

East SUSSEX – April 2019

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 (4/19)

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/ for details (4/19)

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

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 for details (4/19)

Friston Forest MTB Singletrack Maps

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 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 (4/19)

Brighton & Hove Cycle Map

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 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 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 (4/19)

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

www.southdownscycling.com for details (4/19)

South Downs Way, maps, guides and books, includes

South Downs Way, Walker's Route Map XT40 Edition **£13.95** (2013, 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 for details (1/19)

Great Cycle Routes: The North and South Downs, Jeremy Evans **£7.99** (1995)

www.crowood.com (Sport) to order on-line (1/19)

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

www.bikemaps.co.uk/se-england-mtb/south-downs-mountain-biking.htm to order on-line (1/19)