

# A GUIDE TO MOUNTAIN TRIKING IN EAST SUSSEX

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## TRAILS CREATED FROM DISUSED RAILWAY LINES

If these trails are googled you can obtain a printable map for each; ordnance survey maps are also helpful. They are mainly flat with some steepish parts at entry points. Their surfaces are mainly firm and good for Triking. I focus on parts on the trail with car parks, some with blue badge spaces.

**DOWNSLINK:** runs from St. Martha's Hill near Guildford to Shoreham-by-Sea.

**Old West Grinstead Station Yard.** Good car parking: the trail runs from it North and South. Car park is about one and half miles on the right off the A272 running west from Cowfold. Drive slowly because the entrance to the car park is easily missed. Kennel Lane is just before the right turn and can be used as a GPS marker.

**Henfield North,** aim for the Cat and Canary Pub travelling West on Church Rd from Henfield Town Centre; the car park for the trail is just to the left/west of the Pub but can be full at weekends. A good way of entering the trail is to use the new path running from the west side of the car park which has been created for the new housing development. This is a much gentler slope than the slope from the car park itself.

**Henfield South:** The Downs link is interrupted at Henfield with long established housing but exit left from Henfield car park described above, then turn right immediately down the hill to the road at the bottom of the hill (about 200yards). Park on the south side of the road and walk east for about 20 yards you will find the entrance to the Downs link; this is up a bit of a slope initially, but then levels out for a pleasant walk of about two and half miles.

**River Adur walk:** park on the left side of the A283 going north about one mile from the A27, this gives you a pleasant walk going north alongside the river Adur; the walk South to Shoreham is shorter and less picturesque.

**FOREST WAY** - this runs from East Grinstead to Groombridge. The best car park for walks going both East towards Groombridge and West towards Forest Row is at **Hartfield Old Station**. This is just North of the village of Hartfield turn left down the B2026, the car park is about a quarter of a mile on the right side of the B2026.

There is also parking at **Forest Row**; aim for the town car park but instead of turning left into the car park drive straight down about 100 yards to what used to be Forest Row Station but is now a café and various industrial buildings. There is plenty of room to park there, which avoids travelling from the town car park along the pavement; then go east towards Groombridge. The trail to the west is not so interesting and you have to use a minor road for part of it.

**CUCKOO TRAIL:** runs from Heathfield to Hampden Park. The best car park is at **Station Road Hellingly**, with plenty of spaces including two for blue badge holders. The trail North is the nicest.

It is worth exploring other parts of these trails using the printable maps and ordnance survey maps; car parking on the other parts of these trails is usually roadside and not always straightforward.

## NATIONAL TRUST PROPERTIES

### **SHEFFIELD PARK**

Google for directions. The garden of the Park is the most beautiful of the NT properties in the area with renowned lilies in the lake and mature trees and shrubs throughout. The paths are well maintained and the slopes manageable. The parts designated not suitable for wheel chairs are manageable but not especially interesting. The car park is often full at Autumn Colours time.

### **NYMANS**

Google for directions. Good mainly flat paths all manageable with good views with mature trees and shrubs. The walled garden with good access is well worth the visit.

### **WAKEHURST PLACE**

Google for directions. This is the largest garden of the three spreading down into a well wooded valley with lake at the bottom. Some of the slopes are steep so your brakes need to be in good order and you need a reasonably fit person to assist with pushing back up the slopes. It's worth studying the map provided to find the least demanding slopes for your return. It is not essential to tackle the steeper paths as a good part of the garden is manageable without using them. Car park fees are charged even if a NT member.

## FORESTRY COMMISSION

### **FRISTON FOREST**

Best for Mountain Trikes- park at West Dean which is a small collection of houses on a dead end off the minor road running from Exceat on the A259 to Litlington. At West Dean turn left onto forest trail going West. There is also a trail from Butchershole car park.

### **ABBOT'S WOOD**

Signposted off the A22 between Hailsham and Polegate and of A27 at Wilmington. Blue badge parking. Trails through mature woodland on hard surfaces some slight to moderate slopes.

## OTHER TRAILS

### **ARUNDEL PARK**

Don't go into Arundel, keep on the A27 and immediately after crossing the River Arun there is a roundabout, take the exit indicated A284 and then after 250 yds turn right up the hill signed to Arundel, turn left after 250yds into Arundel Park with the car park about 100yds. This can be full at the weekends. There is a tarmac road (no traffic) which is a gentle to moderate slope most of the way -no dogs when sheep are grazing - for about two miles; then you will find excellent views over the Arun valley. Some pushing needed on outward journey.

### **BUCHAN COUNTRY PARK**

South west edge of Crawley -from the west bound section of the A220 between Crawley and Horsham- signed from major roads. Hard surfaced tracks one steepish section 2 circuits 1.6m and 2.3m. Woodland and lake. Good parking with blue badge section.

