

## Islington U3A Longer Walks Group

<b>Walk Title</b>	Around Lewes.	<b>Walk No.</b>	366
<b>Area</b>	Sussex	<b>Type</b>	Circular
<b>Date</b>	Thursday, 16 June, 2021		
<b>Distance</b>	This is a 11ml (18km) circular walk around Lewes with one steepish climb (130m ascent) near the beginning.		
<b>Timing</b>	6 hours walking time + travel and lunch stop. Allow 9½ hours in total (depending if tea taken at the end). Therefore expect to be back in Islington by about 6.15pm (without tea).		
<b>Meeting up &amp; travel</b>	<p>Meet at Victoria station outside the ticket office at 9.15 (with ticket). Allow 20 minutes to buy your ticket at Victoria. From Victoria we'll get the <b>9.54</b>, arrives Lewes 10.56.</p> <p>Earliest option: without tea, if we catch the fast return from Lewes at 4.57pm then we'll get into Victoria at 6.06pm. Victoria line back to H&amp;I by about 6.25. Later options are:</p> <p>Slow at 5.04 (arrives Victoria 6.39)</p> <p>Slow at 5.14 (arrives Victoria 6.45)</p> <p>Fast at <b>5.57</b> (arrives Victoria 7.08)</p> <p>While cheapest tickets are the 'advance' fixed time tickets (£11.85 from Victoria) then you are stuck with selected train times. Best is Off peak day return from Zone 6 Extension (Coulsdon South) to Lewes for £15.60 then any of above return time is possible. An open 'anytime' return is £52.90!!</p>		
<b>Route</b>	<p>(0km, 11.00) Arriving at Lewes station we walk through the charming town up Southover High St. past Anne of Cleves House Museum (see interesting facts). We head West, leaving the town and crossing the A27, heading up on the Jugg's Road trail. After we're through quiet Kingston (4km, 11.30) we come to the strenuous short climb (130m ascent) that takes us up to the top of the Downs (6km, 11.50). We turn East to join the South Downs Way with views right down to the South coast. We follow this for several miles before leaving it (10km, 12.50) &amp; dropping down to the pretty village of Rodmell for a late lunch (11km, 1.30pm).</p> <p>For those carrying on after lunch (2.30) we go through Rodmell and pass Monk's House (see interesting facts). Then it's a stroll along the South Ouse Valley Way, on the riverbanks, back to Lewes (18km, 4.30) and back to the train station. See train times above.</p>		
<b>Lunch</b>	Lunch can be at the The Abergavenny Arms pub (01273 472 416) which has outside tables. Good varied menu. Reasonably priced.		
<b>Dropping out</b>	There is an exit point option from the lunch stop (6.5mls, 10.5km) by getting the bus back to Lewes or walk a mile to local train station.		
<b>Suitability</b>	<p>Suitable for any reasonably fit regular walker. There is one steepish climb (130m ascent) near the beginning. Open country side &amp; river bank. Chalk paths, farm tracks or grass paths all the way. Short bit either end through Lewes's pavements</p> <p>No stiles. The main climb up could be considered as an "obstacle".</p>		

	Wear appropriate clothes. Check weather forecast. Shouldn't be any mud.
<b>Facilities</b>	Coffee points include Victoria & Lewes stations! There are toilets at the beginning and end at Lewes station and the pub in the middle.
<b>Walk source</b>	Walk leader's creation.
<b>Map &amp; other references</b>	OS Explorer 122 or OS Landranger 198
<b>Leader &amp; contact details</b>	<u>Walk Leader</u> : Derek Harwood <u>Phone</u> : 077 5931 4096 <u>e-mail</u> : derek.harwood@live.co.uk
<b>Interesting facts</b>	<p><b>Anne of Cleves</b>: was Queen of England from 6 January 1540 to 9 July 1540 as the fourth wife of King Henry VIII. The marriage was declared never consummated, and she was not crowned queen consort. Following the annulment of their marriage, Anne was given a generous settlement by the King, and thereafter referred to as the King's Beloved Sister. She lived to see the coronation of Queen Mary I, outliving the rest of Henry's wives. While this house was owned by Anne, she never lived here.</p>  <p><b>Monk's House</b>: the former home of the famous author Virginia Woolf and her husband Leonard. Monk's House is now owned by The National Trust. The house contains many beautiful and interesting artefacts and decorations, including paintings by Vanessa Bell, arising from the couple's connection with the "Bloomsbury Set" at nearby Charleston Farmhouse. The Monk's House was the country retreat of Virginia and Leonard Woolf, which they bought in 1919 to get away from the bustle of Bloomsbury. Virginia lived and wrote here and her ashes were scattered under an elm in the garden. The little garden studio where she wrote is on show. Husband Leonard lived here till his death in 1969. Virginia Woolf took her own life – drowning in the River Ouse.</p>