

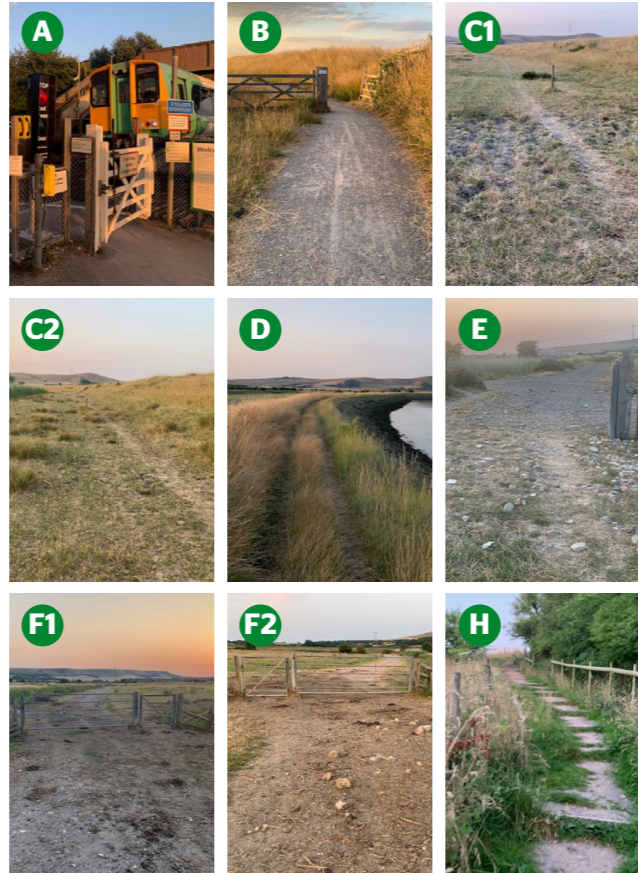
Additional accessibility notes

An out and back route to Rodmell is 5.3 miles with 34 metres of ascent (graded 20) and is accessible for some pushchairs and some offroad wheelchairs.

The route from the station to Rodmell is described by the Disabled Ramblers as a moderate accessible route – disabledramblers.co.uk/routes – The Egrets Way. This route is suitable for sturdy all terrain powered wheelchairs or mobility scooters. These notes provide additional information about the terrain and potential obstacles.

- A** The route from the hostel to the riverside path begins as an uneven track. There are some ruts and stones, but not obscuring the entire width of the path, so may be navigated around. The track becomes a paved road just before crossing the railway. The railway is crossed via pedestrian level crossing (Pic **A**) or a bridge (steps only to access the bridge).
- B** Take the second gate to the river path to join a well laid gravel track (Pic **B**). All gates are wider than one metre.
- C** The section along the brown dotted line is a grass surface, which is generally flat, but in places there are ruts caused by cattle walking in soft mud (Pic **C1**) and long grass indicating this area could become wet and boggy (Pic **C2**).
- D** There is a level higher (and potentially dryer) path on the embankment, which may be accessed by the first gate and a narrow path (Pic **D**) at the location **2**. There is no other laid route to get between the higher and lower paths and to do so would require ascending or descending a steep grassy bank. There is a small kissing gate on the higher path at the location **3** – with a steep descent the only way off. Otherwise return along the higher path, or avoid the higher path if you wish to go further.
- E** The path from this point to Rodmell is mostly an even unpaved surface, but to reach it from the lower path requires passing through a gate with large stones and rubble (Pic **E**)

- F** A further gate is surrounded by uneven muddy ground with large stones (Pic **F1** & **F2**).
- G** Turn around point for wheelchairs and pushchairs. You could turn around at any point, turning here (or before) avoids paths along the road which become narrow.
- H** The circular route involves a narrow muddy path including an ascent of a flight of 20 steps (Pic **H**). The alternative route to miss the steps has a narrow path, which becomes a verge alongside a 50mph road, not suitable for wheelchairs and pushchairs.
- I** The track from the railway crossing to the church at Southease is paved and may be an alternative short, accessible, there and back route.



