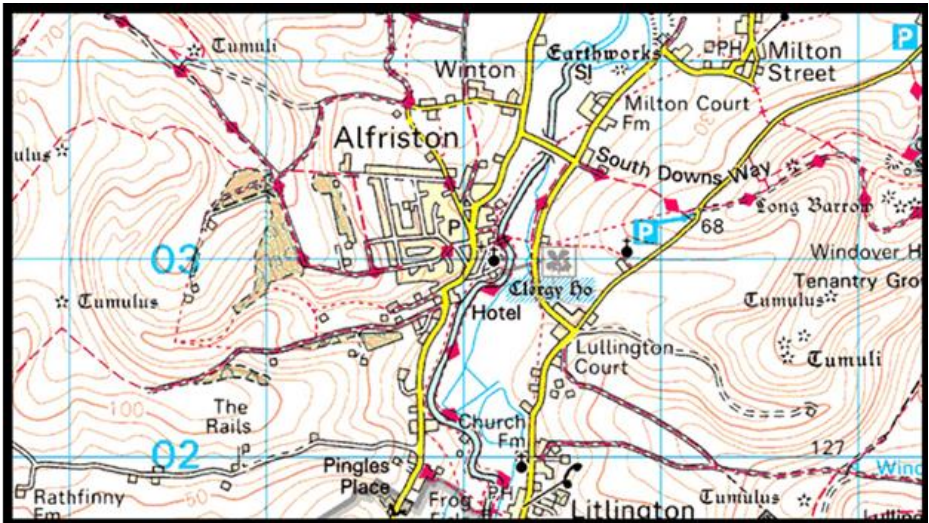

Walks

From Deans Place Country House Hotel.



We endeavour to keep these cards up to date and intact within this folder.

We apologise and cannot be held responsible for any mistakes or changes to routes, including footpaths and descriptions.

If any card is missing, please contact Reception with the card number, and it will be replaced.



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White Way | Alfriston | East Sussex | BN26 5TW

Walks, description and card number:

Alfriston Village	A short circular walk around and above the village	1
Cuckmere River	A short walk along the riverbank	2
Cuckmere Haven	From Alfriston to the Sea	3
Lullington Church	Take in the views towards Alfriston and the Cuckmere valley right across to Firle Beacon	4
The White Horse	If you're brave – climb the hill to view from above!	5
The Long Man of Wilmington	Taking in Windover Hill at 176.4m above sea level	6
Rolling Downs & Sea Breezes	A long walk, taking in the Chalk Cliffs of Southern England and some of this area's most famous beauty spots	7 & 7a
Rathfinny & Bopeep	Wine tasting (not obligatory!) and the South Downs, with the optional visit to Firle Village	8



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Alfriston Village

Head straight down our front garden path next to the lawn, and through the gate at the end.

Turn right and follow the footpath towards the village. Just before Wingrove House, take a right up Tye Road, sign-posted to Alfriston Clergy House.

Keep walking until you reach the Tye (Village Green) and see before you, St. Andrews Church. Known as the 'Cathedral of the South Downs'.

Walk up the twitten that leads you out into the centre of the village. Turn right and follow the road, passing Badgers Tea Room to the left. A 'shot coffee' shop.

Keep on the roadside footpath walking away from the village, until you reach Winton Street.

Head up Winton Street. Towards the top, there is a footpath on your left. This will lead you through a field with views down towards Alfriston Village.

Exit the footpath onto West Street and follow the road back down to the village Market Cross. Now head back home to Deans Place.



Cuckmere River

Take a scenic stroll along the banks of the River Cuckmere.

If you're looking for a short walk close to Deans Place Hotel this is the walk for you. Loose yourself in the idyllic countryside setting of the Cuckmere Valley, at the most eastern part of the South Downs National Park.

Cross the large car park to the back of the hotel, where you will find a couple of 'kissing gates' close to Deans Place's rear garden and pool. Pass through both of these and begin your journey. Turn right and walk downstream towards Litlington. You pass through three gates on this side of the river, then come to a footbridge on your left. Here you can bring out the child in yourself as this is a great opportunity to play 'Pooh sticks' before crossing and starting your journey back to Alfriston village. *(Of course, we're just 25 miles away from the real Pooh Sticks Bridge in Hartfield, which inspired AA Milne and his tales of Winnie the Pooh and friends.)*

The walk back is simple, just follow the meanders of the river and when you reach the little white bridge, cross over the River Cuckmere and take a left.

