The Stanmer Experience Project
This project involves a broad range of people with an interest in what happens in Stanmer Park. It aims to create a permanent outdoor network of trails for different activities that provide effective exercise.

Trails for Nordic Walking
Three starter trails are available for beginners to learn Nordic Walking on accredited courses. They all start and finish at the pond by the church in Stanmer village.

Accredited Courses
Nordic Walking for Health
peter@nordicwalkingforhealth.co.uk
07813 524587
nordicwalkingforhealth.co.uk

Further information
Brighton and Hove City Council
www.brighton-hove.gov.uk/stanmerpark
South Downs National Park Authority
www.southdowns.gov.uk/enjoying/walks-and-rides

Leaving your car at home, take the bus or train.
Advanced Trail
Access: Flat with intermediate and longer inclines
Time: approx 1.75 hour
Distance: 5.8 miles/9.3 km
Bus: 25 (daily), 78 (weekends)
Train: Falmer Station (1 mile)

Early/mid-Course Trail
Access: Flat with some intermediate inclines
Time: approx 1.25 hour
Distance: 2.8 miles/4.5 km
Bus: 25 (daily), 78 (weekends)
Train: Falmer Station (1 mile)

Key:
- Public house
- Café
- Bus stop
- Walk
- Footpath
- Bridleway