



## THE ADVENTURE BEGINS WITH THE JOURNEY

The South Downs National Park has great public transport links and is easily accessible from London, Portsmouth, Winchester, Brighton and Eastbourne so why not start your adventure by hopping on a bus or train?

Sit back, relax and enjoy the sights without having to keep your eyes on the road. Enjoy the company of your travel companions, have a chat, play a game and take in the rolling hills, winding rivers, fairytale castles and majestic woodlands.

Buses and trains can take you to all kinds of places in the South Downs National Park – museums, stately homes, foot paths and country pubs, where you can enjoy a drink without having to worry about the drive home.

Find out more about how you can get around and explore the South Downs National Park at: [southdowns.gov.uk/getting-around](http://southdowns.gov.uk/getting-around)

The South Downs National Park Authority produces a range of itineraries and guides online, in print and through the mobile app View Ranger. For more information visit [southdowns.gov.uk/enjoy](http://southdowns.gov.uk/enjoy) or call us on 0300 303 1053.

### General travel information

#### Traveline:

0871 200 22 33 / [traveline.info](http://traveline.info)

#### National Rail Enquiries:

03457 484950 / [nationalrail.co.uk](http://nationalrail.co.uk)

#### Traintracker:

text station name to 84950

### Bus Operators

#### Brighton & Hove Buses:

01273 886200 / [buses.co.uk](http://buses.co.uk)

#### Compass Travel:

01903 690025 / [compass-travel.co.uk](http://compass-travel.co.uk)

#### Xelabus:

0238 064 4715 / [xelabus.uk](http://xelabus.uk)

#### Cuckmere Community Bus:

01323 870920 / [cuckmerebus.freeuk.com](http://cuckmerebus.freeuk.com)

#### Stagecoach:

0845 121 0190 / [stagecoachbus.com/south](http://stagecoachbus.com/south)

### Railway Operators

#### Southern:

0845 127 2920 / [southernrailway.com](http://southernrailway.com)

#### South West Trains:

0845 6000 650 / [southwesttrains.co.uk](http://southwesttrains.co.uk)

#### First Great Western:

08457 000 125 / [firstgreatwestern.co.uk](http://firstgreatwestern.co.uk)

#### Cross Country:

0844 811 0124 / [crosscountrytrains.co.uk](http://crosscountrytrains.co.uk)

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# HAVE AN ADVENTURE IN THE SOUTH DOWNS NATIONAL PARK BY BUS AND TRAIN



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The South Downs National Park has something for everyone – historic houses and highflying paragliders, exhilarating climbs and breath-taking views, cosy pubs serving locally brewed beer and fabulous food. Here are a few ideas to inspire you but you'll find even more on our website [southdowns.gov.uk](http://southdowns.gov.uk)



## AN ADVENTURE OUTSIDE

The South Downs National Park has over 3,000 km of rights of way for you to explore on foot, horseback or bike. Not sure where to go? Check out trails on View Ranger, the outdoors app, or visit our website for more walks and itineraries. For family-friendly cycling, book onto one of our Discovery Rides which take place regularly across the South Downs. Find out more at [southdowns.gov.uk/discoveryrides](http://southdowns.gov.uk/discoveryrides)

For a day out with a difference why not try geocaching? There are geocaches all over the South Downs – for more information visit [southdowns.gov.uk/geocaching](http://southdowns.gov.uk/geocaching)



## AN EXTREME ADVENTURE

If you want a bit of adrenalin with your adventure you'll find plenty of choice in the South Downs National Park. You can see the world from horseback, descend challenging trails on a mountain bike, or take to the skies in a glider or paraglider. There are centres for these activities across the South Downs. For more information visit [southdowns.gov.uk/explore](http://southdowns.gov.uk/explore).



## AN ADVENTURE BACK IN TIME

Discover what life was like in the South Downs with a trip to a stately home or the Amberley Museum & Heritage Centre. Or get a glimpse into the life of an historical figure like Jane Austen or the naturalist Gilbert White by visiting the houses where they lived and worked.



## A GASTRONOMIC ADVENTURE

85 per cent of the South Downs is farmland. There are sheep and cattle grazing, orchards, vineyards and fields of wheat. The South Downs is overflowing with delicious local food and drink. Home to English sparkling wine it has over 20 vineyards and more than 50 breweries. Visit [southdownsfood.org](http://southdownsfood.org) to discover your new favourite dish at one of the many local pubs, restaurants, cafés and farm shops.