

# MAP & EVENT GUIDE



27-29 SEPTEMBER 2024

## TRAILWALKER

4 PEOPLE | 100KM | 30 HOURS



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## Welcome to Trailwalker!

You are about to embark on the most incredible adventure. Taking on the South Downs Way with your three teammates and your wonderful Support Crew. Getting stuck into your training. Figuring out what kit works for you. Asking your friends, family and colleagues to sponsor you for this epic team endurance challenge. Raising funds to support The Gurkha Welfare Trust, which provides vital support to Gurkha veterans, their families and communities in Nepal.

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We would like to thank the following for their continued support of the event: Queen's Gurkha Signals, The Gurkha Welfare Trust, Queen Elizabeth Country Park and Brighton Racecourse.

# Event Weekend

## Registration - Friday 27 September 16:00 - 21:30

Registration takes place at the start point: **Queen Elizabeth Country Park, Petersfield PO8 0QE.**  
All members of the team **MUST** register on the Friday evening.  
**Registration is open on Friday from 16:00 - 21:30.**

## Registration procedure

Step	Who	What	Where
1	Team Leader	Collect Registration Pack & Vehicle Pass	Registration desk 1
2	All Team Members	Check your personal details sheet is correct Sign kit disclaimer Sign to agree Trailwalker terms and conditions	
3	Team Leader	Return completed and signed registration forms Collect T shirts & GPS Tracker	Registration desk 2

## Start times

Please note, you are expected to be at the start area **15 minutes** before your start time. The start line is 5 minutes walk from the Registration area. Teams will be informed of their start time via email prior to the event.

Start Time*	Arrive at Start Area	Comments
06:00	05:45	Registration mandatory on Friday from 16:00 - 21:30
06:30	06:15	Registration mandatory on Friday from 16:00 - 21:30
07:00	06:45	Registration mandatory on Friday from 16:00 - 21:30
08:00	07:45	Registration mandatory on Friday from 16:00 - 21:30

## GPS TRACKING

Trailwalker uses GPS trackers to monitor each team's progress along the route.

The trackers will make Trailwalker safer by helping us reach you quickly if an accident occurs. They will also allow your support crew and friends back home follow your live location on the route.

Each team will be issued with one tracking device. It's really important you don't lose this! If someone drops out of the event, please make sure the tracker stays with the remaining participants. If a whole team drops out, please make sure you return the tracker to a checkpoint manager.

In the event someone is injured in a remote location and you don't have a phone signal, please make sure you leave the tracker with the casualty when you go to find signal or help. For more information about what to do in an emergency, see the back page of this guide.



# Food provided during the event weekend

Some catering is provided at the event; there is enough for the four team members and two Support Crew at each location. The Training Guide provides more information and advice on fuel for your team - you can download it from the Trailwalker website [trailwalker.gwt.org.uk](http://trailwalker.gwt.org.uk).

Day	Meal	Time	Location
FRI	Pasta party	18:00 - 22:00	Queen Elizabeth Country Park
SAT	Cooked breakfast	05:00 - 09:00	Queen Elizabeth Country Park
	Hot meal	15:00 - 05:00	CP7 - Devil's Dyke
	Evening hot meal	19:00 - 03:00	Brighton Racecourse
SUN	Cooked breakfast	03:00 - 11:00	Brighton Racecourse
	Nepalese Gurkha Curry	11:00 - 16:00	Brighton Racecourse

\*There will be vegetarian options available at all food stations, but we cannot guarantee catering for vegans or those with intolerances. Please see the FAQs on the website for more details.



# Transport and logistics

## What vehicle(s) will you use?

It's up to you whether you take your own vehicle or hire a minibus, but whatever you decide, you'll need enough space for the whole team (in case of drop-outs), as well as for the Support Crew and all equipment.

All drivers need appropriate insurance, and you should also consider breakdown cover so that your team is not stranded in the event of a mechanical problem.

**Size restrictions apply; vehicles larger than a 12-seater minibus (2.5m high and 5.5m long) will not be permitted at the event.**

### Vehicle Pass



Your team will be given one Support Crew vehicle pass which will allow access to the checkpoints. No vehicle larger than a 12 seater minibus allowed.

If you have different Support Crew shifts, please make sure the 'on duty' team have the car pass.

## Money matters

Agree a budget in advance to work out who will cover the costs of fuel, insurance, vehicle hire, food, drink and accommodation.



**NO CARAVANS**

Please note: Caravans will not be permitted at the event and cannot be used for camping at the start or finish.

## Parking

No vehicles can be left at Queen Elizabeth Country Park after midday on Saturday.

Vehicles can be left at the finish at Brighton Racecourse from 18:00 on Friday. All vehicles must be collected by 17:00 on Sunday. After this time the exit gate will be locked.

It is your responsibility to find a secure place to park your vehicle. The safety of your vehicle and its contents cannot be guaranteed.

There is also ample parking for friends, family and well wishers at the Brighton Racecourse finish.

## Homeward bound

Participants will be exhausted after the event and shouldn't drive themselves home, but you'll also be tired. We recommend you stay overnight in the Brighton area before driving home.



# Accommodation

You're going to need somewhere to rest before, during and after the event – so start planning...

It's a mandatory safety requirement for all walkers to register at the start before Trailwalker. (See page 3 for further details on Registration). **Start times will be allocated before the event.**

Support Crews do not have to attend registration but they must collect the Support Crew vehicle pass from their team before they start on Saturday morning.

Everyone is invited to experience Gurkha culture at an evening show on the Friday night and free food is provided for all participants. This is a great place to relax, enjoy the pre-event atmosphere and meet other participants. We recommend you sleep either at, or close to, the start on Friday night.

## Friday night camping at the start

Courtesy of Queen Elizabeth Country Park, your team can camp free of charge at the start area on the Friday night. You will need to bring your own tent. Each pitch is for six people. Toilets and water for washing will be available, and we will provide breakfast on Saturday morning from 5am.

## Saturday night accommodation

No accommodation is provided on the trail, as teams walk through the night. Support Crews needing somewhere to stay are recommended to use the Youth Hostel near Truleigh Hill. It has 50 beds and you will need to book in advance: [www.yha.org.uk/hostel/yha-truleigh-hill](http://www.yha.org.uk/hostel/yha-truleigh-hill).

Alternatively, the National Trail website [www.nationaltrail.co.uk/south-downs-way](http://www.nationaltrail.co.uk/south-downs-way) has details of campsites and B&Bs all along the route.

## Saturday night camping at the finish

There will be space to camp at the finish point at Brighton Racecourse from 12:00 on Saturday until 17:00 on Sunday. All vehicles will need to park in the car park. For health and safety reasons there will be no camping in the car park and vehicles will not be given access to the camping area, except for unloading.

## Other accommodation

For details of hotels in the Brighton area, visit [www.visitbrighton.com](http://www.visitbrighton.com)



# Environment

## At Trailwalker, we are committing to reducing our environmental impact in the following ways:

All materials used at Trailwalker are subject to **stringent ethical checks** and we also source them locally whenever possible.

A reusable water bottle or bladder is part of the compulsory kit list, and we also ask you to bring your own mug or flask for hot drinks. These can be kept by your Support Crew ready for your arrival at the next check point. Water will be available at every checkpoint, and hot drinks will be available from Checkpoint 4 onwards.

We'll be using **100% compostable** plates and cutlery where possible. This means you can enjoy your meal whilst being a friend to the planet! Make sure you check out what food is available over the weekend on page 4 and plan ahead to avoid wastage.

As well as welcoming you with a big smile at each checkpoint, volunteers will be sweeping the route to litter pick and make sure we leave the South Downs just as beautiful as we found it.

**Please ensure you keep all wrappers in your pocket** and use the bins for waste and recycling at the next checkpoint you reach.

If you join us for camping at the start or finish, **please make sure that you take your tent** and all your belongings with you, and safely dispose of rubbish or take it with you.



