



Walk Description

Title: Alfriston – Cradle Hill

Map: OS Explorer OL25

Distance: 6¼ Miles

Ascent: 705ft

Start: Public Car Park (Charge) – Alfriston – BN26 5UG – MapRef TQ 522033

- 1) Facing out of the car park turn left and walk into the village – Look for a path on the left which takes you past the church on the right and to a bridge over the river Cuckmere – Turn right and follow the path with the river on the right for 1 mile to a bridge over the river. (1½ Miles)
- 2) Cross over the bridge and turn immediately left and follow the footpath with the river on your left for ¼ mile – Turn right on a path which climbs the hill and follow the path up the hill to a car park – Turn right on to the road and after 100 metres take a path on the left – Follow the path along the ridge of **Cradle Hill** for 1 mile – Take a bridle path on the right which goes diagonally downhill – At the bottom of the hill turn right on to a another bridle path follow the track uphill – Where the track turns right carry on up the hill in front of you with a hedge on the left – At the top of the hill follow the path to the right keeping the hedge on your left. (4½ Miles)
- 3) Follow the bridle path gently downhill until you reach a copse on the right – Follow the path more steeply downhill with keeping the copse on your right – The path levels out and goes through a valley to a road – Turn left and follow the road back into Alfriston and the start.

Click here to [Download GPX File](#) – Please Note when the file loads it opens a copy of the code - Please click on the “Download” symbol in the top right hand corner to download the file – You are given the choice of saving the file or opening it – Click on Save and it will save the file to your Downloads Folder

