

East SUSSEX – July 2024

see *England and West Sussex*

The Cuckoo Trail for walkers, cyclists and horseriders (NCN 21), Heathfield/Eastbourne (OS 199, GR 582 212/627 010) 15 mls
<https://new.eastsussex.gov.uk/leisure-tourism/countryside-sites/cuckoo-trail> for details

Forest Way (NCN 21), Grinstead/Groombridge (OS 187,188, GR 407 365/520 368) 9 mls
<https://new.eastsussex.gov.uk/leisure-tourism/countryside-sites/forest-way-country-park/forest-way> for details

Shinewater Park, includes a route around the lake, parts NCN 21
<https://new.eastsussex.gov.uk/leisure-tourism/countryside-sites/shinewater> for details (4/24)

Dyke Railway Trail, Hangleton,Hove/Devil's Dyke, (OS 198, GR 270 075/262 105) 2½ mls
http://fulking.net/wp-content/uploads/2013/01/Dyke_Railway_Trail_1989.pdf for details (4/24)

Friston Forest – cycling and mountain biking trails
www.forestryengland.uk/friston-forest/cycling-and-mountain-biking-trails-friston-forest to download (4/24)

The Downs on Your Doorstep, Stanmer and Ditchling Beacon (2006)
www.brighton-hove.gov.uk/sites/default/files/migrated/article/inline/downloads/countryside/stanmer_ditch_2006_web_version.pdf
to download

The Downs on Your Doorstep, Chattri and the Windmills (2003)
www.brighton-hove.gov.uk/sites/brighton-hove.gov.uk/files/downloads/countryside/chattri_windmills_V7.pdf to download (4/24)

Brighton & Hove Online Cycle Map
www.brightonandhovecyclemap.co.uk for details (4/24)

Coast Cycle Route, Rottingdean to Shoreham Port (NCN 2) 9 mls
www.sustrans.org.uk/find-a-route-on-the-national-cycle-network/rottingdean-to-shoreham-port/ for details (4/24)

Hastings Seafront Walk & Cycle Route 4 mls
www.hastings.gov.uk/content/coastline_beaches/coastalroute for details (4/24)

South Downs Way Mountain Bike Guide (2019)
www.southdowns.gov.uk/wp-content/uploads/2016/02/SDW_MountainBikeGuide_2019-WEB.pdf to download

South Downs Cycle Rides, Peacehaven
www.southdowns.gov.uk/wp-content/uploads/2016/02/South-Downs-Leaflet-Peacehaven-cycle-rides.pdf to download

Cycle rides near Lewes and Falmer
www.southdowns.gov.uk/wp-content/uploads/2015/01/Cycle-Rides-near-Lewes-and-Falmer.pdf to download (7/24)

South Downs Way, Walker's Route Map **£15.95** (XT40 Edition)
www.harveymaps.co.uk/acatalog/South-Downs-Way-YHWRSD.html#SID=4 for details (7/24)

South Downs Way East Splash Map £27.49
www.splash-maps.com to order on-line (4/24)

The South Downs Way, Official National Trail Guide, Paul Millmore **£16** (2022, Francis Lincoln)
A-Z Adventure Atlas, South Downs Way £8.95 (2017, Aurum Press)
<https://thetrailsshop.co.uk> to order on-line (7/24)

South Downs Way, Winchester to Eastbourne, Henry Stedman & Jim Manthorpe **£14.99** (8th Edition)
www.trailblazer-guides.com/book/south-downs-way to order on-line (7/24)

Mountain Biking on the South Downs, Peter Edwards **£17.95** (2011)
Walking the South Downs Way, Kev Reynolds **£17.95** (2023)
www.cicerone.co.uk/ to order on-line (7/24)

Cycle Maps UK

4. South Downs, The New Forest & The Isle of Wight Cycle Map (1:100 000) **£8.99** (2023)
www.cordee.co.uk/products/maps/uk/cycling/south-downs-and-the-new-forest-ccy360.html to order on-line

5. Kent & East Sussex Cycle Map (1:100 000) **£8.99** (2023)
www.cordee.co.uk/products/maps/uk/cycling/kent-cycle-map-featuring-the-high-weald-and-kent-downs-ccy361.html to order on-line
(6/24)

Lewes Country Routes Map FREE (3rd Edition)
www.cyclelewes.org.uk/maps to download/obtain (4/24)