

Islington u3a Longer Walks Group

Walk Title	Lewes Circular via Southese and Glynde	Walk No.	568
Area	East Sussex	Type	Circular
Date	Thursday, 14 th May 2026		
Distance	14 miles (23.5km)		
Timing	5.5 hours walking time + travel + lunch stop. Allow 10 hours in total. Therefore, expect to be back in Islington by 7pm.		
Meeting up & travel	<p>Meet by the ticket office at Victoria station at 9:45am to catch the 9:54am Bexhill train, arriving Lewes at 10:56am.</p> <p>Trains back from Lewes leave at :25 and :55 past the hour.</p> <p>Buy an off-peak, same day return from Coulsdon South (the boundary station) to Lewes (or Southese or Glynde, if planning to drop out here), £15.30 with SRC.</p>		
Route	<p>This is an energetic walk (550m/1,600ft of ascent) over three distinct downland ridges, with magnificent views throughout. One of the pleasures of the walk is that the entire route is in view for much of the time, so you can look back at the terrain you have already done or ahead to the delights to come.</p> <p>As well as plenty of grand downland walking, the route includes a start and finish in historic Lewes, different corners of which you see at each end. We also through the pleasant small village of Glynde.</p>		
Lunch	The Abergavenny Arms , Rodmell, https://abergavennyarms.com/menus/ (01273 472416) 5.5 miles into the walk.		
Dropping out	As there is a station at the start and end of each section of this walk, you can do one, two or all 3 sections. Southese station is 6.9mi/11.1km from the start in Lewes and trains leave at :05 past the hour. Glynde is 10.7mi/17.2km from the start in Lewes and trains leave at :15 past the hour. In both cases you change trains at Lewes for Victoria. If you intend to drop out at either of these, you should buy your return ticket to/from there.		
Suitability	<p>This walk includes three substantial climbs; the rest of the walk is flat, gently undulating or downhill. It is mostly on wide and distinct paths and there is some lane walking to and from the villages.</p> <p>Wear comfortable walking shoes/boots and bring poles if you use them. Check the weather forecast for temperature and likelihood of rain and wear or bring an extra layer or waterproofs accordingly.</p> <p>Members should advise the Walk Leader of their 'ICE' (in case of emergency) contact number if they have any health concerns.</p>		
Facilities	There are toilets on the trains and at the pub in the middle.		
Walk source	Saturday Walkers Club www.walkingclub.org.uk/walk/lewes-circular-via-glynde-and-southese		
Maps	OS Explorer OL11 (was 122) Brighton		
Leader & contact details	<p><u>Walk Leader</u>: Sara Hayes</p> <p><u>Beforehand</u> sarahayes100@gmail.com</p> <p><u>On the day</u> 07791 894442</p>		