

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.

For your guide to everything there is to see and do in the National Park visit southdowns.gov.uk/discovery-map

Keep up to date with the latest news and events from the South Downs National Park. southdowns.gov.uk/newsletter



YOUR COUNTRYSIDE CODE: RESPECT. PROTECT. ENJOY.

Respect other people

- Leave gates and property as you find them
- Keep to the paths unless on Open Access Land



Protect the natural environment

- Take your litter home
- Keep dogs under effective control

Enjoy the outdoors

- Plan ahead and be prepared
- Follow advice and local signs

THE EGRETS WAY

A stunning permissive shared path through the lower Ouse Valley in the South Downs National Park, the Egrets Way runs from the county town of Lewes to the Port of Newhaven.

Sustainable access to the South Downs National Park

The route is approximately 7 miles long following the course of the River Ouse and crosses the South Downs Way National Trail at Southease.

With Kingston Downs on the western side, Firl escarpment to the east and Mount Caburn to the north the Egrets Way offers an accessible shared path for cyclists, mobility vehicle users and runners through the South Downs.

Ouse Valley Cycle Network

Initiated back in 2011 by a group of local residents to create a safe largely off-road cycling route between Lewes and Newhaven and to connect the Lower Ouse valley towns and amenities, the Egrets Way is now almost complete, with planning for the final section underway.

Ouse Valley Cycle Network has progressed the Egrets Way with support from South Downs National Park Authority, South Downs Trust, Sustrans, Lewes District Council, Department for Transport, National Highways, East Sussex County Council and various charitable trusts and foundations.



THE EGRETS WAY

Lewes to Newhaven



SOUTH DOWNS NATIONAL PARK



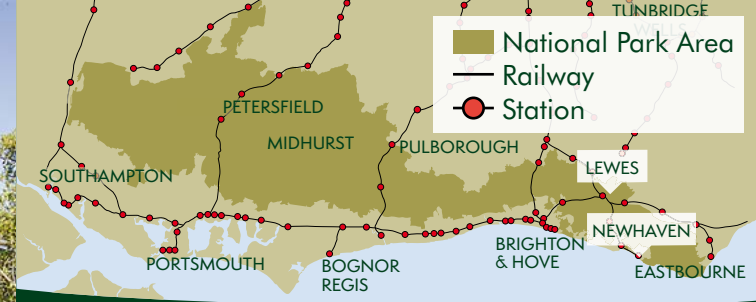
Egrets Way
© Andrew Pickett Photo.com



Littel egret
© John Lauper



Monk's House
© AndrewPickettPhoto.com



POINTS OF INTEREST

★ **Lewes Castle**
Built shortly after the Norman invasion to dominate and control the Sussex coast. Royal forces encamped here before engaging in the Battle of Lewes in 1264. The castle was later used as a prison and a warehouse for wool.

★ **Anne of Cleves House**
Explore Tudor life recreated in this stunning timber framed medieval house dating from the 15th century given to Anne of Cleves at the end of her short marriage to Henry VIII.

★ **Linklater Pavilion & Lewes Railway Land Nature Reserve**
Bringing nature into the heart of Lewes town, this reserve has been created from a repurposed railway marshalling yard and is now a buzzing urban wildlife haven – with woodland, reed bed, ponds and flood plain. The Railway Land Wildlife Trust is based at the sustainably built community event space – Linklater Pavilion.

★ **Monk's House**
Discover more about the fascinating and unconventional lives of the Bloomsbury Group of the early 20th century by visiting the tranquil former home and garden of the novelist Virginia Woolf and her husband Leonard. Today Monk's House in the rural Sussex village of Rodmell is a popular site run by the National Trust.

★ **Mount Caburn**
Once an Iron Age fort, there are well over 140 burial pits on this hill. At 150m it has a commanding view over the whole Ouse valley.

★ **Southeast Church**
Historic St Peter's Church in the pretty village of Southeast was built in the 12th century and has one of only three round towers in Sussex. The others are St John's at Piddinghoe and St Michael's Church in Lewes.

★ **Newhaven Fort**
Overlooking Seaford Bay, Newhaven Fort was built in the 19th century to protect the harbour at Newhaven. Now a museum, discover the impressive fortifications that are thought to be the largest work of defence ever built in Sussex.

Accessibility

To view accessible routes and activities in the National Park please scan here.



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!

Getting here

By bus: Regular service on C7 – Lewes-Piddinghoe-Newhaven Road and Newhaven-Lewes / Lewes-Newhaven. Visit traveline.info to plan your journey.

By rail: Regular services between Lewes-Southeast-Newhaven Town. Visit traveline.info to plan your journey.

