











FIND YOUR WAY

Follow the Acorn symbol for the South Downs Way National Trail. For other rights of way use the arrows on waymarkers to pick your route.

Footpath		
Bridleway		
Restricted byway		
Byway		
Open access land		National Trail Acorn 

TAKE THE LEAD

For a safe and fun visit with your dog please remember to keep them on a lead around livestock and wildlife. Always bag and bin your dog poo – any public bin will do!

YOUR COUNTRYSIDE CODE

RESPECT. PROTECT. ENJOY.

Respect other people

- Leave gates and property as you find them
- Keep to the paths unless on Open Access Land
- Slow down for horses, walkers and livestock when cycling

Protect the natural environment

- Take your litter home
- Keep dogs under effective control
- Don't damage or pick wildflowers

Enjoy the outdoors

- Plan ahead and be prepared
- If cycling, take a puncture repair kit and pump
- Follow advice and local signs

GETTING AROUND

The South Downs National Park is easy to access by rail from London and the South Coast. Visit nationalrail.co.uk to plan your journey.

There is a network of bus routes running throughout the South Downs. Buy a Discovery ticket for individuals or for families, and have unlimited travel for the day across the National Park and surrounding area (ask the bus operators for more information), visit traveline.info/se to plan your journey.

Use our interactive Discovery Map to create your own itinerary of attractions, activities and transport options to fill a perfect day in the South Downs, southdowns.gov.uk/discovery-map



CONTACT

South Downs National
Park Authority:

01730 814810



@SDNPA

@southdownswaynt



/SDNPA

SOUTHDOWNSGOV.UK

Details correct at time of going to print. Please be aware that routes are shared with other users (vehicles, pedestrians, dogs, horses etc.) We do not accept any responsibility for loss, damage or injury, however caused, arising directly or indirectly from use of this leaflet. Contains Ordnance Survey data © Crown copyright and database right 2013.

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THE SOUTH DOWNS NATIONAL PARK AND THE SOUTH DOWNS WAY

NATIONAL TRAIL



Please
recycle me
after use

THE SOUTH DOWNS WAY

The South Downs Way is a 100 mile (160km) long distance off-road National Trail running the entire length of the South Downs National Park. Providing spectacular views from its high ridges across a changing patchwork of fields, woods, rolling hills, wide river valleys and its Heritage Coast, this route connects Winchester, the Saxon Capital of England, with the white cliffs of Eastbourne.

It is possible to make the entire journey from Winchester to Eastbourne on foot, horseback or bike. With a total of 3,800 metres, or 12,600ft of ascent, it normally takes 7–10 days to walk, or 2–4 days to ride.

For maps and guides, details of where to stay, suggested circular routes and much more visit nationatrail.co.uk/south-downs-way.

THE SOUTH DOWNS NATIONAL PARK

The South Downs National Park has it all – rolling hills, glorious heathland, river valleys, ancient woodland, listed buildings, diverse archaeology, thriving villages and market towns, and the iconic white cliffs of the Heritage Coast.

Stop anywhere in the South Downs and it is hard not to find an inspiring view. Covering over 1600 km² of England's most valued lowland landscapes the South Downs is a living working place full of hidden gems for you to discover.

WILDLIFE

The National Park has a rich mosaic of habitats that support many rare and internationally important wildlife species.



NATIONAL PARK PURPOSES AND DUTY

The National Park does not own any land. Instead it works in partnership with local people, land owners, farmers, land managers, local authorities and other organisations to deliver two shared purposes:

- **Purpose 1:** To conserve and enhance the natural beauty, wildlife and cultural heritage of the area.
- **Purpose 2:** To promote opportunities for the understanding and enjoyment of the special qualities of the National Park by the public.

Duty

The National Park Authority has a duty to seek to foster the economic and social wellbeing of the local communities within the National Park.

ENJOY AND PLAY YOUR PART

You'd be amazed at how much difference little changes can make...

- **Use water wisely** – our water system supports important wildlife and supplies 1.2 million people with fresh, clean water.
- **Support our farmers and communities** by trying local food, a locally brewed beer or our world-famous sparkling wine southdownsfood.org
- If you have some spare time, why not volunteer. Find out more at southdowns.gov.uk/volunteering



THE SOUTH DOWNS NATIONAL PARK

SOUTH DOWNS WAY NATIONAL TRAIL

Follow the acorn!
The South Downs Way is marked along the whole Trail with this acorn logo.

Accessibility
The Trail has some moderately steep sections suitable for anyone who is reasonably fit. People with mobility problems can access parts of the Trail and "Tramper" type off-road disability buggies can complete the entire route if arranged in advance by contacting the Trail team through the website: nationaltrail.co.uk/south-downs-way/contact-trail-team

- South Downs National Park Boundary
- South Downs Way
- South Downs Way Footpath Only
- National Cycle Network route (NCN)
- Long distance routes
- Planned route
- Railway
- Railway stations
- Countryside sites
- Settlement
- Visitor Information
- No cycling
- Drinking water taps
- Repair stations



SOUTH DOWNSWAY PROFILE