You will then be able to pass through the Tye and see St. Andrew's Church on your left with the Clergy House just next door.

Exit the Tye at the end of the road next to Wingrove House and turn left to follow the path back to Deans Place Hotel.



Cuckmere Haven

Exit via the main car park at the back of Deans Place Hotel and follow the riverbank path to your right.

You will come across a bridge on your left. Cross this and take the next left to the village of Littlington. (You will need to turn right into the village, but this is signposted.)

Turn right onto the main road and pass the 'Plough and Harrow' pub.

To your left, you will see a side street. Immediately opposite, cross the stile and fields heading up, following the path towards Friston Forest, dipping down before continuing up a steep path.

Pass through Friston Forest to the village of West Dean. Locate the stairway in the forest and continue to where you will see a view of the Cuckmere River, where it meanders to the sea.

Cross over a concrete stile and head down to the field to the main road. Cross over, and follow the path to Cuckmere Haven.

Return the same way or carry on to Birling Gap.



Lullington Church

Time (approx) 1 - 1 ½ hours

Walk down the hotel garden path through the lawns, through the black gate at the end and turn right towards the village.

Take the first right-hand turn before Wingrove House which will bring you onto the Tye where you will see St Andrew's Church The Cathedral of the South Downs. Situated to the right of the church is Alfriston Clergy House, the first property acquired by the National Trust.

Walk past the church, keeping it on your right-hand side, and head to The White Bridge which is behind the willow trees to the left of the church.

Cross the bridge (don't turn left or right down the river), and continue until you get to a small rural road with a house named Great Meadow Flint Barn or Plonk Barn, opposite.

Follow the footpath sign taking you through two gates.



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Head up this track until you see a clearing in the track to the left then follow the hedge up the hill to Lullington Church, a beautiful rural hamlet church. I love the views from here towards Alfriston and the Cuckmere valley right across to Firle Beacon. It's a very calm place that I love to share with people.

At this point, you can turn back the way you came, or you can follow the pathway through the field diagonally left, to a stile.

Hop over this style, and take the track to the bottom of the hill.

Once you reach the road at the bottom of the hill, cross over slightly to the left, up onto the verge and through a gate.

Turn right up this field then follow the river to the left, back towards the village.

I hope you can enjoy this walk during your stay with us!



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The White Horse

Time (approx) 2 – 2 1/2 Hours

Distance (approx) 6 1/4 miles (10km)

Head out of the gate in the car park at the back of the hotel. Turn right and follow the track alongside the river. In due course, you will reach a footbridge. Continue over the track again following the river south. Within a short distance, a grassy track leaves the footpath to your right and climbs steadily up the hill towards the White Horse which is carved into the hillside.

From the top of the hill ('High 'n' Over'), there are views over the Cuckmere River, Friston Forest and the village of Litlington. To continue the walk, proceed back down the hill, where a footbridge will be seen on your right. Take the footpath to the bridge and cross the river. Continue along the riverbank heading south for about 1km (12 minutes) and take the left footpath, which cuts at a right angle to the river.

Continue to the road. Once you reach the road, turn left until you come to the entrance to Charleston Manor, (occasionally open to the public). Proceed past the entrance and the elevated cottages on your right. Take the next bridleway on your right, which runs along the boundary of the Manor.

Take the next footpath, which follows the South Downs Way up the hill, and down into the pretty flint village of Litlington. Once the footpath meets the lane, turn left onto the road, and then turn right along the village street towards the Plough and Harrow Pub. After passing the pub continue along the road to the telephone box and take the footpath on the left, back down to the river. At the river turn right and follow back to the bridge at Alfriston.



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The Long Man of Wilmington

A circular walk (approx) 2 hours

At Deans Place Hotel turn right out of the front gate and head towards St Andrew's Church. Behind the church, you will find a white bridge. Walk over this bridge and along the lane to a smaller bridge running over a brook. Take the right-hand path through the woods to a stile. Continue through the field following the hedgerow on your left to the next stile.

Once over the stile proceed along the road to the 'T' junction. Turn right past the old barn on your right and take the next left turn onto a chalky track. The track now slowly climbs and starts to reveal superb views of the Downs. Remember to pause occasionally and look back, where you will see panoramic views of Alfriston and Firle Beacon!

At the next junction, take the left and continue up the hill keeping to the chalky track until you reach Lullington Heath. Several paths join here, take the left path following the fence until you reach a gate. Proceed through the gate and continue ahead to the next gate. Continue through keeping the fence on your left. After a while, the grassy path becomes chalky as you join the South Downs Way route, which will take you to the next gate.

