

## East SUSSEX – October 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 (10/24)

**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](http://fulking.net/wp-content/uploads/2013/01/Dyke_Railway_Trail_1989.pdf) for details (10/24)

**Friston Forest – cycling and mountain biking trails**  
[www.forestryengland.uk/friston-forest/cycling-and-mountain-biking-trails-friston-forest](http://www.forestryengland.uk/friston-forest/cycling-and-mountain-biking-trails-friston-forest) to download (10/24)

**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](http://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](http://www.brighton-hove.gov.uk/sites/brighton-hove.gov.uk/files/downloads/countryside/chattri_windmills_V7.pdf) to download (10/24)

**Brighton & Hove Online Cycle Map**  
[www.brightonandhovecyclemap.co.uk](http://www.brightonandhovecyclemap.co.uk) for details (10/24)

**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/](http://www.sustrans.org.uk/find-a-route-on-the-national-cycle-network/rottingdean-to-shoreham-port/) for details (10/24)

**Hastings Seafront Walk & Cycle Route** 4 mls  
[www.hastings.gov.uk/content/coastline\\_beaches/coastalroute](http://www.hastings.gov.uk/content/coastline_beaches/coastalroute) for details (10/24)

**South Downs Way Mountain Bike Guide (2019)**  
[www.southdowns.gov.uk/wp-content/uploads/2016/02/SDW\\_MountainBikeGuide\\_2019-WEB.pdf](http://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](http://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](http://www.southdowns.gov.uk/wp-content/uploads/2015/01/Cycle-Rides-near-Lewes-and-Falmer.pdf) to download (10/24)

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

**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](http://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/](http://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-cy360.html](http://www.cordee.co.uk/products/maps/uk/cycling/south-downs-and-the-new-forest-cy360.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-cy361.html](http://www.cordee.co.uk/products/maps/uk/cycling/kent-cycle-map-featuring-the-high-weald-and-kent-downs-cy361.html) to order on-line  
(7/24)

**Lewes Country Routes Map FREE** (3rd Edition)  
[www.cyclelewes.org.uk/maps](http://www.cyclelewes.org.uk/maps) to download/obtain (10/24)