

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

POINTS OF INTEREST

★ ST LAURENCE CHURCH

Standing on a slope this 11th century church has a tower and north arcade dating back to circa 1200. The tower is built of flint but has a plinth made of ironstone.

★ ST PETERS CHURCH

Traced back over 1000 years to medieval times this church was mentioned in the Domesday Book. The irregular conical spire is one of only three round towers in Sussex, all of which are located in the Ouse Valley. Like the other two round towers at Piddinghoe and Lewes, this one probably dates back to the first half of the 12th century.

★ SOUTHEASE BRIDGE

This Grade 2 Listed cast iron swing bridge built in 1880 links Southease Parish which was divided by a 'cut' in the Ouse created in 1791 to improve the river's flow. The bridge has two cast-iron spans, one of which rotated through 90 degrees to allow sea going barges access to Lewes from

Newhaven. After Asham chalk pit closed in 1967 commercial river traffic ceased and with it the need for the bridge to swing open.

Southease Railway Station is 300m beyond the bridge and the YHA South Downs Courtyard Cafe is a further 200m after the station.

★ EGRETS WAY

This multiuser path alongside the River Ouse has been formed by a community project, led by the South Downs National Park Authority, and when completed will link Lewes to Newhaven.

★ MONK'S HOUSE

This tranquil 17th century cottage was inhabited by the novelist Virginia Woolf from 1919 and is now managed by the National Trust. The Woolfs bought Monk's House for the 'shape and fertility and wildness of the garden'. Today, the lovely cottage garden contains a mix of flowers, vegetables, orchards, lawns and ponds.































SOUTH DOWNS CYCLE RIDES PEACEHAVEN



SOUTH DOWNS
NATIONAL PARK



























EGRETS WAY LOOP







SHORTHAND DIRECTIONS

DISTANCE	DIRECTION	
TOTAL (KM)		
1 0.0		
2 0.5		
3 1.8		
4 3.1		
5 3.4		
6 4.2		
7 4.7		
8 5.6		
9 6.6		
10 7.5		
11 9.1		
12 10.3		
13 11.1		
14 11.6		
15 12.9		

IFORD HILL LOOP

SHORTHAND DIRECTIONS

DISTANCE	DIRECTION	
TOTAL (KM)		
1 0.0	REPEAT EGRETS WAY INSTRUCTIONS 1-4	
5 3.4		
6 3.8		
7 6.5		
8 8.3		
9 9.9		
10 11.0		
11 12.4		
12 15.3		
13 16.9		
14 18.1		
15 18.9		
16 19.4		
17 20.7		

Guide	 Sealed surface	 Post/gate	 Cattle grid
	 Gravel surface	 Building	 House



FIND YOUR WAY

Follow the arrows on waymarkers along the route.

Footpath



Bridleway



Restricted byway



Byway



Open access land



GETTING HERE

By Rail: The nearest station is Newhaven (approx. two miles along the National Cycle Network Route 2). (Southeast Station is less than 1/2 mile from both routes). Both stations are on the Lewes to Seaford line. Visit nationalrail.com/uk

By Bus: Frequent buses to Peacehaven from Brighton, Newhaven and Eastbourne. Visit traveline.info/se to plan your journey.

CONTACT

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 @SDNPA  /SDNPA
 southdownsnp

All leaflets are available for free download on the View Ranger mobile app – viewranger.com



SOUTHDOWNS.GOV.UK

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Explore chalk downland, picturesque villages, stunning views and the meandering River Ouse.

KEY:

- | | | | |
|--|-------------------|--|------------------------|
| | Point of interest | | Iford Hill Loop |
| | Pub | | Road |
| | Refreshments | | Long Distance Path |
| | Toilets | | Footpath |
| | Parking | | Bridleway |
| | Bus stop | | Woodland |
| | Route point | | Buildings |
| | Railway station | | National Park boundary |
| | Egrets Way Loop | | |



IFORD HILL LOOP

DISTANCE:

13 miles (21 km)

ALLOW:

2–3 hours (can be walked in 5–6 hours)

ROUTE:

Bridleways, gravel tracks and some quiet lanes. Suitable for mountain bikes with off-road/knobbly tyres.

GRADIENT:

Quite undulating with one steep descent on gravel.

