

Walk 2



The Long Man of Wilmington

Time (Approx)	1½ – 2 Hours
Distance (Approx)	5 Miles (8km)
Stiles	4
Terrain	Tracks and Grassland
Map Recommended	O/S Explorer 123

Start

At The Star Hotel **(1)** continue along the High Street into Waterloo Square and the Market Cross. Take the right turn **(2)** into River Lane and at the bottom of the lane bear right following the river to the white bridge. Continue over the bridge and along the lane to a smaller bridge running over a brook **(3)**. Take the right hand path through the woods to a stile. Continue through the field following the hedgerow on your left to the next stile **(4)**. Once over the stile proceed along the road to the 'T' junction **(5)**. Turn right past the old barn on your right and take the next left turn **(6)** onto a chalky track. The track now slowly climbs and starts to reveal superb views of the Downs. Remember to pause occasionally and look back, where you will see panoramic views of Alfriston and Firl Beacon beyond.

At the next junction **(7)** take the left turn and continue up the hill keeping to the chalky track until you reach Lullington Heath **(8)**. There are several paths that join here, simply take the left path following the fence until you reach a gate. Proceed through the gate and continue ahead to the next gate. Continue through and proceed keeping the fence on your left. After a while the grassy path becomes chalky as you join the South Downs Way route, which will take you to the next gate **(9)**. Continue through following the track. Within 20 yards bear right on the grass and continue ahead making for the Tumuli (ancient burial mounds) **(10)**. These along with the quarry mark the top of Windover Hill, which commands panoramic views over the Sussex Weald, from Lewes on the far left to Hastings on the far right and Heathfield straight ahead on the horizon.

From here follow your tracks back to the last gate **(9)**, continue through and follow the fence on your left to the next gate **(11)**. The path now descends in a straight line and joins another grassy path at the bottom. Turn left and follow the path to the foot of the Long Man **(12)**. The origins of this tall figure carved into the chalk hillside are unknown, but there are many theories and books on the subject. Passing the Long Man on your left follow the chalky path that climbs the hill in front of you following the fence until you reach the next gate **(13)**. Once through the gate turn left until you meet a deeply grooved chalky track, which is the South Downs Way **(14)**. Turn right and follow this track until you meet a tarmac road. Continue over the road following the track ahead where you will find a stile **(15)** on your left hand side within about 30 yards. Proceed through two fields with views of Alfriston ahead of you until you meet the wooded boundary. Continue through the woods and turn immediately right and follow the hedgerow down the hill to Great Meadow Flint Barn (formerly Plonk Barn) **(16)**.

Taking care of the traffic on this blind bend proceed over the road and join the path that leads you back to the White Bridge and over the Cuckmere River and Back to Alfriston.

Finish

Walk 2

600 years of history

