

SUSSEX
HOSPICES
TRAIL

SUSSEX HOSPICES TRAIL PART 6

BRIGHTON TO SOUTHEASE



Moderate Terrain

10.5 Miles
Linear
5.5 hours

090519



Access Notes



1. Underfoot you will be walking on concrete from Brighton to Saltdean then grassy footpaths to Southease, then a final stretch along quiet lanes.
2. Some of the grass footpaths can get muddy at times. There is some uphill walking onto the Downs. You will need to negotiate several gates but there are no stiles on route.
3. There may be livestock in some fields and one stretch of the route passes through a working farm so take care with dogs.

A 10.5 mile linear walk from Brighton rail station to Southease rail station in East Sussex, forming the sixth stretch of the Sussex Hospices Trail.

IMPORTANT NOTE: In stormy weather the Undercliff Walk section of this route may be impassable, however an alternative is given within the directions.

This is certainly one of the most remarkable walks in our Sussex Hospices Trail Collection because it takes you from the heart of bustling Brighton along the seafront promenade, then an undercliff walk, across the folds of South Downs to finish in the secluded village of Southease. From Southease you can return to Brighton by train in just 30 minutes at peak times.

The hospices of Sussex are dedicated to providing specialist end-of-life care. Friends of Sussex Hospices has worked with partners and supporters to create the Sussex Hospices Trail, a 200 mile long-distance path to support and raise awareness of the twelve hospice care providers that serve the adults and children of Sussex.

Getting there

The walk starts at Brighton rail station and ends at Southease rail station. Brighton rail station (the seventh busiest station in the UK outside London) has direct trains from London to the north, Shoreham to the west and Lewes to the east. If you are coming by car, parking at Brighton Station is £13.10 per day or £6.50 on Sundays (correct June 2016).

Walk Sections

Go 1 **Start to Seafront**



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With Brighton rail station behind you, take the left-hand pavement and walk south along Queens Road heading towards the seafront. Cross carefully at the lights at the North Road intersection and again at the Clock Tower lights so that you can continue along the left-hand pavement of West Street towards the sea. West Street was one of the four original medieval streets of the old town and is now a very busy thoroughfare.

Turn left when you meet the seafront road and walk along Kings Road to the first set of lights (where the pavement widens in front of the Old Ship Hotel). Cross carefully at the lights towards the seafront. (To your right you will see the huge tower of the new i360, the world's first vertical cable viewing tower.)

Turn left and walk along the promenade in the direction of Brighton Pier.

This section of the Sussex Hospices Trail is nearest to Leo House at Home. Leo House fund specialist nurses, who care for life limited children in Sussex and who operate as a part of the Chestnut Tree House community team.



alternative safer route in this case - take a left turn up the concrete slope and then turn right to join the grass pathway next to the A259 road above. This pathway goes along in front of Roedean School and all the way to Rottingdean. At Rottingdean follow the pavement in and out of the village to join the grass path to Saltdean where you meet the main route at Waypoint 3 at the White Cliffs Underpass.

1 → 2 Seafront to Marina



NOTE: If you are continuing your walk from Trail Part 5, pick up the directions from this point.

Brighton Pier opened in 1899 and is still known for its traditional rides, arcade games and fish and chips. (It is still locally known as the Palace Pier even though it was renamed Brighton Pier in 2000.) From here you can take the steps down to the lower promenade OR continue walking eastwards on the higher pavement along the edge of Madeira Drive, passing the adventure playground and Brighton Naturist Beach. This area can seem surprisingly quiet for such a busy place but many plans are in place to develop it. With either option, continue past the Volks Railway all the way along to the Marina.

2 → 3 Marina to White Cliffs Underpass

When you reach the Marina the path bears to the left under the road into a subway and then leads out into the Marina complex itself to join the Undercliff Walk. With sheer chalk cliffs to your left, on your right is the superstore car park, a working harbour, shops, hotels, entertainment complexes and the residential housing. The construction of the whole area began in 1971 and it was opened in 1979.

IMPORTANT NOTE: You have two choices here. Do NOT proceed along the Undercliff Walk if the weather is stormy and windy as this makes the route too dangerous. There is an

For the main route, when the Undercliff Walk leaves the shelter of the Marina much of what you see on the the walk is determined by whether or not it is high or low tide. At low tide you will see rock pools and at high tide the sea will be right up to the wall on your right. There are two cafes along this stretch and if the weather is good the Undercliff Walk is usually bustling with walkers and cyclists.