Follow instructions 1–4 from the Egret's Way loop

1 After joining the tarmac road for 20m, turn left along the gravel track across open farmland.

2 After a cattle grid, turn right and through a gate after 50m onto farmland (passing a white house to the left). Follow the bridleway for approximately 1 3/4 miles. Take care as the track is rutted for 500m and can be quite muddy.

3 Turn right and stay on the wider gravel track up the steep hill that ascends for 1/2 a mile. Take care as the track is steep with loose material and some gullies.

4 Stay on the concrete track, turning right to join the South Downs Way. Enjoy the glorious views over the Lower Ouse valley towards Mount Caburn and Ifford Hill to the east. Take care and watch your speed descending the hill for 1 mile.

5 Continue through the gates, crossing a couple

of farm tracks staying on the South Downs Way. Take care descending the farmland as the trail can be slippery and muddy.

6 Turn left at Mill Lane signposted to Rodmell and descend towards the village. Take care turning left (on the 'C7' Lewes Road) and immediately right onto The Street by the pub signposted to Monk's House.

7 After Monk's House continue straight ahead onto a gravel bridleway, passing a car park to the right. By the River Ouse turn right and pass through a gate onto the Egrets Way signposted to Southease and Piddinghoe. The bridleway is unsurfaced for 1/2 mile and can be rough and muddy. Pass through the next gate joining the surfaced path of the Egrets Way.

8 Pass through two gates near Southease Bridge crossing the lane and continue along the Egrets Way surfaced path. Now follow instructions 11–14 of the Egret's Way route to finish your ride.

EGRETS WAY LOOP

DISTANCE:

8 miles (13 km)

ALLOW:

1.5–2 hours
(can be walked in 2–3 hours)

ROUTE:

Bridleways, gravel tracks and some quiet lanes. Suitable for mountain bikes with off-road/knobbly tyres.

GRADIENT:

Gently undulating with one moderate descent on gravel and one steep descent and two ascents on tarmac.

1 Start from Gateway Cafe at Centenary Park, passing to the right of the play area. Proceed down the hill, crossing a small road and continue uphill following the gravel path.

2 Turn left following the uneven bridleway, then turn left at the concrete road, passing the houses and business units. Take care crossing Pelham Rise road and proceed along Glynn Road for approximately 1/2 mile.

3 Continue through the bollards along Glynn Road West then turn left at the T junction onto Telscombe Road for approximately 200m. Turn right onto a gravel road, note the sign saying 'No Access to C7'. Follow the gravel road for 1/2 mile to Telscombe Tye.

4 Proceed through the gate and follow the track uphill. Take care – the surface is quite loose with small gullies.

5 Join the tarmac road, pause and enjoy the view before crossing the cattle grid and descending through Telscombe village. Take care on the steep descent. The road climbs steeply from the village for 400m.

6 At the top of the hill, on the left, take the right hand gate and descend the gravel bridleway across farmland. Take care as the surface can be quite loose and slippery when wet. (Alternative Route – you can follow the road descending to the C7 at Southease and rejoin the route towards point 10.

7 Proceed through the gate and turn right onto the gravel track passing through Cricketing Bottom and South Farm. Follow the gravel track for 1.5 miles. Beware of farm vehicle movements.

8 Continue straight, following the South Downs Way National Trail along the valley.

9 Turn right onto a narrow gravel path, following the South Downs Way and proceed through the gate to ascend the very steep hill for 50m – most cyclists push their bikes here! Cross farmland for 100m and through a second gate onto Gorham's Lane. Turn right onto the C7 and immediately left after 20m onto a narrow lane to Southease village following the South Downs Way.

10 Pass through the gate joining the Egrets Way following the River Ouse, signposted to Piddinghoe and Peacehaven. (Continue for 500m to visit the YHA South Downs café.)

11 Pass through the gate and follow the tarmac path adjacent to the 'C7' Lewes Road for 100m. Carefully cross the 'C7' and follow the bridleway gravel track, passing to the left of the ornamental gates. Stay on the gravel track for 3/4 mile.

12 Follow the bridleway through Halcombe Farm onto a tarmac surface, ascending a fairly steep hill for 300m. Beware of moving vehicles for 1/2 mile particularly near the buildings. Join Telscombe Road at the edge of Peacehaven village and follow the road for 400m.

13 Turn left onto Pelham Rise at the T junction and follow the road for 400m.

14 Turn left off Pelham Rise and retrace the earlier route via Lower Hodder Farm turning right onto a gravel bridleway after the houses to Centenary Park, Peacehaven, to finish at the Gateway Cafe.