

Walks in the South Downs National Park

40 circular day walks including Beachy Head and the Seven Sisters

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Guidebook to 40 circular walks throughout the South Downs National Park, exploring the beautiful chalk hills between Eastbourne and Winchester and taking in Beachy Head and the Seven Sisters, Ditchling Beacon and hundreds of prehistoric sites. There are walks to suit all ages and abilities, and they can be walked all year round.

- The routes range from 4.75 to 11 miles (7.5 to 17.5km)
- Easy access from Brighton, Worthing, Chichester and Winchester
- OS 1:50,000 mapping and step-by-step descriptions for each walk
- Handy route summary table plus information on public transport and parking
- Highlights include the Hampshire Downs near Winchester; villages like Alfriston, Amberley and East Meon; viewpoints like Seaford Head, Bostal Hill, Harting Down, Beacon Hill and Salt Hill, historic sites such as Cissbury and Chanctonbury Ring and Old Winchester Hill

Key marketing points

Describes the most rewarding walks to be had in the South Downs National Park. Contains full 1:50,000 Ordnance Survey mapping for each walk described. Contains details of transport links, accommodation and car parking.

About the author

Kev Reynolds was a freelance writer, photojournalist and lecturer. A prolific compiler of guidebooks, his first title for Cicerone Press (Walks & Climbs in the Pyrenees) appeared in 1978; he later produced many more titles for the same publisher. A member of the Outdoor Writers' Guild, the Alpine Club and Austrian Alpine Club, his passion for mountains and the countryside inspired a lifetime's activity, and he regularly travelled throughout Britain to share that enthusiasm through his lectures. Sadly, Kev passed away in 2021. He will be remembered fondly by all who knew him and by many more he inspired through his writing and talks.

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