

THE SOUTH DOWNS WAY

Winchester to Eastbourne, described in both directions

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This guidebook describes the South Downs Way National Trail, a 100 mile (160km) waymarked route between Winchester and Eastbourne through the South Downs National Park. With easy walking on ancient trackways, the route features wooded areas, river valleys and attractive villages and is rich in natural, geological and historical interest. It was the first National Trail to be developed as a bridleway along its entire length, although the bridleway and footpath routes diverge in a few places.

The guide describes the route – including the bridleway alternatives – in both directions, in twelve stages of 3½-12 miles (5.5-19km). Detailed route description is accompanied by 1:50,000 OS mapping and information on local points of interest, and there are notes on public transport links and facilities along the route. Full accommodation listings with contact details can be found in an appendix. The guide also includes a separate map booklet containing all the 1:25,000 OS Explorer mapping needed to complete the trail, conveniently sized to fit in a pocket or rucksack top and in a clear PVC sleeve.

Some of the paths which make up the South Downs Way have been in use for around 8000 years and the route passes numerous sites of historical interest. Other highlights include the ever-popular Beachy Head, the mysterious Long Man of Wilmington, Clayton Windmills and the ancient cathedral city of Winchester. This accessible walk will appeal to both the seasoned long-distance walker and novice alike and showcases the beautiful countryside of the South Downs.

Key marketing points

- describes the route - including the bridleway alternatives - in both directions

About the author

Kev Reynolds is a freelance writer, photojournalist and lecturer. A prolific compiler of guidebooks, his first title for Cicerone Press (Walks & Climbs in the Pyrenees) appeared in 1978; he has since produced many more titles for the same publisher, with others in the pipeline. A member of the Outdoor Writers' Guild, the Alpine Club and Austrian Alpine Club, his passion for mountains and the countryside remains undiminished after a lifetime's activity, and he regularly travels throughout Britain to share that enthusiasm through his lectures.

Related books

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