

CYCLE LEWES

Local cycling information

CYCLING ORGANISATIONS

- **Bricycles** – the Brighton, Hove and District Cycling Group www.bricycles.org.uk
- **Contact ESCC** if you encounter problems with public rights of way.
- **CTC** – for touring rides and national campaigning: Seaford and Newhaven section www.eastsussexctc.org.uk
- **Cycle Lewes** Campaign group promoting cycling in and around Lewes www.cyclelewes.org.uk
- **Cycle Seahaven** – rides, events, campaigning and training in Seaford, Newhaven and Peacheven areas. www.cycleseahaven.org.uk
- **Lewes Wanderers** – faster rides and competitive cycling. www.leweswanderers.co.uk
- **Travel Log Lewes** – for a mass of news on cycling, walking and public transport in the area. www.travelloglewes.co.uk
- If it's been some time since you did any maintenance or repaired a puncture you might benefit from going on a **Bike Maintenance Course**. Contact: Nick Marks at sussexbikettraining@gmail.com or 07854 603523.
- **On Yer Bike Mike** offers cycle training for all ages, 07740 947 892 www.onyerbikemike.co.uk

■ Bridleways are generally unsurfaced routes open to cyclists and horse riders. They are usually marked with blue arrow waymark posts.

■ Footpaths (paths shown on the map with short dashes) are open to walkers only. Cycling on footpaths is not allowed without the owner's permission and there may be cycle-unfriendly obstacles like stiles. Footpaths usually have yellow arrow waymarkers. The Goldeneye cycling map for Sussex and South Surrey highlights circular and family-friendly routes and facilities for cyclists.

There are also maps of the Sustrans National Cycle Network (NCN) routes on www.sustrans.org.uk or 0845 113 0065. In Sussex NCN Route 2 runs along the coast from Worthing to Rye and NCN Route 21 runs from Crawley to Eastbourne, taking in the traffic-free Cuckoo Trail, Forest Way and Worth Way. Route 21 forms part of the Avenue Verte route from London to Paris. www.avenuevertelondon.paris.co.uk

CYCLING OUT OF TOWN

Lewes is surrounded by a wonderful network of country lanes and off-road routes, leading to dozens of interesting places to visit, eat and drink.

■ Take extra care for the first couple of miles out of Lewes where you may have to ride on main roads. Avoid the worst of the traffic by setting off early at weekends, or after the morning rush midweek.

■ One way of avoiding cycling out of Lewes is to take the train to a country station such as Southsea, Berwick or Glynde.

■ Carry one or two inner tubes in the right size for your tyres, and learn how to change them – it's much easier than repairing a puncture out on the road. You'll also need a couple of spanners and tyre levers and a bicycle pump.

OFF-ROAD CYCLING

Lewes is in the middle of some of the best off-road cycling country in England, with a superb network of bridleways on and around the South Downs. Some are better than others for cycling.

This map highlights some off-road routes where the surface is generally passable for cyclists, divided into easier paths which can be cycled all year round and more challenging ones which may be muddy or bumpy.

The Downs can be tough-going though: you may like to plan your route by pushing up short steep sections, then riding down long, glorious, gradual descents.