# Participant kit list

You must bring **ALL** of the equipment marked as compulsory on the kit list, and you'll need to sign an equipment disclaimer form before taking part in the event.

We've split the kit list into compulsory team items, compulsory personal items (that must be kept on you at all times) and weather-dependent items that you must have available in your support vehicle.

Make sure that your team has checked off the team list together, and remember that each team member will need to take responsibility for all their own items on the personal list.

Please be aware that we have marked items as compulsory for your own safety – it is essential to be prepared for all weather conditions and know what to do if a team member needs to drop out.

**Teams should be reminded that it is their responsibility to conduct a weather check at each checkpoint and ensure that they have the necessary equipment to support themselves between each checkpoint.**



## Support Crew and your kit

Depending on the conditions, you may not need to carry all kit with you at all times. Use your Support Crew to transport spare dry clothing, and if it's a hot day, warmer items for the night section.

Many teams have been caught out on the course by rapidly changing weather – think carefully before setting off without waterproofs and ask your Support Crew to provide regular weather updates. There is a separate list in the Support Crew Guide with recommendations of what they should bring.





# KIT CHECKLIST

COMPULSORY ITEMS - PER PERSON	
<input type="checkbox"/>	1 x sturdy water bottle or bladder (full)
<input type="checkbox"/>	1 x head torch + spare batteries
<input type="checkbox"/>	1 x participant number (you'll receive this at registration)
<input type="checkbox"/>	1 x sun hat
<input type="checkbox"/>	1 x whistle
<input type="checkbox"/>	1 x mug or flask (for hot drinks)
COMPULSORY ITEMS - PER TEAM	
<input type="checkbox"/>	1 x Trailwalker Map and Event Guide (you'll receive this at registration)
<input type="checkbox"/>	2 x Ordnance Survey maps (Landranger OS 197 and 198)
<input type="checkbox"/>	1 x compass
<input type="checkbox"/>	1 x notebook and pen (for recording details in an emergency)
<input type="checkbox"/>	2 x mobile phones (for different networks)
<input type="checkbox"/>	1 x first aid kit
<input type="checkbox"/>	1 x survival bag
<input type="checkbox"/>	2 x high-visibility vests
<input type="checkbox"/>	1 x rucksack
<input type="checkbox"/>	1 x sun-cream
WEATHER-DEPENDENT ITEMS	
<input type="checkbox"/>	1 x warm hat and pair of gloves
<input type="checkbox"/>	1 x warm fleece
<input type="checkbox"/>	2 x sets of spare clothing (carry one, keep one in Support Crew vehicle)
<input type="checkbox"/>	min 4 x pairs of spare socks (carry one, keep the rest in Support Crew vehicle)
<input type="checkbox"/>	1 x waterproof jacket and trousers



## Fundraising for The Gurkha Welfare Trust

The money your team raises through sponsorship will go to support the work of The Gurkha Welfare Trust.

We enable people to live with dignity by delivering essential financial and medical aid and work with local communities to provide access to clean water and education.

### Supporting Impoverished Gurkhas

We deliver a package of care to Gurkha veterans and widows to ensure they can live with dignity. Our Pensioner Support Teams journey into the hills of Nepal on motorbikes, in 4x4 vehicles and on-foot to pay them a pension, check their health and deliver medication in their own homes.

### School Projects

Our schools' programme builds, repairs and improves schools in remote regions of Nepal and in turn provides access to education and a better future for Nepali children.

### Clean Water And Sanitation

Our water projects bring clean water and sanitation to remote communities in Nepal. We install individual tap stands and toilets to households and schools.

### Medical Aid

We provide an international standard of healthcare and medication to Gurkha veterans and their families living in Nepal. We do this through our regional medical clinics, via home visits by specialist staff and by arranging subsidised treatment at carefully selected national hospitals.

### Earthquake Resilient Homes

It's not if another earthquake hits Nepal, it's when. We are taking pre-emptive action by building earthquake-resilient homes for Gurkha veterans and widows.

### Residential Homes

Our two Residential Homes provide round-the-clock care to Gurkha veterans and widows who would otherwise struggle to live alone. With no comparable facility in Nepal, they set the standard of care for the elderly.

**With your support, we can continue to provide vital support to Gurkha veterans, their families and communities in Nepal.**

## Thank you

# Training and Nutrition

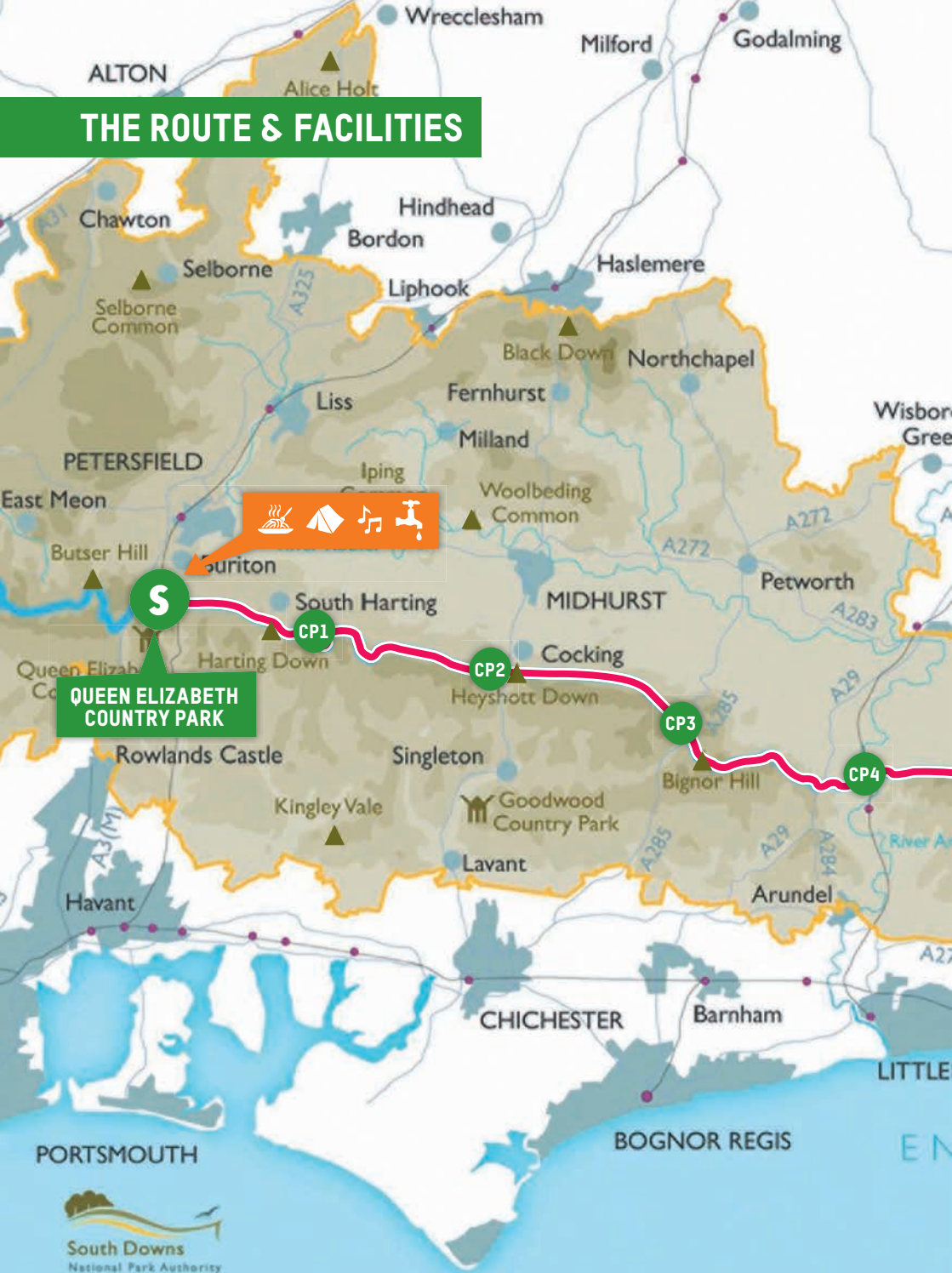
We cannot stress enough that you must train for Trailwalker. Head to the website at [trailwalker.gwt.org.uk](http://trailwalker.gwt.org.uk) to find a downloadable training guide. The guide includes a training plan, full kit list, and advice on nutrition, medical care, and route navigation - all you need to know in the lead up to, and during the event weekend itself.

