



Alfriston to Berwick
Leave the church and cross the green to the northwest corner. Take the passage to the High St and then turn right to the Market Cross. From the market square take West Street in the northwest corner, past The Smugglers Inn, and follow the road straight ahead up out of the village to the top of the hill. Where the road turns sharp right continue straight ahead keeping the hedge on your right (do not take the left hand track to Comp Barn). Follow the footpath down the hill keeping the hedge on your right. Continue along this footpath straight across the open fields and it will lead you to Berwick Church whose spire is clearly visible ahead.

2.1 Km; 1.3 miles

Berwick to Alciston
Take the path from the main, north, entrance of the churchyard down to the car park. Follow the concrete track down to the mini-roundabout. Take the road left up towards a barn. At the barn continue straight ahead on the concrete road past the farm cottages on your right. The path leads out across fields straight towards Alciston due west. After about 400 yds you reach a hedge. Turn left and after 100 yds turn right through an opening. Follow the path with a hedge on your right towards Alciston. When you reach the edge of Alciston turn right through an opening and then immediately left over a stile into the field to the north of the churchyard. Walk along the boundary wall until you reach the path to the church.

1.7 Km; 1.1 miles

























Alciston to Selmeston
Walk down the church path between two fences to the road. Cross the road diagonally to a gate to the right of which is a small wooden gate. Cross the stile and follow the path diagonally across the field and then through the next field, travelling north northwest, down to a hedge and small stream. Cross and turn right. Walk north, keeping the hedge on your right until you reach a fence running west (a footpath leads off to the right). Go through the gate and turn left walking with the fence on your left until you reach a hedge. Turn right and follow the hedge down to a gate and bridge over a small stream. Go through the gate and walk up the field with the hedge on your right to the road. Across the road, slightly to your right, a footpath leads off to the left between two hedges. Follow this path straight ahead until you reach the A27. Cross the A27 with care and walk down the road to the right of the garage into Selmeston village. This takes you down through the village to the church on your right.

1.7 Km; 1.1 miles

Selmeston to Arlington via Berwick Station
Leave the churchyard by the small gate in the southwest corner and turn left onto a tarmac road. (Alternatively leave by the lych gate, walk back up the road and take the first left.) Follow the road through the trees to Green House. The path continues straight ahead down the left side of the house (with an outbuilding on your left). Follow the path straight ahead between hedges. After about ½ mile this brings you to Stonery Farm, on your left. (The track to the right leading south from Stonery Farm offers a short cut back to Berwick Church via the Vanguard Way).

4.4 Km; 2.7 miles

Key

		
A road	B road	Railway
		
214m Spot height	Parking	View point
		
Alternative route	Track	Pilgrim route with stile or gate
		
Public House	Archaeological or historical sites (see key on reverse)	Church
		
High ground	Low ground	Field boundary
		
River	Seasonal stream	Building
		
Sandy ridge	Flood plain	Marsh and reeds
		
Tumulus	Long barrow	Earthwork

Countryside code
Please close gates, do not drop litter, keep to footpaths, keep dogs under control and take great care crossing roads and railway lines.

Continue straight ahead with Stonery Farm on your left. The path follows the hedge and then crosses an open cultivated field before descending between hedges into Berwick Station. Cross the railway line and turn immediately right before the garage. The path leads between the garage and adjacent house into an open pasture. Walk across the field keeping a ruined flint building to your right and continue across two fields. At the top of the hill keep to the fence as it bears right, through a metal gate, and down to the tarmac road. Turn left and walk up the road. At the reservoir turn right and go through the gate to walk along the full length of the dam beside the reservoir. (Arlington church can be clearly seen across fields to your right.) At the far end of the dam cross a stile into the field on your right and turn right. (To visit the bird hide continue straight ahead through the gate along the path that takes you into the wood around the reservoir. After about 150 yds ahead take the first small path left down to the bird hide. Back track to rejoin the pilgrim's route at the end of the dam.) Walk down across the field keeping an area of small trees on your right until you reach the metal footbridge over the Cuckmere. Cross the river and take the path to the left diagonally across the pasture to a stile. Keep the hedge on your left and take the stile first left through the hedge and across a bridge over a small stream. Walk ahead across pasture to the corner of Arlington churchyard.

