

YHA South Downs 225 Rodmell

Riverside and village walk

Distance: 3.9 miles (6.3km) **Ascent:** 57m (187ft)

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

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

Start/Finish: OS Locate TQ 433 055 **what3words** ///soups.decreased.anchors

A gentle walk along the Ouse and through Sussex villages. From the hostel follow the track to cross the trainline and swing bridge then take either path immediately on the right. After one mile turn left at the signpost, follow the track to the road, go straight ahead and turn left at the pub. Follow the road until you meet a track on the left and take the footpath ahead. At Southease join the South Downs Way to cross the river and trainline back to the hostel.

Hazards

Caution on the roads, no footpaths on the small lanes. At the rail crossing wait for the green light, check both directions are clear then cross quickly – or use the footbridge. Do not take this route if the river is flooded.

Accessibility

From the hostel to Rodmell and back is 5.3 miles with 34 metres of ascent (graded 20) and is accessible for some pushchairs and some offroad wheelchairs. 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. It may be boggy after wet weather.

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.



There is a higher path, but getting between this and the lower path involves a steep grass bank (no laid access). The circular route after Rodmell uses a narrow footpath which may be muddy and has a flight of 20 steps. Do not take the 50mph road, the footpath becomes a narrow verge.

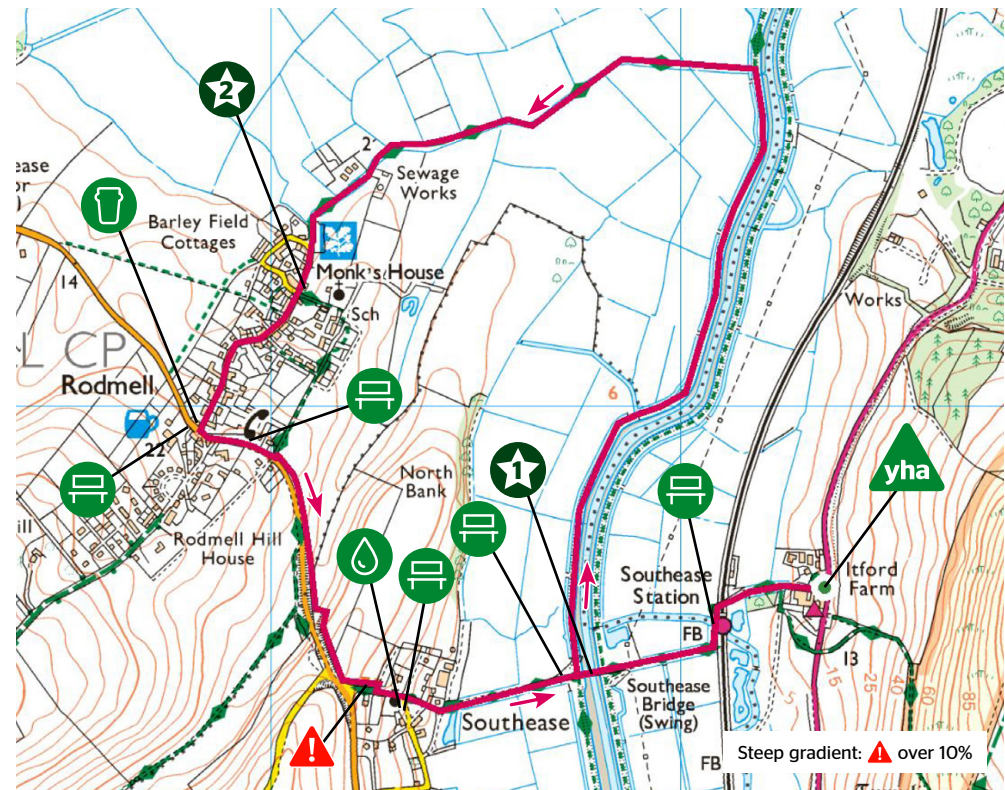
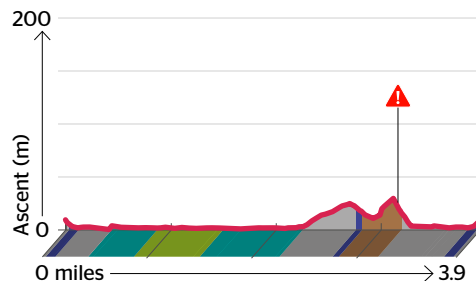
Navigation

Navigation is straightforward following roads and signposted footpaths.

