

# Inhoudsopgave

The Downs  
The South Downs Way  
Accommodation  
Walking Companies and Baggage Transfers  
Getting There – and Back  
Using the Guide



## TRAIL DESCRIPTION – WESTBOUND

Stage 1: Eastbourne to Alfriston (Footpath route via the Seven Sisters)  
Stage 1(a): Eastbourne to Alfriston (Bridleway route inland via Jevington)  
Stage 2: Alfriston to Southease  
Stage 3: Southease to Housedean (A27)  
Stage 4: Housedean (A27) to Pyecombe  
Stage 5: Pyecombe to Botolphs (Adur Valley)  
Stage 6: Botolphs to Washington  
Stage 7: Washington to Amberley  
Stage 8: Amberley to Cocking  
Stage 9: Cocking to South Harting  
Stage 10: South Harting to Buriton (Queen Elizabeth Forest)  
Stage 11: Buriton to Exton  
Stage 12: Exton to Winchester



## **TRAIL DESCRIPTION – EASTBOUND**

Stage 1: Winchester to Exton

Stage 2: Exton to Buriton

Stage 3: Buriton to South Harting

Stage 4: South Harting to Cocking

Stage 5: Cocking to Amberley

Stage 6: Amberley to Washington

Stage 7: Washington to Botolphs (Adur Valley)

Stage 8: Botolphs to Pyecombe

Stage 9: Pyecombe to Housedean (A27)

Stage 10: Housedean (A27) to Southease

Stage 11: Southease to Alfriston

Stage 12: Alfriston to Eastbourne (Footpath route via the Seven Sisters)

Stage 12(a): Alfriston to Eastbourne (Bridleway route inland via Jevington)

Appendix A Useful Addresses

Appendix B Public Transport Information 12:45 – 13:15 Skyrunning