

The Friston Forest Five & Adder Ten Mile Trail Runs.

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 footpath - BW bridleway - SDW South Downs Way

<https://www.mapmyrun.com/routes/view/2099847517>

- 0.00 - Start at the top of the access slope to the L of the bench / SDW finger post. SA on BW.
- 0.34 - TR on SDW downhill.
- 0.40 - SA through gate.
- 0.44 - TR onto tarmac. Pass "All Saints West Dean Church".
- 0.53 - TR uphill passing "Friston Forest" sign on your left.
- 0.66 - RHF uphill onto gravel trail.
- 0.80 - RHF uphill on trail (keep post on left).
- 1.40 - LHF off of trail and onto grass/chalk downhill footpath.
- 1.48 - SA over fire track and into woodland FP
- 1.61 - RHF uphill on trail.
- 1.70 - SA. Keep to the left hand side of field (pass post on your right).
- 1.87 - SA back into woodland FP then trail.
- 2.03 - TR onto access road.
- 2.08 - LHF on trail.
- 2.14 - TL by road block gate uphill on woodland FP. (Ignore yellow post for "Jevington").
- 2.15 - SA passing "Racehorses" sign. Go SA on FP across the field.
- 2.28 - SA on FP back into woodlands.
- 2.58 - SA over fire track staying on BW.
- 3.70 - Snap Hill. Highest Point! SA and down steep hill.
- 3.32 - TL on approach to metal gates. (It's the 1st FP on L).
- 3.70, 4.45 & 4.60. - SA through Wooden gates.
- 4.70 - TL onto SDW (yellow sign) and then head up the steps!
- 4.80 - SA on SDW.
- 5.00 - Miles = Finish! - 10 Miles repeat the above...

The above distances are approximate. Please refer also to the photos on Facebook to assist navigation. The red/white tape we often use can be casually removed and rain can wash away our paint, so hopefully this narrative will assist your navigation.

Emergency numbers: 07774003961 / 07946622599