**For now, here's a few top tips to help you get started on the road to success. Start fundraising as you start training. It's much easier to reach your pledge if you give yourself time.**

- Go out for a short walk to check your boots/shoes are comfortable – buy new if needed.
- Schedule team walks and planning sessions. Get your Support Crew involved. Consider linking these up with any fundraising events you might have.
- Book transport and accommodation for the event weekend, if needed. Camping at the start area is free and doesn't need to be booked.
- Plan timings of the route. What time are you aiming for? When will you arrive at each checkpoint to meet your Support Crew?
- Plan your kit bags. One to carry with you and another to leave with your Support Crew.
- Plan and purchase all food and goodies for checkpoints. Plan your bag per checkpoint.
- Remember to taper your training in the last two weeks; this is when you can carb load.
- Make another push on your fundraising closer to the event. Put a training update on your fundraising page, tell your friends about the work The Gurkha Welfare Trust is doing and the difference their donation will make.
- Aim to reach your fundraising pledge by event weekend.
- Make sure your supporters know they can follow your progress online throughout the event.



# THE ROUTE & FACILITIES



## KEY

**S** Start

**F** Finish

**CP** Checkpoint (support crew access)

 Hot food available


 Cultural show

 Massage available

 Camping


 Water point

 Showers

 South Downs National Park

 South Downs Way

 Railway

 Countryside sites

 Settlement

NB: All checkpoints will provide toilets and water. Support Crew access and parking is available at all checkpoints. Medical Support will be available at key points across the course, and everywhere in an emergency.



N

0

10 km

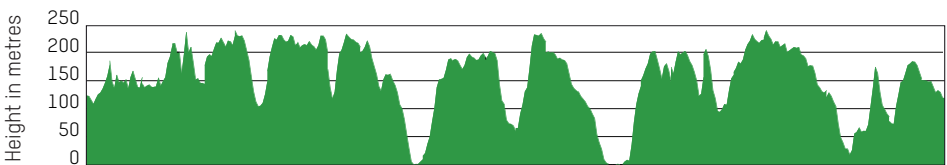
# Your Trailwalker Plan

We've put together a route encompassing some of the most beautiful countryside the UK has to offer. With rolling chalk hills, rare wildlife, stunning sea views and idyllic villages, the South Downs National Park is a stunning location for Trailwalker.

Use the planner below to set your target time for each stage - your support crew can use it to work out when you are due at each checkpoint and how much time you will need to rest and refuel. Detailed maps and information are on the following pages.

Checkpoint number	Checkpoint name	Cum. dist.	Stage No.	➔ Distance (km)	⬆ Ascent (m)	⬇ Descent (m)	Estimated stage time	Clock time
Start	QE Country Park	0					Start time: ➔	
	to		Stage 1	9.6	300	210		
CP1	Harting Down	9.6					Break:	
	to		Stage 2	10.4	290	390		
CP2	Hilltop Farm	20.0					Break:	
	to		Stage 3	8.3	190	175		
CP3	Littleton Farm	28.3					Break:	
	to		Stage 4	9.3	180	300		
CP4	Houghton	37.6					Break:	
	to		Stage 5	12.5	280	220		
CP5	Washington	50.1					Break:	
	to		Stage 6	10.0	210	270		
CP6	Botolphs	60.1					Break:	
	to		Stage 7	9.4	330	130		
CP7	Devil's Dyke	69.5					Break:	
	to		Stage 8	6.9	190	230		
CP8	Jack and Jill	76.4					Break:	
	to		Stage 9	13.8	264	325		
CP9	Kingston Hollow	90.2					Break:	
	to		Stage 10	9.8	266	160		
Finish	Brighton Racecourse	100						

## Route profile



**For comparison:** Ben Nevis = 1,344m elevation, Snowdon = 1,085m elevation, Scafell Pike = 978m elevation

**Map scale:** The scale in this booklet varies. The maps used are Landranger 1:50,000 from Ordnance Survey. © Crown copyright 2023 OS AC0000863092.

# Maps & directions

Part of the challenge is for your team to successfully navigate the course. To help you, the maps on the following pages have been designed to describe the route.

It is essential that your team and Support Crew carry Ordnance Survey Maps 197 and 198 (1:50,000) and know how to read them. Please note that **we do not provide postcodes** for Support Crews to use with sat nav. The checkpoints often use remote farm land which can be difficult to find using sat nav. Please refer to OS maps for precise navigation.

The majority of the route is along the South Downs Way. Where the route leaves it, this is clearly indicated in the instructions. The South Downs Way is well signposted with the name and either green or blue arrows, so if you are in doubt, look for a sign.

## Food and drink

Water be available at every checkpoint. Hot drinks will be available from Checkpoint 4 onwards. It is vital to keep your body properly hydrated and nourished throughout the course. First aid support will be available at every checkpoint for serious injuries, but please treat minor ailments, e.g. blisters, yourself.

## Dogs

Please do not bring your dogs to Trailwalker, even as part of a Support Crew. Landowners kindly allow us access to their land and dogs may scare their livestock.

## Countryside Code

Please be aware that over 2,000 people will be involved with Trailwalker, and everyone should use the toilets, rubbish bins and recycling bins provided at the checkpoints. This event depends on the continued goodwill of local communities and others, so please be considerate and follow the Countryside Code.

- Be safe - plan ahead and follow any signs or advice.
- Close gates behind you.
- Protect plants and animals and take your litter with you.
- Consider other people - especially other walkers, landowners and local communities.

## Notices and corrections

At Registration each team will receive one printed copy of this guide.

All maps, direction and figures are intended as a guide only. The course has been measured as 100km and whilst we have endeavoured to ensure that all information is correct at the time of printing, we cannot guarantee that GPS watches or personal fitness trackers will match the distance exactly.

Checkpoints are approximately 10km apart but in order to find suitable locations for checkpoints, distances vary and some sections are longer than 10km.

## Map reading

The Ordnance Survey has some useful map reading tips online.  
[www.ordnancesurvey.co.uk/resources/map-reading](http://www.ordnancesurvey.co.uk/resources/map-reading)



## NEW: what3words

We have used **what3words** to give you a more precise location for entry to each checkpoint. Please note for the safety of walkers and runners, Support Crew vehicles may have a different access point. You can download the what3words app on a smartphone.