Before you go:

- Check the local weather forecast and whether there is enough daylight to complete the walk (metoffice.gov.uk).
- Ensure you are wearing suitable clothing and footwear for the route and weather, and that you take the right kit – learn more at yha.org.uk/walk-skills.
- Download the OS Maps and what3words apps to your phone.
- To be able to contact emergency services by text visit relayuk.bt.com/emercencysms or text 'register' to 999.
- For more information on staying safe in the outdoors visit adventuresmart.uk.

In case of emergency:

- Contact 999 and use OS Maps or what3words to help pinpoint your location.

For more walks or information on route grading and timings go to yha.org.uk/map-guidance

If you encounter problems with this route contact walking@yha.org.uk

Walking has been at the heart of YHA since 1930, helping people access the great outdoors. Today, YHA continues to make adventures possible with mapped routes and affordable hostel stays across England and Wales. Our hostels are ideal for walkers, with drying rooms, self-catering kitchens, and great trails from the doorstep. We're committed to making adventure accessible to everyone, with walks for all abilities and guided walking events that connect people to nature, heritage, and each other.

Supported by



Produced by Matt Overd (<https://walkingpace.uk>). Contributions from Valerie Rawlings – Disabled Ramblers (adapted) and Simon Ainley. Designed by HeylinSmith.com. Cover image: veronique/AdobeStock



Rodmell walk



225

YHA South Downs

Book your stay now yha.org.uk/stay-225

Riverside and village walk

A gentle walk alongside the River Ouse and through Sussex villages with views of the South Downs and chalk cliffs near Lewes. Look out for reminders of the area's industrial past.

Distance: 4 miles (6.4km)

Ascent: 51m (167ft)

Time: Allow 1h 30m to 2h 30m



Partnered with



Route directions

Map: OS Explorer 1:25k (OL11) Brighton & Hove

Start/Finish: Grid ref TQ 433 055

what3words ///soups.decreased.anchors

- 1 From the hostel courtyard follow the road ahead, cross the railway line, follow the lane and cross the swing bridge.
- 2 Immediately after the bridge take either the high or low path on the right and follow alongside the river.
- 3 Turn left at the signpost to Rodmell, follow the track to the road and go straight ahead through the village.
- 4 At the end of the road turn left and follow alongside the main road.
- 5 When a track joins the road from the left bear left to take the footpath ahead behind the hedge. Follow it alongside the field and up some steps.
- 6 At Southease turn left to join the South Downs Way. Pass the church, continue on the track ahead, cross the swing bridge and railway line and to the hostel.

Facilities (see map)

Food, drink and toilets available at the YHA. Pub at Rodmell. Drinking water tap outside Southease church.

