



The Star

Alfriston, Lullington Heath,
Litlington

Distance: 7 miles approximately.

Route: Alfriston, Windover Hill, top of Jevington Holt, Lullington Heath Nature Reserve, Friston Forest, Litlington.

Map: OS Explorer OL25, Eastbourne & Beachy Head.

Conditions: good walking along chalk and flint grassy tracks. One steady climb on the downs at the start, otherwise gentle undulation with no steep gradients.

Refreshments: Plough and Harrow pub and Tea Gardens at Litlington.

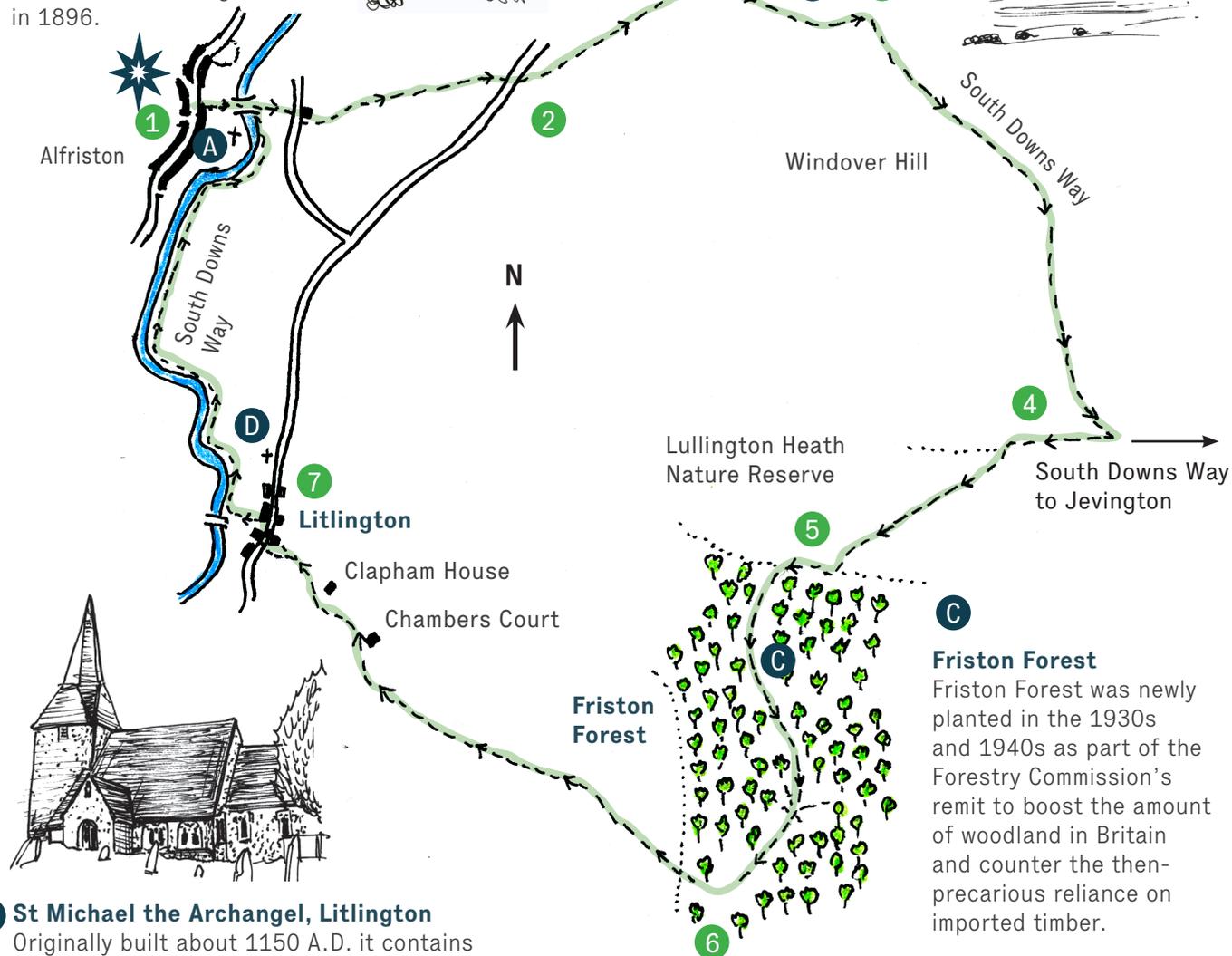
WALK 1

The Polizzi Collection

A Clergy House, Alfriston
Built around 1350, and once owned by the church, this thatched, timber-framed house is a rare survival from the 14th century. It was the very first building to be acquired by the National Trust, bought for £10 in 1896.



