

HOW TO GET THERE

The South Downs Way (SDW) is easily reached by using the National Park's extensive rights of way network. Here are some useful signed routes which are shown on the map:

- National Cycle Network route 23
- Meon Valley Trail
- The Shipwrights Way
- The Downs Link
- National Cycle Network Route 20
- The Egrets Way
- Cuckoo Trail



TAKE THE TRAIN

The closest railway stations are Winchester, Petersfield, Amberley, Hassocks, Brighton, Falmer, Lewes, Southease, Berwick and Eastbourne. All train operators carry bikes free of charge outside of rush hour, but space is limited. Pick up a copy of our free *Public Transport Guide*, visit nationalrail.co.uk or call National Rail Enquiries on **03457 48 49 50** to plan your journey.

LOVE THE SOUTH DOWNS WAY?

You can donate to help maintain and improve the trail. Visit nationaltrail.co.uk/south-downs-way/donate to help make a difference

THE SOUTH DOWNS NATIONAL PARK

From rolling hills to bustling market towns, the South Downs National Park's landscapes cover 1,600km² of breathtaking views, hidden gems and quintessentially English scenery. A rich tapestry of wildlife, landscapes, tranquillity and visitor attractions, weave together a story of people and place in harmony.

FIND YOUR WAY

Follow the Acorn symbol for the South Downs Way. For other rights of way use the arrows on waymarkers to pick your route.

Footpath	→	
Bridleway	→	
Restricted byway	→	
Byway	→	
Open access land	→	

TAKE THE LEAD

For a safe and fun visit with your dog please remember to keep them on a lead around livestock and wildlife. Always bag and bin your dog poo – any public bin will do!

