

Wednesday May 1st

LEWES and SURROUNDS

Start Time 9.45am at the Phoenix Causeway Car Park in Lewes (TQ422103)

Length 12 miles

Ascent 250m

Short Walk (linear) 7miles

Ascent 100m

The first part of the walk will be through the ancient streets of Lewes passing by the Castle, Priory and other notable landmarks. Then we will follow the River Ouse to the village of Rodmell for lunch. There will be time for a quick visit to Virginia Woolf's country retreat, Monk's House (National Trust), or the Abergavenny pub. The shorter walk will follow the South Downs Way east to Southease station to catch the train back to Lewes (5 minutes past each hour). The main walk will follow the South Downs Way west onto the ridge, with views of Lewes and beyond, to Kingston, then back to Lewes.

We start our walk through Lewes passing Harveys Brewery (sorry no time to stop for a brewery tour!) over the River Ouse, (it is hard to believe that Lewes was once a thriving port) and up School Hill passing the Market Hall to the Castle. Circling the castle we pass the Round House lived in by Virginia and Leonard Woolf.



Then down past the medieval buildings in Keere Street to the 16th Century mansion of Southover Grange. The gardens which we walk through are very beautiful and contain the oldest Tulip Tree in the country. From here we go past the Anne of Cleves House and into Priory Park.



Anne of Cleves House is a 15th-century timber-framed building and formed part of her annulment settlement from King Henry VIII in 1541, although she never visited the property.

IVW ALFRISTON HOLIDAY 2019

Sunday April 28th to Friday May 3rd



Welcome to the Ivel Valley Walkers holiday in Alfriston. We will walk on the South Downs, along the East Sussex coast line and along the Cuckmere and Ouse valleys.

The first walk will start in front of St Andrew's Church on 'the Tye' (Village Green) at 1.00pm on the Sunday. Please meet at 12.45pm.

This booklet gives an overview of the walks and information on the villages and sights that we shall see during the week.

The walks are on the OS Explorer Maps 122 (Brighton & Hove) and 123 (Eastbourne and Beachy Head).

If anyone has difficulty in getting to the start points or is delayed, please contact us on 07474303545 - but reception can be patchy. If you will not be coming on any of the walks, it would be appreciated if you could let us know.

Enjoy

Celia and Bob

Sunday April 28th

THE SOUTH DOWNS

Start Time 1.00pm at the Tye in Alfriston (TQ522030)

Length 7 miles

Ascent 300m



The afternoon walk is an introduction to the undulating countryside of the South Downs. It starts from Alfriston Green (known as the Tye) which is surrounded by St Andrew's Church (known as the Cathedral of the Downs), the Clergy House (the first property bought by the National Trust) and Alfriston Heritage Centre.

The walk goes to the quaint church of Lullington, then along the South Downs Way, passing above the Long Man of Wilmington, to the village of Jevington with its 10th century church. From there it is back over the Downs to Alfriston.

