

see *England and West Sussex*

**Cycle East Sussex (NCN 2):** 6 FREE MAPS/GUIDES or download from

[www.eastsussex.gov.uk/leisureandtourism/countryside/cycling/guidesandmaps/ncn/ncr2.htm](http://www.eastsussex.gov.uk/leisureandtourism/countryside/cycling/guidesandmaps/ncn/ncr2.htm)

**Coastal Routes** (overview leaflet)

**Pevensey Levels & Castles circular**

**Seven Sisters off road circular**

**1066 circular**

**Rye & Winchelsea circular**

**Rye & Romney Marsh circular**

**Cycle East Sussex (NCN 21):** 6 FREE MAPS/GUIDES or download from

[www.eastsussex.gov.uk/leisureandtourism/countryside/cycling/guidesandmaps/ncn/ncr21.htm](http://www.eastsussex.gov.uk/leisureandtourism/countryside/cycling/guidesandmaps/ncn/ncr21.htm)

**National Cycle Route 21** (overview leaflet)

**Cuckoo Trail & High Weald Circular**

**Ashdown Forest & Crowborough Circular**

**Cuckoo Trail & Pevensey Levels Circular**

**Cuckoo Trail & Low Weald Circular**

**Forest Way & Ashdown Forest Circular**

Sustrans. ) 0845 113 0065 (7/11)

**Rye Rides** download only

On-road and off-road cycle routes for everyone, 4 rides, 5/12 mls

**The Cuckoo Trail for walkers, cyclists and horseriders (NCN 21) FREE LEAFLET**

Heathfield/Eastbourne (OS 199, GR 582 212/627 010) 15 mls

**Off the Cuckoo Trail Circular Cycle Rides FREE BOOKLET**

6 rides, 15/24 mile circles

**Forest Way (NCN 21) download only**

Grinstead (West Sussex)/Groombridge (OS 187,188, GR 407 365/520 368) 9 mls

**Welcome to Shinewater Park FREE LEAFLET**

includes a route around the lake, parts NCN 21

download all from [www.eastsussex.gov.uk/leisureandtourism/countryside/cycling/guidesandmaps/routesandguidedrides/default.htm](http://www.eastsussex.gov.uk/leisureandtourism/countryside/cycling/guidesandmaps/routesandguidedrides/default.htm)

Volunteers Officer, East Sussex County Council. ) 01273 481654 (6/11)

**Dyke Railway Trail, Hangleton, Hove/Devil's Dyke** download details from

[www.southdowns.gov.uk/media/southdowns/downloads/pdf/trails/Dyke-Railway.pdf](http://www.southdowns.gov.uk/media/southdowns/downloads/pdf/trails/Dyke-Railway.pdf)

(OS 198, GR 270 075/262 105) 2½ mls (7/11)

**Friston Forest** download cycle route information from

[www.forestry.gov.uk/website/recreation.nsf/LUWebDocsByKey/EnglandEastSussexNoForestFristonForest](http://www.forestry.gov.uk/website/recreation.nsf/LUWebDocsByKey/EnglandEastSussexNoForestFristonForest)

[www.theaa.com/bike-rides/friston-forest-and-cuckmere-haven-418758](http://www.theaa.com/bike-rides/friston-forest-and-cuckmere-haven-418758) (7/11)

**The Downs on Your Doorstep, Stanmer and Ditchling Beacon** FREE LEAFLET (2006) or download from

[www.brighton-hove.gov.uk/downloads/bhcc/countryside/stanmer\\_ditch\\_2006\\_web\\_version.pdf](http://www.brighton-hove.gov.uk/downloads/bhcc/countryside/stanmer_ditch_2006_web_version.pdf) (2MB)

**The Downs on Your Doorstep, Chattri and the Windmills** FREE LEAFLET (June 2003) or download from

[www.brighton-hove.gov.uk/downloads/bhcc/countryside/chattriwindmills.pdf](http://www.brighton-hove.gov.uk/downloads/bhcc/countryside/chattriwindmills.pdf)

City Parks, Brighton & Hove City Council. ) 01273 292929. Email: [cityparks@brighton-hove.gov.uk](mailto:cityparks@brighton-hove.gov.uk) (2/11)

**Bewl Water** download map from [www.bewlwater.co.uk/kent/file/Bewl-Map.php](http://www.bewlwater.co.uk/kent/file/Bewl-Map.php)

Round Reservoir Route (OS 188, GR 67 33) 12½ mls open May to October only; £4 admission charge once events start (7/11)

**Cycle Lewes** download from [www.lewes.gov.uk/Files/env\\_CycleLewesMapPg2.pdf](http://www.lewes.gov.uk/Files/env_CycleLewesMapPg2.pdf)

cycling out of town (7/11)

**Cinque Ports Circuit** £4.95

Circular cycle ride around Kent and East Sussex towns including Hastings, New Romney, Hythe, Dover and Sandwich  
150 mls

Information Centre, Hastings BC. ) 0845 274 1001 (8/11)

**Brighton & Hove City-wide Cycle Map** FREE (2011)

**Coast Cycle Route, Shoreham Harbour to Rottingdean (NCN 2)** FREE (2010) 9 mls

**Seafront to the Downs, Hove to Devils Dyke cycle route** FREE (2010)

download all from [www.visitbrighton.com/site/things-to-do/parks-and-gardens/countryside/cycling-in-and-around-brighton/](http://www.visitbrighton.com/site/things-to-do/parks-and-gardens/countryside/cycling-in-and-around-brighton/)

Visit Brighton. ) 01273 290337, press 4 then 3 (6/11)

**South Downs Way, Walk it, ride it, live it, love it** *FREE LEAFLET (2010)*

**South Downs Way, Mountain Bike Guide** *FREE (December 2009) (8MB)*

order both from [www.nationaltrail.co.uk/Southdowns/form.asp?PageId=8](http://www.nationaltrail.co.uk/Southdowns/form.asp?PageId=8)

**South Downs Way, Circular Walks & Cycle Rides from Exceat and Friston**

**South Downs Way, Cycle Rides and Walks in the Arun Valley**

download all from [www.nationaltrail.co.uk/Southdowns/downloads.asp?PageId=43](http://www.nationaltrail.co.uk/Southdowns/downloads.asp?PageId=43)

South Downs Way National Trail Office. ) 01243 558716. [www.nationaltrail.co.uk/Southdowns/index.asp?PageId=1](http://www.nationaltrail.co.uk/Southdowns/index.asp?PageId=1) (7/11)

**Cyclists guide to riding the South Downs Way** [www.bikedowns.co.uk](http://www.bikedowns.co.uk)

Dedicated website with details of hazards, terrain, surface etc (7/11)

**Harvey Walker's Route Map: South Downs Way** £12.95 (*XT40 Edition*)

the section from Eastbourne/Winchester (Hampshire) is available to cyclists (OS 199,198,197,185, GR 61 99/496 292) 99 mls

Harvey Maps. [www.harveymaps.co.uk](http://www.harveymaps.co.uk) to order on-line (7/11)

**National Trail Guide: South Downs Way**, Paul Millmore £12.99 (2010, Aurum Press)

**The South Downs Way**, Kev Reynolds £12.95 (2009 Cicerone)

**South Downs Way**, Jim Manthorpe £9.99 (revised 2004 Trailblazer)

**Mountain Biking in the South Downs**, Peter Edwards £14.95 (Cicerone 2011)

**Great Cycle Routes: The North and South Downs**, Jeremy Evans £7.99 (Crowood)

**Millennium Cycle Rides in 1066 Country**, Brian Smailes £3.50 (Challenge Publications)