

Your Adventure Your Way

Explore the world around you with OS Maps. Routes, mapping and navigation across the UK whenever and wherever you need it.

Find out more at os.uk/osm



Scan to download the app:



YHA Members: Head to the member benefits area at yha.org.uk/walk-os to find your discount code for an OS Maps Premium subscription

Hazards

Railway line crossing, wait for the green light, check both directions are clear then cross quickly – or use the footbridge. Road crossings. Steep chalky descent into Lewes may be slippery after rain. Do not take the route along the Ouse if the river is flooded.

Accessibility

There are no stiles on the route. There are steps, gates and paths less than one metre wide with sections of rough ground with ruts or stones greater than 10cm. Trains from Lewes to Southease reduce the walk to just over eight miles.

Facilities

Food, drink and toilets available at the YHA. Drinking water tap outside Southease church. Toilets and a selection of cafés, pubs and shops in Lewes. Pubs off route in Rodmell and Kingston.

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.
- Complete a route notification card (yha.org.uk/route-card) to provide essential information for the Emergency Services if you do not return when expected.
- Check all members of the group have the fitness and skills to complete the route.

In case of emergency:

- Contact 999 and use OS Maps or what3words to help pinpoint your location.
- To attract attention shout or give six blasts on a whistle at regular intervals. In low light flash a torch six times at regular intervals.
- If you can send someone for help, they need to know your location, number of people in the group and the nature of the emergency.

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

Share your walks



Produced by Matt Overd (<https://walkingpace.uk>). Contributions from Hassan Mahmud and Simon Ainley. Designed by HeylinSmith.com. Cover image: Nicola/AdobeStock



Swanborough Hill and Lewes walk



226

YHA South Downs

Book your stay now yha.org.uk/stay-226

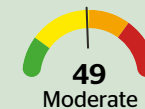
Hill, historic town and riverside walk

A varied route with stunning views from the South Downs Way before passing through historic Lewes and back alongside the River Ouse on the Egrets Way.

Distance: 12.6 miles (20.2km)

Ascent: 316m (1,037ft)

Time: Allow 5h 30m to 9h 15m



Partnered with



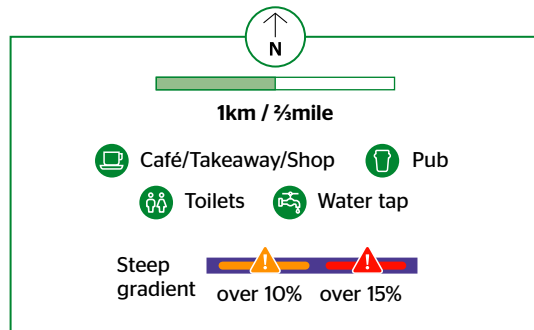
Route directions

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, cross the swing bridge and continue ahead to Southease.
- 2 Cross the busy road, turn right, pick up the footpath just inside Gorham's Lane and follow the South Downs Way signs uphill and along the ridge.
- 3 At the junction with Juggs Road turn right to leave the South Downs Way and follow the track downhill towards Lewes.
- 4 Turn left off Juggs Road to cross over the A27 and immediately after the bridge turn right alongside the allotments.
- 5 Pass under the railway and turn right. Rejoin Juggs Road and turn left, then continue onto Southover High Street.
- 6 Turn left onto St Pancras Road, then follow the road around to the right and onto Rotten Row.
- 7 Turn right onto High Street and head downhill and through Lewes.
- 8 Immediately before the bridge over the River Ouse turn right onto Railway Lane, pass the car park and head through the white gate into the nature reserve.
- 9 Pass the pavilion, bear left to the waters edge and follow The Egrets Way alongside the river.
- 10 Turn left, cross the swing bridge and the railway line, and continue to the hostel.



Scan this link to view this route on the OS Maps App – also a route profile and GPX

OS map legend - find out what the other symbols on this map mean os.uk/explorerlegend

This route has been created by YHA to provide inspiration and to aid planning and preparation of your walk. It doesn't replace the need for an OS Map or the OS Maps App to navigate your walk safely. Digital maps are a guide and do not always reflect the conditions on the ground, ensure you are aware of your immediate surroundings.

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