

# East Sussex 50km Route

Start Upper Dicker Village Hall - map ref. TQ 556102. (Hall is just NE of village)  
OS Maps 198 & 199

## 1

Go Left from hall and continue forward, past "Plough" P.H., for 2 miles to take 1<sup>st</sup> Right – S.P. Laughton (Lower Wick Street).

Ignore road to Mays Estate on 2<sup>nd</sup> bend and take the next Left – S.P. Selmeston – then shortly 1<sup>st</sup> Right – S.P. Ripe (Langtye Lane).

Straight on now for 3½ miles, over crossroads into Darp Lane and then Mill Lane to B2124 at Stone Cross Farm.

Right on B2124 – S.P. Hailsham - and next Left – S.P. Broomham Lane - to A22

## 3

Cross A22 WITH EXTREME CARE into Knowle Lane.

At T go Right on B2192 – No S.P. and in ¾ mile Left into Shortgate Lane (no S.P.)

Take next Right into Common Lane - S.P. Lewes.

At T go Right on B2124 (no S.P.)

In about 1½ miles turn Left – S.P. Glynde. Follow signs to Glynde. Go through village, over railway bridge & then Left opposite old P.H. to A27.

At A27 go Left on cycle path for 250 metres to cross at Traffic Lights – S.P. Firle (alternative Route to Selmeston & Eastbourne).

## 2

Cross A22 WITH CARE into Whitesmith Lane. Straight on now for 2 miles to take Next Left – S.P. East Hoathly (Graywood Rd.)

Then next Right (Holdcroft Lane) and soon, at T. Junct., Right again S.P. Waldron.

Take next Left – No S.P. (Laundry Lane)

Right at fork S.P. Blackboys and then

next Left – No S.P. (Beechy Rd.) and

downhill to the B2192

Left on the B2192 – and then

next Right – S.P. Palehouse.

Take next Left at crossroads, into Sand Hill Lane and Continue to Jct. with A22

## 4

Follow path Left into side road, following blue cycleway signs for Eastbourne.

Shortly take 1<sup>st</sup> Left (in front of Firle Place entrance), then just before T with A27 go

Right onto cycle path and follow Eastbourne signs for 5 miles to Wilmington x-roads.

Just before X-roads cross at Traffic Lights - Left into Thornwell Rd. – S.P. Arlington.

In 1 ¾ miles at T go Right – S.P. Upper Dicker – and after another mile Left at T (grass triangle) to Upper Dicker.

At mini roundabouts Right and then straight on for ½ mile to return to Hall.

Refreshments available at Finish.

S.P. = Sign Post (given for reference only)    T = T Junction    P.H. = Public House

Emergency phone no.: 07840428235