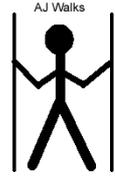




Alfriston — Bo Peep — High and Over



Essential information:

- Total distance: 7.8 miles
- Total ascent: 550 feet
- Start is at Alfriston car park (money needed). Accessible by bus. - See link on web site
- There are three different panoramic views on this walk. At the start, there are wonderful views across the Sussex Weald to the north. This is followed views south across the English Channel and, finally, on the last leg of the walk, views of the Cuckmere Valley. The picturesque village of Alfriston is perfect with its village green, pubs and tea shop.

1. Look for the Star Inn in the High Street. Alongside the pub, walk up Star Lane. Cross over Weavers Lane and walk up Kings Ride until the end of the road where it meets the track going up to the South Downs Way (SDW). Follow the track up for just over half a mile until you come to a direction post on your right indicating a right turn to follow the SDW. About 30 yards later this narrow path crosses a wide track where you will see a wide gate next to a narrow wooden gate. Pass through the gate and follow the path keeping the fence immediately on your right. Now follow the SDW all the way until you come to Bo Peep car park (a further 1.5 miles).

Distance so far 2.4 miles

2. With the car park on your right, you will come to a direction post very close to where the tarmaced road from the car park starts to go down the hill. This is where you need to turn left and come off the SDW by passing through two wooden walkers' gates and following a path at right angles to the SDW.

3. After 600 yards you will pass a direction post at which the path bears left. Keep walking and enjoying the views to the right over towards Newhaven, Seaford and the English Channel until you come to a pair of wide metal gates. Take the left hand of these (there is a wooden walkers' gate next to it). Keep walking for just less than a mile and you come to a fork in the track where you will see a bench dedicated to Mr. Paul Earle. Take the left hand fork, being careful not to take a sharp left turn which is the path leading down the hill.

4. After about three quarters of a mile you will see the National Trust sign indicating that you are entering Frog Firle. About 150 yards after this the track bears sharply to the right but a narrow path leads straight ahead.



Butts Brow to East Dean and back - via Jevington



6. Take this path and follow it until you come to the Seaford - Alfriston road (be careful not to pass through a wooden gate which takes you down a path which brings you out half way down the hill). Cross over the road and head up the hill a short distance to reach High and Over car park on the left.

Distance so far = 5.9 miles.

7. At the back of the car park are a number of exits. We need the one in the left hand corner, about 5 yards left of the P sign which prohibits overnight stays. After 8 yards or so turn left to follow the path down the hill. This path descends the hill keeping about 40 yards away from the main road. After 500 yards you will see a wooden gate on your left. The path bears right at this point and takes you down the hill to a gate. Pass through the gate and you will see a direction post about 200 yards further on. Take a look over your right shoulder to see the White Horse carved into the top of the hill at High and Over.

8. Look out for a wide gate at the bottom of the slope. We need to pass through a wide gap, (about 10 yards wide) in the bushes just to the right of this gate, and follow the path to a stile on the bank of the river. Cross over the stile and walk towards the narrow Littlington bridge. Cross over the bridge and turn immediately left. The tarmaced path bears sharply right after about 30 yards but we need to take the path which leads straight on and follows the bank of the river. This path leads back to the white bridge of Alfriston.