

Walk 3



The White Horse at High 'n' Over

Time (Approx)	2 – 2½ Hours
Distance (Approx)	6 ¼ Miles (10km)
Stiles	2
Terrain	Grassland and Footpaths
Map Recommended	O/S Explorer 123

Start

Set off from The Star (1) heading towards the main square and take the right turn (2) into River Lane, following the track to the white footbridge. Do not cross the bridge, but follow the footpath heading south, which follows the river. In due course you will reach another footbridge (3). (Should you turn right here you would reach the youth hostel at the top of the lane). Continue over the track again following the river south. Within a short distance a grassy track (4) leaves the footpath to your right and climbs steadily up the hill towards the White Horse (5) carved into the hillside.

From the top of the hill 'High 'n' Over', there are views over the Cuckmere River, Friston Forest and the village of Litlington. To continue the walk, proceed back down the hill, where a footbridge will be seen on your right (6). Take the footpath to the bridge and cross the river. Continue along the riverbank heading south for about 1km (12 minutes) and take the left footpath (7), which cuts at a right angle to the river. Continue to the road. Once you reach the road, turn left until you come to the entrance to Charleston Manor, (occasionally open to the public). Proceed past the entrance and the elevated cottages on your right. Take the next bridleway (8) on your right, which runs along the boundary of the Manor.

Take the next footpath (9), which follows the South Downs Way up the hill, and down into the pretty flint village of Litlington (10). Once the footpath meets the lane, turn left to the road and then turn right along the village street towards the Plough and Harrow Pub. After passing the pub continue along the road to the telephone box and take the footpath left back down to the river (11). At the river turn right and follow the river back to the white bridge at Alfriston (12).

Finish

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600 years of history