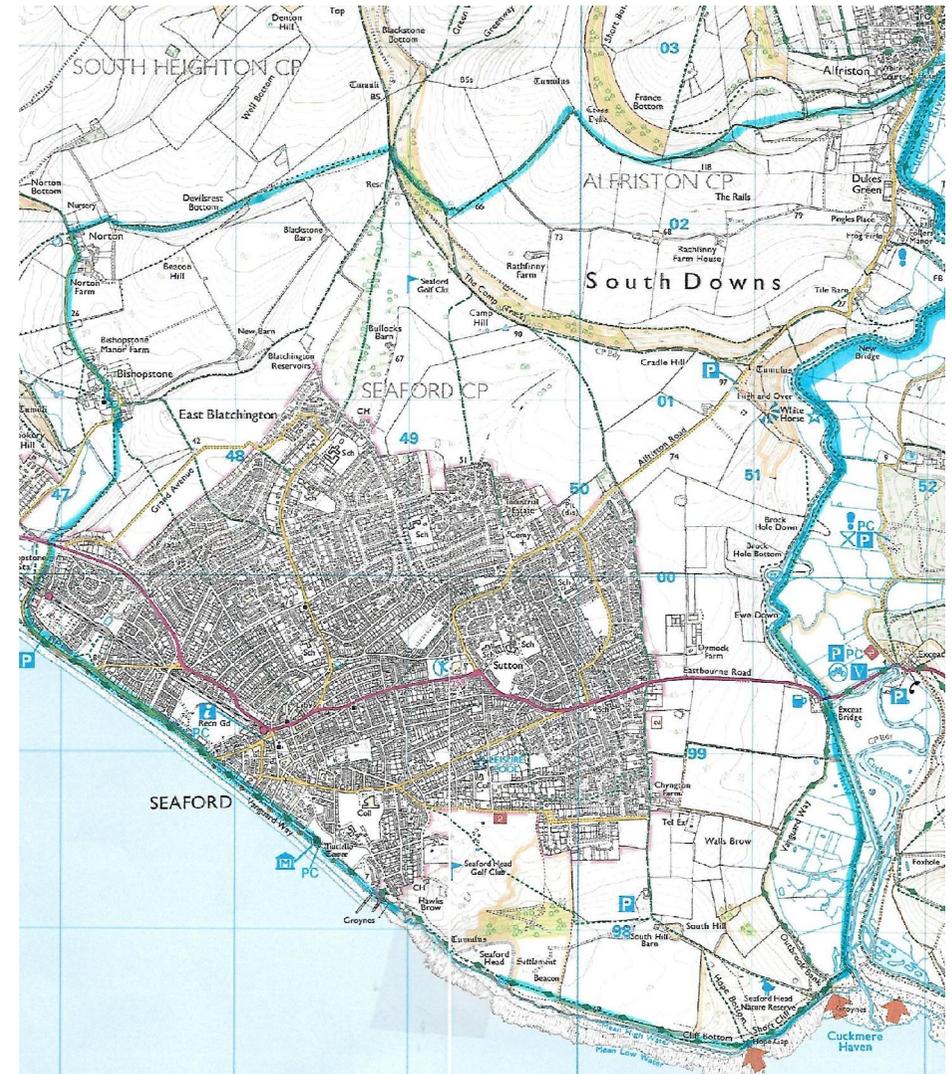
Bordering the 'Tye' is the Clergy House, St. Andrew's Church and the Alfriston Heritage centre.

Alfriston Clergy House was the first built property to be acquired by the National Trust. It was purchased in 1896 for £10. It is a Timber framed house built in the 14th century with a pretty cottage garden and orchard.



St Andrew's Church, the Parish Church of Alfriston, is a Grade I listed building built in the 1370's and is also known as the 'Cathedral of the Downs'.

The Heritage Centre (free entry) is located in the Gun room of the Rathfinny Wine Lodge. The fascinating history of the Cuckmere Valley and Alfriston village, from small coastal port town to smugglers enclave, is chronicled on five large panels. The Gun room is so named as it was used to store a large cannon for the Duke of Wellington during the Napoleonic Wars. For wine lovers, information is displayed detailing the history of wine making in England and the history of the Rathfinny Wine Estate which is one of the largest single site vineyards in England. We will walk by the Estate on Tuesday's walk.



Excellent views of Cuckmere Haven and the Seven Sisters are visible from Seaford Head. The Cuckmere Estuary is an area of flood plains where the river Cuckmere meets the English Channel. The river is an example of a meandering river, and contains several oxbow lakes.

Tuesday April 30th DOWNS, COAST and VALLEY

Start Time 9.30am at the Tye in Alfriston (TQ522030)

Length 13 miles

Ascent 300m

Shorter Walk 7 miles (Linear)

Ascent 100m

Start Time 1.00pm at the Martello Tower, Seaford (TV485984)

The circular walk will start from Alfriston where we will go up onto the Downs and over to Bishopstone (passing the Rathfinny Wine estate) for a morning stop by the church. From there we drop down to the promenade at Seaford with lunch near the Martello Tower. This is where the shorter walk will start. The walk continues to Seaford Head with views of the Seven Sisters cliffs and back along the Cuckmere River, passing the White Horse, to Alfriston. Arrangements will be made to take the drivers of the cars left in Seaford back to Seaford.

The Rathfinny Wine Estate was established in 2010 with the express intention of producing some of the world's best sparkling wine. Occupying a perfect south-facing slope its climate, chalk soils and aspect make it a perfect place to produce wine.