## Good luck!

# stage 1

From: Start point (Queen Elizabeth Country Park)  
To: Checkpoint 1 (Harting Down)

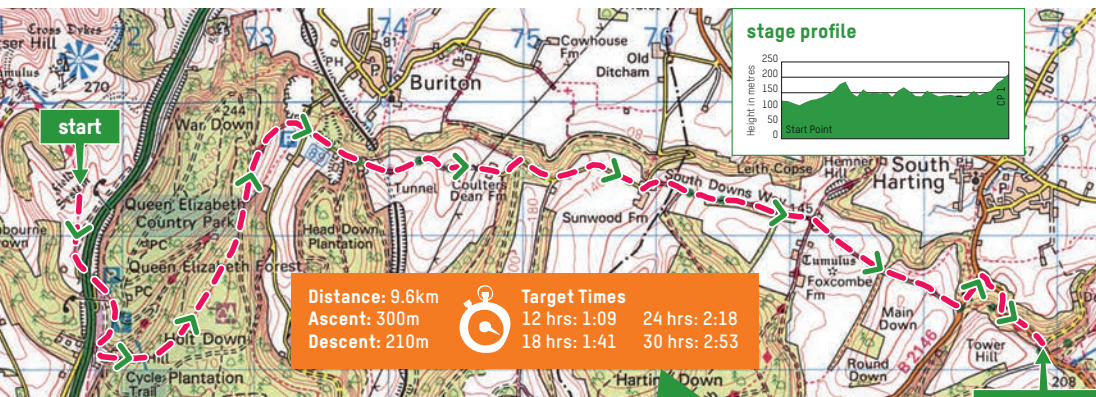
SU717 187  
SU790 181

Start



9.6KM

Finish



1. From the start line, head down the paved road, keeping the buildings on your left.
2. At the turning circle, follow signs towards 'Forest Drive Car Parks'.
3. Turn off road towards 'Bernham Bushes' at road hairpin.
4. Continue on track. When main track merges from the right after 800m, bear left, then after 40m take the right hand fork over brow of hill.
5. Continue downhill for 700m to small car park.
6. Go straight across crossroads towards 'Dean Barn'.
7. Road ends after 500m, continue on South Downs Way track to the left, keeping the hedge to your right.
8. After 1.2km join road, follow to T-junction and turn left.
9. Road bends left after 650m, as you pass Sunwood Farm on your right.
10. After bend turn right onto South Downs Way track.
11. At top of hill go straight on at track junction.
12. Cross road after 1.2km.

## Target times (hrs) 12, 18, 24, 30

Estimated timings for teams attempting to complete the course within a target time. They are calculated using an average pace for each desired time. The calculations do not include time for stops on the route or at checkpoints and these should be factored in when planning your timing.

13. Continue on track opposite, cross B2146 after 1.2km.

**Danger – fast moving traffic.**

14. Continue up track, after 600m, reach and cross B2141 road.

**Danger – fast moving traffic.**

Checkpoint 1 is just up track on opposite side.

**THE CUT-OFF TIME FOR THIS CHECKPOINT IS 11:30 SAT. TO CONTINUE IN THE EVENT, ALL TEAMS MUST LEAVE THE CHECKPOINT BEFORE THIS TIME.**



Start line: boardroom.flattens.feelers  
CP 1: aunts.garden.touchy  
CP 2: haunt.mimes.sprayed



# stage 2

Start

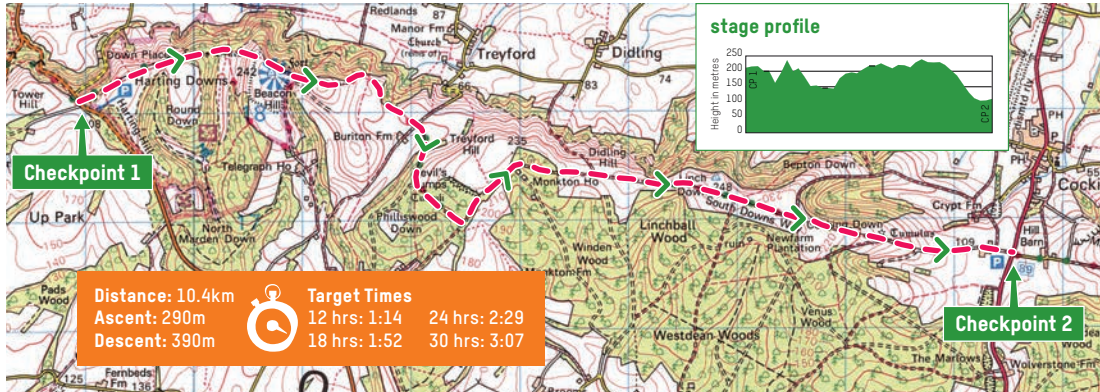


20KM

From: Checkpoint 1 (Harting Down)  
To: Checkpoint 2 (Hilltop Farm)

SU790 181  
SU875 167

Finish



1. Follow worn grass track to bridle gate.
2. Go over brow of hill and past small copse of trees on left.
3. As you descend, take the left path through the hedgerow.
4. Pass a signpost, go up very steep hill straight ahead, and pass through bridle gate.
5. After 200m, take left fork beside bushes onto grass track close to hilltop.
6. Do not go as far as the trig point on right. Go over brow of hill and 300m down far side.

Continue straight ahead, joining major track. Go up hill keeping wire fence on right.

### Do not take grass track to left.

7. Go over brow of hill and down through arable land on grass track for 400m. Turn right onto the first track at signpost in corner of hedge.
8. Stay on the narrow track, hugging the edge of the field, follow track for 300m to far side.
9. At end of field, track veers left into trees.
10. After 300m track passes between fences for 250m to track T-junction, turn left.
11. Turn right after 25m onto track between hedges.

12. After 800m, pass gate on left-hand side (signed West Dean Estate). Continue on track into woodland.

13. After 600m reach cross tracks and turn left.

14. After 600m wire netting fence appears on right.

15. After 200m scrub woodlands ends. You are now in open land.

16. Continue for 4km, past barn complex on right.

17. Follow track to main road (A286) and cross road to track opposite.

### Danger – fast moving traffic.

Checkpoint 2 is in field on right.

**THE CUT-OFF TIME FOR THIS CHECKPOINT IS 15:00 SAT. TO CONTINUE IN THE EVENT, ALL TEAMS MUST LEAVE THE CHECKPOINT BEFORE THIS TIME.**

Take a CP1 selfie and share it on Facebook, Instagram or Twitter with your fundraising link using **#TrailwalkerStrong**

# stage 3

Start



28.3KM

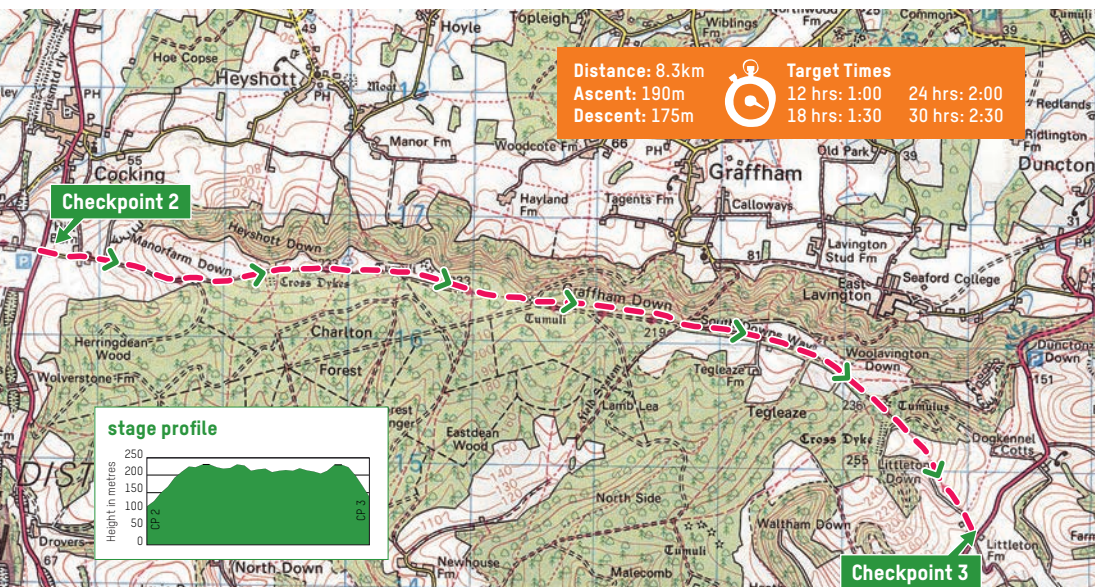
Finish

From: Checkpoint 2 (Hilltop Farm)

To: Checkpoint 3 (Littleton Farm)

SU875 167

SU951 146



1. Go through gate at top of field and rejoin track.
2. Heading between buildings, go past 'Manor Farm' and through gate with 'No Vehicular Access' sign.
3. After 1km pass woodland on right and follow track for 2km with woodland on right, ignoring footpath to the left.
4. After sharp left and right bends within 10m of each other, track enters woodland. Continue straight for 3km, along South Downs Way.
5. At end of woods go straight on at major track crossroads, along South Downs Way for Upper Waltham.
6. Continue straight along South Downs Way, track across arable land.
7. After 1.6km reach track crossroads and continue straight on into scrub and woodland.