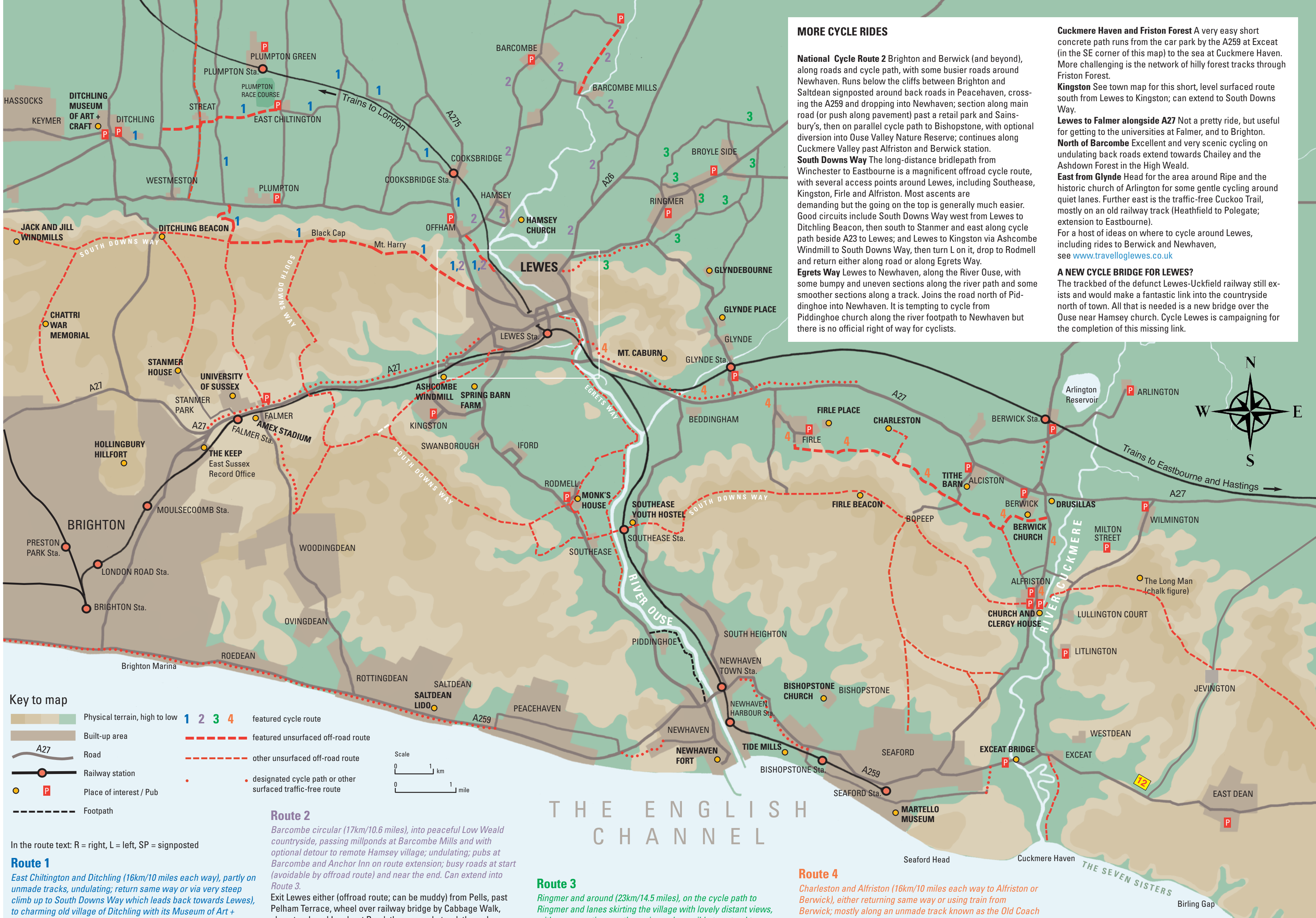
CYCLE SHOPS

- **Halfords** at Lewes Road, Brighton O1273 604833, The Drive, Newhaven O1273 515885
- **Lewes Cycle Action** Nutty Wizard, corner South Street and Cliffe High Street, Lewes: free cycle maintenance (charge made for parts) most Sat mornings 10–noon, www.drbike.com
- **Lewes Cycleshack** 53 Cliffe High Street and 39a Friars Walk, Lewes O1273 479688 www.lewescycleshack.co.uk
- **Mr Cycles** 26 Clinton Place, Seaford O1323 893130 www.mrcycles.co.uk – will pick up and deliver locally for servicing and repair
- **Quantum Bikes** Tollgate, Beddingham O1273 858695 www.quantumbikes.co.uk

MAPS AND PATHS

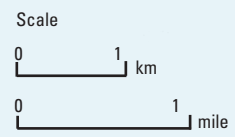
For more detailed route planning, look at the Ordnance Survey 1:25,000 Explorer maps 122 and 123 or the 1:50,000 Landranger maps OL11 and OL25 for the area.

■ You can cycle on any road in East Sussex, but the minor roads (shown in yellow on OS maps) tend to have less traffic.



