

### Stage 1 Seaford to Rottingdean 14K

- |  |      |
|--|------|
| 0.0 With Tesco behind you go R along main road towards coast and Seaford Mainline Station on A259.                     | 0.0  |
| 0.1 2nd Exit @ MRAB and pass Seaford Mainline Station on your L  | 0.1  |
| 4.3 1st Exit @ RAB \$ A259 <b>NEWHAVEN</b>   | 4.4  |
| 0.4 3rd Exit @ RAB \$ Town Centre Cross over Swing Bridge keep L & climb   | 4.7  |
| 1.1 Keep L \$ A259 <b>PEACEHAVEN</b> & climb   | 5.8  |
| 4.0 1st Exit @ RAB \$ A259 Brighton After Telscombe Cliffs there is a CP and some Bus Lanes allow cycles, but NOT al   | 9.8  |
| 4.0 In <b>ROTTINGDEAN</b> R @ T/Lts \$ B2123 <b>WOODINGDEAN</b> (High St) & Imm L <b>CONTROL</b> @ Tesco Express / ATM | 13.8 |
- (Costa and Budgen further along High St)

**KEY** Places in **CAPITALS** are places you ride through.  
Place names in small print are for direction only  
L = Turn left, R = Turn right, SO = Straight on,  
\$ = Signposted, T = T Junction, J = Other junction,  
@ = At, T/Lts = Traffic Lights, RAB = Roundabout,  
MRAB = Mini roundabout, (X) = Other X.Rds,  
X = X.Rds which require you to give way or stop  
CR = Cycle Route, CP = Cycle Path

### Stage 2 Rottingdean to Ditching 18K

- |  |      |
|--|------|
| 0.0 Retrace to High St where L @ T   | 13.8 |
| 0.6 After sharp R bend at end of High St, bear L on B2123  | 14.3 |
| 3.5 In <b>WOODINGDEAN</b> SO @ T/Lts x 2 \$ <b>FALMER</b> . (CP between Woodingdean & Falmer)  | 17.8 |
| 3.0 SO @ T/Lts (entrance to Falmer Stadium)  | 20.8 |
| 0.2 1st Exit @ MRAB (over A27) \$ A27 Lewes  | 21.0 |
| 0.3 1st Exit @ RAB & imm L \$ CR 90  | 21.3 |
| 0.5 Through Bollards and continue SO @ Crossing \$ CR90 Brighton. Do NOT go through underpass on L Continue on CR90 with A27 on L                                      | 21.8 |
| 0.4 L @ T to join main road  | 22.2 |
| 0.1 R by White Cottage into Stanmer Park   | 22.3 |
| 1.2 R @ T by Church  | 23.5 |
| 0.1 L on R bend by faded Green Barn (Very old Rd through Stanmer Village and Past the Tea Rooms on R (Mon to Sun 10:00 to 17:30, but depends on business.) Toilets Opp | 23.6 |

### Stage 2 continued

- |   |      |
|---|------|
| 0.3 L (by side of locked gate)  | 23.9 |
| <b>Surfaced Rd</b> closed to traffic  | 23.9 |
| Serious Speed Bumps - watch your chainring  |      |
| 1.3 Round gate at top & R on Ditching Rd  | 25.2 |
| Steep twisty descent of Ditching Beacon   |      |
| 6.2 R @ T \$ <b>DITCHING</b>  | 31.4 |
| 0.2 3rd Exit @ MRAB (Lewes Rd)  | 31.6 |
| <b>CONTROL</b> at Post Office   |      |
| PO on corner. Ditchling Tea Rooms Opp side of   |      |
| MRAB on Keymer Rd. Other shops possible   |      |
| 100 m on R Ditching Village Hall with Toilet below. (Open 8:00 to 21:00 Apr to Oct, or 08:00 to 19:30 Nov to Mar) |      |