8. After 300m go through gateway, and head straight across arable field (compass bearing 140°)
9. Go through bridle gate for 500m, to second bridle gate.
10. Go through second bridle gate into trees, and turn left. After 25m turn right into top of field. Checkpoint 3 is in the field.

**THE CUT-OFF TIME FOR THIS CHECKPOINT IS 17:30 SAT. TO CONTINUE IN THE EVENT, ALL TEAMS MUST LEAVE THE CHECKPOINT BEFORE THIS TIME.**



CP 2: [haunt.mimes.sprayed](https://haunt.mimes.sprayed)

CP 3: [rebounder.rebel.boots](https://rebounder.rebel.boots)

CP 4: [tribune.amplified.fairness](https://tribune.amplified.fairness)

# stage 4

From: Checkpoint 3 (Littleton Farm)

To: Checkpoint 4 (Houghton)

SU951 146

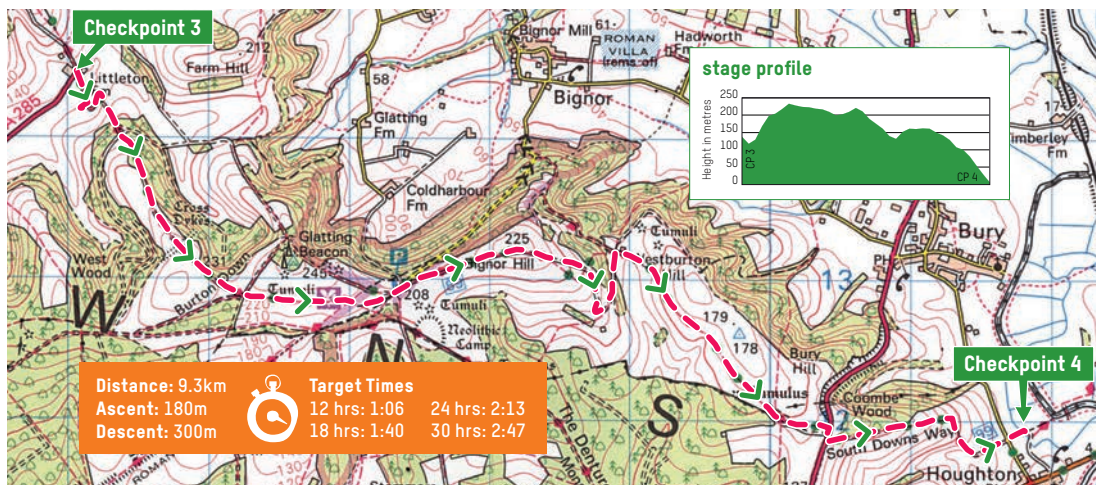
TQ017 118

Start



37.6KM

Finish



1. Exit field by bottom gate, cross road and take track opposite up the hill.

**Danger – fast moving traffic.**

2. Follow main track as it bends left then right.  
**Do not enter field.**

3. Enter trees and take the right-hand fork.

4. After woodland, follow track alongside and then through fields.

5. At fork, take right track between fences along South Downs Way ignoring earlier path to right.

6. Go over cross tracks and through gate (National Trust Slindon Estate). Continue for 800m along the edge of field past radio masts on left and go through bridle gate.

7. After 150m, South Downs Way bears left.  
**Do not veer right.**

8. After 200m turn right onto broader track.

9. Reach "Roman" signpost and small car park after 250m. After further 50m, fork right up track towards Bignor Hill, on right of gravelled road.

10. Go over hill and continue straight on with fence on left.

11. Go downhill for 700m, track curves right and levels out. At track junction turn sharp left, round hairpin bend.

12. Follow downhill track for 500m, then turn right leaving 'Black Barn' on left.

13. Continue on track (uphill at start) bearing left at junction of paths to reach A29 after 2km.

**Danger – fast moving traffic.**

14. Turn right along path on edge of A29. After 50m turn left and cross road onto stony track downhill.

15. After 1.4km, cross lane, and continue and you will reach Checkpoint 4 on your right.

**THE CUT-OFF TIME FOR THIS CHECKPOINT IS 20:00 SAT. TO CONTINUE IN THE EVENT, ALL TEAMS MUST LEAVE THE CHECKPOINT BEFORE THIS TIME.**

# stage 5

From: Checkpoint 4 (Houghton)

To: Checkpoint 5 (Washington)

TQ017 118

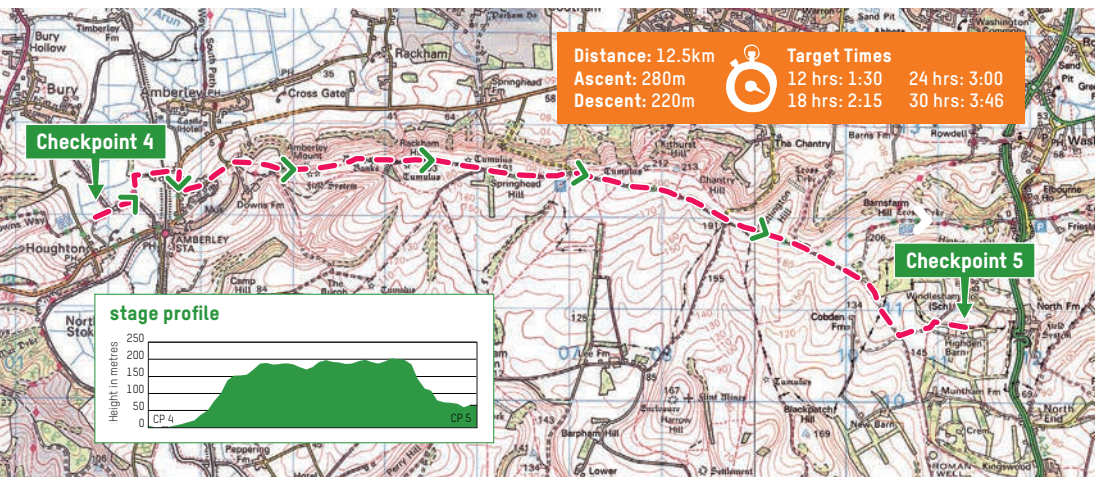
TQ109 108

Start



50.1KM

Finish



1. Exit checkpoint and follow directions towards the river; turn right along river.
2. Cross the bridge and turn right on the other side of the river.
3. After 190m, turn left through gate. Follow track round to right, cross railway bridge and go down to main road.
4. Turn right along footpath and after 100m, cross road at the South Downs Way signpost. Follow path on opposite side of road for 100m then turn LEFT following road uphill ('High Titten' Road).
5. After 600m, follow road right at fork, then take path left after 60m, as road bends right.
6. Reach bridle gate after 20m, wire fence each side.
7. Go straight up steep hill ignoring track on right. Cross gate after 400m.
8. Straight on for 1km passing trig point on right, and after 800m pass through clump of trees. After 800m continue past small car park.

9. Straight on for 1.7km to road with signpost marked 'Chantry'. Continue on track towards Washington and into fields after 90m.
10. After 700m, take right fork just after the old barn, leaving the South Downs Way.
11. After 750m bear right at track junction to keep woodland on your left, then follow track past the woods and through a field.
12. Continue to follow track as it turns left 450m after the woodland.
13. As you pass through the row of trees, turn left at track junction, then after 50m turn right into field and follow grassy path to checkpoint 5.

