

## ROUTE ONE \*\*\*\*\*\*\*\*\*\*\*

Cycling from Brighton to Charleston 70 minutes; 16.5 miles (26.6km) Elevation gain 1140ft (347.5m)

Scenic route that includes some hills. Suitable for more experienced cyclists.

Leave Brighton on the Lewes Road, following the cycle path past Brighton University and Moulsecoomb Wild Park. Soon after the park, a third lane will open with the option to turn left at a traffic light junction. Stay in the marked cycle lane through the lights following the road markings onto the path adjacent to the carriageway, which continues downhill for a while. Once at the bottom, cross the pedestrian crossing and ride under the concrete flyover uphill.

Staying on the path you'll pass the entrance to Stanmer Park on your left and up ahead will be a blue sign pointing a slight right in the path towards the University of Sussex. At the cycle path crossroads continue straight over towards the A27 around a few twists and turns before riding uphill towards a roundabout.

Here the route crosses the road and continues past some houses on your left until it meets a road soon after. Join this, continuing straight ahead until you see some metal railings. Careful here as the road bends sharply left behind a wall and cars cannot see you until the last minute when you continue straight ahead. Pass through the railings and down parallel to the A27. Continue until you meet a road intersecting the cycle path. Take a left and immediate right at this point and follow this for about one mile. You'll see a blue sign where the cycle route becomes a path again alongside a stone wall on your left. Join this towards Lewes, passing a petrol station and layby which normally has a food van parked in it.

When you get to a roundabout take a left and re-join the road when the cycle path ends. Continue straight ahead at the crossroads and head through Lewes along the High Street. The road will turn to cobbles as you join part of the one-way system and a lane of traffic heading in the same direction will

join you on the left. Before the bottom of the hill, join this lane which will take you over the River Ouse. Cross straight over the next two roundabouts avoiding the tunnel on your right. You'll now head up a fairly long steep hill out of Lewes.

As the road is levelling out there will be a signpost and road on your right towards Ringmer and Glyndebourne. Take this and immediately cross over to join the wonderful new cycle path which runs alongside the right-hand side of this busy road. When this comes to an end, turn right onto the road and head up the hill which stretches out in front of you. There are some great views to be had at the top on a clear day. This road now continues down a few magnificent hills into Glynde village which are well worth climbing.

From here follow directions in **Route 2 from Glynde train station.** 

## ROUTE TWO .......

Cycling from Glynde train station to Charleston 20 minutes; 3.2 miles (5.1 km) Elevation gain 268ft (82m)

Scenic route that is reasonably easy.

This route begins on road, but then takes bridleways from Firle village. Starting at the train station turn right, in a few metres, opposite the Trevor Arms, turn left up the hill past the row of houses and some allotments on the right. Continue down the lane to the T junction with the A27, then turn left on to the tarmac cycle path, towards Polegate and Eastbourne.

Turn right at the signpost to Firle. After about 200m, past the entrance to Firle Place, the lane bends round to the left, named The Street. Continue along The Street, passing Firle School on your right and shortly afterwards a car park on your left, until you reach the Ram Inn. Follow the road round to the right. At the end of this residential street there will be Firle Stores on your left. Take the road up to the right. Continue straight ahead as it turns into a track, passing a church to your left. After about 100m the bridleway will bend around to the

left. You are now on a wide chalky track that is known as Old Coach Road.

Cycle on this track for about 2.5 km, ignoring all turnings to the left until you reach a crossroads of paths. At these crossroads, at the bottom of a very slight undulation, there is a footpath going up the Downs to your right and a main bridleway on your left. Take the bridleway to the left and follow it down to the houses and barn. After about 500m the bridleway turns into a concrete track that bends to the left. On your right is a driveway to Tilton House, where John Maynard Keynes and Lydia Lopokova lived from 1926.

At the end of the track there will be a signpost for Charleston via the track on the left. In about 200m you will arrive at Charleston, with the pond on the right and the Charleston Shop on the left.

## ROUTE THREE \_\_\_\_\_

Cycling from Berwick train station to Charleston 20 minutes; 3.3 miles (5.3km)

Elevation gain 214ft (65m)

## Reasonably easy route, mainly on road or gravel track.

Turn right out of the train station and head downhill, passing a pub and a little post office on your left. At the bottom of the hill there is a crossroads. Turn right. Follow this lane until it reaches another crossroads. Take care at this junction because it is a busy corner. Cross straight over onto Bo Peep Lane, following it past newly planted trees on your right until you get to a house marked Bo Peep B&B. Take a right turn along a gravel track and follow this passing a cottage and a barn. Soon after the barn there is a small downhill; at the bottom of this, take a right-hand turn.

After about 500m the bridleway turns into a concrete track that bends to the left. On your right is a driveway to Tilton House, where John Maynard Keynes and Lydia Lopokova lived from 1926. At the end of the track there will be a signpost for Charleston via the track on the left. In about 200m you will arrive at Charleston, with the pond on the right and the Charleston Shop on the left.