

## East SUSSEX – July 2019

see *England and West Sussex*

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

[www.chall-pub.co.uk/?p=588](http://www.chall-pub.co.uk/?p=588) to order on-line (4/19)

**The Cuckoo Trail for walkers, cyclists and horseriders (NCN 21)**, Heathfield/Eastbourne (OS 199, GR 582 212/627 010) 15 mls  
**Forest Way (NCN 21)**, Grinstead/Groombridge (OS 187,188, GR 407 365/520 368) 9 mls

[www.eastsussex.gov.uk/leisureandtourism/countryside/cycling/guidesandmaps/](http://www.eastsussex.gov.uk/leisureandtourism/countryside/cycling/guidesandmaps/) for details (4/19)

**Shinewater Park**, includes a route around the lake, parts NCN 21

[www.eastsussex.gov.uk/leisureandtourism/countryside/walks/shinewater/](http://www.eastsussex.gov.uk/leisureandtourism/countryside/walks/shinewater/) for details (4/19)

**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](http://fulking.net/wp-content/uploads/2013/01/Dyke_Railway_Trail_1989.pdf) for details (4/19)

**Friston Forest MTB Singletrack Maps**

[www.sxmtbstmaps.co.uk/maps.html](http://www.sxmtbstmaps.co.uk/maps.html) to download to download (4/19)

**The Downs on Your Doorstep, Stanmer and Ditchling Beacon (2006)**

[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) 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](http://www.brighton-hove.gov.uk/sites/brighton-hove.gov.uk/files/downloads/countryside/chattri_windmills_V7.pdf) to download (4/19)

**Brighton & Hove Cycle Map**

[www.brighton-hove.gov.uk/index.cfm?request=c1000145](http://www.brighton-hove.gov.uk/index.cfm?request=c1000145) to download/obtain (4/19)

**Coast Cycle Route, Rottingdean to Shoreham Port (NCN 2)** 9 mls

[www.sustrans.org.uk/sites/default/files/documents/rottingdean.pdf](http://www.sustrans.org.uk/sites/default/files/documents/rottingdean.pdf) for details (4/19)

**South Downs Way**, the section from Eastbourne/Winchester is available to cyclists 99 mls

[www.nationaltrail.co.uk/south-downs-way](http://www.nationaltrail.co.uk/south-downs-way) for details (4/19)

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

[www.bikedowns.co.uk](http://www.bikedowns.co.uk) (4/19)

**South Downs Cycling – bike information for the South Downs National Park**

[www.southdownscycling.com](http://www.southdownscycling.com) for details (4/19)

**South Downs Way, maps, guides and books**, includes

**South Downs Way**, Walker's Route Map **£14.50** (XT40 Edition, *Harvey Maps*)

**Splash Map £18.99** (*Splash Maps*)

**The South Downs Way**, Official National Trail Guide, Paul Millmore **£14.99** (2016, *Aurum Press*)

**A-Z Adventure Atlas, South Downs Way £8.95** (2017, *Aurum Press*)

**South Downs Way**, Winchester to Eastbourne, Jim Manthorpe **£11.99** (6th Edition 2018, *Trailblazer*)

**Mountain Biking on the South Downs**, Peter Edwards **£14.95** (2018, *Cicerone*)

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

**South Downs Way**, Fiona Bartrop **£10.99** (2011, *Rucksack Readers*)

[www.nationaltrail.co.uk/south-downs-way/guide-books](http://www.nationaltrail.co.uk/south-downs-way/guide-books) for details (7/19)

**Central South Downs, 4 Mountain Bike Route Maps £11.50 pack**

[www.bikemaps.co.uk/se-england-mtb/south-downs-mountain-biking.htm](http://www.bikemaps.co.uk/se-england-mtb/south-downs-mountain-biking.htm) to order on-line (7/19)