**THE CUT-OFF TIME FOR THIS CHECKPOINT IS 11:30 SAT. TO CONTINUE IN THE EVENT, ALL TEAMS MUST LEAVE THE CHECKPOINT BEFORE THIS TIME.**



CP 4: [tribune.amplified.fairness](http://tribune.amplified.fairness)

CP 5: [since.prevents.relocated](http://since.prevents.relocated)

CP 6: [sprouts.pizzeria.graver](http://sprouts.pizzeria.graver)

# stage 6

From: Checkpoint 5 (Washington)

To: Checkpoint 6 (Botolphs)

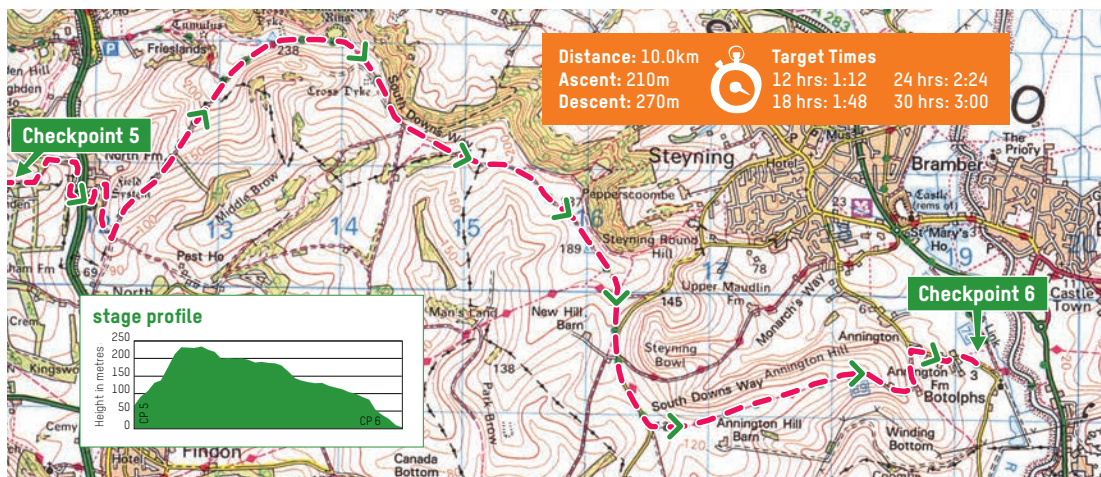
TQ109 108

TQ191 095

Start



Finish



1. Head East from checkpoint across the centre of the field, and through the gap in the trees.

2. Turn left after the trees, following the field edge and keeping the woodlands on your left.

**Please watch out - there is an electric fence to the right.**

3. At the bottom of the field, turn right onto the tarmac lane.

4. At the T-junction, turn right and follow the road over the bridge, using the pavements. Please do not walk on the road over the bridge.

5. Immediately after bridge, turn left.

6. Just before you reach the buildings, turn right onto the track.

7. When the track bends right after 40m, continue straight instead, through gate, then turn right onto footpath.

8. Follow the path for 500m.

9. Turn left at the track junction and go uphill for 1.8km to track junction.

10. Continue over cattle grid and past 'Chanctonbury Ring' on left.

11. 400m after cattle grid and bridle gate, fork left on South Downs Way.

12. After 2km, past trig point and memorial stone on right, continue on track.

13. At cross paths beside concrete bunker, turn left and continue for 30m to road.

14. Cross road then turn right, following path alongside road for 850m, passing through two gates.

15. Immediately after second gate turn left, keep the fence to your left.

16. After 650m, when fence bends away to the left stay on well-trodden path over brow of hill (bearing of 86°).

17. After 1.1km go through bridle gate keeping wire fence on right.

18. After 1.1km pass through bridle gate.

19. Descend track and turn right at tarmac road.

20. Go down road past 'Botolphs' sign, into village.

Checkpoint 6 is in field next to Pear Tree Cottage.

**THE CUT-OFF TIME FOR THIS CHECKPOINT IS 02:30 SUN. TO CONTINUE IN THE EVENT, ALL TEAMS MUST LEAVE THE CHECKPOINT BEFORE THIS TIME.**

# stage 7

From: Checkpoint 6 (Botolphs)

To: Checkpoint 7 (Devil's Dyke)

TQ191 095

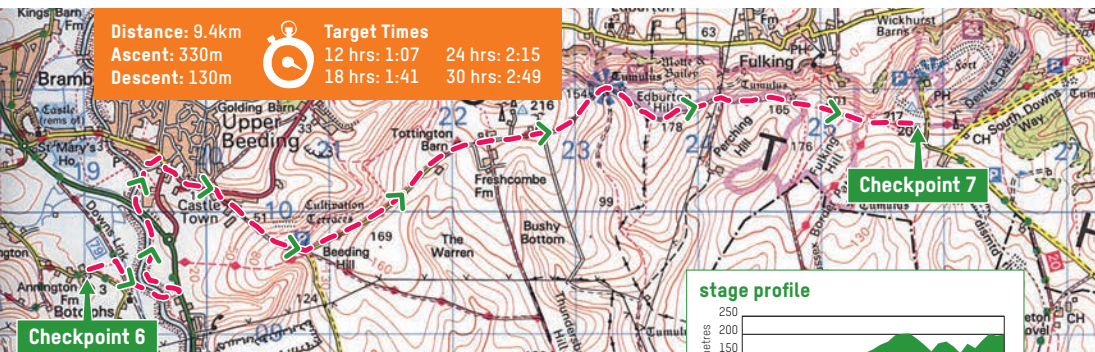
TQ258 107

Start



69.5KM

Finish



1. Exit field through bottom left-hand corner and turn right along track.

2. Follow the path parallel to the checkpoint.

3. Turn left onto the South Downs Way towards river.

4. Turn right along river and then left over bridge.

5. On other side, turn left onto footpath beside river towards 'Steining'.

**DANGER – Do not continue on South Downs Way and attempt to cross A283 or your team will be disqualified.**

6. Continue along river under road bridge, and over small concrete slipway. 150m after slipway, turn right towards houses and gardens.

7. Follow path between hedges and houses onto road, and turn right.

8. At T-junction turn right, cross road after bus stop.

9. At roundabout with the 'Rising Sun' pub, turn left along 'Henfield Road' then at the end of the pavement cross the road.

10. Continue on other side past 'Valerie Manor', then turn right up track named 'The Bostal'.

11. Follow track uphill past houses, at car park at top turn left along road.

**DANGER – traffic on road.**

12. After 1.6km, pass youth hostel and continue up track for 700m past radio masts and barn on left.

13. After 600m go past National Trust sign and through bridle gate.

14. Follow track with fence on right for 1.2km, then through bridle gate.

15. Continue over hill under pylon lines, following fence for 1km.

16. Head straight across field, compass bearing 110° along green track.

17. Go through bridle gate and continue along green track on compass bearing 100°.

Checkpoint 7 is 250m further on in field.

**THE CUT-OFF TIME FOR THIS CHECKPOINT IS 04:30 SUN. TO CONTINUE IN THE EVENT, ALL TEAMS MUST LEAVE THE CHECKPOINT BEFORE THIS TIME.**



CP 6: [sprouts.pizzeria.graver](https://www.sprouts.pizzeria.graver.com/)

CP 7: [ratty.debt.adjusting](https://www.ratty.debt.adjusting.com/)

CP 8: [alongside.noisy.wasp](https://www.alongside.noisy.wasp.com/)

## Congratulations!

You're 2/3 of the way and at the highest point. Take a team selfie and share with your fundraising link via social media using **#TrailwalkerStrong**

# stage 8

Start

From: Checkpoint 7 (Devil's Dyke)  
To: Checkpoint 8 (Jack and Jill)

TQ258 107  
TQ304 133



Finish

1. Leave field by bridle gate, cross road and go through second bridle gate. **DANGER – Busy road and Support Crews entering field.**
  2. Follow main track, bearing left at junction.
  3. Continue through bridle gate for 1.1km, parallel to, and sometimes close to, road on right. At open area 30m before car park, follow track left.
  4. After 200m, pass covered reservoir (surrounded by iron fence).
  5. Go down steep track for 300m to road and cross over to track signed 'Saddlescombe Farm'.
- DANGER – fast-moving traffic.**
6. Pass house on right and go through bridle gate straight ahead, signed 'New Timber Hill'.
  7. Join broad track heading right, continue through gate and pass cottages and barns on main track.
  8. After passing cottages take the wooden bridle gate marked South Downs Way; follow tree-covered sunken track (do not enter field on left).
  9. After 200m, find two bridle gates. Take left bridle gate, go uphill for 650m keeping fence on right.
  10. Go through bridle gate at top of field and go straight on.
  11. Follow track downhill, keeping fence on right. After 1km, go through bridle gate and continue down track.
  12. Go through bridle gate and pass farm on left.

