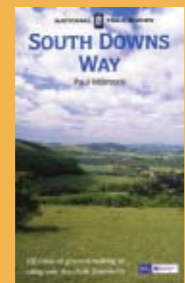




NATIONAL TRAIL

Photo: © A. Purkiss/NE, Climbing Pean Hill

Mountain Bike Guide



In partnership with the Aurum Press, Natural England has published 'The South Downs Way National Trail Guide' by Paul Millmore, ISBN 9782 84513 311 5. This is available from most good book shops.



Where can you go?

There are a couple of sections of the SDW where the route splits into a footpath route and a bridleway route. Like all rights of way in England the coloured waymarking system lets you know where you are allowed to ride.



**3. BUNCHING IS HARASSING.**  
If you're a large group ride in smaller groups of three or four. If the leader opens a gate be sure that the last one through knows to close it.



**1. STAY ON TRACK.**  
Only ride on Bridleways, Restricted Byways or Byways.

**2. RESPECT OTHER USERS.**  
Remember that on bridleways you must give way to walkers and horse riders. Make sure they can hear your approach with a friendly shout or ring of a bell and pass others slowly.

**4. PREVENT EROSION.**  
Ride with control and at a speed where you can stop safely without skidding.

**5. RESPECT OUR ANCESTORS.**  
Avoid lumps and bumps next to the Trail, these are probably ancient burial mounds or other historic sites.

**6. FOLLOW THE COUNTRYSIDE CODE.**  
Remember to leave gates and property as you find them, protect plants and animals, take all your litter home and keep dogs under close control.

**7. TAKE PRIDE IN YOUR BIKE.**  
A well maintained bike is a safe bike that makes your ride easier. Be sure to check brakes and tyres before you ride and take a small repair kit and spare inner tube with you.

**8. ENJOY THE RIDE!**  
Enjoy yourself and make time to stop and take in the stunning landscape. When resting, stop to one side of the Trail to allow others to pass.

Maps & Trail Guides

The South Downs Way is covered by OS 1:25,000 Explore series 132, 120, 121, 122, 123 and 1:50,000 Landranger series 185, 197, 198 & 199. Visit [www.leisure.ordnancesurvey.co.uk](http://www.leisure.ordnancesurvey.co.uk)

Harvey Maps produce a weather proof single sheet showing the whole Trail, ideal for long distance cyclists. Visit [www.harveymaps.co.uk](http://www.harveymaps.co.uk)

Where to Stay

For accommodation information go to [www.nationaltrail.co.uk/southdowns](http://www.nationaltrail.co.uk/southdowns) or contact the South Downs Way Officer.

There is currently a number of companies that offer organised cycling trips along the SDW and luggage carriage for details visit [www.nationaltrail.co.uk/southdowns](http://www.nationaltrail.co.uk/southdowns) and go to 'Services' under the 'Planning a Trip' pages.

Staying Safe

The South Downs Way is a long, off-road Trail that can take its toll on both rider and machine. The following suggestions will help to keep you safe and could prevent a minor incident from ruining your day.

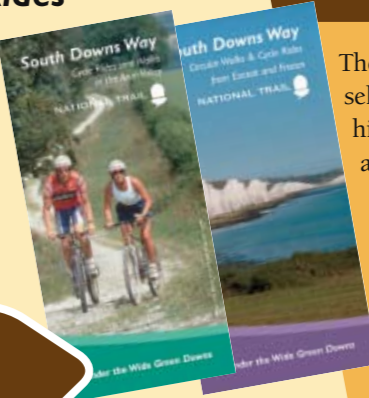
- Always observe the Mountain Bike Code.
- Wear a cycle helmet.
- Ensure you have enough food, drink and clothing.
- Carry a map with you and learn how to use it.
- Carry a small tool kit or puncture repair kit.
- Consider carrying a small first aid kit.
- Consider carrying a mobile phone
- Always tell someone where you are going and when you'll be back.

There are a number of drinking water taps along the Trail to allow you to refill water bottles, for details visit [www.nationaltrail.co.uk/southdowns](http://www.nationaltrail.co.uk/southdowns) or contact the South Downs Way Officer.

SDW Circular Rides

A selection of circular walks and rides leaflets are available from the South Downs Way Officer.

Explore the South Downs a little further.



The following is a list of the closest shops to the SDW that sell bike parts, clothing and accessories. Most of the above hire companies also carry out servicing and sell parts and accessories.

- Hargroves Cycles, Winchester, 01962 860005
- Peter Hansford, Winchester, 01962 877555
- Halfords, Winchester, 01962 849411

Mountain Bike Hire

Meon Valley Cycle Hire. Hampshire  
Tel: 07778 410532. [www.meonvalley-cyclehire.co.uk](http://www.meonvalley-cyclehire.co.uk)

Shed End Bikes. W. Sussex  
Tel: 01243 811766. [www.shedendbikes.co.uk](http://www.shedendbikes.co.uk)

South Downs Bikes. W. Sussex  
Tel: 01903 745534. [www.southdownsbikes.com](http://www.southdownsbikes.com)

M's Cycle Hire. W. Sussex  
Tel: 07852 986165. [www.m-cyclehire.co.uk](http://www.m-cyclehire.co.uk)

MSG Bikes. W. Sussex  
Tel: 01903 752308. [www.msgbikes.com](http://www.msgbikes.com)

Cuckmere Cycle Company. E. Sussex  
Tel: 01323 870310. [www.cuckmere-cycle.co.uk](http://www.cuckmere-cycle.co.uk)

Cycleman Sussex. E. Sussex  
Tel: 01323 501157. [www.cyclemansussex.co.uk](http://www.cyclemansussex.co.uk)

More cycle shops

Owens Cycles, Petersfield 01730 260446

Cyclife Petersfield, Petersfield, 01730 266644

South Downs Bikes, Storrington, 01903 745534

Raleigh Cycle Centre, Shoreham-by-Sea, 01273 596368

Green Country, Shoreham-by-Sea, 01273 881926

Mr Cycles Ltd., Seaford, 01323 893130

The Tri Store, Eastbourne, 01323 417071

Heath Cycles, Eastbourne, 01323 733404

Phoenix Cycles, Eastbourne, 01323 729060

Many other shops exist in Chichester, Littlehampton, Worthing, Brighton & Hove, Newhaven and Burgess Hill, for contact details try [www.yell.com](http://www.yell.com) or phone 118 24 7 (40p/min charge.)



