

R right, TR turn right, RHF right hand fork, SA straight ahead, X cross  
L left, TL turn left, LHF left hand fork, FP finger post, SDW bridleway, BY Byway  
UH Uphill, DH Downhill, XR Cross Roads

(Just to confuse you, narrative is in KM! Major turns underlined.)

Start after exiting the pub go UH on Star Lane (Strava map starts earlier ignore it!) SDW FP CAUTION ROAD!

- 0.35k SA at XR. Follow SDW FP. UH. CAUTION ROAD CROSSING. Kings Ride
- 1.2k RHF SW
- 1.4 SA through gate. UH. SDW. Grass downlands ahead
- 1.95 2.65 & 3.7 SA through gates. SDW
- 3.73k At Bo-Peep car park XR, TL through gate onto Bridleway (chalk track)
- 4.5k RHF, stay on track
- 4.6 TR at gate and follow field edge on grass track
- 4.8 TL at gap / fencepost in fence line (blue Bridleway arrow) Single track across field
- 5.4k 6.4 & 6.9 through gates. Stay on bridleway heading towards Newhaven/Denton. DH
- 7.6k UH left hand field edge.
- 8.1k TR at FP to stay on bridleway (blue arrow)
- 8.2 TL DH to Wellington Road
- 8.9 TR on Heighton Road. UH towards South Heighton (tarmac). CAUTION ROADS
- 9.2k RHF UH
- 9.4 HAMPDEN ARMS AID STATION / Beer stop / check point 1
- 9.3 TR onto bridleway UH
- 9.8 LHF. Singletrack UH
- 11.4k LHF towards twin radio masts
- 12.6k TR onto SDW toward radio masts. (Do not cross cattle grid or go through gate)
- 13.9k XR TL DH on tarmac road (Firle Bostal). CAUTION CARS, etc.
- 15.8k TR on The Street. CAUTION CARS
- 16.2k THE RAM INN AID STATION / beer stop / check point 2
- 16.3 Follow the road, bearing right toward the brewery, then join BY UH (Old Coach Road)
- 17.9k RHF. Stay on BY
- 20.2k 20.8 XR SA on BY
- 22k RHF to stay on BY
- 22.9 XR SA becomes tarmac, West Street. DH
- 23.6k Re-follow your earlier steps passing the car park DH
- 24k Finish inside the Smugglers Inn (beer garden out back)



Emergency use numbers only! Graham 07774 003 961 & Andy 07850 958 371