13. After the farm, turn left onto the slip road towards the road bridge over the A23.
14. Turn right over road bridge using the pavement.
15. Cross bridge; on other side turn right at flower box and 'Church Hill' sign.
16. Follow road uphill, go straight on down 'School Lane' after passing church.
17. At T-junction with major road turn left along footpath beside road.
18. After 200m, cross road and turn right up track past 'Pyecombe Golf Club'. Track continues between two halves of golf course.
19. After 1.1km, pass through bridle gate. Golf course ends on right.
20. After 30m reach cross tracks. Turn left through bridle gate along South Downs Way, past farm buildings. **Do not go straight on.**
21. At track junction go straight on towards windmills.
22. After 250m turn left through the gate into the checkpoint.

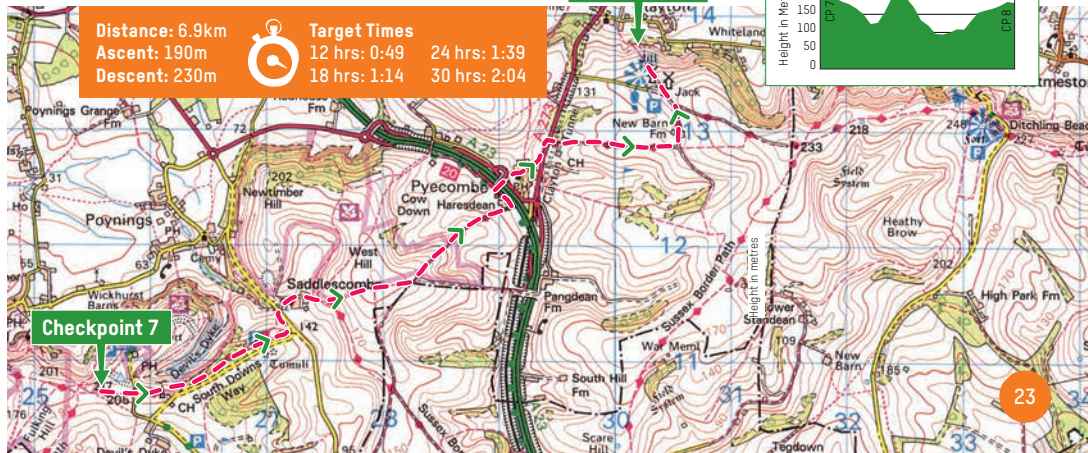
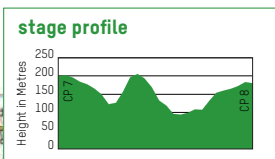
**THE CUT-OFF TIME FOR THIS CHECKPOINT IS 06:30 SUN. TO CONTINUE IN THE EVENT, ALL TEAMS MUST LEAVE THE CHECKPOINT BEFORE THIS TIME.**

**Distance:** 6.9km  
**Ascent:** 190m  
**Descent:** 230m

**Target Times**

12 hrs: 0:49	24 hrs: 1:39
18 hrs: 1:14	30 hrs: 2:04

## Checkpoint 8



# stage 9

Start

From: Checkpoint 8 (Jack and Jill)  
To: Checkpoint 9 (Kingston Hollow)

TQ304 133  
TQ392 087

90.2KM



Finish

## N.B Be prepared: this is the longest section of the route.

1. Leave field by the same gate, and turn right back up the track.
2. At track junction turn left along the South Downs Way.
3. Continue straight on through bridle gate.
4. At next bridle gate go straight, leaving 'Keymer' signpost to left.
5. After 400m, go straight through bridle gate, past dew pond on left.
6. After 800m, go through bridle gate.
7. Go through 'Sussex Nature Reserve', keeping fence line on right.
8. 1.1km later go past 'Ditchling Beacon' car park, cross road, through bridle gate.

### DANGER – fast-moving traffic.

9. Follow track for 1.7km to bridle gate and cross narrow road.

### Water point is located here.

10. Continue on broad track, ignore fork on left after 400m.
11. Continue for further 1.3km to gate.

### Do not go right, the rest of the route does not follow the South Downs Way.

12. Go through gate and cross field, following bridleway for 'Lewes'.
13. After 75m take right fork to electricity pylon (bearing 114°).
14. After 1km veer right off the main path past the information board and towards the stables.
15. Follow the track between two post-and-rail fences, then pass the stables on your right-hand side.
16. After the stable buildings take the bridleway to the left of the conifer hedge.
17. At path cross roads, carry straight on through trees.
18. Make a sharp right bend joining a larger track, just before the prison wall.
19. Follow the track through the trees downhill across several concrete humps.
20. At the bottom of the hill, make a sharp left turn and follow the path to join a lane.
21. Follow the lane down to the main road.

### DANGER – fast-moving traffic.

## Checkpoint 8

Distance: 13.8km  
Ascent: 264m  
Descent: 325m



### Target Times

12 hrs: 1:39  
18 hrs: 2:29  
24 hrs: 3:19  
30 hrs: 4:08

water point

### stage profile



## Checkpoint 9



# Enlarged map of the Gallops area, West of Lewes



CP 8: [alongside.noisy.wasp](https://www.alongside.noisy.wasp)

CP 9: [branded.basis.toys](https://www.branded.basis.toys)

15. Stables

16. Keep left of hedge

17. Follow  
bridleway  
straight on

Keep to the  
designated path

18. Sharp  
right bend

20. Sharp  
left bend

Prison

22. Cross road, follow lane downhill under railway bridge and follow track over the bridge crossing main road.

24. After the bridge, go through the gate and turn left, following the fence for 50m to the kissing gate.

25. Go through gate at top of field, and after 20m turn right onto prominent track.

26. Follow path across field and into the next.

27. Continue to follow path SW into checkpoint 9.

**THE CUT-OFF TIME FOR THIS CHECKPOINT IS 10:30 SUN. TO CONTINUE IN THE EVENT, ALL TEAMS MUST LEAVE THE CHECKPOINT BEFORE THIS TIME.**

## stage 10

Start

From: Checkpoint 9 (Kingston Hollow)  
To: Finish point (Brighton Racecourse)

TQ392 087  
TQ332 052



1. Exit checkpoint through wooden gate and follow track to the road.

**DANGER – fast-moving traffic.**

2. Cross the road and follow the private road.

3. At the end of the road follow prominent track; after metal gate take first track left, continue to top of hill.

4. At the top of the hill turn left through wooden gate.

5. Continue for 100m, turn right, cross cattle grid and head downhill (south easterly direction).

6. At barn on right track ends, go through bridle gate to left.

7. Track continues down valley on compass bearing 250°. Follow valley as it curves around to the left then right, and then go through bridle gate.

8. Go 300m through arable field then through bridle gate.

9. Go 400m through another arable field and through bridle gate to barn. Go through gate on left on to track.

**The Water point is 300m further on, just before cross tracks and small copse of trees.**

**PLEASE NOTE THERE IS NO SUPPORT CREW ACCESS AT THE WATER POINT.**

10. Exit the water point taking the uphill track bending right (bearing 160°).

11. Continue on track as it reaches the crest of the hill.

12. 1.2km after the checkpoint, another track merges from the left. Continue straight on the main track towards the houses and radio mast.

