

Avis Way Industrial Estate
Newhaven
East Sussex
BN9 0ED

Useful Links
www.newhaventowncouncil.gov.uk
www.eastsussex.gov.uk/leisure-tourism/countryside-sites/ouse-estuary



This map has been produced by Living Streets, the UK charity for everyday walking.

www.livingstreets.org.uk
Living Streets (The Pedestrians' Association) is a Registered Charity No. 1108448 (England and Wales) and SCO39808 (Scotland).

The South Heighton loop

1.9 miles = 40 minutes (extended loop 2.9 miles = 60 minutes)

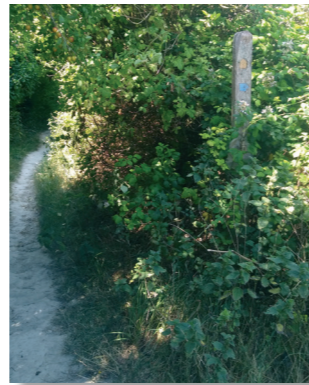
South Heighton began life as a village near Lewes and has now become part of Newhaven. In the 1890s the village's population grew dramatically from less than 100 to over 500 after a cement manufacturing plant opened nearby.

Starting in Avis Way, walk towards Avis Road and the garage on the corner. This route will lead you away from the modern industrial area into the quiet of the older village. Cross over and walk past the playing fields before turning towards Denton. Follow Denton Drive and the footpath through the trees, noticing the churchyard and the quiet of the woodland.

Either take the shorter route down Heighton Road with the 13th century knapp-flinted church and cottages, towards the fields and lanes of South Heighton, or continue up Cantercrow Hill to the landscape beyond.

Once off road, go past the waymark signpost and take the next left path over the fields. This will provide glorious panoramic views over the Ouse Estuary and South Downs beyond. *Which local landmarks can you spot?* Continue along the path, which follows a curve across the hills to rejoin the road by farm cottages. The lane meanders down towards The Hollow playing fields before meeting the A26 road.

Return to Avis Way using footpaths alongside the A26, then Avis Road, taking care if busy.



The route is varied in levels, surfaces and gradients and suitable for moderate fitness levels. The shorter loop is mainly on hard surfaces, so would be suitable all year round, whilst the extended loop includes uneven footpaths across farmland, so would be more suited to drier weather.



Ouse Estuary Nature Reserve

2.4 miles = 50 minutes

The Ouse Estuary was formed thousands of years ago by the meandering of the River Ouse between the chalk downs near Newhaven and Seaford. The reserve is used to store floodwater, and landscaped reedbeds were planted with native trees, wetland shrubs and coastal plants to attract wildlife throughout the year.

Starting in Avis Way, take the diagonal footpath across Drove Park towards Avis Road. Use the crossings to go across this road and the busy A259/Seaford Road to the start of the Ouse Valley Nature Reserve. **There maybe cyclists within the Nature Reserve following the National Cycle route.** Follow the route around the circular edge of the Nature Reserve, noticing the variety of flora and fauna.



This area is home to over a hundred types of birds, plants and amphibians, including the internationally protected great crested newt and sleek cormorant. In spring and summer, the air can be busy with the song of skylarks and fluttering butterflies. During autumn dried teasel seedheads are abundant, whilst winter allows the swaying purple-grey reeds to take centre stage.

There is a slightly shorter route that crosses the quieter middle of the reserve through a gated footpath past some bird hides, but this may get boggy during the wetter months.

Return to McKinlay Way by the mini roundabout, following the road towards the retail park. Use the crossings on Drove Road and head towards Sainsbury's. Cross the car park using the pedestrian routes and take the path in the far right-hand corner to re-join the path in Drove Park - and return to Avis Way.

The route is level, hard-surfaced and suitable for all abilities, all year round.



Riverside Quay walk

2.2 miles = 45 minutes, (extended beach loop 3.2 miles = 70 minutes)

Newhaven Port has served as an important link between England and the continent for many years. During World War I it was used as the main port to transport people and an estimated six million tonnes of resources to France in 17,000 crossings. Today it has an active fishing fleet, a marina with boats visiting from across Europe, and international ferries regularly carrying passengers from Newhaven to Dieppe in France.

Starting in Avis Way, walk towards the A26 and Newhaven Town train station, **taking care when crossing the roads.** Use the footpath and steps in Railway Approach to avoid some of the traffic, before crossing the bridge with its views to the harbour and open sea. If you are lucky, you may see gulls, cormorants and even swans which often visit the harbour.

Follow the riverside walkway towards the West Quay, noticing the colourful fishing boats and old 17th century piers on either side of the harbour. These were used to allow blocks of ice and wine to be imported, and oak exported from the Weald of Sussex.

Continue walking past the regularly-used Lifeboat Station and on to the marina. Newhaven Marina can offer shelter for up to 285 boats at a time and is accessible in all weathers and tides. It is used for yachting, scuba diving and many other water sports, including boat hire for sea trips.

West Quay Beach is found by following Fort Road around to the western side of the port of Newhaven's breakwater. Newhaven Fort sits above the cliffs behind the pebble beach and there are far-reaching views of the chalk cliffs along the coast. Return to Avis way using the same route.

The route is level, hard-surfaced and suitable for all abilities, all year round.



