



2026 Friston Forest (festive) 5 mile run

Key: **BW** Bridleway sign; **DH** = downhill; **G** = gate; **FP** = footpath; **FTK** = fire track
LHF = left hand fork; **RHF** = right hand fork; **S** = Stile; **SA** = straight ahead
SDW = South Downs Way; **TL** = turn left; **TR** = turn right; **UH** = uphill
VGW = Vanguard Way; **WW** = Wealden Walks; **X** = crossing paths

(Distance shown in KM)

Start: By back door of the pub/car-park; **TR** onto The Street. Caution cars & sleighs!

0.1 **TL UH** to **SDW** post and then follow it. **G. UH**

0.5 Kissing **G / VGW**

0.9 **S** then **S DH**

1.1 **S** then **TL VGW**

1.23 **UH** on Santa's steps

1.28 **X** paths **SA** on **SDW / VGW**

2.24 **TR VGW DH** to **G**

2.38 **TL** before steps onto **FTK**

3.6 **TL** before house to single track
then **RHF UH**

4.1 **TL FTK**

4.2 **SA** at **X** paths then **RHF DH**

4.3 **RHF DH**

4.4 Sharp **TR** onto **WW**. **SA UH** until...

5.17 ...go through **G** on **BW**

5.19 **TL DH** on grass field

5.24 **RHF DH** through steep
grass field (Gonk Tree)

5.48 **G** then **SA**

5.8 **TL** by post into the "elves" woods

6.1 / 6.6 / 6.9 / 7.1 = 4x (***G**) **SA BW**
(*FYI gates may not be there?!)

7.4 **RHF** through farmyard then

7.6 Bear **L DH** (flint wall on **L**)

7.9 Join Clapham Lane

8.0 **TR** onto The Street. Caution reindeer & cars!

8.07 **TL** to enter pub. Stop watches at the bar! Warm up by the fire

