

## Welcome

### Welcome to the Downs on your Doorstep

Not only can you walk around East Brighton you can cycle and horse ride too.



Most of the countryside around the city is in the South Downs National Park.

If you want to discover more of the South Downs you can walk freely across open access land at Happy Valley in Woodingdean, Beacon Hill in Rottingdean, High Hill at Balsdean and Castle Hill National Nature Reserve. The council has also opened up more access land at Mount Pleasant near Ovingdean and Cattle Hill near Roedean.

As you explore you will discover how people through the ages have left their mark on the downland landscape.

## Open Access



Since September 2004 you have the right to walk over areas of open country. Some of these areas can be found on the map overleaf.

### Rights and Responsibilities



The access land symbol shows land that may be open for public access on foot.

Rights for other types of activities may also apply, such as riding a horse on an existing bridleway.

Dogs must be kept on a fixed lead (2 metres or less) on most areas of open country between 1st March and 31st July to protect ground nesting birds and at any time near livestock.

Occasionally the land may have restrictions or closures. Please follow any signs. For more information please visit [www.countrysideaccess.gov.uk](http://www.countrysideaccess.gov.uk)

## East Brighton and beyond

The East of the city of Brighton & Hove includes Woodingdean, Roedean, Ovingdean, Balsdean, Rottingdean and Saltdean. Dean historically means a long open valley, which all of Brighton's Deans were founded upon. There is a trail of history to follow whilst exploring this fascinating area.

### Balsdean

A small downland village existed at Balsdean before the Second World War but during its occupation by the Canadian Army all the buildings were demolished during Artillery practice. After the war the site was cleared of rubble, levelled and a new farm was built about a mile away. If you look carefully you can make out where some of the houses were in the valley bottom.



### Rottingdean

Rottingdean has been a settlement for thousands of years. The parish church dates from 1080. It is now a thriving community with shops, pubs and attractions such as Kipling Gardens where Rudyard Kipling lived and a Windmill on Beacon Hill above the village.



### Ovingdean

Mentioned in the Domesday Book as a dwelling for 14 people, Ovingdean is believed to be one of the earliest Saxon settlements. The entirely flint and shingle constructed St Wulfrans church is the only one of its type in Sussex. Recently new access has been provided at Cattle Hill and Mount Pleasant. Existing paths have been greatly improved by replacing stiles with gates providing access to cyclists and horse riders as well as allowing easier access for walkers.



### Roedean

Roedean School was founded in 1885 and was originally based in Kempton, moving to the Roedean site in 1898. In 1940 the pupils were evacuated to Keswick in the Lake District as the building was commandeered by the navy, becoming HMS Vernon. Over 30,000 sailors passed through Roedean during The Second World War, attending the Torpedo, Mining and Electrical School of the Navy.



### Woodingdean

Work began on the digging of a well in Woodingdean in 1858 which ended up being 1285 feet deep by the time they hit water. That is the same depth as the height of the Empire State Building and still remains as the deepest hand dug well in the world. The well is now capped and is on the site of The Nuffield Hospital.



### Saltdean

Saltdean enjoyed a boom both before and after the Second World War. Famous art deco landmarks include Saltdean Lido built in the 1930's and The Ocean Hotel which is now being developed into flats.



## How to Get There



- Roedean, Saltdean 12, 14, 27
- Rottingdean 2, 12, 14, 27
- Ovingdean 52
- Whitehawk 21
- Woodingdean 2, 22, 52

**Brighton & Hove Bus Company**  
01273 886200  
[www.buses.co.uk](http://www.buses.co.uk)

**Public Transport Advise & Information**  
01273 292480  
[www.journeyon.co.uk](http://www.journeyon.co.uk)

**National Rail Enquiries**  
08457 48 49 50  
[www.nationalrail.co.uk](http://www.nationalrail.co.uk)



## Want to Explore Some More?

Look out for 'Downs on your Doorstep' leaflets available from local libraries, cafes and other popular venues. Alternatively download them from our website (details bottom of page). To venture further afield you could use the orange Explorer 122 Ordnance Survey map (available from bookshops).

If you are interested in attending a countryside event take a look at the events diary. Events range from guided walks and talks through to kids events and festivals. Visit the website below and search using keyword 'countryside' or 'parks'.

[www.brighton-hove.gov.uk/events](http://www.brighton-hove.gov.uk/events)

Why not try other walks on the Downs that start and finish at local bus stops? Leaflets are available from the the South Downs Joint Committee, please contact:

01243 558700  
[info@southdowns-aonb.gov.uk](mailto:info@southdowns-aonb.gov.uk)  
[www.visitsouthdowns.com](http://www.visitsouthdowns.com)

## Your Countryside

We help look after the amazing countryside in and around Brighton & Hove. We focus on the conservation of the local wildlife, landscape and historical features. We also encourage responsible enjoyment of this natural heritage.

Interested in your local wildlife?  
Visit: [www.CityWildlife.org.uk](http://www.CityWildlife.org.uk)

To find out more please contact us:  
**Brighton & Hove City Council**  
Stanmer Nursery  
Lewes Road  
Brighton BN1 9SE

01273 292929  
[cityparks@brighton-hove.gov.uk](mailto:cityparks@brighton-hove.gov.uk)  
[www.brighton-hove.gov.uk/countryside](http://www.brighton-hove.gov.uk/countryside)



## Healthwalks



Getting involved in regular walking can help you feel less stressed, keep you flexible, and halve the risk of a heart attack or stroke. It can also reduce the risk of certain cancers and diabetes and improve blood pressure. Walking even burns the same amount of calories as jogging!

Healthwalks are a series of short social walks across Brighton & Hove, including Stanmer

Park. For further details or for a copy of the full Healthwalks programme contact:

01273 292564  
[healthwalks@brighton-hove.gov.uk](mailto:healthwalks@brighton-hove.gov.uk)  
[www.brighton-hove.gov.uk/healthwalks](http://www.brighton-hove.gov.uk/healthwalks)



## The Countryside Code



- Be safe - plan ahead and follow any signs
- Leave gates and property as you find them
- Protect plants and animals, and take your litter home
- Keep dogs under close control
- Consider other people



# East Brighton

THE DOWNS ON YOUR DOORSTEP



**Brighton & Hove City Council**

For more information please visit  
[www.countrysideaccess.gov.uk](http://www.countrysideaccess.gov.uk)

# East Brighton



## Key

- Easy Access Route
- Footpath
- Steep Slope
- Bridleway
- Toilets
- Bus Stop
- Café
- Open Access
- No Open Access

Scale: approximately 1 mile or 1.5km (30 minutes walk)