Where track swings right continue AHD on enclosed path (330°). In 1000yds, at cross track continue AHD across open field (360°).

7.2 In 600yds at waymark (GR461035) continue AHD (10°) on wide grassy track. In 1500yds, at path junction, continue AHD (360°) towards masts. In 700yds AHD through gate. In 300yds go thru gate (masts visible to the R). Cross field (340°) towards ridge.

7.3 At cross track on ridge (SP, cattle grid) TL (280°) onto SDW. At gate continue AHD. In 1100yds at gate continue AHD with fence on left. Follow faint meandering grassy path. In 500yds path descends, initially 220°, then 200°, to fence corner on left (GR438053). Continue on about 200° with wire fence on left. In 350yds, where farm track joins from left, TR and follow track (SDW) passing small waypoint (GR436050).

7.4 Thru gates. At track junction fork left (SDW) and continue over bridge - Itford. At T junction TL and follow road (SDW), crossing the railway by the footbridge. Continue on road over River Ouse. Follow road into Southease Village. CP7 is a gazebo on the edge of the Green, by the church.

LEG 8 - SOUTHEASE to LONGHILL TQ362038, open 2000 to 0600.

6.8 miles.

8.1 Return to the road and TL uphill. In 70yds at SP on right (Rodmell ½ mile) TR thru gate. Immediately TL thru gate (or gateposts) and follow

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footpath. In 700yds at T junction with track TL. At road TR into Rodmell. In 100yds X road (*with care*) using traffic island. TR. In 15yds TL into lane (*Mill Lane*). Continue uphill ignoring all turnings left and right.

8.2 In 900yds, at top of hill at SP, TR and continue on SDW between fence and hedge, later on wide track. In 1200yds thru gate and continue AHD on concrete track (305°).

8.3 In 1 mile, at SP, (GR391067), TL (250°) to follow concrete track, leaving SDW. In 400yds, where concrete runs out pass barn on right. Continue AHD (initially 250°) on wide track, initially stony, later grassy and downhill (195°).

8.4 In 1650yds, where track bears left, at fingerpost, TR onto grassy footpath along field edge (250°). In 200yds thru gate and continue AHD downhill. In 450yds thru gate and continue AHD on stony track. At junction with tarmac road TR. Follow tarmac road for 1.4 miles into Rottingdean Village. At T junction TR, cross the road with care and follow for 1000yds to Longhill School on left.

THE END! WELL DONE!

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