



Kingston - Breaky Bottom

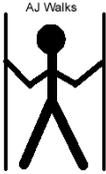


Essential information:

- Total distance: 8.3 miles (shortcut 6.9 miles)
 - Total ascent: 1818 feet
 - Start is at "The Juggs Arms" in Kingston. When driving through Kingston, look out for a sign for the 13th Century Church. This takes you past the Juggs and up "the Street" which is the start of the walk. There is a regular bus service to Kingston.
1. Start is at "The Juggs Arms" in Kingston. When driving through Kingston, look out for a sign for the 13th Century Church. This takes you past the Juggs and up "the Street" which is the start of the walk. Walk to the end of The Street and you will come to a narrow path which leads straight on. After just 50 yards you will need to pass through a walker's gate next to a wide metal gate. Just 15 yards later, take the path which goes to the left and follow the path up to the top of the hill.
 2. The path comes out almost at the top and meets a grassy track. Turn right and just 15 yards later you meet the SDW. Turn left to follow a wide flinty track, heading south. Just under a mile later, the track turns sharply to the left and heads down the hill but keep walking in the same direction, staying on top of the hill, following the path south. About 300 yards alter, you come to a walker's gate. Pass through the gate, turning right as you do so. After just 50 heads, turn left onto the tarmaced track to head south.. Keep walking south on the SDW, crossing over one tarmaced track, until you arrive at a tarmaced road and a large disused blue oil tanker on your right. This is the track that leads to Breaky Bottom. Turn right here.

Distance = 3 miles

3. (Should you wish, walking a further 100 yards along the SDW would bring you to a post marking the Meridian Line. With one step you can cross from the Eastern hemisphere to the Western hemisphere!) About 600 yards alter the track splits with the left hand track leading to the vineyard. Take the right hand track which is indicated as a public footpath. Pass by Breaky Bottom and keep following the track. You will come to a narrow metal gate next to a wide metal gate. Do not turn left here but follow the yellow arrow straight on.



4. 400 yards later is a stile next to a gate. Pass through and follow the path up the hill. At the top of the slope pass through another metal gate and turn right. Note the town of Rottingdean in the distance on your left before you turn. A half mile later the path bears around to the left and is joined by another from the left. Keep following the track so that you pass a clearly visible disused farm building on your left.
5. Very shortly, the track bears to the left and you will see a direction post with blue arrows. Keep the direction post to your right and continue to head west with the sea on your left. (If you wish to take the short cut, turn right here so that the direction post is on your left. The short cut will take you back to the SDW)
6. About 500 yards later you pass through a wooden gate to head downhill. At the bottom of the slope you arrive at a wooden gate. Pass through and turn a sharp right so you are now heading in an easterly direction.

Distance so far 5.6 miles

7. Follow the flinty wide track. A half mile later the track bears to the left, then to the right after which it passes some large disused farm buildings on the left. You will arrive at a narrow walker's gate. Pass through and turn sharp right. 200 yards later pass through another walker's gate to follow a narrow path across a field. Pass through the gate at the other side of the field, and another some 300 yards later. 400 yards later pass through a walker's gate next to a wide metal gate to follow a wide track.
8. You will have passed through "Balsdean Bottom" with the Castle Hill Nature Reserve on your left. This track takes you back to the SDW at exactly the point you joined it. Retrace your steps back down the hill to Kingston, taking care not to keep on the wide grassy track which leads across the face of the hill. You need the narrower path that goes straight down the hill.