For more information go to [www.nationaltrail.co.uk](http://www.nationaltrail.co.uk) or contact: The South Downs Way National Trail Officer, South Downs Joint Committee, Victorian Barn, Victorian Business Centre, Ford Lane, Ford, W Sussex BN18 0EF. Telephone: 01243 558716 Email: [sdw@southdowns-aonb.gov.uk](mailto:sdw@southdowns-aonb.gov.uk)



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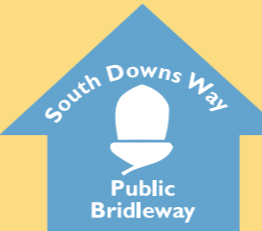
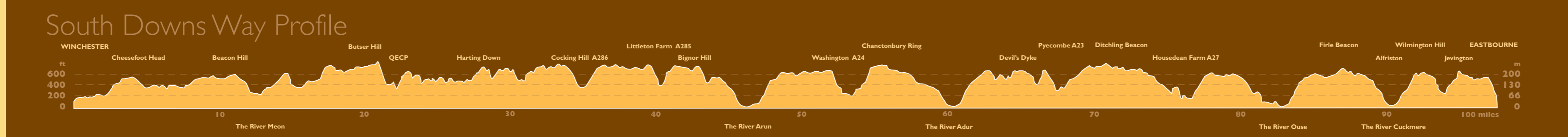
## The South Downs

The South Downs are designated as two Areas of Outstanding Natural Beauty (AONB's): Sussex Downs and East Hampshire. For further information on visiting, protecting and managing the South Downs visit [www.southdownsonline.org](http://www.southdownsonline.org) or contact the South Downs Joint Committee on 01243 558700.

The table below gives the approximate distances (in miles) between the main access points along the South Downs Way, as a guide to route planning. It's a further 1.5 miles from the end of the Trail to the railway stations at Winchester and Eastbourne

### Distances between main access points along the Bridleway route.

	Winchester	The Milburys	Warnford	QECP	Harting Down	Cocking Hill	Bignor Hill	Amberley	Washington	River Arun	Truleigh Hill	Devil's Dyke	Ditchling Beacon	Housedean Farm	Southease	Alfriston	Jevington	Eastbourne	
Winchester																			
The Milburys Inn (Beauworth)	9																		
Warnford Village (The River Meon)	13	4																	
Queen Elizabeth Country Park	23	14	10																
Harting Down	29	20	16	6															
Cocking Hill Car Park (A286)	36	27	23	13	7														
Bignor Hill	43	34	30	20	14	7													
Amberley Village (River Arun)	48	39	35	25	19	12	5												
Washington Village (A24)	54	45	41	31	25	18	11	6											
River Arun	61	52	48	38	32	25	18	13	7										
Truleigh Hill	63	54	50	40	34	27	20	15	9	2									
Devil's Dyke	68	57	53	43	37	30	23	18	12	5	3								
Ditchling Beacon	70	61	57	47	41	34	27	22	16	9	7	4							
Housedean Farm (A27)	75	66	62	52	46	39	32	27	21	14	12	9	5						
Southease Village (River Ouse)	82	73	69	59	53	46	39	34	28	21	19	16	12	7					
Alfriston Village (River Cuckmere)	90	81	77	67	61	54	47	42	36	29	27	24	20	15	8				
Jevington Village	94	85	81	71	65	58	51	46	40	33	31	28	24	19	12	4			
Eastbourne	98	89	85	75	69	62	55	50	44	37	35	32	28	23	16	8	4		



**Follow the Acorn**  
The South Downs Way is marked along the whole trail with this acorn logo.

The background colour denotes the type of path, see "Where can you go?"

**Meon Valley Temporary Route**  
There is currently a temporary route for horse riders and cyclists across the Meon Valley.

Please follow signage on route and avoid any Footpath only sections.

- Area of Outstanding Natural Beauty
- Motorway
- 'A' road
- South Downs Way
- Railway
- South Downs Way Footpath Only
- River
- Areas over 200m

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### Saddle up to the Downs

The South Downs Way is a 100 mile (160km) long-distance bridleway with a total of 3,800 metres or 12,600 ft of ascent. It can be ridden by mountain bikes along its entire length and runs from Winchester, the ancient capital of England, to the white cliffs of Eastbourne, with stunning landscapes, diverse wildlife and fresh air along the way.

It normally takes 2-3 days to cycle but can be done in a day if you are fit and enjoy a challenge. It can also be enjoyed as a short excursion with the whole family

### How to Get There

The South Downs Way is easily reached using the extensive network of bridleways that connect to it, so leave the car at home, pick up a map and find your favourite route up on to the Downs.

The SDW is also easily reached by train. The closest stations are Eastbourne, Lewes, Southease, Falmer, Hassocks, Amberley, Petersfield and Winchester. All local train operators carry bikes free of charge outside of rush hour. Visit [www.nationalrail.co.uk](http://www.nationalrail.co.uk) for restrictions on bike carriage and train times or call National Rail Enquiries on 08457 48 49 50.