

The South Downs National Park is the newest of England's National Parks. It extends along the entire South Downs, a long range of hills stretching over 100 miles from high chalk cliffs near Eastbourne over to the ancient town of Winchester in Hampshire. The hills and valley sides support internationally important ancient woodlands, open heathland and the wonderful open downlands extending to the awesome high white cliffs of Seven Sisters and Beachy Head. It is an area rich in archaeological features, including ancient tombs, carved figures and trackways.

There are also a great variety of trees, plants, birds and other wildlife, including ancient beech and oak woods, rare orchids, and the famous Adonis Blue butterfly.



Adonis Blue Butterfly (male)

© John Carter

Travel information

Traveline 0871 200 22 33, www.travelinesoutheast.org.uk

Transport Direct www.transportdirect.info

National Rail Enquiries 08457 48 49 50, www.nationalrail.co.uk

Main bus operators in the South Downs

Stagecoach South 0871 200 22 33

Compass Travel 01903 690025

Brighton & Hove Bus and Coach Company 01273 886200

Visitor information

South Downs National Park Authority

www.southdowns.gov.uk 0300 303 1053

Youth Hostels in the area www.yha.org.uk

Alfriston 0845 371 9101

Littlehampton 0845 371 9670

Arundel 0845 371 9002

Telscombe 0845 371 9663

Eastbourne 0845 371 9316

Trueleigh Hill 0845 371 9047

Hostels in **green** are those where there is a walk of over 1 mile from the nearest bus stop. Other hostels may only have a limited seasonal public transport service.

www.cnp.org.uk

Tickets to ride

The **Downlander** offers superb value for day trips to the South Downs via the Southern Railway. Only available if bought online in advance. The Downlander provides train travel from London, Brighton, Portsmouth or Littlehampton and includes Brighton & Hove Buses, The Cuckmere Rambler Community Bus, Eastbourne Buses and East Sussex 'Rider Buses'. £12.50 if travelling from London or £10.00 from the South Coast. For details, log on to www.southernrailwaytickets.com/downlander

National Express coaches run from London Victoria Coach station to Brighton, advance single fares from £4.50.

The **Explorer** day ticket offers travel on Brighton and Hove buses, most Stagecoach buses in Sussex and Kent, as well as Metrobus, Compass Travel and Arriva. Tickets: adult £7, child £5 and family (2 adults and 2 children) £14 if bought on a Brighton & Hove bus but prices may vary on other operators' buses.

Brighton & Hove Saver ticket costs £5 from the bus driver or just £3 if bought in advance online from the Brighton & Hove Bus and Coach Company website - www.buses.co.uk



© South Downs National Park Authority

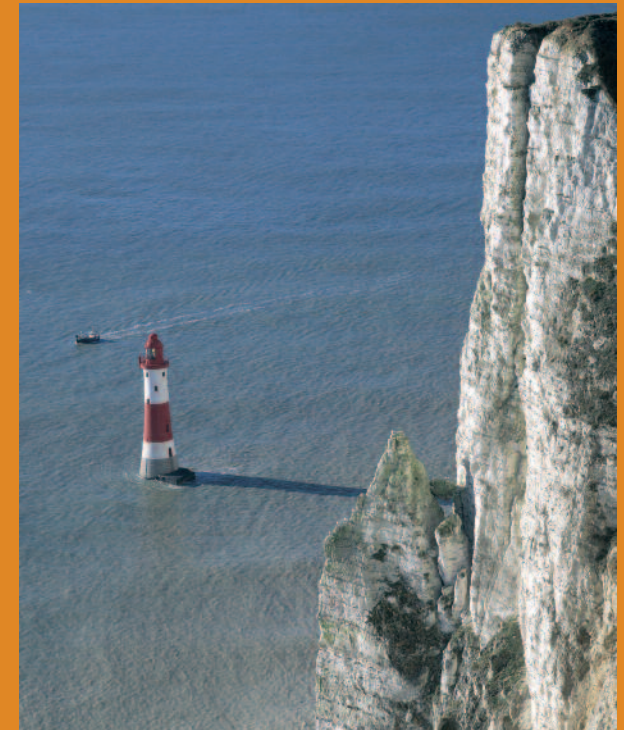
Cover photo: Beachy Head Lighthouse
© John Tyler / Sussex Downs Conservation Board / PPL

