

# **South Downs Way Cycle Guide**

**Kev Reynolds** 

# **South Downs Way Cycle Guide:**

#### Insight Guides Great Breaks Brighton, Sussex & the South Downs (Travel Guide eBook) Insight

Guides, 2019-10-01 Pocket sized travel guides making the most of the British Isles through clearly laid out walks and tours Explore the best of Brighton Sussex and the South Downs with this indispensably practical Insight Great Breaks Guide From making sure you don t miss out on must see attractions like Brighton's Royal Pavilion Chichester Cathedral Petworth House Lewes and Eastbourne to discovering hidden gems including the Bluebell Railway the easy to follow ready made walking routes will save you time help you plan and enhance your Great Break in Brighton Sussex and the South Downs Practical pocket sized and packed with inspirational insider information this is the ideal on the move companion to your trip to Brighton Sussex and the South Downs Over 10 walks and tours detailed itineraries feature all the best places to visit including where to eat along the way Local highlights discover what makes the area special its top sights and unique attractions and be inspired by stunning imagery Insider recommendations where to stay and what to do from active pursuits to themed trips Rainy day recommendations uncover plenty of options whatever the weather Practical maps get around with ease and follow the walks and tours using the detailed maps Informative tips plan your travels with a useful practical section to ensure effortless exploration Inventive design makes for an engaging easy reading experience Covers Brighton and Hove the North Downs Lewes the Ouse and Cuckmere Valleys and the Sussex Heritage Coast Eastbourne and 1066 Country the High Weald Chichester and around Midhurst and around and Arundel and around About Insight Guides Insight Guides is a pioneer of full colour guide books with almost 50 years experience of publishing high quality visual travel guides with user friendly modern design We produce around 400 full colour print guide books and maps as well as phrase books picture packed eBooks and apps to meet different travellers needs Insight Guides unique combination of beautiful travel photography and focus on history and culture create a unique visual reference and planning tool to inspire your next adventure The Rough Guide to Kent, Sussex and Surrey Rough Guides, Samantha Cook, Claire Saunders, 2017-06-20 This in depth coverage of Kent Sussex and Surrey's local attractions sights and restaurants takes you to the most rewarding spots from countryside walks to breweries to historic churches and stunning color photography brings the land to life on the pages With a beautiful new cover amazing tips and information and key facts The Rough Guide to Kent Sussex Surrey is the perfect travel companion The locally based Rough Guides author team introduces the best places to stop and explore and provides reliable insider tips on topics such as driving the roads taking walking tours or visiting local cathedrals You ll find special coverage of history art architecture and literature and detailed information on the best markets and shopping for each area in this fascinating area The Rough Guide to Kent Sussex Surrey also unearths the best restaurants nightlife and places to stay from backpacker hostels to beachfront villas and boutique hotels and color coded maps feature every sight and listing Make the most of your time with The Rough Guide to Kent Sussex Surrey The South Downs Way Kev Reynolds, 2023-08-14 A

guidebook to walking the 158km 100 mile South Downs Way National Trail The route crosses the South Downs National Park to link Eastbourne with Winchester and is an ideal option for those new to long distance walking The route is described in both directions east to west and west to east in 12 stages of between 6 and 19km 4 12 miles with both footpath and bridleway options for the most easterly stage Contains step by step description of the route alongside 1 50 000 OS maps Includes a separate map booklet containing OS 1 25 000 mapping with the route line Handy trek planner route summary table and selected accommodation listings help you plan your itinerary Refreshment and accommodation information given for each route stage GPX files available to download South Downs Way Paul Millmore, 2008 The South Downs Way runs for 100 miles 160 km over the chalk downland of Sussex and Hampshire from Eastbourne to Winchester It is one of only two National Trails that can be used not only by walkers but also by cyclists and horse riders for its entire length This is the complete official guide for the long distance walker or the weekend stroller All you need is this one book National Trail Guides are the official guidebooks to the fifteen National Trails in England and Wales and are published in association with Natural England the official body charged with developing and maintaining the Trails The South Downs Way Martin King, 2002 The South Downs Way is a long bridle path which runs for 100 miles between Eastbourne in East Sussex and Winchester in Hampshire This historic route is visited by over a million people each year and runs through some of southern Britain's most beautiful countryside The path's chalky soil makes it a perfect surface for cycling horse riding or a leisurely stroll and has always been popular with tourists THE SOUTH DOWNS WAY is a comprehensive guide to the area s history and that of the towns and hemlets it passes through The book provides essential information about the best best accommodation and cafes en route It also details little known places of interest provides handy tips and useful addresses and a selection of detailed maps ensuring even the poorest navigators won t get lsot The guide is interspersed with hilarious anecdotes from the author's own experiences of walk and cycling the South Downs Way It makes excellent reading both as a functional guide and a wonderful account of the surprises and eccentricities of the English countryside THE SOUTH DOWNS WAY is essential for everyone visiting this beautiful and secluded area be they seasoned travellers of simply day trippers