13. Continue along track, 700m after mast, you reach a small carpark and a road. Cross the road.

**DANGER – fast-moving traffic.**

14. Go straight on along track behind houses for 1.3km, until track ends at road.

15. Turn right along pavement beside main road.

16. After 200m turn left and cross road at pedestrian crossing.

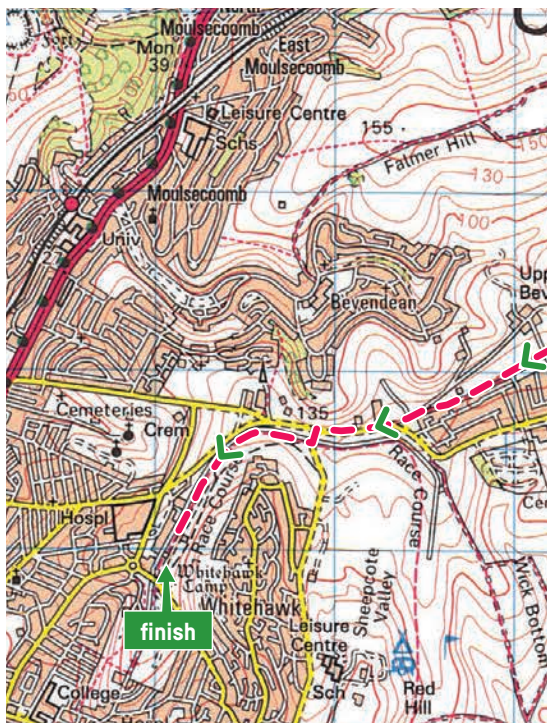
**DANGER – fast-moving traffic.**

17. Turn right beside 'Wilson Avenue' sign along path.

18. Walk beside racecourse and enter through small pedestrian gate.

19. Continue alongside race track.

**Do not walk on race track between white fences.**

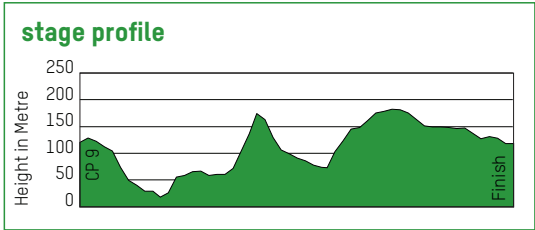


# Congratulations! You did it!

20. The finish is now only 700m away, at the Brighton Race Course grandstand.

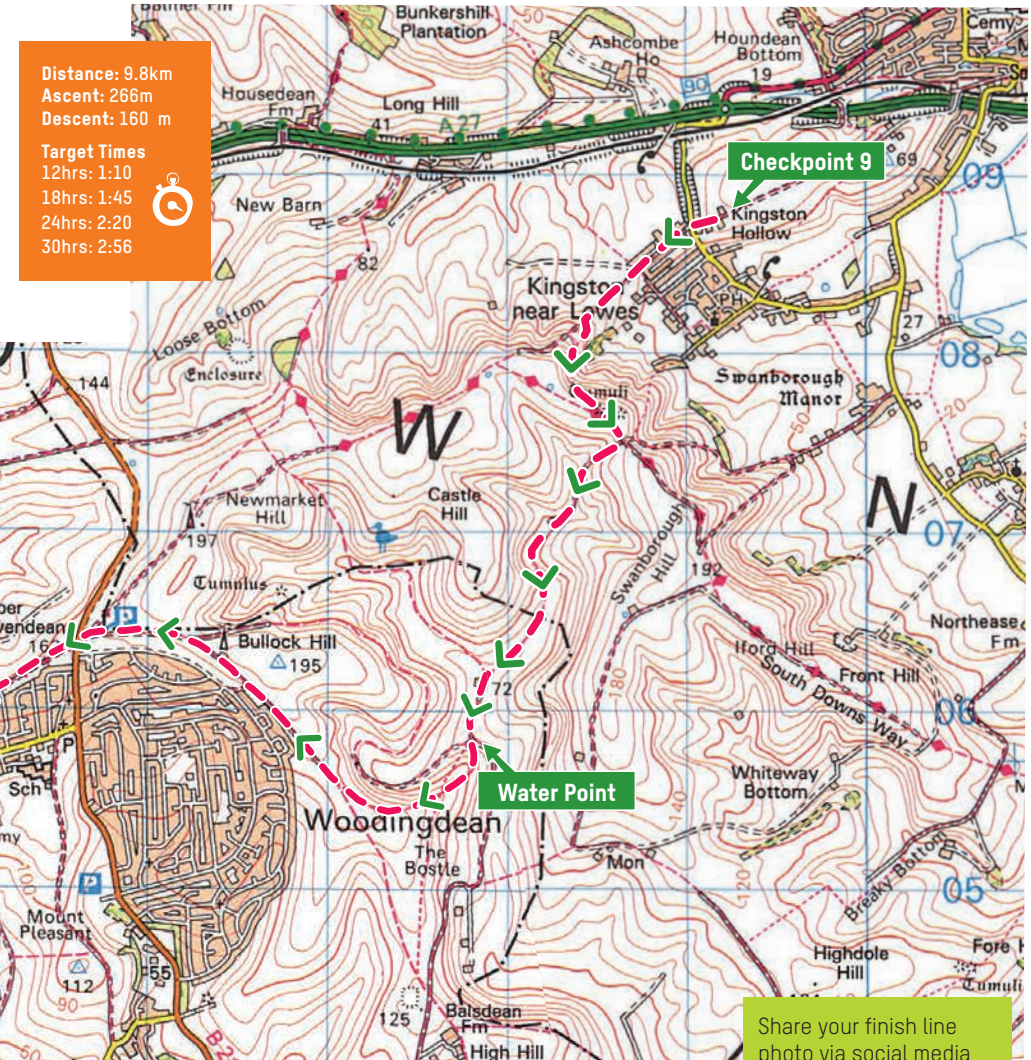
THE CUT-OFF TIME FOR THE FINISH IS 14:00 SUN.

 CP 8: alongside.noisy.wasp  
CP 9: branded.basis.toys



Distance: 9.8km  
Ascent: 266m  
Descent: 160 m

Target Times  
12hrs: 1:10  
18hrs: 1:45  
24hrs: 2:20  
30hrs: 2:56



Share your finish line photo via social media using #TrailwalkerStrong

It! You are Trailwalker strong.

# In an emergency

## Emergency procedure

- Seek help. Call Event Control on the number below and follow their instructions. They will dispatch an ambulance if necessary.
- Ensure that you and your team mates are not in any further danger.
- Make an initial assessment of the situation and any injuries.
- Use first aid to treat the casualty appropriately until help arrives.
- At least one person should remain with the casualty at all times.

## When you contact Event Control, please state:

- Your location. Be exact – give grid reference or what3words location.
- Your mobile telephone number.
- Your name and team number.
- Time of the incident.
- Name of the casualty.
- What happened.
- What treatment has already been given.
- Any other information e.g. allergies

## If you cannot phone for help:

- You may find a stronger telephone signal on the top of a hill or ridge.
- Use these recognised distress signals to indicate to other walkers you need help:
  - Blow six blasts on a whistle. Repeat after a gap of one minute.
  - Wave bright clothing above your head.
  - Wave your torch up and down.
- As a last resort two people should head for the nearest checkpoint or habitation. If you are unsure of your location, go back to the last checkpoint. **MAKE SURE YOUR TEAM'S GPS TRACKER STAYS WITH THE CASUALTY.**

## Retiring from the event

If a member of your team is unable to continue, you must inform the The Checkpoint Coordinator. If anyone retires between checkpoints please inform Event Control. If the whole team withdraws, make sure you hand in your GPS tracker at a checkpoint. **THIS IS ESSENTIAL FOR SAFETY REASONS.**

Teams of three may continue unassisted. Teams of two must find another team to formally accept responsibility for them for the remainder of the course. The Checkpoint Coordinator must be notified.

In an emergency during the event, call Event Control:



or

**07387 850 280**  
**07437 981 155**