<p><b>Stage 3 Ditching to Halisham 34k</b></p> <p>0.0 Continue from PO along Lewes Rd 31.6</p> <p>8.9 R @ T \$ A275 <b>LEWES</b> 40.4</p> <p>1.7 L \$ Town Centre (Offham Rd) 42.2</p> <p>1.5 1st Exit @ MRAB (White Hill) 43.6</p> <p>0.2 Keep L onto One Way 43.9 \$ Tunbridge Wells</p> <p>0.6 By Tesco 2nd Exit @ RAB \$ Newhaven 44.5</p> <p>0.1 1st Exit @ RAB \$ A26 London 44.6</p> <p>1.2 R \$ B2192 <b>RINGMER</b> (CP on Right) 45.8</p> <p>2.4 2nd Exit @ MRAB 48.2</p> <p>1.7 2nd Exit @ MRAB \$ B2124 <b>LAUGHTON</b> 49.9</p> <p>7.9 R @ T \$ A22 Hailsham 57.8</p> <p>4.1 2nd Exit @ RAB \$ A271 Bexhill 61.9</p> <p>1.3 R B2104 \$ <b>HAILSHAM</b> (London Rd) 63.1</p> <p>1.0 2nd Exit @ MRAB \$ Freedom Leisure Centre 64.1</p> <p>0.8 SO @ T/Lts (High St) 64.9</p> <p>0.1 Keep R @ T/Lts 65.0</p> <p>0.2 2nd Exit @ MRAB into Tesco Carpark 65.2</p>	<p><b>Stage 3 continued</b></p> <p><b>CONTROL</b> at Tesco ATM</p> <p>There are other outlets in Hailsham</p>
<p><b>Stage 4 Hailsham to WoW 39K</b></p> <p>0.0 From Tesco Carpark 1st Exit @ MRAB 65.2</p> <p>0.1 Keep L @ T/Lts 65.4</p> <p>0.2 R @ T/Lts \$ Bexhill (A271) (Battle Rd) 65.5</p> <p>0.4 SO @ T/Lts (R is entrance to housing estate) 65.9</p> <p>1.1 2nd Exit @ RAB \$ A271 Bexhill 67.0</p> <p>0.8 L \$ <b>COWBEECH</b> (Don't go hard L to Hellingly) (Featherbed Ln) 67.8</p> <p>3.7 R by Merrie Harriers Inn \$ Trout Farm &amp; Fishery 71.5</p> <p>2.1 Keep R (don't take L to Iwood Ln) 73.6</p> <p>1.2 L @ T 74.7</p> <p>0.2 1st R \$ Woods Corner (by post box) 74.9</p> <p>1.0 R by Grass Triangle 75.9</p> <p>0.8 SO (<b>Don't</b> sweep L into Grovelye Ln) 76.6</p> <p>0.5 L @ Grass Triangle \$ <b>DALLINGTON</b> 77.2 (Sign broken but by a Post Box)</p> <p>1.9 R @ T \$ B2096 Netherfield to <b>WOODS CORNER</b> 79.1</p> <p>0.4 L by The Swan Inn \$ <b>BRIGHTLING</b> 79.5</p>	<p><b>Stage 4 continued</b></p> <p>2.9 In <b>BRIGHTLING</b> L \$ <b>ROBERTSBRIDGE</b> 82.0 After L bend by Church</p> <p>6.4 L @ T \$ Salehurst 88.4</p> <p>0.8 2nd Exit @ RAB \$ <b>SALEHURST</b> 89.2</p> <p>1.0 R just after church \$ Bodiam 90.1</p> <p>1.2 Keep L @ top of climb by grass triangle \$ Bodiam 91.3</p> <p>0.9 R @ T (down hill) 92.2</p> <p>1.9 SO @ X \$ <b>BODIAM</b> 94.0</p> <p>1.7 L \$ <b>SANDHURST</b> (Imm after Bodiam CofE Sch) 95.8</p> <p>3.3 R by Village Green (Back Rd) 99.1 This turning is shortly after 30 mph signs</p> <p>0.4 R @ T on A268 by Petrol Garage 99.4</p> <p>2.8 L \$ A28 Tenderden 102.3</p> <p>1.9 <b>CONTROL</b> on L in Café at World of Water (Mon to Sun 10:00 to 15:00. Closed XMAS to Feb 1st. Use Nisa Store in Rolvenden (Mon to Fri 6:30 to 17:30, Sat 6:30 to 18:00, Sun 07:30 to 12:00) 104.1</p>