Pocket Rough Guide Staycations Brighton, Sussex & the South Downs (Travel Guide eBook) Rough Guides, 2021-10-01 Rough Guides Staycations Brighton Sussex and the South Downs Make the most of your time on Earth with the ultimate travel guides Inspirational and informative new pocket guide making the most of holidaying at home in the UK through clearly laid out walks and tours Explore the best of Brighton Sussex and the South Downs with this unique travel guide packed full of insider information and stunning images From making sure you don't miss out on must see top attractions like Brighton Pier Chichester's Novium Museum and grandiose Petworth House to discovering cultural gems including spotting Sussex wildlife at Arundel Wetland Centre walking the rambling South Downs Way and mooching down Brighton's The Lanes the easy to follow ready made walking and driving routes will save you time and help you plan and

enhance your staycation in Brighton Sussex and the South Downs Features of this travel guide to Brighton Sussex and the South Downs 12 walks and tours detailed itineraries feature all the best places to visit including where to eat along the way Local highlights discover the area s top sights and unique attractions and be inspired by stunning imagery Time saving itineraries carefully planned routes will help inspire and inform your on the road experiences Historical and cultural insights learn more about the Brighton Sussex and the South Downs s rich history with fascinating cultural insights throughout Insider recommendations where to stay and what to do from active pursuits to themed trips Rainy day recommendations uncover plenty of options whatever the weather throws at you Practical full colour maps with every major sight and listing highlighted the full colour maps make on the ground navigation easy Key tips and essential information from transport to hours of operation we ve got you covered New for 2021 the latest guidance to all the places you should discover in Brighton Sussex and the South Downs Covers Central Brighton East Brighton and Rottingdean West Brighton and Hove The Downs North of Brighton Lewes Ouse Valley Cuckmere Valley and the Sussex Heritage Coast Eastbourne and 1066 Country The High Weald Chichester Around Chichester Midhurst and Around Arundel and Around Looking for a comprehensive guide to England Check out our Rough Guide to Great Britain for a detailed and entertaining look at all the country and more has to offer About Rough Guides Rough Guides have been inspiring travellers for over 35 years with over 30 million copies sold Synonymous with practical travel tips quality writing and a trustworthy tell it like it is ethos the Rough Guides list includes more than 260 travel guides to 120 destinations gift books and phrasebooks **Cycling the Route Des Grandes Alpes** Giles Belbin, 2022-06-15 Guidebook to cycling the 720km Route des Grandes Alpes through south eastern France From Lake Geneva to Mediterranean Nice via numerous high Alpine passes taking in the Vanoise crins and Mercantour National Parks the route is challenging although entirely on roads However with plenty of charging points it is well suited to eBikes

Trekking Chamonix to Zermatt Kev Reynolds,2022-07-15 A guidebook to the classic Chamonix to Zermatt trek from Mont Blanc to the Matterhorn The 225km Walker's Haute Route through the French and Swiss Alps crosses 11 passes gains more than 14 000m in height and is a strong contender for the title of Most Beautiful Walk in Europe The high level route is described in 14 day stages with optional variants and is suitable for walkers with a good level of fitness and some previous alpine trekking experience Alongside clear route descriptions and mapping for each stage of the trek there is essential practical information on travel to Chamonix and return from Zermatt as well as advice on accommodation in alpine villages and mountain refuges trekking safety equipment itinerary planning and preparation Taking 2 weeks to complete this challenging but rewarding trek encompasses views of the greatest collection of 4000m peaks in the Alps Mont Blanc the Grand Combin Dent Blanche Weisshorn and the Matterhorn and visits some of the most spectacular valleys including the Val d Annivers and the Mattertal Hadrian's Wall Path Mark Richards, 2025-01-15 A guidebook to walking the Hadrian's Wall Path National Trail between Bowness on Solway in Cumbria and Wallsend Newcastle Covering 135km 84