At the White Cliffs Underpass in Saltdean, leave the seafront by turning left through an underpass. At the end of the short underpass, turn right then left for a few metres. Carefully cross Saltdean Park Road then bear left to cross into the car park.

3 → 4 White Cliffs Underpass to Edge of Downs



With Saltdean Lido behind you, cross the car park and walk diagonally uphill across the grass area of Saltdean Park. Go through the staggered barrier gate on your right out onto the road. Cross straight over Arundel Drive East into Linchmere Avenue. Stay on the left-hand pavement of Linchmere Avenue going straight ahead and crossing four small roads until you reach a T-junction with Rodmell Avenue. Turn right and then, at the next junction, turn left along Longridge Avenue until you meet a farm gate. Go through the bridge gate (to the right of the farm gate) and onto the Downs.

4 → 5 Edge of Downs to Telscombe Village



After the bridle gate continue ahead on the stone track which is a public footpath. Continue until you reach a footpath junction. Turn right and continue onwards crossing a lane called Homebush Avenue and then cross another field until you come to a meeting of several paths. Turn left along the downward sloping, Gorhams Lane, and continue past a stud farm on your left and through the pretty village of Telscombe. This village is unusual in that there is no road down to the coast (which is why it seems so isolated even though it is so near the sea).

5 → 6 Telscombe Village to Southease



Continue on the road to leave the village and, as the road veers to the right (and a lane meets on your left), go through a farm gate ahead onto a footpath. Follow this path across the field and stay with it as it bears to the left and then to the right again, keeping Cricketing Bottom (which is sometimes used for musical events) to your right. The route passes through South Farm (NOTE: this is a working place with farm animals, machinery and possibly dogs so take care on this stretch). Just after South Farm your route continues straight ahead to join the South Downs Way. Follow the path across the field and eventually you will hear the noise of a road ahead. Take a right turn up the bank where you will emerge via a gate to the end of Gorhams Lane. Turn left for a few paces to reach the T-junction with Piddinghoe Road. Cross with care and turn right along the road edge and then take the first left towards Southease. This pretty village has several 17th century buildings. The church is one of only three in Sussex with a round tower. It has a fascinating history, dating back to the 10th century and is well worth a look inside.

6 → 7 Southease to End



After the church, keep left at the fork in the village road. Follow this lane out of the village, still following the South Downs Way. Your route winds its way between fields and then across the floodplain of the River Ouse. (The tidal river here is also known for being the spot where the writer Virginia Woolf drowned in 1941.)

Stay with the lane and make your way over the new bridge to Southease rail station where this stretch of the Sussex Hospices Trail ends. (If you are looking for refreshments, a YHA Cafe is just across the railway which, if open, has cakes, meals and hot and cold drinks.)

We hope you have enjoyed walking this stretch of the Sussex Hospices Trail. Hospices deliver their services for free but such care is not cheap and they largely depend on funds raised from their local communities. We would be very grateful if you would consider making a donation either to your local hospice, wherever that may be, or to the Friends of Sussex Hospices in order to support these invaluable services.

To donate £5 to the Friends of Sussex Hospices text SHTR16 £5 to 70070

Friends of Sussex Hospices, Registered Charity
No. 1089306

<http://www.friendsofsussexhospices.org.uk/how-you-can-help/donations>

In Memory of Martin Smith and Rebecca Cook

The creation of this stretch of the trail was possible thanks to the kind donation from Juliet Smith, in the memory of her husband, Martin Smith, and her stepdaughter Rebecca Cook. To read more about the sponsors of this Trail visit hospicetrail.co.uk

Disclaimer

This walking route was walked and checked at the time of writing. We have taken care to make sure all our walks are safe for walkers of a reasonable level of experience and fitness. However, like all outdoor activities, walking carries a degree of risk and we accept no responsibility for any loss or damage to personal effects, personal accident, injury or public liability whilst following this walk. We cannot be held responsible for any inaccuracies that result from changes to the routes that occur over time. Please let us know of any changes to the routes so that we can correct the information.

Walking Safety

For your safety and comfort we recommend that you take the following with you on your walk: bottled water, snacks, a waterproof jacket, waterproof/sturdy boots, a woolly hat and fleece (in winter and cold weather), a fully-charged mobile phone, a whistle, a compass and a map of the area. Check the weather forecast before you leave, carry appropriate clothing and do not set out in fog or mist as these conditions can seriously affect your ability to navigate the route. Take particular care on cliff/mountain paths where steep drops can present a particular hazard. Some routes include sections along roads – take care to avoid any traffic at these points. Around farmland take care with children and dogs, particularly around machinery and livestock. If you are walking on the coast make sure you check the tide times before you set out.

