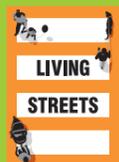




Sidley High Street
 (Ninfield Road)
 Bexhill
 East Sussex
 TN39 0ED

Useful Links

- www.rother.gov.uk/leisure-and-events
- www.123walks.org/introduction/east-sussex-health-walks/
- www.combevalleycountrysidepark.com
- www.heartofsidley.co.uk



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).

Sidley was originally a country village to the north of Bexhill town but is now a bustling Bexhill suburb. It is still possible to escape the traffic noise and congestion using footpaths and old twittens to find green spaces, nature reserves, and with a little more effort, the coast.

Walking

Walking around Sidley is a fantastic way to get around quickly and it's free! You can, catch up with friends, explore the local area and use the footpaths to get places faster.

This is the easiest way for most people to improve their physical and mental health.

10 minutes' walking = 1,000 steps!



Cycling and scooting

Using a bicycle or scooter to get around is a great way to be independent and active!

Have you found the BMX and skate park yet? Or the quickest way to the shops?

Remember to:

- Check air, brakes and chain before you set off.
- Wear bright clothing, lights and a helmet to make you safer.
- Try to use quieter roads and cycle paths.



Walking, cycling or scooting loop

1 mile = 10 minutes cycle, 20 minutes walk

This route follows the footpaths and quieter roads around Sidley in a circular walk which may be joined and left at any point. It is varied in gradients, but mainly on hard surfaces, so would be suitable all year round.

Starting at the end of All Saint's Lane, follow the footpath alongside the school fence into Edmonton Road or Calgary Road. Continue along this road until it meets Canada Way. Here there is a choice to either go to the skate park or play area. Turn left and follow Canada Way to the play area on the right, or turn right and follow the tree-lined road down towards the bottom of the hill. At the bottom by the stream turn left and follow the path to the BMX and skate park.

Leave Sidley Recreation Ground and turn left along Buxton Drive, following the road to Sidley High Street (Ninfield Road). **There are several shops and cafes and if cycling please dismount and walk along this road, using the pedestrian crossings as needed.** Return to All Saint's Lane following Sidley High Street up the hill.



Combe Valley loop

2.4 miles = 25 minutes cycle, 60 minutes walk

The Combe Valley Countryside Park covers an area of landscape between Hastings and Bexhill of 1,480 acres that is intended for people to explore and enjoy through a network of paths and a cycleway.

The park has two places of Special Scientific Interest and 2,456 recorded species of wildlife. The central valley floods in winter, encouraging waterfowl such as herons, egrets and geese. During summer dragonflies, aquatic insects and wetland plants thrive. Raptors, e.g. kestrels and buzzards, can often be seen hunting in the valley. This would be a good walk to notice the seasonal changes.

Starting at Sidley Green by The New Inn, follow Glovers Lane along to Buckholt Lane. Turn left and follow the lane past hedges and twittens into Levetts Wood. Continue through the woods past Oak Tree Farm until A2691/Haven Brook Avenue is reached. **Take care crossing the road and continue along Buckholt Lane, turning right at the way marker towards the dog kennels.** Take this track over the A2691/Combe Valley Way, turning right at the way marker onto the shared access Greenway towards Sidley. **Be aware of cyclists within the nature reserve following this route. Follow this track towards the A2691/Mount View Street, taking care to cross if busy.** Continue the Greenway below the office units across the wilderness to cross over the A2691/Combe Valley Way to re-join Glovers Way and return to the starting point. The route is uneven and slightly steep in places. **Take care crossing roads using the allocated crossings.**



Welcome

This leaflet was designed with the help of local Sidley residents and businesses to promote the journeys they make on foot, scooter or by bicycle. It is the first community-based map of its kind in East Sussex and is intended to encourage residents to try new routes actively starting at Sidley High Street.

We hope you find the map useful and it inspires you to reduce car journeys and explore your own quick access routes across the neighbourhood.



"As a kid I took for granted the quick ways to get around – now I can see how good they still are for the local area and my health!"
Local Sidley businessman

Buses and Trains

Travelling by bus

Two main bus routes serve Sidley:

98: Eastbourne town centre – Hastings train station via Eastbourne District General Hospital and Polegate train station.

Or Hastings Conquest Hospital – Hastings town centre via Bexhill and Sidley.

95: Bexhill town centre – Hastings Conquest Hospital via Bexhill Hospital and Battle.

www.stagecoachbus.com

Top Tip! If you travel by bus, try getting off a stop early – this is a smart way to become more active!