By Ferry: Newhaven has an international Ferry Port

Contact

South Downs National Park Authority: 01730 814810

 @SDNPA  /SDNPA

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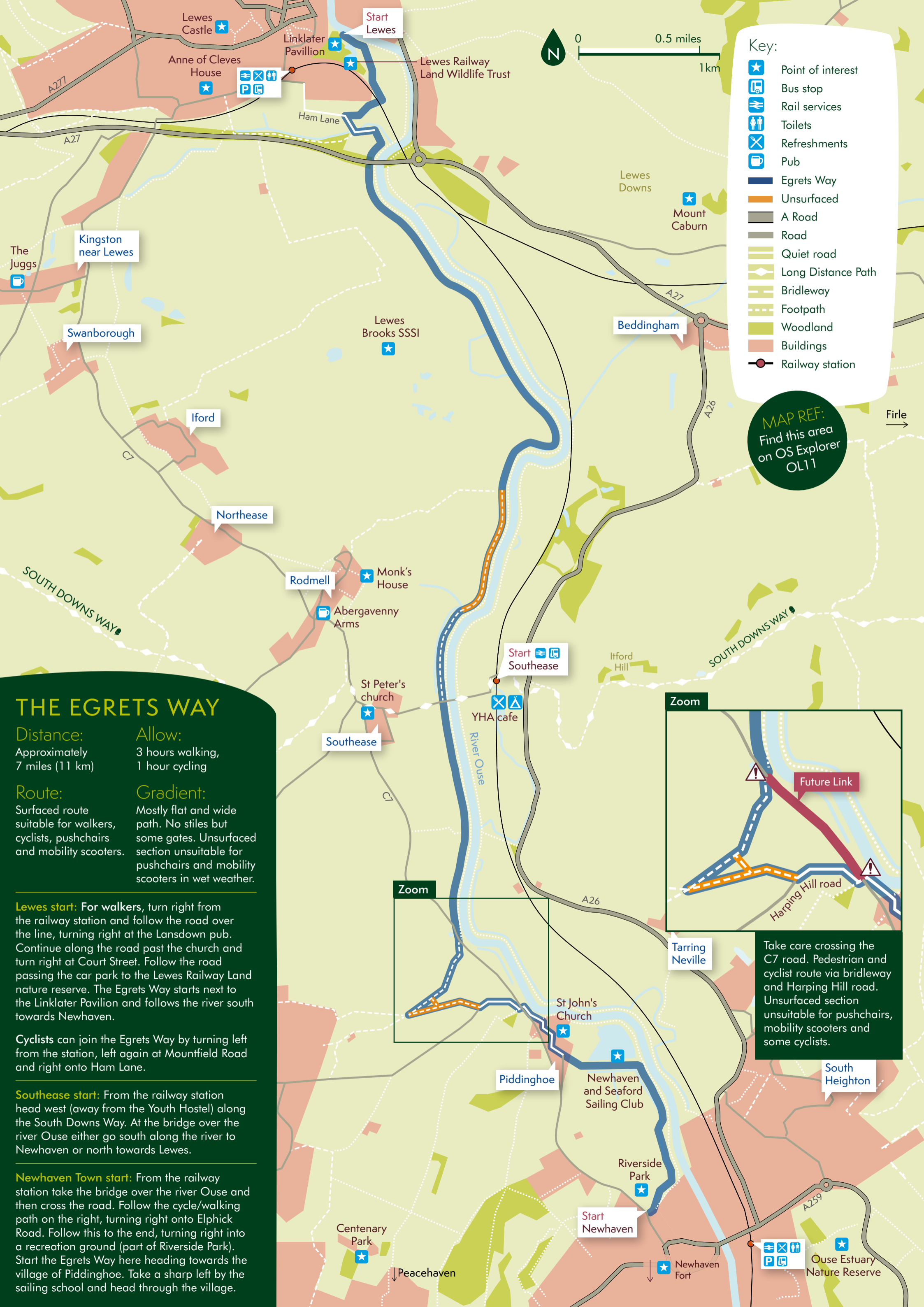
Ouse Valley Cycle Network: egretsway.org.uk

SOUTHDOWNS.GOV.UK

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Please recycle me after use



Key:

- Point of interest
- Bus stop
- Rail services
- Toilets
- Refreshments
- Pub
- Egrets Way
- Unsurfaced
- A Road
- Road
- Quiet road
- Long Distance Path
- Bridleway
- Footpath
- Woodland
- Buildings
- Railway station

MAP REF:
Find this area
on OS Explorer
OL11

THE EGRETS WAY

Distance: Approximately 7 miles (11 km)

Allow: 3 hours walking, 1 hour cycling

Route: Surfaced route suitable for walkers, cyclists, pushchairs and mobility scooters.

Gradient: Mostly flat and wide path. No stiles but some gates. Unsurfaced section unsuitable for pushchairs and mobility scooters in wet weather.

Lewes start: For walkers, turn right from the railway station and follow the road over the line, turning right at the Lansdown pub. Continue along the road past the church and turn right at Court Street. Follow the road passing the car park to the Lewes Railway Land nature reserve. The Egrets Way starts next to the Linklater Pavilion and follows the river south towards Newhaven.

Cyclists can join the Egrets Way by turning left from the station, left again at Mountfield Road and right onto Ham Lane.

Southease start: From the railway station head west (away from the Youth Hostel) along the South Downs Way. At the bridge over the river Ouse either go south along the river to Newhaven or north towards Lewes.

Newhaven Town start: From the railway station take the bridge over the river Ouse and then cross the road. Follow the cycle/walking path on the right, turning right onto Elphick Road. Follow this to the end, turning right into a recreation ground (part of Riverside Park). Start the Egrets Way here heading towards the village of Piddinghoe. Take a sharp left by the sailing school and head through the village.



Take care crossing the C7 road. Pedestrian and cyclist route via bridleway and Harping Hill road. Unsurfaced section unsuitable for pushchairs, mobility scooters and some cyclists.