

**Key:** **B** bridge; **BW** bridleway sign; **CPP** Cuckmere Pilgrim Path; **DH** downhill; **FP** footpath  
**FTK** fire track; **G** gate; **Rd** road; **SA** straight ahead; **SDW** South Downs Way  
**TL** turn left; **TR** turn right; **UH** uphill; **VGW** Vanguard Way; **X** cross; **!** CAUTION  
 STRAVA: <https://www.strava.com/routes/3420622312859589776>

**Start:** Pub beer garden (*The Plough & Harrow, The Street, Litlington, East Sussex. BN26 5RE*)

Climb over the low wall to **SDW**, **TL**. **TL** again

**TR** over **B**. **TR** onto riverside **FP** and **TR** to **G** at "Burnt House Brooks"

0.17 **TL** through gap in hedge. **TR** to go **SA** through field (cuts a corner!)

0.26 Rejoin riverbank **FP TL SA G SA** down steps. **SA G**

1.5 **TR** on stay on riverbank behind church. **TR** over Kissing Gate **B SA SDW XB**

2km **TL SDW**. At **G TR UH** to **Rd XR!** to single track **FP UH TR** the **TL UH**

At **FP** sign **TL** through hedge gap (*do not follow CPP*). **TR UH** on vehicle track through field.

**SA** through hedge gap to stay on track

**TL** through hedge gap and **TR UH** on **SDW XR! UH** on **BW**

3k **UH SDW**

3.6 **TL** at finger post (yellow arrow) onto grass track. **TR** to follow track. **DH** to the  
 "Wild Ponies" sign and go through **G DH** on chalk path to *The Longman*

4k **!** steep drop. **TR** for easy route alternative path

4.6 Sharp **TR UH** on chalk/grass track

5k **G** then **TR** onto **CPP** then **SA** to **G** onto **SDW DH** (halfway)

6k Retrace route **DH** on **SDW XR! DH** on **BW TL** at fingerpost through hedge gap  
 and retrace route **DH** on vehicle tracks and through the next gap in the hedge

7k **TL** on single track **FP DH** towards Church of the Good Shepherd  
 In field corner **TR DH** on grass track. **TL** at gap in hedge and then  
**TR DH** to retrace steps towards the village **TR** the **TL** to **RD XR!**

Down steps and **TL** to **FP TR** over **B** on **SDW**

**TL** on Yellow **SDW & VGW** riverside  
**FP** before **B**

8k **SA** on riverside path towards Exceat  
**SA** through **G**

9k **SA** through 2x **G** to stay on riverside **FP**  
**TL** at **SDW** sign to enclosed **FP**  
 At **Rd TR** towards *Plough & Harrow*  
**TR!** into Pub car park

10k **Finish:** at outside bar!

*Emergency use numbers only!*

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