Welcome

Newhaven is lucky to have access to a range of environments, taking you quickly away from the busy town area to rolling hills, nature reserves and coastal rivers.

This leaflet was designed with the help of local employees to encourage people who work in Newhaven to enjoy the surrounding area and get active during their working day.

We hope you find the leaflet useful, and that it will encourage you to find your favourite walking or cycling routes.



"Getting away from the office helps break down barriers and you become aware of bigger group ideas"

Buses and Trains

Travelling by train

The nearest train station is Newhaven Town, with direct links to Lewes and Seaford.

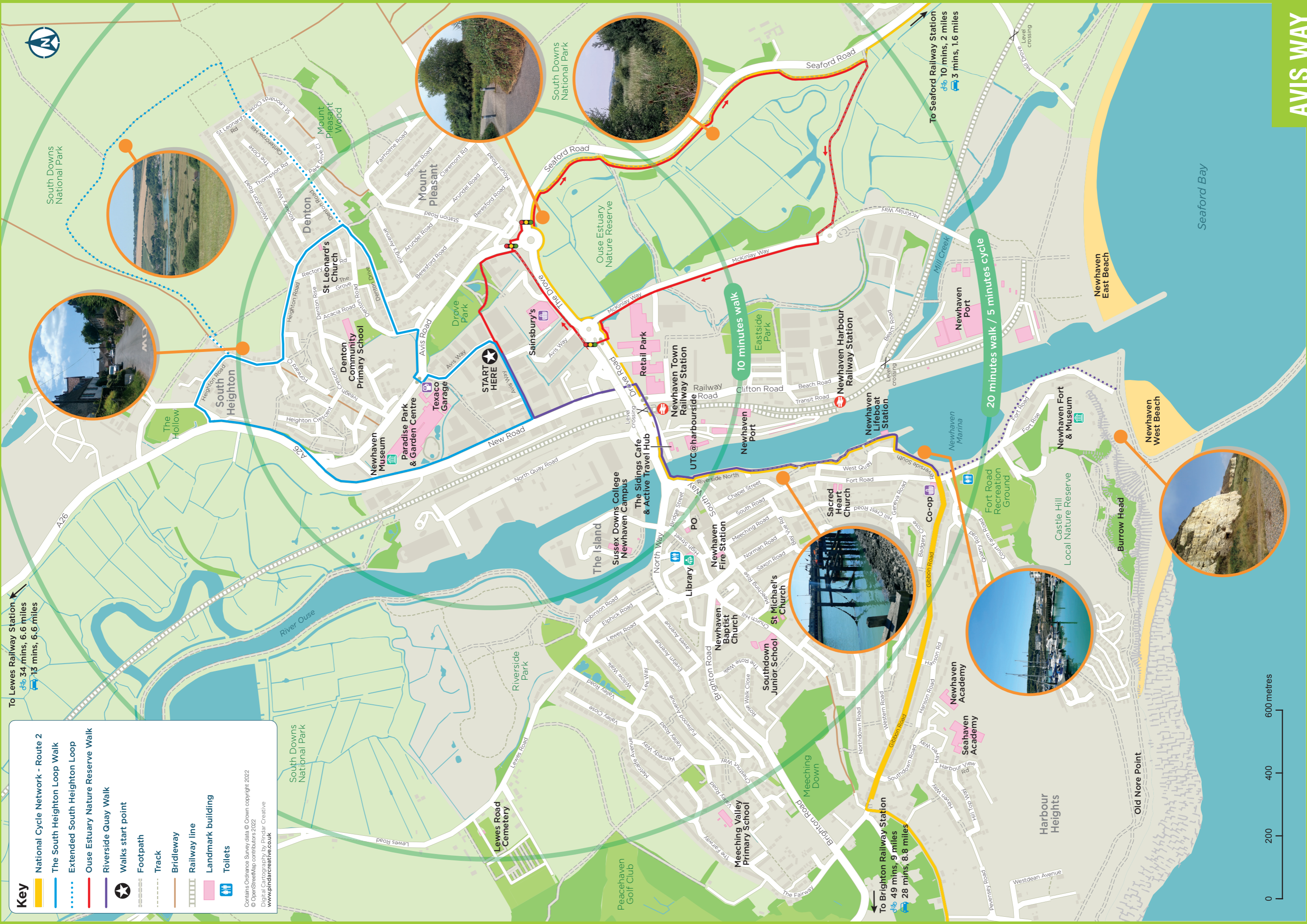
For more information on train times and fares visit:
www.nationalrail.co.uk

Travelling by bus

There are several bus routes that serve Newhaven and the surrounding area.



Bus timetables and routes can be found at:
www.buses.co.uk



Key

- National Cycle Network - Route 2
- The South Heighton Loop Walk
- Extended South Heighton Loop
- Ouse Estuary Nature Reserve Walk
- Riverside Quay Walk
- Walks start point
- Footpath
- Track
- Bridleway
- Railway line
- Landmark building
- Toilets

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 www.pindarcreative.co.uk

To Lewes Railway Station
 34 mins, 6.6 miles
 13 mins, 6.6 miles

To Brighton Railway Station
 49 mins, 9 miles
 28 mins, 8.8 miles

To Seaford Railway Station
 10 mins, 2 miles
 3 mins, 1.6 miles

20 minutes walk / 5 minutes cycle

10 minutes walk

0 200 400 600 metres