miles this historic route takes around 10 days to hike Suitable for beginners it nevertheless requires a reasonable level of fitness to undertake as a multi day walk The route is described in 10 stages between 8 and 16km 5 10 miles in length and in both directions west east and east west An optional 2 stage extension through Newcastle to South Shields on the east coast is also provided Contains step by step description of the route alongside 1 100 000 OS maps Includes a separate map booklet containing OS 1 25 000 mapping and route line Handy route summary tables alternative walking schedules and accommodation listings help you plan your itinerary Packed with historical detail as well as maps marking locations of Roman milecastles and other archaeological sites on and near the wall Public transport by stage is listed for those wanting to break the trail into shorter sections Walking on Madeira Paddy Dillon, 2018-08-15 This guide describes a varied selection of 57 walks on the Portuguese island of Madeira exploring the dramatic cliff coastline scenic levadas irrigation channels dense laurisilva cloud forests and high mountain peaks plus three walks on neighbouring Porto Santo There are routes to suit all abilities from easy level levada walks to steep and rugged mountain paths some with exposed sections calling for a sure foot and good head for heights Since the steep terrain of Madeira does not easily support circular walks many of the routes are linear however most can be accessed by public transport and there is the option to link routes to create longer outings and multi day hikes With a favourable climate and striking scenery Madeira is a fantastic walking destination The routes in this guide are spread across the whole island and visitors may choose to base themselves in the capital Funchal or in one of the many smaller towns and villages Regular flights and ferries link Madeira with Porto Santo which boasts an exceptional sandy beach and pleasant easy walking The guide also outlines a day cruise to the nearby uninhabited Ilhas Desertas Comprehensive route description overview statistics and sketch mapping are provided for each walk There is practical advice on travel and transport a basic map of central Funchal and fascinating notes of Madeira's geology history plants and wildlife Useful contacts and a Portuguese English glossary including a menu decoder can be found in the appendices Trekkina the Swiss Via Alpina Kev Reynolds, 2023-06-12 A guidebook to walking the Swiss Via Alpina from Sargans to Montreux on Lac L man Lake Geneva Covering 400km 250 miles this long distance trek in the Swiss Alps takes around 3 weeks to walk and is suitable for experienced trekkers The route is described from east to west in 19 stages each between 12 and 29km 8 18 miles in length A 27km 17 mile prologue stage from Liechtenstein is also included as well as detour stages via Lenk and Gsteig 1 100 000 maps included for each stage GPX files available to download Detailed information on mountain huts facilities and public transport Advice on planning and preparation Trekking in Torres del Paine Rudolf Abraham, 2023-11-08 A guidebook to 8 walking and trekking routes in Chile's Torres del Paine National Park and Argentina's Los Glaciares National Park Exploring the beautiful scenery of Patagonia the routes are suitable for trekkers with some experience The routes are presented as 4 multi day treks ranging from 3 to 11 days in length and 4 shorter day walks The 10 day 141km 88 mile Torres del Paine circuit or O and 5 day 71km 44 mile half circuit or W are detailed with side trips to the towers and the Valle Franc s

A 4 day 39km 24 mile trek in the Cerro Fitz Roy area of Los Glaciares National Park is also described Sketch maps included for each walk Detailed information on accommodation and facilities Advice on planning and preparation Highlights include excursions from Puerto Natales and El Calafate Walking the Munros Vol 2 - Northern Highlands and the Cairngorms Steve Kew, 2022-07-15 Volume two of Walking the Munros this guidebook describes 70 challenging and inspiring routes up Scotland's iconic 3000ft mountains within the Northern Highlands the Cairngorms and the Isle of Skye The routes which range from 7 to 46km with the option to reduce walking distance on some of the longer routes by cycling the approach cover 143 Munro summits offering half and full day walk and scramble options Clear and concise route descriptions are accompanied by 1 100K mapping together with invaluable practical information on access parking accommodation and more Also included are two handy indexes of the Munros listed alphabetically and by height a perfect resource for peak baggers. This guide incorporates both popular and lesser known routes and celebrates the raw and rugged beauty of these majestic mountains The Mountains Around Nerja Jim Ryan, 2024-02-28 A guidebook to 32 day walks in and around the coastal town of Nerja Spain Exploring the mountains gorges and white mountain villages of the Sierras Tejeda and Almijara and Alhama Natural Park in southern Andalucia there are routes for walkers of all levels of fitness and experience The walks are graded by difficulty and range from 3 22km 2 14 miles in length covering 110 1420m of ascent and taking between 1hr 30min and 7hr 30min to complete Clear description of the route alongside 1 50 000 or 1 25 000 maps Highlights include ascents of La Maroma Cisne and Navachica Packed with information on local history geology and wildlife Each walk features detailed instructions on getting to the start plus where to find refreshments and water sources Some routes visit sections of the 700km 430 mile Gran Senda de Malaga Great Path of Malaga Easy access from Nerja Velez Malaga and C mpeta GPX files available to download Hiking Slovenia's Juliana Trail Rudolf Abraham, 2023-08-15 Guidebook to walking Slovenia s Juliana Trial This long distance 20 day trek covers some of the lesser known routes in Slovenia's Julian Alps and Triglav National Park The book covers the 330km route with details on public transport accommodation and available facilities Walking the Cape Wrath Trail Iain Harper, 2022-05-15 This guidebook describes the Cape Wrath Trail a long distance trek from Fort William to Cape Wrath crossing the wild northwest of the Scottish Highlands The route is described from south to north in 14 stages with 6 alternative stages along the way allowing for a flexible itinerary of between two and three weeks A long tough trek with no waymarking this is for the tried and tested backpacker The guidebook includes OS mapping route profiles and detailed route descriptions and gives you all the information you need about accommodation including hotels bothies B Bs and bunkhouses campsites and amenities en route to help you plan and prepare for this epic challenge The Cape Wrath Trail is regarded as the toughest long distance route in Britain and offers unparalleled freedom and adventure to the experienced and self sufficient backpacker prepared to walk for many days in remote wilderness Travelling through the wild and rugged landscapes of Morar Knoydart Torridon and Assynt it