Key to map

- Physical terrain, high to low
- Built-up area
- Road
- Railway station
- Place of interest / Pub
- Footpath
- 1 2 3 4 featured cycle route
- featured unsurfaced off-road route
- other unsurfaced off-road route
- designated cycle path or other surfaced traffic-free route



Route 2

Barcombe circular (17km/10.6 miles), into peaceful Low Weald countryside, passing millponds at Barcombe Mills and with optional detour to remote Hamsey village; undulating; pubs at Barcombe and Anchor Inn on route extension; busy roads at start (avoidable by offroad route) and near the end. Can extend into Route 3.

Exit Lewes either (offroad route; can be muddy) from Pells, past Pelham Terrace, wheel over railway bridge by Cabbage Walk, along track and Landport Road, then unmade track through woods; at end, R near Offham Church or (busy road; care needed) via the A275 and R at Offham Church, SP Hamsey. Both routes Follow road downhill, over level crossing. Optional detour loop R to Hamsey via Ivors Lane; at next junction L (Whitfield Lane) is continuation (a short way ahead is medieval Hamsey church), then R at T-junction. Follow signs to Barcombe, R in village centre at mini roundabout. Just after dropping down small hill, old station on R; L by a gate is an offroad track (former railway) giving optional extension to Anchor Inn. Carry on road, past car park on L (entrance to Barcombe Mills – a beautiful spot with millponds). Take next R (SP Wellingham), along Wellingham Lane, then R on A26. At edge of Lewes, R at first traffic lights (or L up Mill Road to join Route 2) using cycle crossing into Malling area of Lewes, into Church Lane and first L into The Martlets; use Lewes town map to return to centre.

In the route text: R = right, L = left, SP = signposted

Route 1

East Chiltington and Ditchling (16km/10 miles each way), partly on unmade tracks, undulating; return same way or via very steep climb up to South Downs Way which leads back towards Lewes), to charming old village of Ditchling with its Museum of Art + Craft, tea rooms and pubs, and section along route of Roman road between East Chiltington and Streat; also pub at East Chiltington.

Leave Lewes by Route 2 to Offham Church, and continue/join A275, then L at Cooksbridge (shortly before level crossing) into minor road, first R, under railway then L. L at junction, R into East Chiltington, past Jolly Sportsman pub, R before church on unmade track. In 0.6 mile/1km cross road, skirt end of Plumpton Race Course. L on Streat Lane (Streat Place, a fine Elizabethan country house, is on R). For Ditchling immediately R on farm track, then L at T-junction and soon R at Hayleigh Farm; carry on farm road to Ditchling; return same way or by busier B2116. For South Downs Way, turn left at Streat; at B2116, turn L and very soon R on farm road, steeply up (most people will need to dismount); at top, L on South Downs Way, which you leave as it heads R, instead going on via Black Cap and descend to Lewes.

MORE CYCLE RIDES

National Cycle Route 2 Brighton and Berwick (and beyond), along roads and cycle path, with some busier roads around Newhaven. Runs below the cliffs between Brighton and Saltdean signposted around back roads in Peacehaven, crossing the A259 and dropping into Newhaven; section along main road (or push along pavement) past a retail park and Sainsbury's, then on parallel cycle path to Bishopstone, with optional diversion into Ouse Valley Nature Reserve; continues along Cuckmere Valley past Alfriston and Berwick station.

South Downs Way The long-distance bridlepath from Winchester to Eastbourne is a magnificent offroad cycle route, with several access points around Lewes, including Southsea, Kingston, Firl and Alfriston. Most ascents are demanding but the going on the top is generally much easier. Good circuits include South Downs Way west from Lewes to Ditchling Beacon, then south to Stanmer and east along cycle path beside A23 to Lewes; and Lewes to Kingston via Ashcombe Windmill to South Downs Way, then turn L on it, drop to Rodmell and return either along road or along Egrets Way.

Egrets Way Lewes to Newhaven, along the River Ouse, with some bumpy and uneven sections along the river path and some smoother sections along a track. Joins the road north of Piddinghoe into Newhaven. It is tempting to cycle from Piddinghoe church along the river footpath to Newhaven but there is no official right of way for cyclists.

Cuckmere Haven and Friston Forest A very easy short concrete path runs from the car park by the A259 at Exceat (in the SE corner of this map) to the sea at Cuckmere Haven. More challenging is the network of hilly forest tracks through Friston Forest.

Kingston See town map for this short, level surfaced route south from Lewes to Kingston; can extend to South Downs Way.