Travelling by train

The nearest train station is Bexhill train station. It takes about 25 minutes to walk or 10 minutes by bus or to cycle the 1.2 miles from the station to Sidley High Street.

www.southernrailway.com

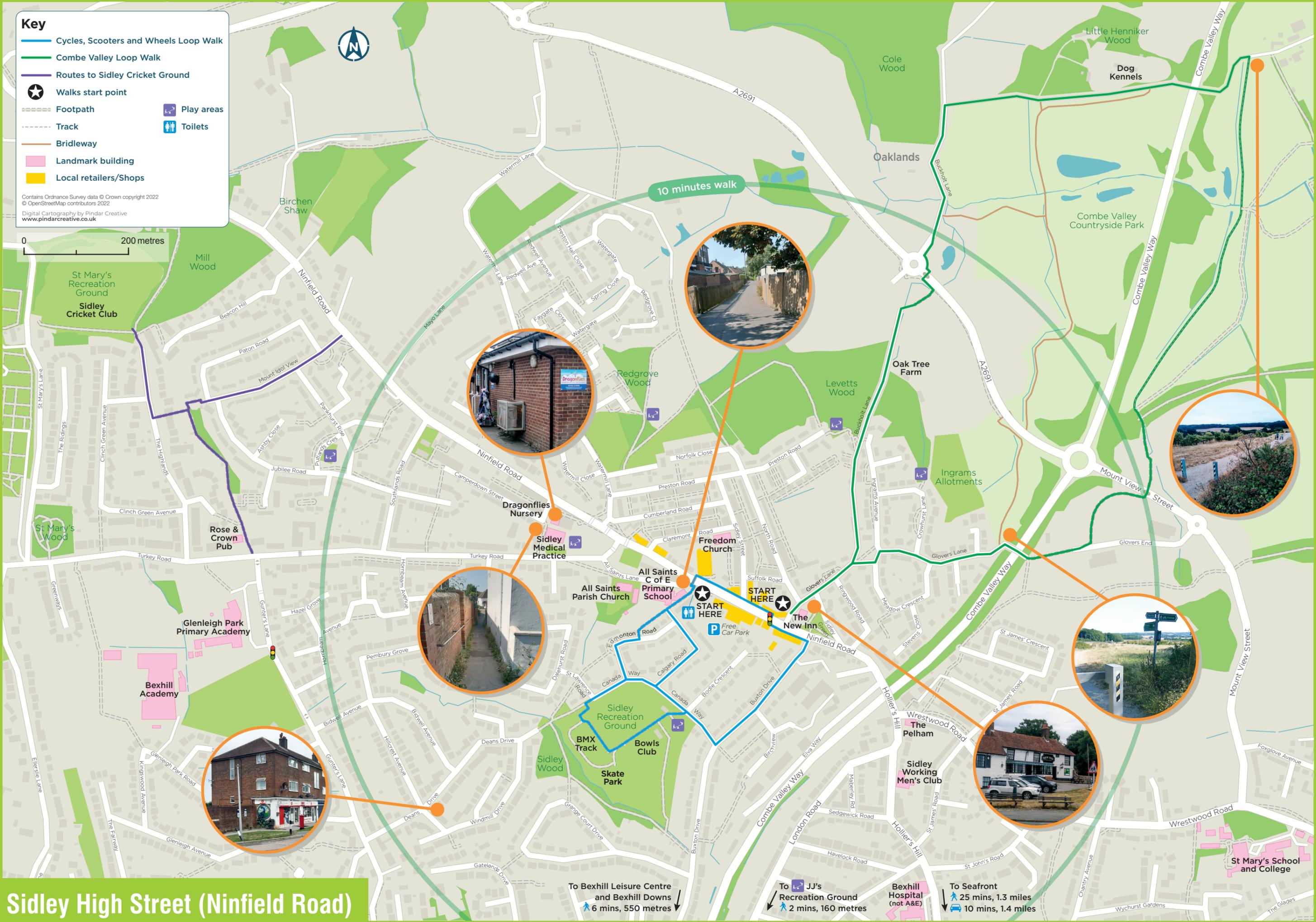


"I like to link all my tasks together with nursery drop off/pick up in a loop. It keeps me fit and it's cheaper than the gym!"
Dragonflies Nursery parent

- Key**
- Cycles, Scooters and Wheels Loop Walk
 - Combe Valley Loop Walk
 - Routes to Sidley Cricket Ground
 - ★ Walks start point
 - ⋯ Footpath
 - ⋯ Track
 - Bridleway
 - Landmark building
 - Local retailers/Shops
 - 🏠 Play areas
 - 🚻 Toilets

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 Digital Cartography by Pindar Creative
 www.pindarcreative.co.uk

0 200 metres



Sidley High Street (Ninfield Road)

To Bexhill Leisure Centre and Bexhill Downs
 6 mins, 550 metres

To JJ's Recreation Ground
 2 mins, 160 metres

Bexhill Hospital (not A&E)

To Seafront
 25 mins, 1.3 miles
 10 mins, 1.4 miles