B The Long Man of Wilmington
The Long Man is Europe's largest portrayal of the human form, dating back to at least 1710 when the surveyor John Rowley illustrated the figure.



D St Michael the Archangel, Litlington
Originally built about 1150 A.D. it contains a piscina from about 1220, a 15th century Easter sepulchre and double sedilia, Norman and Early English windows.

C Friston Forest
Friston Forest was newly planted in the 1930s and 1940s as part of the Forestry Commission's remit to boost the amount of woodland in Britain and counter the then-precarious reliance on imported timber.



The Star

Alfriston, Lullington Heath, Litlington

① Just past the George Inn on the left, turn left along a narrow path which takes you down past the village green, over the Cuckmere River and on to join a lane opposite a restored barn, Great Meadow Barn. Turn right and, after 10 yards, go left along a narrow path, signposted to Lullington and Jevington.

After about 150 yards, turn left with the South Downs Way on a path which climbs obliquely up across two fields where it is usually marked and trodden out through any growing crop. Join a track and turn right for a few yards out to a lane ②.

Cross the road and follow a track, opposite, which climbs steadily up on to the shoulder of Windover Hill, passing to the right of a prominent covered reservoir on the skyline. Go through a gate and, after 150 yards, where the main track veers right round the right shoulder of the hill, you should go directly ahead. Keep a fence on your left, passing above the chalk figure of the **Long Man of Wilmington**. As you approach the highest point, ③ ignore a bridle gate in front of you and instead, follow

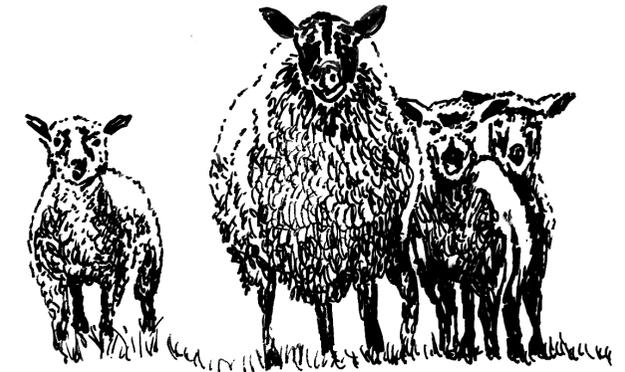
the fence round to the right and then left. Now head out across a fine open downland ridge, walking parallel to a line of gorse on your left and re-joining the South Downs Way, which is undefined except for a series of wooden wayposts.

Eventually the South Downs Way passes through gates and continues between hedges. At a broad crossing track, ④ turn sharply back to the right. Follow the track, passing to the right of a notice at the start of Lullington Heath Nature Reserve. Keep on the track as it passes along the right edge of the reserve until, after about 250 yards you can fork left through a swing gate at the start of a numbered nature trail.

Lullington Heath Nature Reserve was established in 1955, mainly because of the acid soil which lies on top of the chalk in part of the 150 acre site, allowing a rare combination of acid and alkaline loving plants to grow together. To help check the scrub which would otherwise take over the area, the land is grazed by an assortment of unusual animals which can cope with this environment. You may spot New Forest ponies, Welsh Beulah sheep or Bagot's Goats.

Follow a path through the reserve until, at the crossing ride at the edge of Friston Forest you can turn right. At the bottom of a dip, ⑤ turn left on a wide grassy track through Friston Forest, signposted to Charleston Bottom. At the meeting of six ways, go half right, still on a wide ride along the valley floor. After about 300 yards, at a waypost in the middle of the ride, ⑥ fork right, signposted to Litlington. Leave the forest through a bridle gate and continue on a track which takes an undulating downland route for over a mile before bringing you down to join a lane at Litlington.

Turn right. A few yards past the Plough and Harrow pub, go left ⑦ along a narrow enclosed path which takes you down to the Cuckmere River. Turn right along the near side river bank and follow it for a mile, before turning left over the footbridge bringing you back into Alfriston.



Beulah sheep can be seen grazing on the nature reserve. The South Downs National Park has a resident population of around 110,000 people and 125,000 sheep.

WALK 1