Lewes to Falmer alongside A27 Not a pretty ride, but useful for getting to the universities at Falmer, and to Brighton.

North of Barcombe Excellent and very scenic cycling on undulating back roads extend towards Chailey and the Ashdown Forest in the High Weald.

East from Glynde Head for the area around Ripe and the historic church of Arlington for some gentle cycling around quiet lanes. Further east is the traffic-free Cuckoo Trail, mostly on an old railway track (Heathfield to Polegate; extension to Eastbourne).

For a host of ideas on where to cycle around Lewes, including rides to Berwick and Newhaven, see www.travelloglewes.co.uk

A NEW CYCLE BRIDGE FOR LEWES?

The trackbed of the defunct Lewes-Uckfield railway still exists and would make a fantastic link into the countryside north of town. All that is needed is a new bridge over the Ouse near Hamsey church. Cycle Lewes is campaigning for the completion of this missing link.

THE ENGLISH CHANNEL

Route 3

Ringmer and around (23km/14.5 miles), on the cycle path to Ringmer and lanes skirting the village with lovely distant views, with some sections on the main road; possible to extend to Bentley Wildfowl or to Glynde and Route 3; mostly gently undulating with brief hills; shop and pubs at Ringmer, accessed via Springett Avenue.

Leave Lewes via Mill Road, forking L at top on cycle path to Ringmer, soon down alongside B2192. At edge of Ringmer near pylons cycle path bends R and ends; cross road and go ahead (Gote Lane). Avoid residential roads on L; R at junction (Rushey Green), L at next junction (R is useful link to Glynde and Route 3). R on B2124, first L (Half Mile Drive), R on B2192 and first L (Harvey's Lane; SP Bentley Wildfowl), next L (Green Lane), keep L at next junction (R is useful link to Glynde and Route 3). R on B2124, first L (Half Mile Drive), R on B2192 and first L (Harvey's Lane; SP Bentley Wildfowl), next L (Green Lane), keep L at next junction (R is useful link to Glynde and Route 3). R on B2124, first L (Half Mile Drive), R on B2192 and first L (Harvey's Lane; SP Bentley Wildfowl), next L (Green Lane), keep L at next junction (R is useful link to Glynde and Route 3). R on B2124, first L (Half Mile Drive), R on B2192 and first L (Harvey's Lane; SP Bentley Wildfowl), next L (Green Lane), keep L at next junction (R is useful link to Glynde and Route 3). R on B2124, first L (Half Mile Drive), R on B2192 and first L (Harvey's Lane; SP Bentley Wildfowl), next L (Green Lane), keep L at next junction (R is useful link to Glynde and Route 3).

Route 4

Charleston and Alfriston (16km/10 miles each way to Alfriston or Berwick), either returning same way or using train from Berwick; mostly along an unmade track known as the Old Coach Road, below the beautiful South Downs escarpment, passing through Firle village, near Charleston and Berwick Church, and into Alfriston village with its thatched Clergy House (NT) by the village green; pubs at Firle and just off route at Berwick and Berwick station, and pubs, tea rooms and shops at Alfriston and Berwick station; return same way or use South Downs Way for a much more energetic circuit.

Exit Lewes along South Street, then at end carry on along cycle path between river and A26, crossing A26 at Route 90 cycle path signs, into industrial estate, immediately R, past bollards, along lane through Southerham, up to A27, where L on route 90 cycle path for 2.5 miles/4km. Cross A27 at traffic island, SP Firle, forking R, then next L into Firle village. Past Ram Inn, road bends R. At end of road, ahead on main track (known as the Old Coach Road), and ignore track to R; follow the track curving L along cycle estate wall. At Gothic-windowed cottages (after 1 mile/1.6km),

keep R (next L is optional detour for Charleston (farmhouse retreat of Bloomsbury Group in early 20th century; open to public, turning L again by barns, then after sharp bend, L again to Charleston). Ignore further side turns. Past a converted barn behind flint wall on R, keep on main track as it bends L towards Berwick Church (straight on, to Alfriston, is often waterlogged), then next R alongside trees at top of ridge, soon bending L (avoid path R across field), then very soon turn R (opposite gate into churchyard of Berwick Church, which has remarkable murals painted by members of Bloomsbury Group) down grassy strip (bridleway). At T-junction with road, either turn R for Alfriston, or L for Berwick station using crossing light over A27 to the L of roundabout, then straight on, first along road, then on cycle path to L of road, then again on road to Berwick station.



