

R right TR turn right RHF right hand of 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

<https://www.mapmyrun.com/routes/view/3532842358>

<https://www.strava.com/activities/4285172107>

(Just to confuse you, narrative is in KM!)

Major turns underlined

START at the highest point of the wooden bridge over the A26. Head East on the track.

- 0.14 **R** at **FP** (**SDW**). Start the climb!
- 0.3 **SA** through gate. **UH**
- 0.71 **LHF**
- 1.68 **SA** through gate. **UH**
- 2.7 **SA** through gate
- 2.97 **TR** over gate grid (caution!) Head towards Firle Beacon (2 masts)
- 3.26 Past masts (keep them on your right hand side)
- 3.65 **SA** through gate
- 4.26 **SA** through gate and **XR** through to car park. (*caution cars!*)
- 4.39 Exit car park through gate in the fence on your left. Stay heading East on **SDW**
- 5km **SA** through gate can carry on **UH**
- 5.75 **SA** through gate, continue on **UH**
- 7.15 **SA** through gate and then **DH**
- 7.22 **SA** through gate and **XR** through car park (*caution cars!*)
- 7.3 **SA** through gate and **UH**
- 7.85 **LHF**
- 8.38 Go through a gate and then stay on **SDW** on left hand field edge
- 9.09 **SA** through gate
- 9.58** Through gate and then **TL**. **DH** on steep chalk and flint path (*caution!*) **FP** with blue arrow
- 10.08 **SA DH** following track
- 10.51** **TL** onto **BY** (shown by red and yellow arrows on **FP**)
- 11.06 **SA** on **BY**
- 12.75 **LHF** by wooden triangle bench towards Firle. Always stay on widest trail
- 13.36 **XR**. **SA** to stay on **BY** to Firle
- 15.66 **LHF** at cottage to stay on **BY**
- 16.1** **TL** off of **BY**. 2 wooden gates. Stay on path on right side of field edge going **UH**
- 16.8 **SA** through gate. **UH** on *evil* single track climb!
- 17.20 Single track end. Head **UH** towards double grass mounds on hill-top
- 17.3** **RT** to rejoin **SDW**. Head West retracing steps. Keep fence to your left
- 17.5 **SA** through gate
- 18.12 Though gate, **TR** and go through car park; (*caution cars!*) Head towards masts
- 18.25 **XR** and gate **SDW**
- 18.84 **SA** through gate
- 19.5 Cattle grid then **TL** (*caution!*)
- 19.82 **SA** gate
- 20.80 **SA** gate **DH**
- 22.22 **SA** gate **DH** then follow route to the wooden bridge / (*where you started*)
- 22.4 **SA** over wooden bridge / (*where you started*) and stay on **SDW**
- 22.5 **TR UH** on road to YHA
- 22.6 **FINISH** by YHA sign!



Male Adder