

East SUSSEX – January 2024

see *England and West Sussex*

The Cuckoo Trail for walkers, cyclists and horseriders (NCN 21), Heathfield/Eastbourne (OS 199, GR 582 212/627 010) 15 mls
<https://new.eastsussex.gov.uk/leisure-tourism/countryside-sites/cuckoo-trail> for details

Forest Way (NCN 21), Grinstead/Groombridge (OS 187, 188, GR 407 365/520 368) 9 mls
<https://new.eastsussex.gov.uk/leisure-tourism/countryside-sites/forest-way-country-park/forest-way> for details

Shinewater Park, includes a route around the lake, parts NCN 21
<https://new.eastsussex.gov.uk/leisure-tourism/countryside-sites/shinewater> for details (10/23)

Dyke Railway Trail, Hangleton, Hove/Devil's Dyke, (OS 198, GR 270 075/262 105) 2½ mls
http://fulking.net/wp-content/uploads/2013/01/Dyke_Railway_Trail_1989.pdf for details (10/23)

Friston Forest MTB Singletrack Maps
www.sxmtbstmaps.co.uk/maps.html to download to download (10/23)

The Downs on Your Doorstep, Stanmer and Ditchling Beacon (2006)
www.brighton-hove.gov.uk/sites/default/files/migrated/article/inline/downloads/countryside/stanmer_ditch_2006_web_version.pdf
to download

The Downs on Your Doorstep, Chattri and the Windmills (2003)
www.brighton-hove.gov.uk/sites/brighton-hove.gov.uk/files/downloads/countryside/chattri_windmills_V7.pdf to download (10/23)

Brighton & Hove Online Cycle Map
www.brightonandhovecyclemap.co.uk for details (10/23)

Coast Cycle Route, Rottingdean to Shoreham Port (NCN 2) 9 mls
www.sustrans.org.uk/find-a-route-on-the-national-cycle-network/rottingdean-to-shoreham-port/ for details (10/23)

Hastings Seafront Walk & Cycle Route 4 mls
www.hastings.gov.uk/content/coastline_beaches/coastalroute for details (10/23)

South Downs Way Mountain Bike Guide (2019)
www.southdowns.gov.uk/wp-content/uploads/2016/02/SDW_MountainBikeGuide_2019-WEB.pdf to download
South Downs Cycle Rides, Peacehaven
www.southdowns.gov.uk/wp-content/uploads/2016/02/South-Downs-Leaflet-Peacehaven-cycle-rides.pdf to download
Cycle rides near Lewes and Falmer
www.southdowns.gov.uk/wp-content/uploads/2015/01/Cycle-Rides-near-Lewes-and-Falmer.pdf to download (1/24)

South Downs Way, Walker's Route Map £14.95 (XT40 Edition)
www.harveymaps.co.uk/acatalog/South-Downs-Way-YHWRSD.html#SID=4 for details (1/24)

South Downs Way East Splash Map £27.49
www.splash-maps.com to order on-line (10/23)

The South Downs Way, Official National Trail Guide, Paul Millmore £16 (2022, Francis Lincoln)
A-Z Adventure Atlas, South Downs Way £8.95 (2017, Aurum Press)
<https://thetrailsshop.co.uk> to order on-line (1/24)

South Downs Way, Winchester to Eastbourne, Henry Stedman & Jim Manthorpe £12.99 (7th Edition 2022)
www.trailblazer-guides.com/book/south-downs-way to order on-line (1/24)

Mountain Biking on the South Downs, Peter Edwards £14.95 (2011)
Walking the South Downs Way, Kev Reynolds £17.95 (2023)
www.cicerone.co.uk/ to order on-line (1/24)

Cycle Maps UK
4. South Downs, The New Forest & The Isle of Wight Cycle Map (1:100 000) £8.99 (2023)
5. Kent & East Sussex Cycle Map (1:100 000) £8.99 (2023)
www.cordee.co.uk/book-list.php?pub=CYCMAP to order on-line (1/24)

Lewes Country Routes Map FREE (3rd Edition)
www.cyclelewes.org.uk/maps to download/obtain (10/23)