Terrain

A mixture of rough and smooth track, paved roads and grass. A narrow mud and grass path after Rodmell.

- Paved
- Unpaved (uneven)
- Unpaved (flat)
- Grass
- Mud



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

Points of interest (see map)

From the Ouse Valley floor the route provides views of the South Downs and chalk cliffs near Lewes. **1** The historic swing bridge is a reminder of the area's industrial past (information board). **2** Monk's House, the country retreat of novelist Virginia Woolf.

Facilities (see map)

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

Seats on route (see map)

Accessible for some to Rodmell

Not a touch free route

Off-road pushchair accessible to Rodmell

Stile free

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Thank you for choosing to walk from our hostel.
We hope you have a great time.

Walking in the national landscapes of England and Wales is part of YHA's heritage. With hostels on National Trails, in National Parks and Areas of Outstanding Natural Beauty, YHA plays a unique role in the nation's walking community.

To make it easy for everyone to enjoy walking from YHA hostels, we have curated three walks – an easy, moderate, and more challenging option. They have all been graded – the higher the grade, the more challenging the route.

Before you go:

- Check the local weather forecast (metoffice.gov.uk).
- Check the tide times for coastal routes (tidetimes.org.uk).
- Get the right clothing, footwear and kit for the route and weather.
- Ensure you have enough time to complete the route before dark.
- Download the OS Locate and what3words apps to your phone.
- Contact 999 by SMS text (must pre register by texting 'register' to 999) (relayuk.bt.com/emergencysms).
- For further information on how to stay safe visit adventuresmart.uk

In case of emergency call 999 (or text 999 if pre-registered) and use OS Locate or what3words to provide a detailed description of your location.

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

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



Scan or click to shop
for OS maps online
osmaps.com/yha

Share your walks
 #YHAWalks

Countryside Code

Respect everyone

- Be considerate to those living in, working in and enjoying the countryside.
- Leave gates and property as you find them.
- Do not block access to gateways or driveways when parking.
- Be nice, say hello, share the space.
- Follow local signs and keep to marked paths unless wider access is available.

Hazards

- Take extra care and stay alert where a right of way crosses a railway line.
- When walking on a road without a pavement keep to the right-hand side, so that you can see oncoming traffic. Keep close to the side of the road, and walk in single file if necessary. It may be safer to cross the road well before a sharp right-hand bend so that oncoming traffic has a better chance of seeing you. Cross back after the bend.
- Give wild animals, livestock and horses plenty of space.

Protect the environment

- Take your litter home – leave no trace of your visit.
- Do not light fires and only have BBQs where signs say you can.
- Always keep dogs under control and in sight.
- Dog poo – bag it and bin it – any public waste bin will do.
- Care for nature – do not cause damage or disturbance.

Enjoy the outdoors

- Check your route and local conditions.
- Plan your adventure – know what to expect and what you can do.
- Enjoy your visit, have fun, make a memory.

What to wear

- Comfortable clothing suitable for the conditions.
- Use several layers, so you can add and remove clothing to regulate your temperature.
- Extra warm clothes in case it gets colder.
- Hat, gloves and scarf.
- Sun hat, sun cream and sunglasses.
- Waterproof jacket and trousers.
- Cushioning comfy socks.
- Comfortable well fitting trainers, walking shoes or boots.

Kit

- Map and compass.
- Water, lunch and snacks.
- Charged mobile phone and portable charger.
- First aid kit.
- Torch and spare batteries.
- Rucksack, with waterproof cover or a dry bag or plastic bag inside.
- Medicines or toiletries you would usually use.

You might also want to take

- Picnic blanket.
- Waterproof baseball cap, if you wear glasses.
- Walking poles.
- Tissues and hand sanitiser.

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 accompany the YHA Walks route card 225 to provide additional information about the terrain and potential obstacles.

- 1** 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).
- 2** Take the second gate to the river path to join a well laid gravel track (pic **B**). All gates are wider than one metre.
- 3** The section along the dashed black line is a grass surface, which is generally flat, but in places there are ruts caused by cattle walking in soft mud (pic **C**) and long grass indicating this area could become wet and boggy (pic **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 **E**) 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 **4** – 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.

- 4** 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 **F**)
- 5** A further gate is surrounded by uneven muddy ground with large stones (pic **G & H**).
- 6** 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.
- 7** The circular route involves a narrow muddy path including an ascent of a flight of 20 steps (pic **I**). 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.
- 8** The track from the railway crossing to the church at Southease is paved and may be an alternative short, accessible, there and back route.