CONTACT

South Downs National
Park Authority:
01730 814810

@southdownswaynt
@SDNPA
 /SDNPA
 southdownsnp

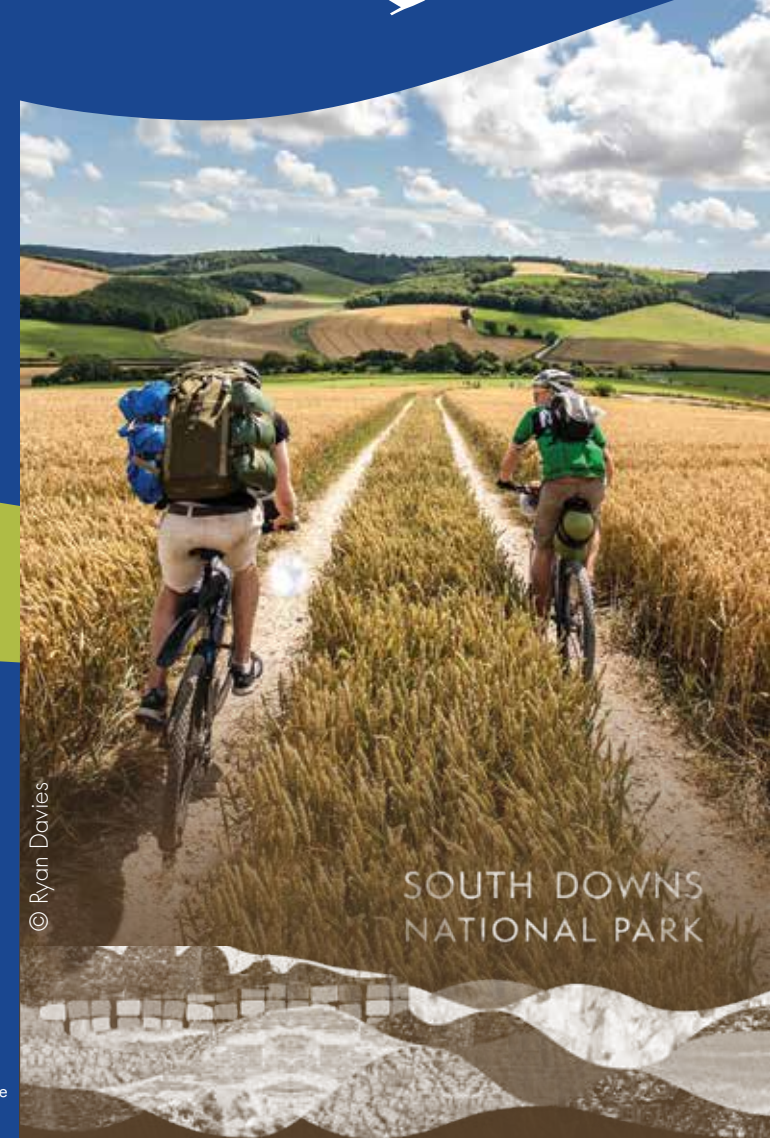
SOUTH DOWNS.GOV.UK

Details correct at time of going to print. Please be aware that routes are shared with other users (vehicles, pedestrians, dogs, horses etc.) and users of this route do so at their own risk. We do not accept any responsibility for loss, damage or injury, however caused, arising directly or indirectly from use of this leaflet. Contains Ordnance Survey data © Crown copyright and database right 2013. SDNPA/Ministry of Design/May 2019 ©SDNPA Crown Copyright

THE SOUTH DOWNS WAY

MOUNTAIN BIKE GUIDE

NATIONAL TRAIL



© Ryan Davies

SOUTH DOWNS NATIONAL PARK



Please recycle me after use

MOUNTAIN BIKING CODE OF CONDUCT



1. STAY ON TRACK: Only ride off road on bridleways, restricted byways & byways.

2. RESPECT OTHER USERS: On bridleways you must give way to walkers and horse riders. Make sure they can hear your approach with a friendly shout or ring of a bell and pass considerately.



3. BUNCHING IS HARASSING: If you're a large group, ride in smaller groups of three or four. If the leader opens a gate be sure that the last one through closes it.

4. PREVENT EROSION: Ride with control and at a speed where you can stop safely without skidding.



5. RESPECT OUR ANCESTORS: Avoid lumps and bumps next to the Trail, these are probably ancient burial mounds or other historic sites.



6. FOLLOW THE COUNTRYSIDE CODE: Remember to leave gates and property as you find them, protect plants and animals, take all your litter home and keep dogs under close control.

7. TAKE PRIDE IN YOUR BIKE: A well maintained bike is a safe bike that makes your ride easier. Check brakes and tyres before you ride and take a small repair kit and spare inner tube with you.



8. ENJOY THE RIDE: Make time to stop and take in the views. When resting, please stop to one side of the Trail to allow others to pass.



THE SOUTH DOWNS WAY

The South Downs Way (SDW) is a 100 mile/160 km long-distance off road National Trail which runs the entire length of the South Downs National Park.

It can be ridden on a mountain bike along its entire length running between Winchester, the Saxon capital of England, and the white cliffs of Eastbourne.

With a total of 3,800 metres, or 12,600ft of ascent, it normally takes 2-4 days to ride, but can be done in a day if you are extremely fit and enjoy a challenge. Alternatively it can be enjoyed as short excursions with the whole family.

FOR MORE INFORMATION

Full lists of available maps and guides, where to stay, suggested circular rides, to claim your official certificate, to report an issue and much more visit nationaltrail.co.uk/south-downs-way.

For up to date information about route conditions, events and diversions please follow us on twitter [@southdownswaynt](https://twitter.com/southdownswaynt)

GUIDED TRIPS & HOLIDAYS

Long distance walking or riding is a real adventure, but sometimes it can be tricky knowing where to start with arranging accommodation and for your bags to be carried. For detailed information about holiday providers visit nationaltrail.co.uk/south-downs-way/holiday-planning

→ **South Downs Way Tours** – southdownswaytours.com

→ **Walk & Cycle** – 01730 266432
walkandcycle.co.uk/cyclehire



SOUTH DOWNSWAY

TAKING PART OR RUNNING AN EVENT?

If you want to enter a mountain bike ride on the South Downs Way or you're organising one, visit nationaltrail.co.uk/south-downs-way/events. Here you can search for or add events and download our 'Events Guidelines'.

