



Male Adder



## 2021 Virtual Friston Forest Five

Key: UH = uphill; DH = downhill; X = Crossing paths; TL = turn left; TR = turn right; L = left; R = right; FPS = Footpath/Bridleway sign; SA = straight ahead; FP = footpath; MTB = mountain bike; TK = track; SDW = South Downs Way

### Start:

Left of kids play area and toilets building. Start on path next to the wooden sign:

“CAUTION: Play equipment may be slippery when wet.”

Head UH on right fork on wide chalk, flint and muddy trail.

0.31 km: At top of hill is a bench. TL onto SDW. Slightly DH.

0.5: At X, TR by Whitehorse View FPS. UH

1.17: Ignore FPS and carry on SA UH.

1.72: Continue to follow fence line (that is on your left with views to the valley and the White Horse behind you) UH.

2.04: Ignore gate and continue UH on FP.

2.17: TL at top of hill.

2.25: SA

2.43: Bear R.

2.72: SA on wide trail.

3.21: TR at X on to narrow UH path. Easy to miss it!

3.36: Stay on path going SA.

3.45: SA DH

3.87: At X TR DH onto gravel fire road.

4.90: TR by post at a X. UH on track.

5.00: SA on MTB trail.

5.72: R hand fork, DH on gravel track.

5.84: SA UH on gravel track / fire road.

6.13: TL to follow gravel track / fire road.

6.80: SA

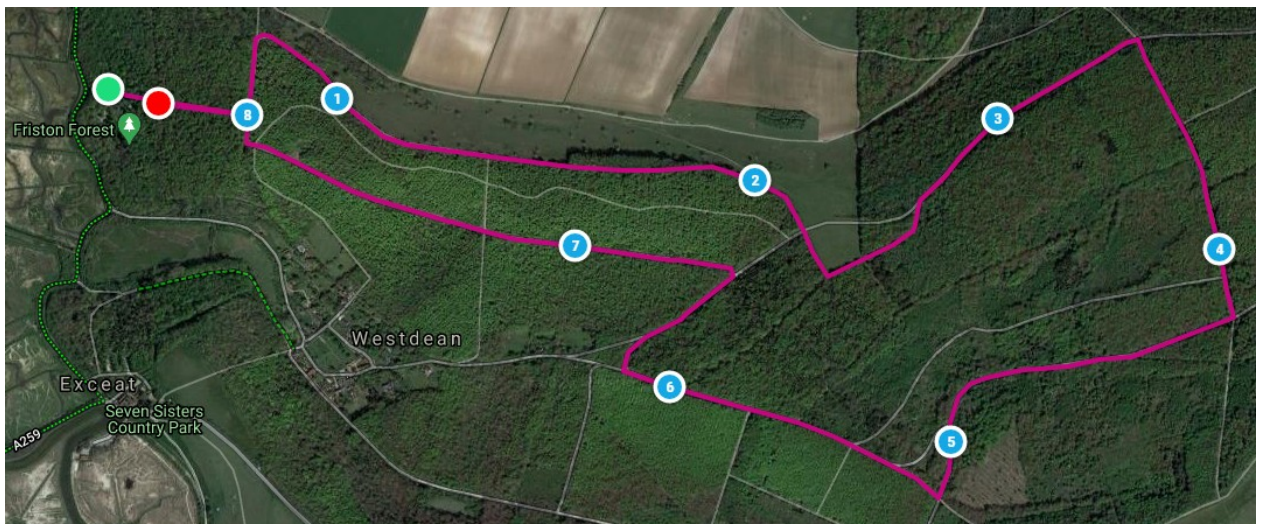
7.45: TR on SDW (FPS)

7.52: TL before bench, DH on slippery path back to car-park.

Finish: By the dog poo bin!



Please email your Strava etc recording to us when you complete the route, along with any photos that you wish to add to our social media pages!



We hope you enjoy this route and hope to see you at more of our future events.