<p><b>Stage 5 WoW to Yalding 31K</b></p> <p>0.0 L @ T from WoW carpark on A28 104.1</p> <p>2.4 L in <b>ROLVENDEN</b> \$ B2086 Cranbrook 106.5</p> <p>4.3 In <b>BENENDEN</b> R @ (X) \$ Biddenden 110.8 (New Pond Rd)</p> <p>3.9 SO @ X \$ <b>SISSINGHURST</b> (Chapel Ln) 114.7</p> <p>1.1 L @ T on A262 \$ Cranbrook (The Street) 115.8</p> <p>1.2 2nd Exit @ RAB \$ A262 Goudhurst 117.0</p> <p>1.6 2nd R (on 2nd L bend) (Marden Rd) 118.6 (By Woods Heath Cottages with Large Velus windows in the roof)</p> <p>1.4 R @ T by small post box 120.0</p> <p>0.2 1st L \$ Blantye House (Round Green Ln) 120.3</p> <p>1.3 R (no \$ but Yellow Grit Bin on corner) &amp; 121.6 imm R @ T</p> <p>1.4 R @ T \$ Marden (Wilden Park Rd) 123.0</p> <p>1.8 L \$ <b>MARDEN</b> (Thorn Rd) 124.7</p> <p>2.0 L @ T \$ Goudhurst 126.7</p> <p>0.5 R \$ Yalding (Pattenden Ln) 3.7m height rest' 127.2</p> <p>1.1 L @ T (Hunton Rd) 128.3</p>	<p><b>Stage 5 continued</b></p> <p>0.5 L \$ <b>COLLIER STREET</b> (Green Ln) 128.8 Turning just after Mill Farm Industrial Estate</p> <p>1.6 R 6'6" (Turning is 100m after sign for 130.5 Collier Street and start of houses on L. Turing at a short, low brick wall (Don't miss this Ln, its a gem)</p> <p>1.3 R @ T \$ B2162 <b>YALDING</b> (End of 131.8 Haviker St)</p> <p>3.7 <b>CONTROL</b> on R Orchard Stores 135.5 (Mon to Sat 06:00 to 19:00, <del>Sun 07:00 to 16:00</del>) A few metres futher along on R there is the George PH. Ignore the Post Office futher along on R since no food, only stamps.....</p>
<p><b>Stage 6 Yalding to Mayfield 30K</b></p> <p>0.0 retrace back on B2162 135.5</p> <p>10.7 SO @ X in <b>HORSEMONDEN</b> \$ B2162 146.1 Lamberhurst (Lamberhurst Rd)</p> <p>3.9 R @ T \$ London (A21) 150.0</p> <p>0.1 2nd Exit @ RAB into LAMBERHURST 150.1 Lots of traffic calming measures on the descent</p> <p>7.6 In <b>WADHURST</b> R @ T on B2099 157.7</p> <p>0.4 L \$ B2100 Mark Cross (before Petrol Station) 158.1</p> <p>1.6 L @ (X) \$ <b>MAYFIELD</b> (By Best Beech Inn) 159.7 A <b>very</b> hilly section now to Mayfield</p> <p>5.9 L @ T SO in effect (High St) 165.6</p> <p>0.1 <b>CONTROL</b> on L at Mace Store 165.7 (Mon to Sat 06:00 to 22:00, Sun closes at 21:00).  Imm past Mace Store on L Holders Ln to South St &amp; Public Toilets (08:00 to 18:00).</p>	<p><b>Stage 7 Mayfield to Hailsham 22K</b></p> <p>0.0 Continue down High Street 165.6</p> <p>1.0 L \$ CR 21 (Newick Ln) 166.6 Warning 2 very tight R bends on the descents</p> <p>5.6 R @ T \$ A265 Heathfield 172.2</p> <p>0.3 L @ T/Lts \$ B2203 Horam 172.5</p> <p>0.8 SO @ T/Lts \$ B2203 <b>HORAM</b> 173.4</p> <p>4.0 L @ T \$ A267 Eastbourne 177.3</p> <p>0.2 1st Exit @ MRAB (Horsebeech Ln) 177.5</p> <p>0.7 2nd Exit @ MRAB 178.2</p> <p>7.1 R @ T/Lts \$ A271 Eastbourne &amp; imm 1st 185.3 Exit @ MRAB \$ Hailsham Town Centre (Hawks Rd)</p> <p>1.1 1st Exit @ MRAB \$ Hailsham Town 186.4 Centre</p> <p>0.8 SO @ T/Lts (High St) 187.2</p> <p>0.1 Keep R @ T/Lts 187.3</p> <p>0.2 2nd Exit @ MRAB into Tesco Carpark 187.5 <b>CONTROL</b> at Tesco ATM There are other outlets in Hailsham</p>

### Stage 8 Hailsham to Seaford 19K

0.0 From Tesco Carpark 2nd Exit @ MRAB	186.4
0.2 SO @ T/Lts by Neptune Homes and over Bridge	186.6
0.4 2nd Exit @ MRAB \$ A295 Eastbourne (By BP Garage)	187.1
0.7 3rd R by Cracklebury Stores (Arlington Rd East)	187.7
0.3 L @ end onto path & Cross A22 dual carriageway (Arlington Rd West)	188.0
2.1 L \$ Wilmington (Cane Heath)	190.0
1.8 L \$ <b>WILMINGTON</b> & CR2 (Bayleys Ln)	191.8
2.8 SO @ X (BUSY A27) \$ <b>LITLINGTON</b> (The Street)	194.6
7.1 R @ T \$ A259 <b>SEAFORD</b>	201.7
2.6 1st Exit @ MRAB by Petrol Station	204.3
1.1 <b>CONTROL</b>	205.4

Tesco on R, Nat West ATM on L, plus others shops