

# NEWHAVEN TO BERWICK

18km, 11m, eastbound 170m ascent. The westbound route is not recommended.

1) Leave Newhaven Town Station and wheel your bike to the main road just to the north of the station. Turn right along the pavement, which is a cycleway. You are on national cycle route 2 which you follow for most of the way. Keep going east on the pavement, passing two roundabouts. Then turn right onto a cycle route through the nature reserve, which runs roughly parallel to the road. Keep following the cycle route, ignoring turnings to the right and left, until you pass by a bus shelter.

2) The cycle lane then turns right along the side of a road and passes under the railway bridge. After the railway bridge you will see the Buckle campsite, the nearest campsite to Newhaven. Follow the pavement round to the left. The cycle route runs along the front for a while and then ends. Cross to the left hand side of the road and cycle along the front through Seaford. (The next turning on the left will take you to Seaford Station, for trains to Lewes)

3) Towards the end of the front you cycle round a circular fort left over from the Napoleonic Wars. Take the second turning on the left after this. (Corsica Road) Initially the road is unsurfaced. Go straight ahead at the next junction. At the end of the road turn left and then turn right at the bottom of the road into Chyngton Road. This road turns right and then left and turns into Chyngton Lane. At the end of the lane turn left along an unsurfaced road which runs between a farm and houses.

4) Turn right when you reach the main road. You can now see why this route is not recommended going west. You must descend a steep hill on a fairly narrow road with a lot of traffic. There is the option to ride on the verge to your left but this is often overgrown. At the bottom of the hill follow the road round to the left.

5) Cross the valley and take the first turning on the left. On your right is Friston Forest, which has a number of all terrain bike routes.

6) Follow the road through the village of Littleington and then take the first on the left. Take the next left and then turn right, (signposted for Berwick) (You can turn left here to visit the historic and much touristed village of Alfriston) Pass the Drusillas Zoo Park. Come to a roundabout. Go straight across. After about 500 metres take a cycle route which runs on the left, parallel to the road. At the end of the route head straight ahead to find Berwick station on your left. (7) Trains run hourly from the station to Lewes, Brighton, Eastbourne and Hastings.