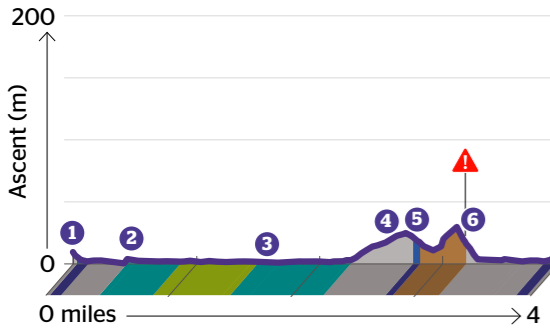
- Paved

Unpaved/uneven

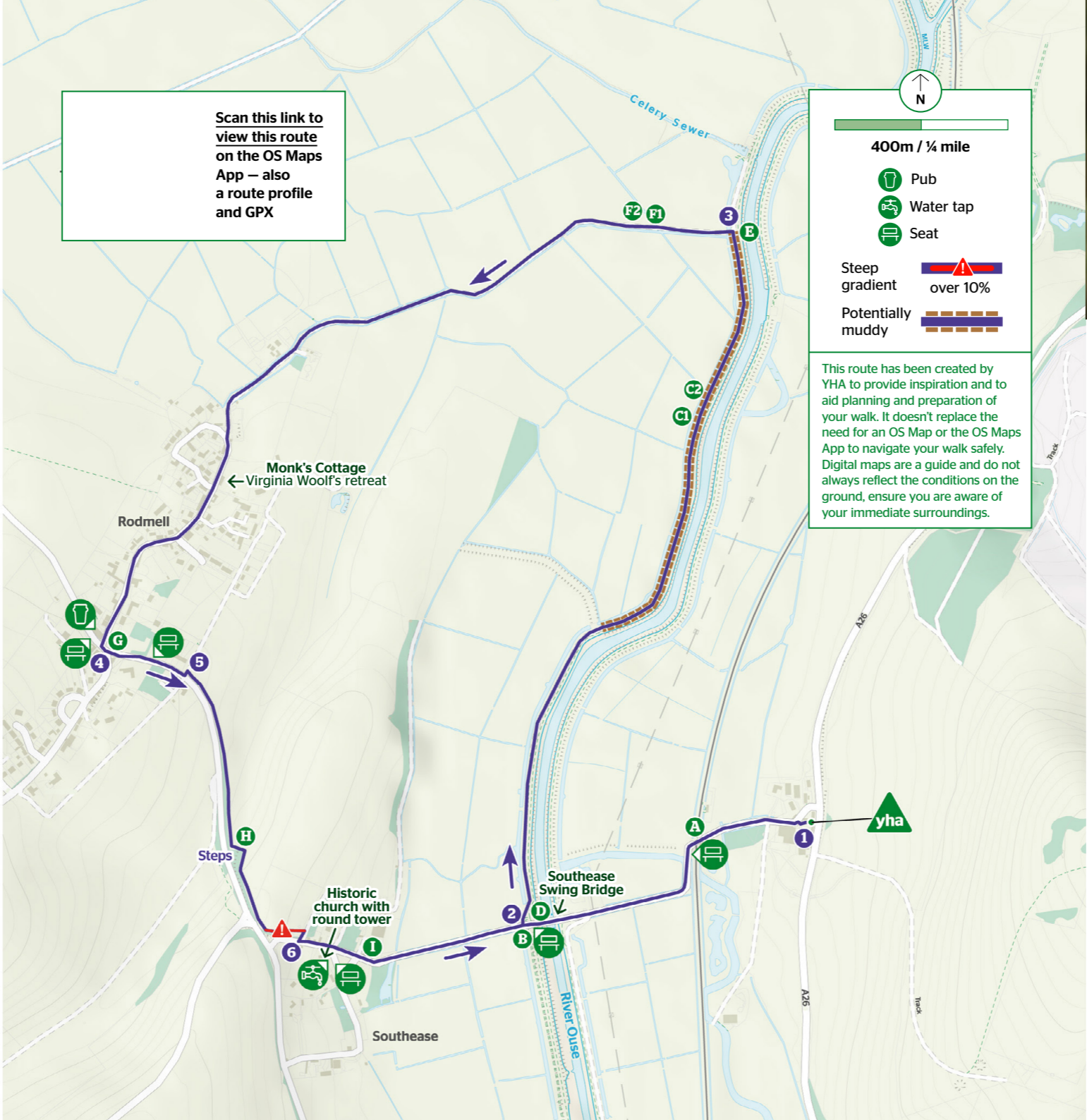
Unpaved/flat

Grass

Mud



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Hazards

Railway line crossing, wait for the green light, check both directions are clear then cross quickly – or use the footbridge. Some walking on lanes and narrow roads without pavements. Do not walk this route if the river is flooded.

Accessibility

There are no stiles on the route and paths and gates are wider than one metre. There is approximately 1 km of grass alongside the river which has small sections of ruts, large stones and tufts of grass and it may be boggy after wet weather. After Rodmell there is a narrow footpath which may be muddy and has 20 steps. Do not try to avoid the steps by following the road at point 5, it is busy with a 50mph speed limit, and the footpath soon becomes a narrow verge.

Navigation

Following roads and signposted footpaths.

Terrain

A mixture of rough and smooth track, paved roads and grass and mud paths.

Accessible for some to Rodmell

Not a touch free route

Off-road pushchair accessible to Rodmell

Stile free