

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>

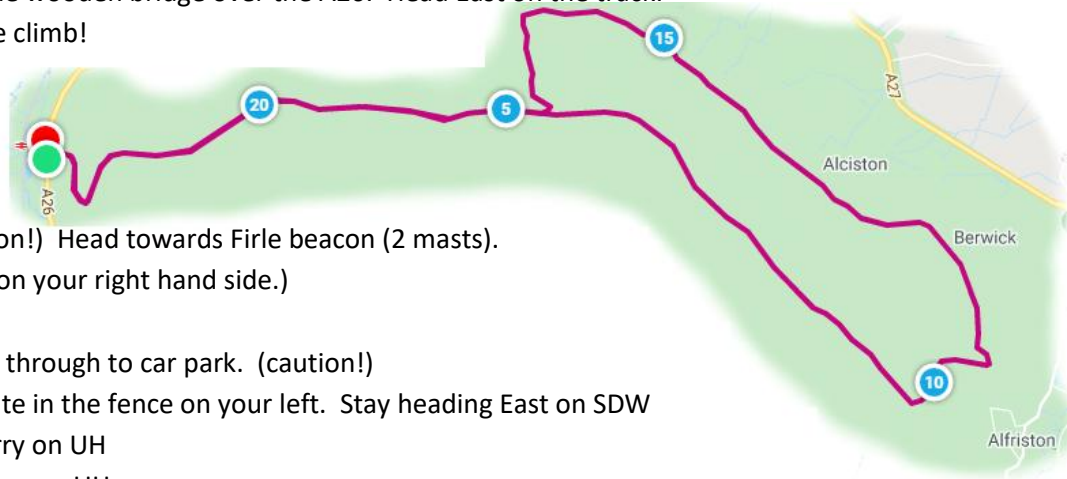
<https://www.strava.com/activities/4285172107>

(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!)
- 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!)
- 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 (show 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!) 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 / start
- 22.4 SA over wooden bridge and stay on SDW
- 22.5 TR UH on road to YHA
- 22.6 **FINISH** by YHA sign!



Male Adder