St Andrew's Church at Bishopstone was built between 600 and 800 AD and is perhaps the oldest Saxon Church in Sussex. It has a sundial over the porch inscribed 'Eadric', who may have been the first Incumbent! The tower houses bells which were hung in 1761.



Seaford is a quiet, non-commercialised seaside town. It has a shingle beach, a museum in a Martello tower, beach huts, cafes (where there will be time to visit) and a long promenade on which we will walk.



Firle Place has been the home of the Gage family for over 500 years. It is a house with a rich history and extraordinary collection of old master paintings, porcelain and furniture.

Alciston is a pretty village with many thatched cottages. It has one of the longest tithe barns in the country -170ft long with over 50000 tiles. The church lies on its own small hillock surrounded by flint walls, and together with the ancient farm nearby provides a beautiful scene.



Thursday May 2nd 7.00pm for 7.30pm

Group Dinner at the George Inn, Alfriston

This charming Inn is set in a 14th Century half timbered building in the heart of Alfriston. Please park in the Dene or Willows car parks.

Friday May 3rd

DITCHLING BEACON

Start Time 10.00am Ditchling Village Hall Car Park (TQ327152)

Length 7 miles

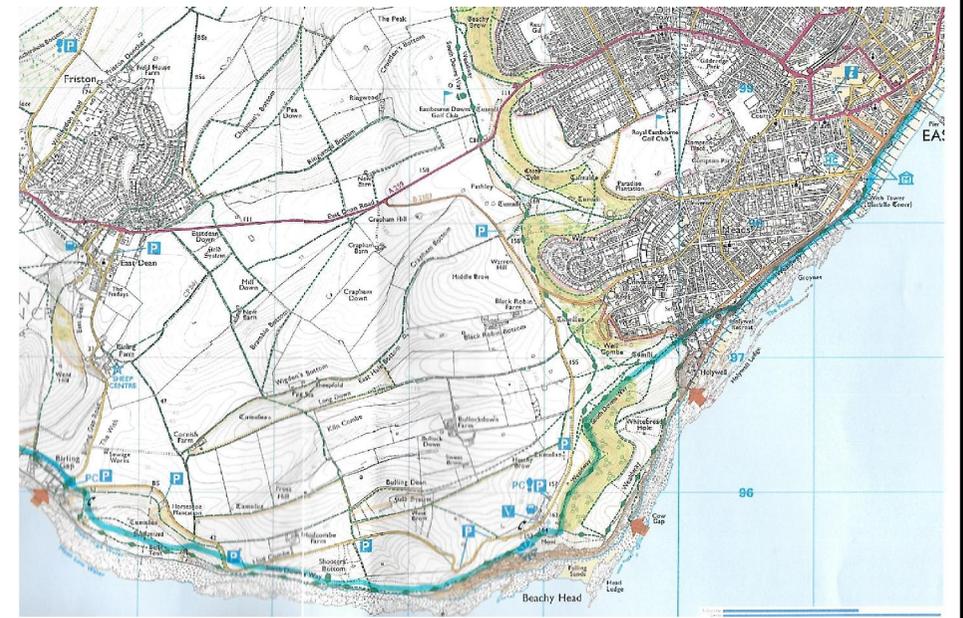
Ascent 200m

The walk starts from the Village Hall car park (free) in the centre of Ditchling which is about 30 minutes drive from Alfriston. We will walk over the meadows to Keymer and then up to join the South Downs Way by the Jack and Jill windmills. We will continue on the South Downs Way over Ditchling Beacon before dropping back down to Ditchling where there are several cafes and pubs.



Jill, and her neighbour Jack (in private ownership), stand atop of the scenic South Downs with spectacular views of the Sussex Weald. She is a restored 19th century corn working windmill producing stoneground wholegrain flour. Unfortunately, she is only open on Sundays.

The high point of the holiday is Ditchling Beacon at 248m, which is the third highest point on the South Downs Way. We trust you have enjoyed the walks.



