

BY Byway, DH Downhill, FP finger post, LHF left hand fork, RHF right hand fork
SA straight ahead, SDW bridleway, TL turn left, TR turn right, UH Uphill, XR Cross Roads

(Just to confuse you, narrative is in KM! Major turns underlined.)

Start after exiting **Ye Olde Smugglers Inne** go UH on Star Lane (Strava map {TBA} starts earlier ...ignore it!)

SDW FP CAUTION ROAD!

0.35k SA at XR. Follow **SDW FP**. UH. CAUTION ROAD CROSSING. Kings Ride

1.2k **RHF SW**

1.4 **SA** through gate. UH. **SDW**. Grass downlands ahead

1.95 2.65 & 3.7 **SA** through gates. **SDW**

3.73k At Bo-Peep car park XR, TL through gate onto Bridleway (chalk track)

4.5k **RHF** stay on track

4.6 **TR** at gate and follow field edge on grass track

4.8 TL at gap / fencepost in fence line (blue Bridleway arrow) Single track across field

5.4k 6.4 & 6.9 through gates. Stay on bridleway heading towards Newhaven/Denton. **DH**

7.6k **UH** left hand field edge

8.1k TR at **FP** to stay on bridleway (blue arrow)

8.2 **TL DH** to Wellington Road

8.9 **TR** on Heighton Road. UH towards South Heighton (tarmac). **CAUTION ROADS**

9.2k **RHF UH**

9.4 **HAMPDEN ARMS AID STATION / beer stop / check point 1 (Check in AND out with marshal)**

9.3 **TR** onto bridleway UH;

9.8 **LHF** Singletrack UH

11.4k **LHF** towards twin radio masts

12.6k TR onto **SDW** toward radio masts. (Do not cross cattle grid or go through gate)

13.9k XR TL DH on tarmac road (Firle Bostal). **CAUTION CARS, etc.**

15.8k TR on The Street. **CAUTION CARS**

16.2k **THE RAM INN AID STATION / beer stop / check point 2 (Check in AND out with marshal)**

16.3 Follow the road, bearing right toward the brewery, then join **BY UH** (Old Coach Road)

17.9k **RHF** Stay on **BY**

20.2k 20.8 **XR SA** on **BY**

22k **RHF** to stay on **BY**

22.9 **XR SA** becomes tarmac, West Street. **DH**

23.6k Re-follow your earlier steps passing the car park **DH**

24k Finish inside the **Ye Olde Smugglers Inne** (beer garden out back)



Emergency use numbers only! Graham 07774 003 961 & Andy 07850 958 371