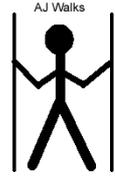




## Folkington — Alfriston



### Essential information:

- Total distance: 8 miles (6 miles using short cut)
- Total ascent: 850 feet
- Start is at a clearing just past Folkington Church. Folkington is one mile from the A27 just outside Eastbourne.
- A walk which takes you past "The Long Man." Alfriston is a delightful village for refreshments. For a shortened version just walk to Alfriston and back. The track at the start of the walk gets muddy in wet weather.

1. Park at a clearing just past Folkington Church (St.Peter's) which serves as a car park. On the right as you enter the car park you will see a direction post with a red arrow with "Public Bridleway Wilmington" written on it. Take this path to Wilmington. Keep walking along this track until, at a junction, you see a direction post with "Wealdway" pointing to your left. Take this path and walk through the gate just 15 yards after the junction. Once through the gate you are in open country with fine views.

2. After 3/4 mile you will pass by the foot of The Long Man. You should see a dew point on your right. Follow the track between these two. The path bears round to the left and rises gradually. You will see a view of Alfriston in the distance as you approach the brow of the slope. You will pass through a gate and come to a cross roads in the track. Keep straight on. You will now join a wide chalky track. Turn right to go down the hill towards the village of Alfriston.

3. Follow this track down the hill for 750 yards and you will come to a tarmaced road. (The Street) Pass through the gate and go straight across the road. Continue on down this track for a further 800 yards and you will arrive at a road junction where you will see a direction post for the SDW. Diagonally across the junction is another direction post for the SDW with a gate 10 yards further on. Pass through the gate and turn left. You should now see the spire of Alfriston Church ahead and slightly to your right. Continue on this path keeping the road and fence immediately on your left. Pass through a gate and walk on for a further 15 yards. You will come to a tarmaced path. Turn right to cross a small stream and further on you will cross the Cuckmere River.



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4. Assuming you are now returning from Alfriston over the white bridge. Immediately you cross the small stream after the white bridge you will see a direction post with a yellow sign pointing to the left. Follow this path keeping the road and fence closely on your left. You will shortly come to a wide farm gate next to a narrow gate. Pass through the gate and take the tarmaced road ahead of you. After about 400 yards you will arrive at the main road at Chapel Hill. Turn right at this junction following the sign for Littlington and Seaford.

5. After 100 yards you will notice a small red post box on your right. Only 15 yards after this, you will see a direction post indicating a path to the left with a blue arrow and informing you that Jevington is 2.5 miles away. Follow this track up the hill for a further two thirds of a mile when you will join another track coming from the right. Turn left, continuing on the route to Jevington. Follow the track up the hill and after 600 yards the track splits. Keep to the right of this fork but do not then take a sharp right turn which appears shortly after the fork.

**SHORT CUT:** Should you wish to take the shorter route, follow the left hand fork immediately before Winchester Pond.

6. Continue on the right hand fork. You will see an information board for "Lullington Heath" your right. It gives an introduction to the nature of the heath and the work of Natural England. You may also see a small notice on the gate to Winchester Pond giving an outline of the conservation work conducted there.

7. Continue past the pond for a further two thirds of a mile. Another information board for on your right indicates that you are now leaving the Heath. The track narrows to a path and only 450 yards after leaving the Heath, you will arrive at a crossroads in the paths. Take a sharp left turn. Follow a narrow path between flanked by bushes. You will soon come to a narrow gate. Pass through the gate and continue straight on. Keep walking up the slope for a further 800 yards or so when the path starts to bear round to the left at which point you should pass a direction post.



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8. Follow this path for a further 700 yards passing by more direction posts. At this point the path meets a wire fence and bears around to the right and then to the left. As you walk up the slope you will see a wide metal farm gate ahead of you. The gate we want, however, is similar but is to your right, about 100 yards further back up the slope on your right. It has a narrow walker's gate next to it. Pass through the narrow gate to get a beautiful view of the Sussex Weald.

9. Look out for a short wooden information board ahead of you. It will have the names Wilmington and Folkington in blue letters written on it. It points straight ahead and down the hill. The chalky narrow path meanders down the hill. The Long Man of Wilmington, although you may not see him, is on your left. As you descend to the bottom of the hill you will see the path you took at the start of walk. The paths meet at the bottom of the slope.

Bear right at this junction and follow the path back to the car park.