BUSES BACK TO EXCEAT—Number 12, 12A or 12X

There are frequent buses (at least every 20 minutes) back from Eastbourne Pier and East Dean (for the short walk) to the Seven Sisters Park Centre at Exceat

Thursday May 2nd FIRLE and CHARLESTON

Start Time 9.30am at the Tye in Alfriston (TQ522030)

Length 11 miles Ascent 450m

Shorter Walk: Start Time 10.30am at Bopeep Car Park (TQ494050)

Length 6.5miles Ascent 250m

We follow the South Downs Way out of Alfriston for 5 miles passing Bopeep Car Park on the Downs **where the Shorter walk will start**. We go over Firle Beacon and down to the village of Firle for a lunch stop. On through Firle Park and past Firle Place and Firle Tower to Charleston Farmhouse for a stop at the Bloomsbury Set's (Virginia Woolf and all that) Visitor Centre. The short walk will cut back up to the Bopeep Car Park. The main walk continues to Alciston and Berwick (stopping to look at the church) and back to Alfriston.

Berwick church is famed for its decorative scheme of paintings by the Bloomsbury artists, Duncan Grant, Vanessa Bell and Quentin Bell. It was commissioned by Bishop Bell of Chichester in 1941 at the height of World War 2. It is the only example in the country of the complete decoration of the interior of an ancient rural parish church by twentieth century artists of repute.



In 1916 the artists Vanessa Bell and Duncan Grant moved to Sussex with their unconventional household. Over the following half-century Charleston Farm House became the country meeting place for the group of artists, writers and intellectuals known as the Bloomsbury Set. Clive Bell and Maynard Keynes lived at Charleston for considerable periods. Virginia Woolf, EM Forster and Roger Fry were frequent visitors.

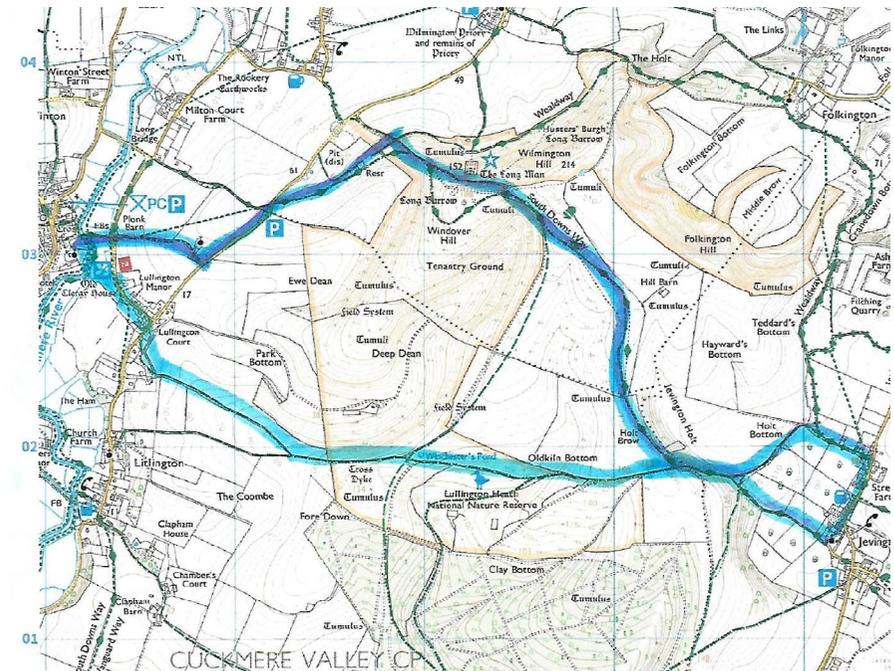


The house and gardens are open to the public and there is a café and new Exhibition Area.



The 235ft high Long Man of Wilmington has been a landmark on the South Downs since at least the 18th century. The lack of firm historical evidence adds to its mystique. Fertility symbol? Ancient Warrior of the 4th century? Early 18th century folly? - who knows?

Lullington Church, also known as the Church of the Good Shepherd, is one of several churches claiming to be the smallest church in England. It measures a mere 16 feet (5 metres) square and seats 20 people.



