

## Easter Monday Walk -- Alfriston -- Wilmington -- Alfriston

**Start:** Alfriston Memorial Hall the Tye, ( the green ) near Alfriston Parish Church, which lies on a mound which was an old Saxon burial ground. The majority of the church of St Andrews was built in the 1300's and is known as The Cathedral of the Downs. The rectory was built in the 14th century and is of wattle and daub construction. This building is now owned by the National Trust, and is open to the public.



Take the footpath over the white bridge near the church hall, turn right at Great Meadow Barn ( aka Plonk Barn ) and follow the road to the T junction. Turn right and take the bridal path only a few yards on the left (opposite Lullington Court). This is a gradual climb but if wet the ground can be slippery in places as it is chalk.

At the crossroads of the bridal ways, turn left and walk over Lullington Heath, (don't forget to turn around at this point to catch the view looking down into the Cuckmere Valley, the villages of Litlington and Alfriston)

The path divides near a metal sign for Lullington Heath, take the path to the left down and through the gate and onwards until you join the South Downs Way,

Turn left and follow this chalk bridle path/track down towards Wilmington. As the track swings to the left ( Alfriston ) take the narrow steep path straight ahead, down towards Wilmington. The views are breathtaking, with Firlie Beacon ahead, and on a clear day you can see the North Weald and even the Kent Weald.

Take the next gate on the right and follow the path which passes under the Long Man. This figure of a man is 226ft high is cut in chalk and outlined with white bricks. Some maintain that he existed before the Saxons, but no one has proof of his age. Until the 19th century the Long Man was only visible in certain light conditions and after a light fall of snow, but in 1874, it was marked out in yellow bricks. It is claimed that during this restoration, the feet were incorrectly positioned, but, despite popular local legend, there is no evidence, historical or archaeological, to suggest that prudish Victorians robbed the Giant of his manhood!



At the foot of the Long Man take the gate to the left and follow down to the road. Turn right and follow the track along the road which exits opposite Wilmington Priory car park. Cross over the road, turn right and walk down to the Church (**check in point**) dedicated to St Mary and St Peter. Look at the renowned and restored "Bee & Butterfly" window and Millennium window. It's ancient Yew Tree is believed to be 1,600 years old. Refreshments and toilets are available at the church.



Following a comfort stop follow through the church yard past the ancient yew tree and out the metal gate onto the road, turn left and almost opposite take the footpath across the meadow.

Follow this path over styles, through wooden gates and fields to Milton Street. On the road turn left passing Milton Court, and take the style and footpath to the right onwards to Alfriston.

The last gate leads along the river bank back to the white bridge near the Church.

**Finish:** Alfriston Memorial Hall, **check in point**, refreshments and toilets.

**Thank you for your support, please join us for the short service in St Andrew's at 2pm**