



South Downs Society

formerly Society of Sussex Downsmen

Protecting the Beauty of the Downs



A Circular Walk from Berwick Railway Station

Approximately 4 miles, taking 3 hours.

Start from Berwick Railway Station. Trains run every hour from Haywards Heath depart xx.34, arr xx.17, change at Lewes.

From the station cross the road and follow the signed footpath between Berwick stores and Berwick service station. At the first stile bear left towards another stile and then up and over the hill ahead to emerge on an access road. Turn left and after a few metres turn right at a signpost/stile and bear right to pass through some scrub as the path follows the fence (could be muddy).

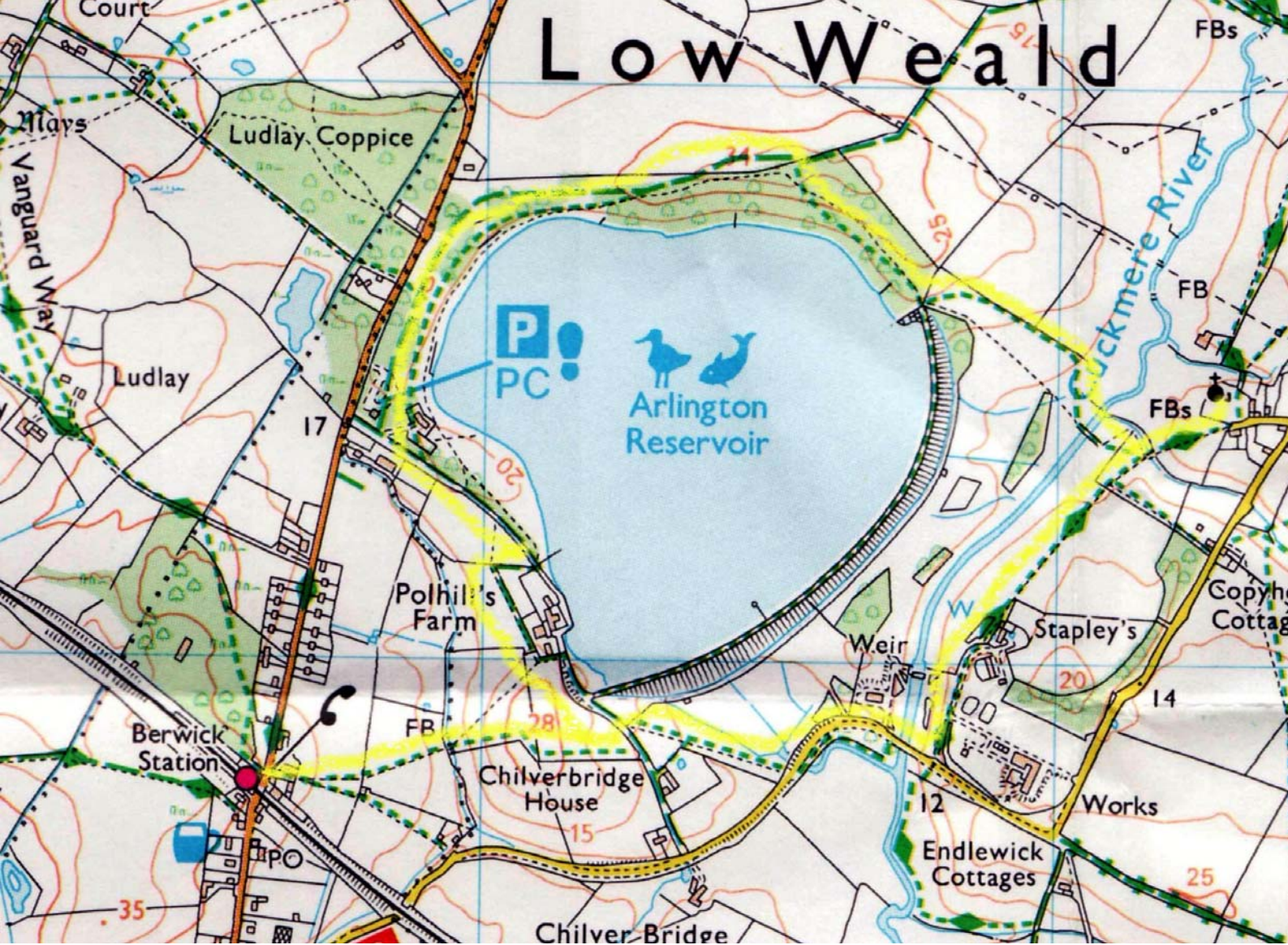
Emerge on to a road and turn left. Although this is a fairly minor road take care and go along it for 200 metres, crossing a bridge and then immediately turn left onto an access road with a "Wealdway" footpath sign. The Wealdway is a long distance path from Beachy Head to Gravesend. When the road turns right keep straight on, over a stile marked Wealdway, and carry on a grassy path with Arlington Church ahead. After crossing footbridge you will see various humps and bumps as you go up the field - the remains of cottages of an earlier deserted village.



Continue through the churchyard into the church, normally open, taking your footwear off if muddy. This ancient flint church of St. Pancras is Anglo-Saxon, and although not much remains of Saxon date there are many interesting features including a Norman "dog-tooth" arch. Retrace your route back to the footbridge and then turn right and over a large metal footbridge. This bridge spans the river Cuckmere that cuts through the South Downs to reach the sea near the Seven Sisters.

On reaching the reservoir turn right at a gate through woodland and on emerging turn left and left again following the reservoir (constructed in 1971) to a picnic area (toilets here at the car park). At the end of this area, take the only path through woodland left at the next junction and follow the path around Polhill's farm. You will then emerge on to the access road near the beginning of the walk. Turn right where you previously came out and then back over the hill to the station.

Trains towards Brighton leave at xx.17.



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