will test the limits of your endurance Walking Lake Como and Maggiore Gillian Price, 2023-10-11 A guidebook to 28 day walks and a 5 day trek around Lakes Como and Maggiore Exploring the dramatic scenery of the Italian lakes the walks are suitable for beginner and experienced walkers alike Walks range from 3km to 20km 2 12 miles and can be enjoyed in 1 5 hours The Sentiero del Viandante trek or Wayfarer's Path along the eastern shore of Lake Como between Lecco and Colico is described in 5 stages covering 54km 34 miles Sketch maps are included for each walk Detailed information on accommodation public transport and wildlife Highlights include Mottarone and Monte San Primo Walking in the Alps Kev Reynolds, 2011-07-21 The second edition of this classic guidebook by Kev Reynolds on walking and trekking in the Alps This book is a definitive guide to the many thousands of possible routes with a geographical span that ranges from the Maritime Alps of southern France to the Julians of Slovenia from Italy's Gran Paradiso to the little known T rnitzer Alps of eastern Austria and from the ice bound giants of the Bernese Oberland to the green rolling Kitzb heler Alps and the bizarre towers of the Dolomites of South Tirol showing the amazing diversity of this wonderful mountain chain There are walks to suit every taste gentle and undemanding long and tough and everything in between Written by Britain's most respected authority on the Alps this is a fully updated edition of this important book **Hiking and Cycling in the Black Forest** Kat Morgenstern, 2024-01-11 A guidebook to 15 day walks 3 multi stage treks and 5 cycle routes in Germany's Black Forest Exploring the north central and southern regions the routes are suitable for walkers and cyclists of all abilities and are perfect for spring and autumn The day walks range from 11 24km 7 15 miles and can be enjoyed in 4 7 hours The 3 multi day treks included are Schluchtensteig 120km 75 miles Zweit lersteig 108km 67 miles and Seensteig 71km 44 miles Four day rides are described along with the 242km 150 mile Southern Black Forest Cycle Route 1 50 000 maps are included for each walk 1 100 000 maps for each ride Information given on local geology history and wildlife Detailed information on facilities and public transport Black Forest highlights including Feldberg Belchen Schauinsland Hornisgrinde and Mummelsee GPX files available to download Cycling the Canal du Midi Declan Lyons, 2017-05-31 This guidebook describes a 240km cycle ride along the length of the Canal du Midi in southern France Starting at Toulouse in the Haute Garonne and finishing at S te on the Mediterranean Coast the route is divided into five stages of about 50km It is a flat car free and picturesque route mainly on the towpath and is suitable for all abilities The guide is written for those who want to explore the canal and visit attractions along the way There are lots of optional detours to sites of interest near the canal as well as six longer excursions including fortified Carcassone Roman Narbonne Vendres lagoon and the Portiragnes marshes Detailed route descriptions are crammed with additional information about points of interest passed and 1 200 000 scale maps clearly show the route for each stage of the way Begun in 1666 the Canal du Midi is one of the world's most picturesque waterways and a World Heritage Site This is La France Profonde a region rich in history and culture as seen in the grand homes and chateaux that grace the water's edge and the fascinating Cathar strongholds of Carcassone Lastours and Minerve

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