

East SUSSEX – July 2023

see *England and West Sussex*

Millennium Cycle Rides in 1066 Country, Brian Smailes **£3**

www.chall-pub.co.uk/?p=588 to order on-line (4/23)

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 (4/23)

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 (4/23)

Friston Forest MTB Singletrack Maps

www.sxmtbmaps.co.uk/maps.html to download to download (4/23)

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 (4/23)

Brighton & Hove Cycle Map (online only)

www.brighton-hove.gov.uk/news/2017/new-online-cycle-map-route-suit-every-rider for details (4/23)

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 (4/23)

Hastings Seafront Walk & Cycle Route 4 mls

www.hastings.gov.uk/content/coastline_beaches/coastalroute for details (4/23)

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 (4/23)

Cyclist's guide to the South Downs Way, a dedicated website with details of hazards, terrain, surface etc

www.bikedowns.co.uk (4/23)

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 (7/23)

South Downs Way East Splash Map £27.49

www.splash-maps.com to order on-line (7/23)

Central South Downs, 4 Mountain Bike Route Maps £11.65 pack

www.bikemaps.co.uk/se-england-mtb/south-downs-mountain-biking.htm to order on-line (1/23)

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 (7/23)

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 (7/23)

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

Walking the South Downs Way, Kev Reynolds **£16.95** (2015)

www.cicerone.co.uk/ to order on-line (7/23)

Lewes Country Route Map FREE (3rd Edition)

www.cyclelewes.org.uk/maps to download/obtain (7/23)