TOP TIPS

- Always observe the Mountain Biking Code of Conduct
- Wear a cycle helmet
- Take enough food and drink
- Carry a map
- Consider carrying a small first aid kit
- Consider carrying a mobile phone
- If alone, always tell someone your route and when you'll be back

MILEAGE CHART

Distances between main access points along the bridledway route

Winchester	9	13	23	29	36	43	48	54	61	63	68	70	75	82	90	94	98
The Millburys Inn (Beauworth)	4	14	20	27	34	39	45	52	54	57	61	66	73	81	85	89	
Exton Village (The River Meon)	10	16	23	30	35	41	48	50	53	58	65	71	77	85	89		
Queen Elizabeth Country Park	6	13	20	27	31	38	43	47	53	61	69	75	82	90	94		
Harting Down	7	14	21	28	32	39	46	53	61	69	77	85	93	101	109		
Cocking Hill Car Park (A286)	5	12	19	26	30	37	44	51	59	67	75	83	91	99	107		
Bignor Hill	6	13	20	27	31	38	45	52	60	68	76	84	92	100	108		
Amberley Village (River Arun)	7	14	21	28	32	39	46	53	61	69	77	85	93	101	109		
Washington Village (A24)	8	15	22	29	33	40	47	54	62	70	78	86	94	102	110		
River Adur	2	9	16	23	27	34	41	48	56	64	72	80	88	96	104		
Truleigh Hill	3	10	17	24	28	35	42	49	57	65	73	81	89	97	105		
Devil's Dyke	4	11	18	25	29	36	43	50	58	66	74	82	90	98	106		
Ditchling Beacon	5	12	19	26	30	37	44	51	59	67	75	83	91	99	107		
Housedean Farm	7	14	21	28	32	39	46	53	61	69	77	85	93	101	109		
Southease	8	15	22	29	33	40	47	54	62	70	78	86	94	102	110		
Alfriston	4	11	18	25	29	36	43	50	58	66	74	82	90	98	106		
Jevington	8	15	22	29	33	40	47	54	62	70	78	86	94	102	110		
Eastbourne	4	11	18	25	29	36	43	50	58	66	74	82	90	98	106		

REPAIR SHOPS

- Hargroves Cycles Ltd, Winchester – 01962 840707 – hargrovescycles.co.uk
- Peter Hansford Cycles, Winchester – 01962 877555 – peterhansford.co.uk
- Owens Cycles, Petersfield – 01730 260446 – owenscycles.co.uk
- South Downs Bikes, Storrington – 01903 745534 – southdownsbikes.com
- Giant Shoreham – 01273 463579 – giant-shoreham.co.uk
- M's Cycles, Shoreham – 01273 567591 – mscycles.co.uk
- Freedom Bikes, Brighton – 01273 681698 – freedombikes.co.uk
- Rayments, Brighton – 01273 697617 – raymentscycles.com
- Cycle Shack, Lewes – 01273 479688 – cycleshack.co.uk
- Mr Cycles, Seaford – 01323 893130 – mrcycles.co.uk
- Evolution Cycles, Eastbourne – 01323 737320 – evocycles.co.uk
- Phoenix Cycles, Eastbourne – 01323 729060 – phoenixcycles.co.uk
- The Tri Store, Eastbourne – 01323 417071 – thetristore.com

HIRE SHOPS (repair also available)

- 1 Bespoke Biking, Winchester – 07920 776994 – bespokebiking.com
- 2 Meon Springs, East Meon – 01730 823134 – meonsprings.com/cycle-hire
- 3 Alice Holt, Farnham – 01420 521297 – leisurecentre.com/Cycling/alice-holt-cycle-centre
- 4 All Ride Now, Midhurst – 01730 817563 – allridenow.co.uk
- 5 Midhurst Bike Repair, Midhurst – 07765 776454 – midhurstbikerepair.co.uk
- 6 Summit Bikes, Selsey – 01243 697547 – summitbikes.co.uk
- 7 Chalkpit Trails – 07921 455303 – chalkpittrails.co.uk (mobile, but mainly out of Amberley station)
- 8 Southwater Cycles, Billingshurst – 01403 732561 – southwatercycles.com
- 9 Cyclelife Shoreham – 01273 596368 – cyclelife.com
- 10 Hassocks Community Cycle Hire, Hassocks – 07521 961909 – hassockscommunitycyclehire.com



— South Downs National Park Boundary
— South Downs Way
— South Downs Way Footpath Only
— National Cycle Network route (NCN)
— Additional cycle route
- - - Planned Cycle Route
— Railway
● Railway stations
▲ Countryside sites
■ Settlement
i Visitor Information
⊘ No cycling
T Drinking water taps
T Repair stations

SOUTH DOWNSWAY PROFILE

