

22nd DOWNLAND CIRCULAR. 5 ½ miles

East Dean. Undulating. No stiles.

Bridget 736542 or 07535 634818. SVP £1

THE DOWNS IN AUTUMN. 11 miles

Falmer. Ascents/descents. Chalky paths. Downland. Poles recommended. Picnic. 6 stiles.

Glyn 482416 or 07985 338843. SVP £3.40

29th LEISURELY. FOOTPATHS OF HAILSHAM. 2 miles

Meet 10 for bus 98 to Hailsham. Alight at Cost Cutters, South Road. Coffee stop.

Sandra 483991.

POLEGATE TO HILLIERS GARDEN CENTRE. 5 miles

Flat walk along country lanes. Coffee break at Hilliers. Start at Rec. (Option to join walk at Shepham Lane Bridge.)

Helena and Pam 07922 473609.

EAST OF NOWHERE AND SOME LEEKS. 9 ½ miles

Level walk through woodland and meadows on paths. Circular from E. Hoathly, Chiddingly and Laughton. Picnic. 8 stiles.

Mick 486756 or 07484 104460. SVP £2

DECEMBER 2018

6th HEADING FOR THE SUMMIT. 5 miles

An 'up and downer' to Beachy Head from Birling Gap. 1-2 stiles.

Roger L. 723268 or 07929 115916. SVP £1.20 + c.p. charge or free to N>T. members.

WALKING ON SLOPES. 9 miles

Bo Peep, Bishopstone. Downland One narrow road. Picnic. 1 stile.

Angela 01444 213846 or 07765 465444. SVP £1.70

13th CHRISTMAS GATHERING PRE-WALK. 3 miles

Leave Westham Village Hall at 10am. Coffee available at Aqua Club. 2 stiles.

Pat 471359 or 07946 401281 and Brenda 470114 or 07905 727032.

*Complete form on website **DOWNLOADS** page for lunch and return to Maureen before 29th November.*

20th HERE WE GO AGAIN!! 5 miles

From Alfriston across levels, up to Littlington church to Long Man and Wilmington church.

One long hill. 3 breaks. 2 stiles.

Gary 351553 or 07773 382426. SVP £1 + c.p. charge or use road.

OPPORTUNITY TO SHOP IN LEWES. 8 miles

Ascent Caburn in both directions. Café or Picnic. 8 stiles.

Colin 07446 458138. SVP £1.90

26th BOXING DAY CIRCULAR. 4 ½ miles

Make your own way to East Dean c.p. Walk starts at 10am for the traditional annual ramble to Birling Gap and back.

Heather 506137

27th BLOW THE COBWEBS AWAY. 5 miles

Whitbread Hollow to Lifeboat Museum. Coffee available at Tea Chalet. No stiles.

Pat 471359 or 07946 401281 and Brenda 470114 or 07905 727032. SVP £1.70

AN UNUSUAL CHRISTIAN TOPIARY. 7 ¼ miles

Chiddingly, E. Hoathly, Halland. Fields, farms. Fairly flat. One picnic break. 2 stiles.

Angela 01444 213846 or 07765 465444. SVP £1.60

JANUARY 2019

3rd LAUGHTON VILLAGE AND COMMON WALK. 4 ½ miles

Vert and Brickhurst. Woods and fields on footpaths and byways. Mainly flat. 5 stiles.

Nic 484205 or 07733 546925. SVP £1.90

EAST DEAN CIRCULAR. 10 ½ miles

Hilly, circular walk. Some of the 7 Sisters, Birling Gap, Beachy Head and back via the golf course.

Vicky 01424 225859 or 07512 951437. SVP £1

10th LEISURELY. CUCKOO TRAIL WALK. 3 miles

Meet 9.47 for bus 51 Medical Centre to Hailsham South Street. Flat walk to Polegate.

Refreshments.

John 489228 or 07792 516202.

HERSTMONCEUX. 4 ½ miles

Undulating. Fields, streams, woods.

Eric 845569. SVP £1.50

CIRCUMNAVIGTE SEAFORD. 9 miles

Along the cliff top and down to the seafront. Inland to Bishopstone and back along the comp. Picnic. 5 stiles.

Aled 484723 or 07858 070497. SVP £2

17th HOOE'S HOOE. 5 miles

Level walk, paths, fields, lovely views across marsh. Circular from Hooe. Picnic. 7 stiles.

Restricted residential parking. Please car share from Polegate.

Judy 486756 or 07802 877514. SVP £2

ASHDOWN FOREST CIRCULAR. 10 miles

Mixture of forest and heathland. Undulating. Picnic. 6 stiles.

Liz 01424 846437 or 07904 504915. SVP £4

24th LEISURELY. PATHS OF POLEGATE. 2 ½ miles

Flat. Meet 10.00 at Medical Centre Polegate. Coffee stop at end.

Sandra 483991.

TO THE LONG MAN AND BACK. 5 miles

From East Dean, longish but gentle uphill on SDW to top of Long Man for wonderful views.

Down to Folkington and back. No stiles.

Alan 500664 or 07753 610752. SVP 50p. Limited parking, so please car share from the Rec.

PLENTY OF EXPOSURE. 8 miles

Downland walk. Prepare for exposure to the elements. Picnic.

Lucie 01825 840779 or 07928 666078. SVP £1.90

31st A WINTER'S TALE. 4 ½ -5 miles

Circle flat walk around Sovereign Harbour.

Maureen 765725 or 07976 879585. SVP £1.40

FROM THE OLD ROAD TO THE NEW. 10 miles

A walk in the Combe Valley Countryside Park. Undulating. Picnic. 2 stiles.

Patience 01424 813106 or 07764 300287. SVP £3.20. Leader at start TN38 0AE

FEBRUARY 2019

7th EAST DEAN TO WEST DEAN AND RETURN. 5 miles

Up to Friston Pond, into Friston Forest to West Dean Church. Undulating. 3 stiles.

Roger C. 351108 or 07596 953120. SVP £1