This leaflet was created as part of Mosaic, a project led by the Campaign for National Parks that aims to build links between ethnic minority communities in a selection of 20 cities across England, and the National Parks. As such this leaflet is not intended as a comprehensive resource of public transport options from all cities to the National Parks; it focuses on a selection of towns and cities that are part of the Mosaic project. The leaflet also does not include an exhaustive list of all public transport options available within the National Park, but rather provides a selection of public transport options for places that are easy to visit.

Mosaic Funders



Explore the South Downs National Park



Discover some of England's finest countryside from London, Portsmouth, Brighton and Littlehampton the greener way by bus and train

Mosaic

Building links between Ethnic Communities & National Parks

South Downs National Park

There is so much to see and do in the South Downs National Park - and it's all just a short journey away. This is a guide to some of the best routes into the National Park, ideas for places to visit and the right tickets for your day out. Especially attractive to walkers, riders and mountain bikers are the many ancient tracks and green ways, some of them prehistoric in origin, that follow the spine of the Downs. The South Downs Way National Trail uses many of these ancient routes and follows the entire length of the Downs, forming a wonderful introduction to this very special part of England.

You can get to the eastern part of the South Downs using the frequent train service from London Victoria operated by Southern Railway to Brighton and Eastbourne. Trains to Berwick (a key access point into the eastern part of the Park) run direct from Brighton (or change at Lewes from London). Brighton can also be reached by National Express coach from London Victoria Coach Station. Brighton and Hove is less than an hour train ride from Littlehampton and just one hour twenty minutes from Portsmouth.

Some of the most famous features of the South Downs can be accessed by the popular 'Breeze the Downs' buses 77, 78, and 79 from Brighton calling at **Devil's Dyke**, **Stanmer Park** and **Ditchling Beacon**.

Also from Brighton is the frequent scenic Brighton & Hove coastal bus service 12/12A/12C/12X via Newhaven and Seaford to Eastbourne which calls at **Seven Sisters Country Park** from where mountain bikes can be hired (01323 87030) from the nearby cycle centre. Waymarked trails in **Friston Forest** are close by. On Sundays and Bank Holidays this service also provides the Tourist Trail 13X bus which goes past spectacular **Beachy Head**. The Cuckmere Rambler service 47 is a popular weekend volunteer-run bus service which meets trains at Berwick railway station and runs on a circular route to Seaford through the beautiful Cuckmere Valley via **Alfriston** and Seven Sisters Country Park.

Midhurst is the headquarters of the South Downs National Park Authority. This attractive small town is served by Stagecoach bus 70 from Guildford / Haslemere for connections from London, or by Countryliner bus 92 from Petersfield. The celebrated Weald and Downland Open Air Museum (01243 811348) is six miles south at **Singleton**, on the 60 bus route.

Petersfield is an excellent centre to explore much of the western part of the National Park. It is about one hour travel time by train from London Waterloo, thirty minutes from Portsmouth or about an hour from Littlehampton. It has local buses to **Exton** for **Meon Valley**, **Beacon Hill** and **Old Winchester Hill**, and to **Queen Elizabeth Country Park** which has a range of activities including guided walks and mountain biking. From Petersfield, catch bus 37 for Queen Elizabeth Country Park, bus 17 for Exton and 17/67 for **West Meon**.

There are cycle hire facilities in various locations including Brighton, Devil's Dyke, Hassocks, Seven Sisters, Shoreham, Titchfield (Meon Valley) and Worthing.



Sunrise on the South Downs near Devil's Dyke



If you're planning a walk, wear boots or strong trainers. Take rainwear, warm clothing, food and plenty of drink and a large scale map (Ordnance Survey Explorer Maps 119, 120, 121, 122, 123, 132 recommended).