CYCLE LEWES

CYCLING OUT OF TOWN

Lewes is surrounded by a wonderful network of country lanes and off-road routes, leading to dozens of interesting places to visit, eat and drink. We hope this map will tempt you to try cycling a little further out of town.

- Take extra care for the first couple of miles out of Lewes where you may have to ride on main roads. Avoid the worst of the traffic by setting off early at weekends, or after the morning rush midweek

- One way of avoiding cycling out of Lewes is to take the train to a country station such as Southease, Berwick or Glynde

- Look out for horse riders – slow right down and let them know you are there before passing. This prevents horses becoming alarmed

- Carry a snack and enough to drink – you can get special water bottles that fit to your bike frame

- Carry one or two inner tubes in the right size for your tyres, and learn how to change them – it's much easier than repairing a puncture out on the road. You'll also need a couple of

spanners and tyre levers and a bicycle pump

- Wear light, bright or reflective clothing so that you can be clearly seen and carry your bike lights if there is any chance of being out after dark

- Wear layers of comfortable clothing so that you can remove some as you get warmer

- If it's been some time since you did any maintenance or repaired a puncture you might benefit from going on a Bike Maintenance Course. Contact: Nick Marks at sussexbikettraining@gmail.com or 07854 603523.

n On Yer Bike Mike offers cycle training for all ages, 07740 947 892 www.onyer-bikemike.co.uk

CYCLING WITH CHILDREN

Many children love their bikes, but they can easily be put off by an uncomfortable experience.

- Plan your route to have plenty of stops – for playgrounds and generally running around

- Carry some favourite snacks and offer them regularly, and make sure children drink plenty of liquid

- Don't forget hats and suncream in summer

- Make sure their bikes fit them properly with the tyres pumped up well and that their clothing is comfortable

- Have a 'Plan B' for a quick way home in case you need to cut the trip short

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MAPS AND PATHS

For more detailed route planning, look at the **Ordnance Survey** 1:25,000 Explorer maps 122 and 123 or the 1:50,000 Landranger maps 198 and 199 for the area.

- You can cycle on any road in East Sussex, but the minor roads (shown in yellow on OS maps) tend to have less traffic

- Bridleways (paths shown on the map with long dashes) are generally unsurfaced routes open to cyclists and horse riders. They are usually marked with blue arrow waypoint posts

- Footpaths (paths shown on the map with short dashes) are open to walkers only. Cycling on footpaths is not allowed without the owner's permission and there may be cycle-unfriendly obstacles like stiles. Footpaths usually have yellow arrow waypoints

The **Goldeneye** cycling map for Sussex and South Surrey highlights circular and family-friendly routes and facilities for cyclists.

East Sussex County Council publishes a range of cycle maps that follow circular routes. These are online at www.eastsussex.gov.uk/cycling

There are also maps of the **Sustrans National Cycle Network (NCN)** routes on www.sustrans.org.uk or 0845 113 0065. In Sussex NCN Route 2 runs along the coast from Worthing to Rye and NCN Route 21 runs from Crawley to Eastbourne, taking in the traffic-free Cuckoo Trail, Forest Way and Worth Way. Route 21 forms part of the Avenue Verte route from London to Paris www.avenuverte.londonparis.com



- Lewes Cycleshack** 53 Cliffe High Street, Lewes 01273 479688 www.lewescycleshack.co.uk

- Mr Cycles** 26 Clinton Place, Seaford 01323 893130 www.mrcycles.co.uk – will pick up and deliver locally for servicing and repair

- Quantum Bikes** Tollgate, Beddingham 01273 858695 www.quantumbikes.co.uk

- Seven Sisters Cycle Company** Seven Sisters Country Park, Exceat, Seaford 01323 870310, www.cuckmere-cycle.co.uk – also hire

- There are at least ten cycle shops in Brighton and Hove

BIKES ON TRAINS

- You can take bikes free of charge on Southern trains in all directions from Lewes, except from London and Brighton during the morning and evening rush hours when only folding bikes are allowed