Continue through, following the track.

Within 20 yards, bear right on the grass and continue ahead making for the Tumili (ancient burial mounds). These, along with the quarry, mark the top of Windover Hill, commanding panoramic views over the Sussex Weald, from Lewes on the far left to Hastings on the far right and Heathfield straight ahead on the horizon.



From here, follow your tracks back to the last gate, continue through and follow the fence on your left to the next. The path now descends in a straight line and joins another grassy path at the bottom. Turn left and follow the path to the foot of the *Long Man*.

Passing the long man on your left, follow the chalky path that climbs the hill in front of you following the fence until you reach the next gate.

Once through the gate turn left until you meet a deeply grooved chalky track which is the South Downs Way. Turn right, and follow this track until you meet a tarmac road. Continue over the road following the track ahead where you will find a stile on your left-hand side within about 30 yards.

Proceed through two fields with views of Alfriston ahead of you until you meet the wooded boundary. Continue through the woods and turn immediately right and follow the hedgerow down the hill to Great Meadow Flint Barn.

Taking care of the traffic on this blind bend, proceed over the road and join the path that leads you back to the White Bridge and over the Cuckmere River back to Deans Place.



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Rolling Downs and Sea Breezes

Time (approx) 4 ½ – 5 Hours

Distance (approx) 13 ½ miles (22km)

In the village, continue along the High Street to Waterloo Square and the Market Cross **(2)**. Turn right into River Lane and proceed down to the river.

Cross over the white footbridge and continue along the footpath along the lane to **(3)** Great Meadow Flint Barn (formerly Plonk Barn). Take the footpath just to the right of the barn, through the gate and follow the path up the steps and along the hedgerow. Within a short time, the undergrowth on your left clears and a path left takes you into a big open field. Follow the path across the field to a stile and cross the next field to the next stile, all the time you are gaining height.

Behind you are panoramic views of Alfriston with Firlie Beacon beyond.

Once over the stile, turn right and continue to the road **(4)**. Cross over and follow the chalk track up to the top of Windover Hill **(5)**.

You are now on the South Downs Way.

Keep to the track to the next gate. Continue, following the track with Deep Dene valley on your right. As the chalky track becomes grass, take a left bearing up the hill to a fingerpost and follow the SDW (South Downs Way) signs to the next gate. Continue through to another gate and then follow the hedge to a track crossroads **(6)**. Turn left and proceed down the hill to **(7)** another



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path junction. Take a right bearing again following the SDW. The path now drops over the tree roots down the hill and emerges at Jevington church **(8)**.

Follow the church lane down to the road. At the road turn right. At Jevington Tea Rooms turn left and continue up the hill to the next crossroads **(9)**.

Turn right and follow the fence to an old barn ruin. The path curves right and then turns left and picks up the Old Willingdon Drove to Friston **(10)**. Continue to the busy A259 road and cross over to Friston Pond, next to the church.

Follow the lane **(11)** to the hidden hamlet of Crowlink, now owned by the National Trust. Stay on the road as far as you can go where, once through a gate, the trail once again becomes a grassy path to the cliff edge **(12)**. You are now on the famous Seven Sisters.

At the cliff edge (not too close!) turn right and follow the cliffs to the viewpoint over Cuckmere Haven. At the fence follow the trail inland and down to the concrete road **(13)** that follows the River Cuckmere as it meanders back to the Seven Sisters Information Centre and Tea Rooms **(14)** at the main road.

Once you arrive at the main A259 road, cross over and turn right up the hill. Take the footpath ahead, which climbs a steep grassy field to a flint wall at the top **(15)**.

The viewpoint from here is magnificent, with the meanders of the Cuckmere laid out before you and the old coastguard cottages perched on the cliff edge at the haven.



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Once over the flint wall, follow the path into the trees and down the steps to the hidden hamlet of West Dean and its pond. Pass the pond on your left, continuing along the tarmac lane which climbs to a gate. Follow onto the forest track, which continues to climb. Within a few metres take the left-hand path, which skirts a clearing. Remain on this path, which follows the contours of the land through the forest until you reach the top of a stepped path that leads down to the rear of Charleston Manor **(16)**.

Following the SDW signs, climb over a stile and again climb the hill using the path that runs alongside a large field to another stile at the top of the hill. Continue over and follow the path along and then down to Clapham Lane at Litlington **(17)**.

