

# 226

YHA South Downs

# Swanborough Hill and Lewes

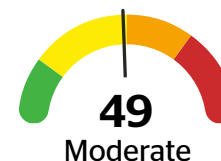
Scan or click to view this route on the OS Maps App – also a route profile and GPX

## Hilltop, town and river walk

**Distance:** 12.6 miles (20.3km) **Ascent:** 322m (1,056ft) **Time:** Allow 5h 30m to 9h 15m

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

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



A varied route with stunning views from the South Downs Way before passing through historic Lewes and then back alongside the peaceful Ouse. From the hostel courtyard follow the road ahead to cross the railway. Continue through Southease, cross the busy road and pick up the footpath just inside Gorham's Lane. Follow the South Downs Way signs uphill before eventually levelling out along the ridge. Carefully navigate to the right turn onto Juggs Road (track) and head down to Lewes. Leave the footpaths onto Juggs Road, turn left onto Southover High Street, left onto St Pancras Road and follow around to the right onto Rotten Row. Turn right onto High Street, right onto Railway Lane and continue along the River Ouse. Turn left to cross the Southease swing bridge and railway back to the hostel.

## Hazards

At the rail crossing wait for the green light, check both directions are clear then cross quickly – or use the footbridge. Caution crossing the busy road after Southease. 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.

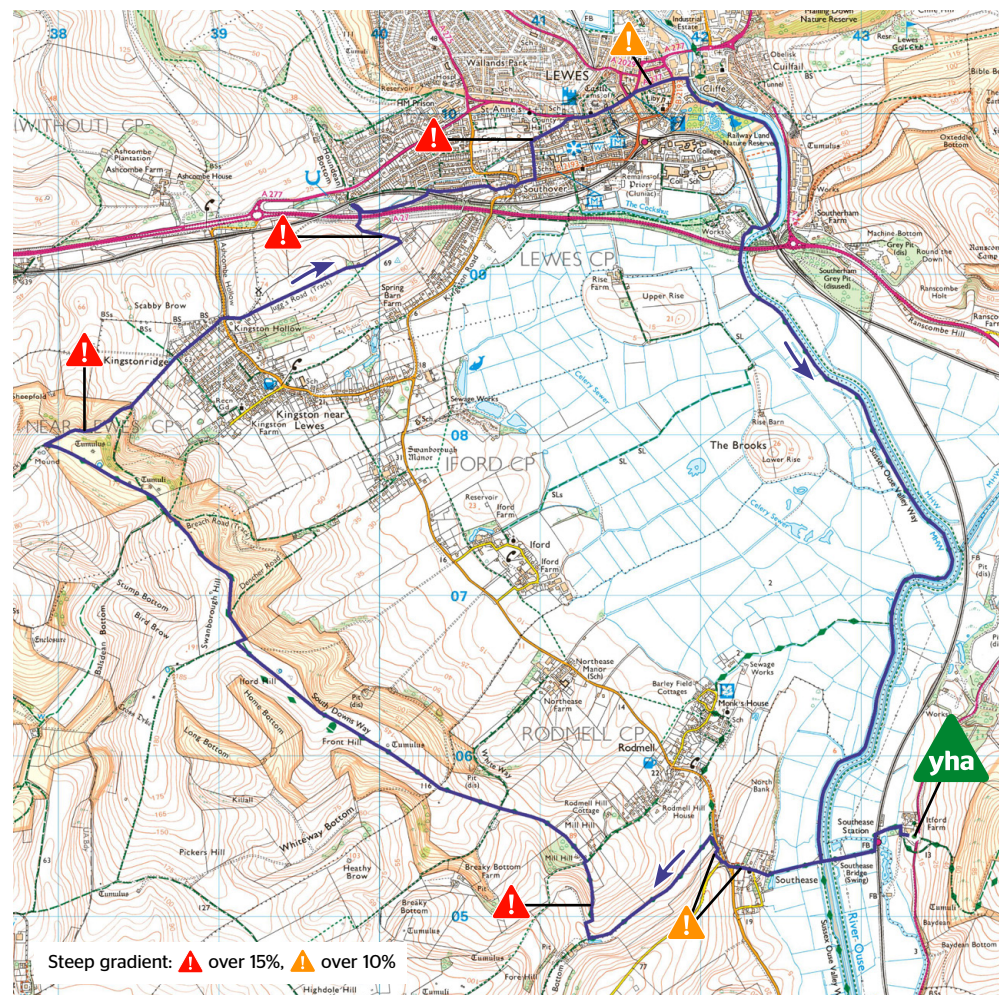
## Points of interest

Historic church at Southease. Spectacular views from Swanborough Hill. Castle, museum and local brewery in Lewes. Scenic route along the River Ouse.

## 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.

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.





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](http://metoffice.gov.uk)).
- Check the tide times for coastal routes ([tidetimes.org.uk](http://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](http://relayuk.bt.com/emergencysms)).
- Plan your walk by completing the YHA route notification card it helps Emergency Services if you get into difficulties or fail to return from your walk when anticipated ([yha.org.uk/route-card](http://yha.org.uk/route-card)).
- Ensure your entire group have the fitness and skills to complete the route.
- For further information on how to stay safe visit [adventuresmart.uk](http://adventuresmart.uk)

For more walks or information on route grading and timings go to [yha.org.uk/walks](http://yha.org.uk/walks)

If you encounter problems with this route contact [walking@yha.org.uk](mailto:walking@yha.org.uk)



Scan or click to shop  
for OS maps online  
[osmaps.com/yha](http://osmaps.com/yha)

Share your walks



## What to wear

- Base layer and mid layer.
- Walking trousers.
- Warm jacket(s).
- Take extra layer(s).
- Hat, gloves and neck gaiter.
- Sun hat, sun cream and sunglasses.
- Waterproof jacket and trousers.
- Cushioning walking socks.
- Walking shoes or boots.

## Kit

- Map, compass and GPS device or OS Map app on your phone.
- Water, lunch and high energy snacks.
- Charged mobile phone and portable charger.
- First aid kit.
- Head torch, spare batteries.
- Watch.
- Whistle and survival bag.
- 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

- Spare socks, hat, gloves.
- Balaclava.
- Leg gaiters.
- Waterproof baseball cap (handy if you wear glasses).
- Walking poles.

- Bivi bag or group shelter.
- Spare food and hot drink.
- Duct tape (handy for fixing things).
- Penknife or multitool.
- Tissues and hand sanitiser.
- Plastic bags to take away your rubbish or dog poo.

## In case of emergency

- Call 999 (or text 999 if pre-registered) and ask for the Police.
- Use OS Locate or what3words to provide a detailed description of your location.
- If you need to attract attention shout or give six blasts on a whistle at regular intervals. In low light flash your torch six times at regular intervals.
- If you can send someone for help, they need to know your location (grid reference), number of people in the group and the nature of the emergency.
- Help could be some time coming so whilst waiting make the casualty comfortable.
- Keep the casualty warm and dry using spare clothing. Use coats or rucksacks to insulate them from the ground.
- Remember the rest of the group could be getting cold whilst waiting. Use an emergency shelter or find a sheltered location.