Monday April 29th

THE SEVEN SISTERS

Start Time 9.45am at Exceat Visitor Centre (TV519995)

Length 10 miles (Linear) Ascent 500m

Shorter Walk 7 miles (Linear) Ascent 400m

These challenging walks start from the Exceat Visitor Centre. We will walk along the South Downs Way over the Seven Sisters to Birling Gap for lunch. On to Belle Tout where the short walk will cut across the fields to East Dean to catch a bus back to Exceat. The main walk will carry on over Beachy Head (avoiding the cliff!!) and on to Eastbourne. There will be time to look around the town and perhaps for a walk on its 19th century pier before catching a bus back to Exceat.

Found at the point where the South Downs meets the sea, the Seven Sisters were created when ancient rivers cut valleys into the chalk, creating seven peaks. Haven Brow, the highest of them at 253 feet (77 metres),



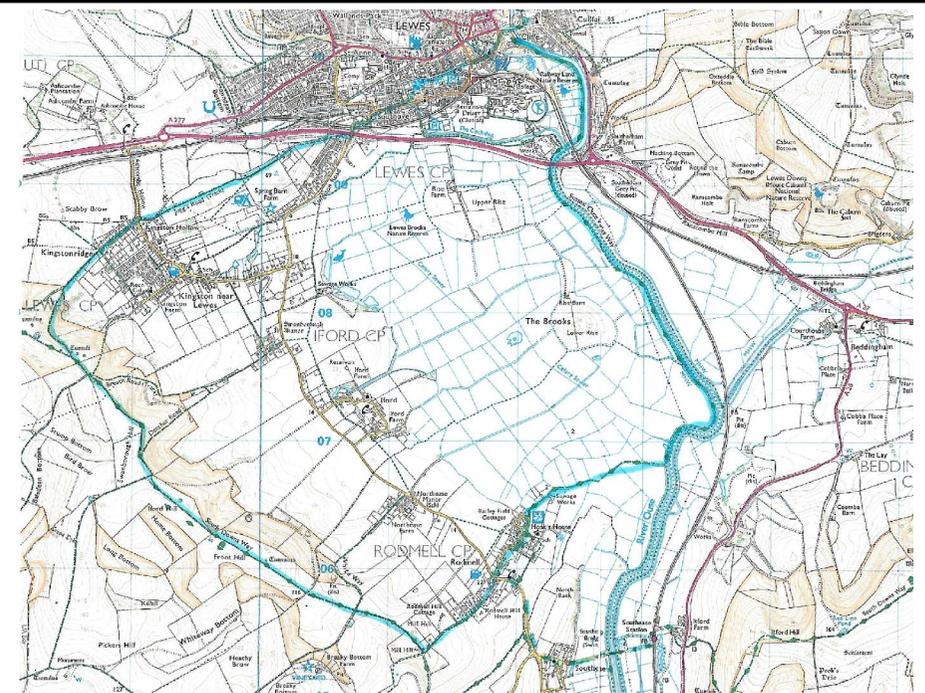
stands majestically to the west of her other sisters who in order are called Short Brow, Rough Brow, Brass Point, Flagstaff Point, Baily's Brow and Went Hill Brow. We will walk up and down all of them!!

Birlinging Gap is a beautiful and tranquil enclosed pebble beach set below the dramatic backdrop of the Seven Sisters cliffs. We will have an extended lunch break giving time to explore the beach and visit the National Trust Visitor Centre and café.

The Belle Tout Lighthouse was built in 1832 but was decommissioned in 1902 due to constant cliff top fogs and the threat of cliff erosion. It became a tea house and was almost completely destroyed during the Second World War. It was moved back from the eroding cliff in 1999. Renovated in 2010 it is now a unique bed and breakfast.



Beachy Head Cliff is the highest chalk sea cliff in Britain, at 162 metres above sea level. The peak allows views of the south east coast from Dungeness in the east, to Selsey Bill in the west.



In the 11th century, monks came to Lewes from Cluny in France to establish the first Cluniac priory in England – the Priory of St Pancras. When built it was the largest building in the country. The Priory survived for 450 years until the Dissolution of the Monasteries in 1537. Now we can wander freely enjoying the peace and tranquillity through the Priory Park.



Monk's Cottage in Rodmell was the country house of the writer and member of the Bloomsbury set, Virginia Woolf, and her husband Leonard. Her ashes are buried under an elm tree in the garden. It was from here that she went down to the River Ouse and drowned herself in 1942.