

South Downs Way: contents

Introduction	4
1 Planning and preparation	
Best time of year	5
Which direction?	6
Terrain and gradients	6
How long will it take?	7
Fitness and preparation	8
Waymarking	8
Accommodation	9
Facilities	10
Responsible walking and dogs	11
Travel planning	11
Packing checklist	12
2 Background information	
2-1 History	13
2-2 Geology	14
2-3 Habitats and wildlife	15
3 The Way in detail	
Winchester	18
3-1 Winchester to Exton	20
3-2 Exton to Buriton	23
3-3 Buriton to Cocking	29
3-4 Cocking to Amberley	33
3-5 Amberley to the River Adur	37
3-6 River Adur to the A27	41
3-7 The A27 to Alfriston	47
3-8a Alfriston to Eastbourne (footpath)	51
3-8b Alfriston to Eastbourne (bridleway)	58
4 Reference: contact details and sources	61
Index	63