



Maps and Trail Guide

The Trail is covered by the Ordnance Survey 1:25,000 Explorer Series [maps 132, 120, 121, 122, 123] and by the OS 1:50,000 Landranger Series [maps 185, 197, 198, 199]. There is also a 1:40,000 South Downs Way strip map by Harvey Maps.

The official South Downs Way National Trail Guide by Paul Millmore contains full route descriptions and 1:25,000 OS map extracts, published by Aurum Press, ISBN 978-1-84513-311-5.



© Anne-Katrin Purkiss

Cover image:
© McCoy Wynne

For more information go to
www.nationaltrail.co.uk

or contact:



The South Downs Way National Trail Officer
South Downs Joint Committee
Victorian Barn, Victorian Business Centre
Ford Lane, Ford, W Sussex, BN18 0EF



Telephone: 01243 558716
Email: sdw@southdowns-aonb.gov.uk



Natural England is here to conserve and enhance the natural environment, for its intrinsic value, the wellbeing and enjoyment of people and the economic prosperity that it brings.

© Natural England 2010

ISBN 978-1-84754-209-0

Catalogue Code: NE258

www.naturalengland.org.uk

Printed on Defra Silk comprising 75% recycled fibre.

© McCoy Wynne

South Downs Way

Walk it, ride it, live it, love it!

NATIONAL TRAIL

www.nationaltrail.co.uk



The South Downs Way National Trail

The South Downs Way is a 160 km (100 mile) long-distance bridleway running the whole length of the newly designated South Downs National Park, from the ancient city of Winchester to the white chalk cliffs at Eastbourne. You can travel along the trail by foot, mountain bike or horse back. Normally it takes about a week to walk or 2-4 days to cycle the whole length. The South Downs are also a great place to simply spend a day out.

The South Downs Way will give you the opportunity to get away from it all without being far from civilisation. Big skies and rolling hills, wildflowers and butterflies are what make the South Downs famous, and along the South Downs Way you will be walking in the footsteps of history, from the Bronze Age to the Second World War.



The Trail has some moderately steep sections, but they are a challenge that can be completed by anyone who is reasonably fit.

Much of the route is accessible to specially designed off road wheelchairs such as Trampers. Please contact the Trail Officer for detailed information of path standards.

How to get there

The South Downs Way is easily reached by public transport, with railway stations and bus stops along the entire Trail. A public transport guide is available online or from the SDW National Trail Office. Alternatively contact Traveline on 0871 200 22 33 or at www.traveline.info.

Planning your trip

To help you plan your trip an Accommodation Guide and a South Downs Way Mountain Bike Guide are available from the SDW Office.

For other useful information, including searchable accommodation listings, drinking water points and everything else you might need to plan your journey please visit www.nationaltrail.co.uk