- Special carriages marked with a cycle symbol have spaces for bikes. There are also wheelchair spaces which cyclists may use, but wheelchairs have priority. You may have to take a later train if spaces are full

- Check before you travel about weekend engineering works – you can't take bikes on the replacement bus services. Call National Rail Enquiries on 08457 48 49 50 or www.southernrailway.com/engineeringworks

LEWES DISTRICT

- on-road route with lighter traffic (you can cycle on any road, but these are some routes preferred by local cyclists)
- On-road route with busier traffic – take extra care
- designated cycle path
- unsurfaced, off-road route
- more challenging off-road route
- 90 Regional cycle route
- 2 National Cycle Route
- steep hill (arrows point downhill)
- WC public toilets (all have disabled access)
- RAILWAY STATION
- refreshments
- pub
- cycle shop
- place of interest
- Tourist Information Centre
- scenic view
- hostel



For maps and more information on cycling in Brighton and Hove see www.brightonhove.gov.uk/cycling

Transmanche Ferries offer up to three crossings per day from Newhaven to Dieppe all year round. Bicycles are carried free and the crossing takes approximately four hours. Contact 0800 917 1201 or see www.transmancheferries.co.uk

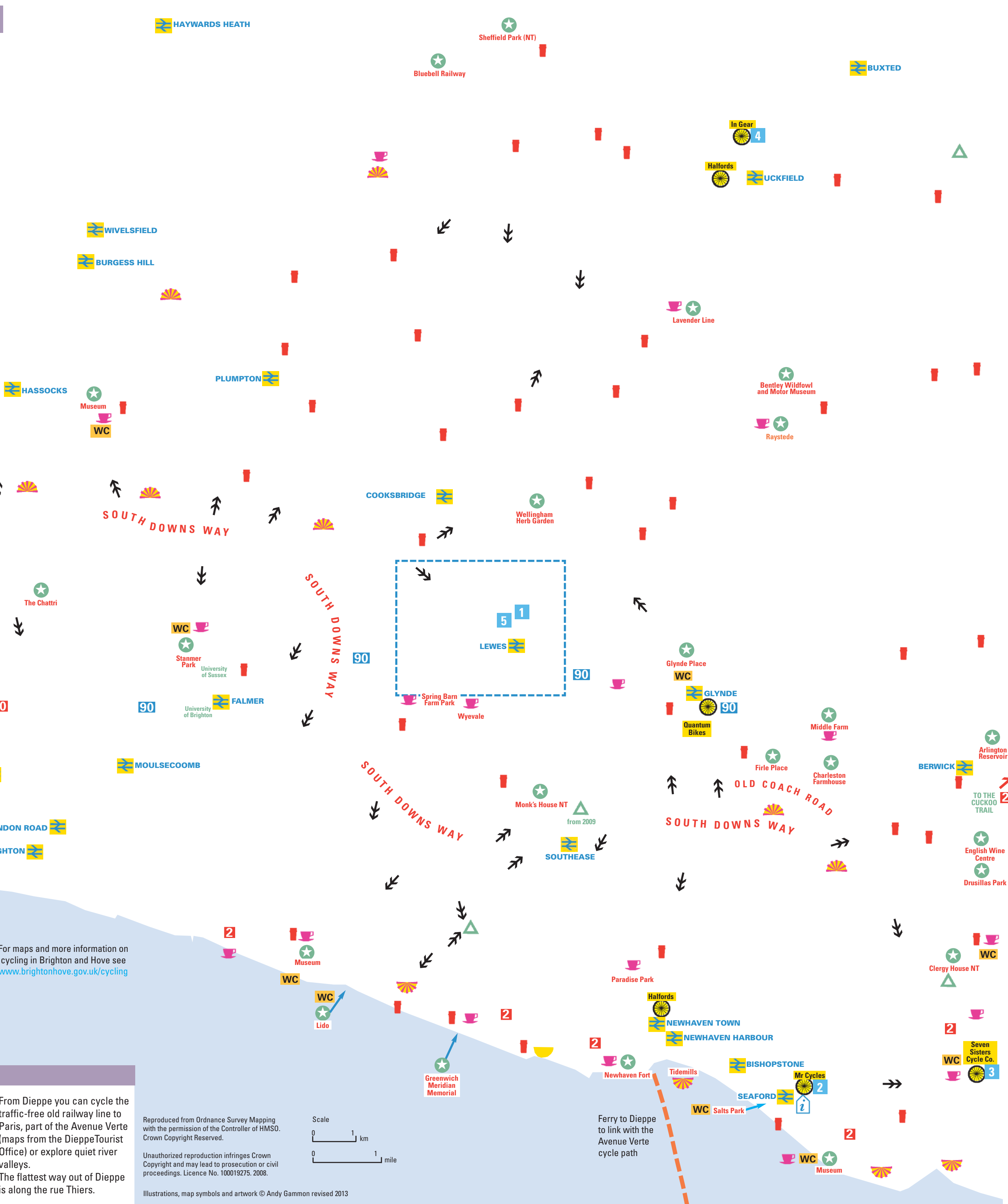
From Dieppe you can cycle the traffic-free old railway line to Paris, part of the Avenue Verte (maps from the DieppeTourist Office) or explore quiet river valleys. The flattest way out of Dieppe is along the rue Thiers.

