



SOUTH DOWNS
NATIONAL PARK

Brighton & Hove Way

The Route Overview

Timings: These are approximate and based on the fastest walkers. Walkers may join or leave at any stage. The timings are an approximate guide.

The Route

The route is largely across open countryside, using footpaths and bridleways and at times heading out across open access land (land where the public have the right to roam). There are bound to be muddy stretches (apart from the stage from Bexhill Road to Falmer) so walking boots are advisable. Many of the fields will also be being grazed by cows or sheep so dogs must be kept on a lead.

Stage 1

Saltdean Oval	9am
Saltdean to Bexhill Road (via Castle Hill)	280m of ascent
7.9km	4.9 miles

At 9am sharp we will set off from Saltdean Oval towards Balsdean. The route soon heads out onto the open downs along farm tracks and across open fields over High Hill. The route then drops down into Balsdean valley and passes by the site of Balsdean Village (demolished during WWII) before leaving the main bridleway to cross into Castle Hill National Nature Reserve (this area is public open space so you are free to wander where you want). The route follows the contour around the lower slopes of Castle Hill until it crosses the bridleway.

Castle Hill 10.30-10.52am: Rest stop and short talk from the Sussex Wildlife Trust.

The route then climbs out of the valley on a narrow well-worn track to head around the head of a small coomb before picking up another bridleway and following a wide farm track to the car park on Falmer Road.

After some road walking in Saltdean most of this section of the walk is across open fields either ploughed or pasture (possibly with cattle or sheep) and includes a couple of steep climbs and a narrow path across a hillside.



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Stage 2

Bexhill Road	11.25am
Bexhill Road to Falmer	16m of ascent
2.8km	1.8 miles

The route from Bexhill Road to Falmer is along a well surfaced shared use path that drops gently down into Falmer.

There is disabled access along this stretch.

Stage 3

Falmer	12.25pm
Falmer to Stanmer Park	101m of ascent
2.9km	1.8 miles

From Falmer Pond the route crosses the bridge over A27 and follows the road for a short stretch before following a track through the woods. There is a short steep descent before crossing a field and then climbing to the top of the ridge opposite Stanmer House. From here the route drops down across the cow field into the park.

This section of the route is through woodland and across grassy fields and includes a steep descent and a short climb.

LUNCH: Stanmer Park in front of Stanmer House 1pm

Stage 4

Stanmer Park	14.10pm
Stanmer Park to Upper Lodges	216m of ascent
1.8km	1.2 miles

From Stanmer the route follows a wide track up through the woods to Upper Lodges.

This section of the route can be muddy when wet and includes a short climb.

Stage 5

Upper Lodges	14.40pm
Upper Lodges to Waterhall	132m of ascent
7.7km	4.9 miles

From Upper Lodges the route passes through the recently declared open access at Patcham to the Chattri Memorial.



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Chattri Memorial 3.30-3.45pm: Rest stop and short talk from local historian Davinder Dhillon about the Chattri Memorial.

From the Chattri the route continues through the open access down to Braepool where it crosses the A23 via a footbridge. The route then follows the tarmacked track and across playing fields before another small climb to the golf club house at Waterhall.

Much of this section is across grassy fields grazed by cows although it can be muddy in places. There is one fairly steep climb.

Stage 6

Waterhall	16.15pm
Waterhall to Portslade (Emmaus)	130m of ascent
5.7km	3.6 miles

Tea Break: We will leave Waterhall Golf Club at approximately 16.50 for the final leg.

From Waterhall Golf Course Club House the route heads south down the ridge through 19 Acres (an area of Open Access where you may see the newly introduced New Forest ponies grazing). The route then doubles back on a track alongside Dyke Road for a short section before picking up the Monarchs Way heading towards Portslade. This is a broad track that crosses a couple of ridges before entering the outskirts of Portslade.

Most of this section is on broad tracks or across grassy fields.

Finish 18.30

Emmaus, Drove Rd, Portslade, Brighton BN41 2PA

Enjoy a celebratory drink with your fellow walkers and supporters as you reach the goal of Emmaus having completed your challenge.

Emmaus, Drove Rd, Portslade, Brighton BN41 2PA

Useful Bus Routes to/from Central Brighton

12, 14	Saltdean
22	Bexhill Road
77	Dyke Road (weekends only)
78	Stanmer House (weekends only)
79	Upper Lodges (weekends only)
5A	Old London Road (near Waterhall)
1/1A	Portslade (Emmaus)



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FAQs

Q. How far is the walk?

A. It is 18 miles from Saltdean to Patcham but you don't have to do it all. There are 6 stages and you can join or leave at any point.

Q. The poster says we are 'pioneering a new designated pathway'. What does this mean?

A. A designated pathway is a route that has come into regular use by walkers. It gains an official status and can be found on the ordinance survey map of the area. Local, well-known designated pathways include The Cuckoo Trail and the Chichester Trail. Imagine people in the future talking about walking the Brighton & Hove Way – you can tell them you were on the inaugural walk!

Q. The description says we are going to the Castle Hill Biosphere. What is a Biosphere?

A. Also known as a National Nature Reserve. Castle Hill is an area of rich chalk grassland and a European Special Area of Conservation. We will have a break at this site and the Sussex Wildlife Trust will give a short talk about what makes the area so special.

Q. How will we know the way?

A. You will be accompanied by Health Walk Volunteers and City and National Park Rangers.

Q. What if I can't walk very fast?

A. Walkers go at different paces. The front walkers will be striding along at a pace and others will take more time. Marshalls will accompany the end of the walk and make sure no gets lost or left behind.

Q. What if I get hurt and can't carry on?

A. City Park Rangers will be available with 4WD vehicles to make sure we are able to get you back to 'civilisation'.

Q. Can I bring my dog?

A. Dogs are welcome on leads. Farm animals will be out in the fields on our route and their safety is paramount.

Q. This is a charity walk. How do I raise money for my chosen charity/charities?

A. The charity will get in touch with you and give you the support you need to raise money. Every penny you raise will go to the charity/ies of your choice. The £5 registration fee covers the costs of the event.

Q. I've registered. What next?

A. Your chosen charity/ies will be in touch. They will ask you to fill in and return a disclaimer. Once you have done, your place is confirmed. Your charity will let you know how you can fundraise to support them. Walk information will be mailed to you in the week of April 24th.

Q. I'm raising sponsorship money – where will it go?

A. Every penny you raise will go direct to the cause you have registered to support.