Once at the lane turn left then right along the main street, passing the pub on your left. Within a short distance, a path turns left and takes you down to the Cuckmere River **(18)**. Here you have the choice of returning to Alfriston down either riverbank.

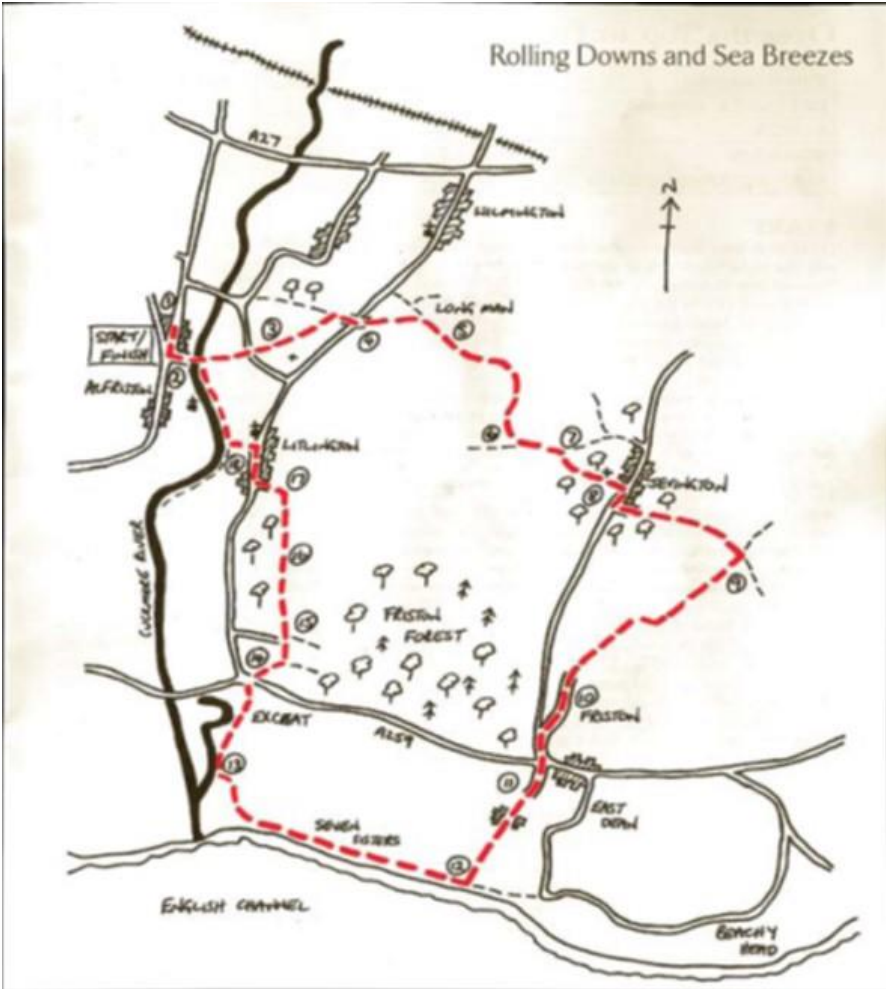


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Rolling Downs and Sea Breezes



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Rathfinny & Bopeep

Distance (approx) 6 ½ miles

Leave Deans Place car park and head up the track directly opposite, signed as a bridle path. The path forks almost immediately but keep right (avoiding a private drive) but don't turn right. This leads you past a rundown tennis court and a large white house. Keep on the path where the hedgerow starts to become more enclosed.

Walk to the top of the hill where you can enjoy beautiful views of Cuckmere Haven, Newhaven and beyond.

Head right (west) along the field, then at the fence turn left (south) along the field towards Rathfinny vineyard. At the bottom, there is an information point for the vineyard on the left.

On your right is a gate, go through the gate and walk down the hill keeping the hedge to your left. You will get to a wooded area where there is a path taking you left or right - choose the right (west) path which takes you up a very steep hill with a gate at the top. Go through the gate and head right (west).



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You will be walking for some time, but keep to the path with the fences on your left. You will walk on top of the South Downs in a loop until you reach BoPeep car park. Here is where you'll join the South Downs Way path.

You can then head east, following the South Downs Way back to Alfriston, or head west to Firle Village. Walk down the hill towards the village, where there is a lovely pub called The Ram. Follow the Old Coach Road or the South Downs Way to get back to Alfriston after enjoying Firle village.

The South Downs Way will walk you on top of the Downs through fields, eventually finishing in a chalk path that leads to the back of the residential part of the village.

I hope you can enjoy this walk during your stay with us!



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