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Scale 0 1 km 0 1 mile

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Best routes out of Lewes

Northwards The route through Landport, along Landport Road leads into an unmade byway into the woods (feasible for all types of bikes in drier periods). This rises slightly to join the minor road just below Offham church. Turn right here onto a system of undulating lanes linking Barcombe, Newick and beyond. At Barcombe Mills, the short track marked in green follows an old railway line to the Anchor Inn, by the River Ouse.

Eastwards Leave Lewes by South Street (a dead end for motorised traffic). Past the Snowdrop pub, you continue on the signed Cycle Route 90, along the river, through Cliffe Industrial Estate and onto Southerham Lane. The route continues as a cycle path alongside the A27. At the next junction either continue along the easily managed cycle path or branch left into Ranscombe Lane, a quiet road that rises quite steeply and gives views across the valley before dropping into the estate village of Glynde, which has toilets and a playground; from here you can rejoin the A27 cycle path. Routes northeast through Ripe and Laughton are easy on-road options; mountain bikers may like to cross the A27 into Firlle village and ei-

ther try the Old Coach Road along the foot of the downs or climb up onto the South Downs Way.

Southwards The road routes along the Ouse valley carry quite a lot of traffic, but mountain bikers can opt to ride up to the South Downs by taking Southover High Street westwards and continuing along Juggs Road, which crosses a bridge high above the A27 and becomes a bridleway. Cross over the next road near Kingston, and continue past a line of houses, then steeply up either of two chalk tracks ascending the escarpment. Turn left at the top for some glorious high-level riding.

Westwards The A27 has a useful cycle path along its northern side, starting on the right as you leave town on the Brighton Road. This takes you beyond the universities at Falmer to the outskirts of Brighton. For mountain bikers, the South Downs Way and an extensive network of other bridleways can be joined either by going up Spital Road (behind Lewes Prison) and following the signposts, or a little further north off the A275 (Nevill Gate) by going through the gate to the right of the private road opposite Hill Road and following the bridleway up, past the houses and stables.

Local cycling information

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- Bricycles** – The Brighton, Hove and District Cycling Group www.bricycles.org.uk or Tony 01273 552662

- CTC** – for touring rides and national campaigning: Seaford and Newhaven section Ann 01323 894283 or www.eastsussexctc.org.uk; Brighton and Hove section www.communigate.co.uk/sussex/ctcbrighton or Anne 01273 413303

- Lewes Wanderers** – faster rides and competitive cycling. www.leweswanderers.co.uk or Hugh 01273 471880

CYCLE SHOPS

- Future Cycles** 39a Friars Walk, Lewes 01273 483108 www.futurecycles.co.uk

- Halfords** at Lewes Road, Brighton 01273 604833, The Drove, Newhaven 01273 515885, London Road, Burgess Hill 01444 250129, Bell Farm Lane, Uckfield 01825 749684

- In-Gear Cycle Sport** 107 High Street, Uckfield 01825 768192 www.ingearcycles.co.uk

- Kontour Cycles** 74 High Street, Polegate 01323 482368 www.kontourcycles.co.uk

- Lewes Cycle Action** Lewes precinct (opposite Boots): free cycle maintenance (charge made for parts) 10–12 most Sats except Farmers' Market days, www.drbike.org

