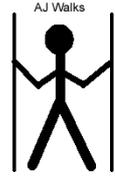




Lewes - Mount Harry - Kingston



Essential information:

- Total distance: 11 miles
 - Total ascent: 1374 feet
 - Start is at Spital Road off the A275 at the back of Lewes Prison. Spital Road is wide enough to accommodate car parking. Regular train services to Lewes.
 - A walk for the enthusiast. No refreshments available once you have left Lewes.
1. Start at Spital Road at the back of Lewes prison. About 200 yards from the main road, you will find a wide wooden farm gate. Pass through and follow the path. After 200m yards, you will see a direction post with two blue arrows. Bear right. After just a few more yards, bear right following the direction post with the blue arrow. After about 3/4 of a mile you will be walking through the old Lewes racecourse and you should see the jump fences on the right. Just over a mile from the start, you will pass residential buildings belonging to the "gallops". As you pass these on your left, you will come to a tarmaced narrow track which leads 90 degrees to the right. Take this, cross the horse track and take the very first gate on the left. Follow the path as it bears around to the right and brings you to a wooden walker's gate. Pass through and just 30 yards later turn left through a wide metal farm gate.
 2. Follow this path as it gently goes up the hill and bears to the right. Head for a walker's wooden gate ahead. Continue up to the top of Mount Harry where, half a mile ahead, you will see the distinctive top of Black Cap with its copse of trees. You may also notice the Beacon Brazier erected to celebrate the Golden Jubilee Of QE2. Head for Black Cap.

Distance so far at top of Black Cap = 3 miles.
 3. Continue in the same direction heading for a wide farm gate 300m yards ahead. At this gate, take time to read the information board telling you about both Black Cap and Ashcombe Bottom. Pass through the narrow gate and turn left following the SDW towards Housedean Farm. Just over 1/2 mile later you will arrive at a narrow walker's gate next to a wide metal gate. Pass through the wooden gate and continue straight on.



4. After just a further 200 yards you will arrive at a number of gates close together. On the left is a very wide wooden gate next to a walker's gate. Pass through the walker's gate and so you are now off the wide track and heading SE rather than due south. Until you get to Kingston the walk is now clearly signposted as you are on the SDW. Look out for the stand alone direction posts or signs on gate posts.

You will arrive at the A27.

Distance so far = 6 miles

5. Continue to follow the SDW signs. The only confusion may be after you pass through the railway tunnel when, after just 100 yards or so, you follow the path which takes a sharp left. The SDW climbs up Newmarket Hill and bears around to the left as you approach the top. You should pass a solitary wind turbine on your left as you start to head back to Lewes. You will now be walking on Jugg's Road. Look out for: Brighton Football Stadium, the race track buildings you passed at the start of the walk, Lewes Castle and Kingston windmill.
6. Juggs Lane will approach a wide farm gate next to a walker's gate. At this point you come off the SDW as it bears around to the right. Follow straight the path straight on. It becomes a chalky track as it descends towards Kingston. You will arrive at the edge of Kingston where a direction post indicates 2 miles to Lewes. Follow the path indicated. After about half a mile you will need to cross the main road which passes through Kingston. At this point, follow the sign which reads "Juggs Road".
7. Pass through a wooden gate after about 300 yards and pass by the windmill. Pass through the next gate. The path becomes a road, crosses the A27 and arrives at the main road. Turn left and at the roundabout turn left into "Bell Lane" passing by "The Swan". Walk down the hill then up Winterbourne Hollow to arrive at the traffic lights. Carry straight on for about 200 yards to arrive back at Spital Road.