4.3 Km; 2.7 miles

Arlington to Wilmington
Leave the churchyard by the same gate as you entered (in the south west corner). After a few yards bear slightly to your right (not the path straight ahead) to the small bridge through the hedge. Cross the stream and walk straight ahead across the field in front of you to a stile. Continue to walk straight ahead across open rough grassland. The path eventually goes down the right hand side of Stapley's Farm and onto a tarmac road. Continue straight ahead down the road to the minor road. On the opposite side of the road, slightly to the right, is a path through the scrub (before the bridge). The path leads down to the east bank of the Cuckmere River. Follow the path as it bends along the side of the river until it meets a hedge. Turn left and walk with the hedge on your right and then pass over the stile immediately in front of you on to an old grass track. Turn right and go through the gate. Walk straight ahead, due south, keeping the hedge on your right. Walk the length of the hedge. At the end of the field turn left and then right through a gate. Walk up the track with the hedge on your right up to the railway crossing. Take care when crossing the line and descend following the fence and scrub on your left. After approx. 200yds cross the fence and walk between two fences with a reed bed on your left. Cross the next stile into the field and walk straight ahead with a fence and ditch on your left. At the top of the field go through the gate on your left, turn immediately right and follow the hedge up to the next gate. Go through the gate and continue straight along the track to the A27. Cross the A27 with great care and walk down Milton Street. Take the first footpath on your left (approx. 200 yds). Follow this path in a straight line through fields and a new tree plantation until you reach the edge of Wilmington village. Before entering the village turn right and take the permissive path up the hill behind the gardens to join a tarmac track leading past the churchyard.

3.0 Km; 1.8 miles

Wilmington to Alfriston
Leave by the same gate in the northwest corner of the churchyard. To the left opposite is a track which crosses the large field in front of you and descends 1/2 mile to Milton Street (as it reaches the fingerpost the path carries straight on to a stile). Cross the stile on the opposite side of the road and continue through a field. Continue straight ahead through the gates and across the next field to the road. Cross the road and the path descends diagonally across a large open arable field to Lullington Road. Turn left and walk along the road for about 150 yds. Take the first footpath on your right diagonally across a field to a road and bridge over the Cuckmere River. You can walk down either side of the river to Alfriston church.

6.0 Km; 3.7 miles

Wilmington Church to Alfriston via Windover Hill and Lullington Church
Leave the churchyard by the entrance at the east end of the church on to Wilmington street. Turn right and walk up the road to the car park at the edge of the village. Cross the road to a footpath behind a hedge which follows the road and then turns left to 'The Long Man'. Walk to the gate at the base of the 'Long Man'. There are now two alternatives, one avoiding the full ascent to the top. To go to the top of Windover Hill. Walk towards the Long Man and at the display board turn left along the bottom of the escarpment for about 400 yds. Then take the first track on your right which doubles back above the lower path as it ascends diagonally to the top of the Downs. At the top the track bends round through earthworks. Cross the fence into the field and then turn right to join the chalk track at a gate, the South Downs Way. Pause for a panoramic view of the low Weald and the sea. Follow the chalk track as it heads west, bending right, around the summit of Windover and then descending (½ mile) to a minor road. To avoid the full ascent turn right at the display board beneath the Long Man and follow a path which ascends the escarpment and then bends round to the left. The path meets a chalk track. Go straight across and follow the path until it joins the chalk track, the South Downs Way, as it descends the hill toward Alfriston. Cross the road and walk ahead. Take the signposted path on your left which leaves the track over a stile to cross an open cultivated field. When you reach the first hedge follow it south to the wooded edge of the field. Turn left and Lullington Church is visible as you walk uphill to the churchyard gate. Leave the church by the other gate. After a few yards on the concrete path, turn right through the copse and continue straight down the hill to Alfriston (keeping the wooded strip on your right). Take care crossing the road on a blind corner.

0.8 Km; 0.5 miles

Alfriston to Lullington
Cross the white footbridge from the village green and follow the path between hedges to the road. Cross the road and take the path which leads up the right-hand side of the converted barn in front of you. Follow the path up the hill along the field edge with a wooded strip on your left to the copse where the church is situated. Return to Alfriston by the same path.

THE CUCKMERE PILGRIM PATH

The circular walk is about 11 miles and takes walkers on a pilgrimage around seven ancient churches (the scallop shell in the logo is a traditional symbol of pilgrimage). The route passes through the beautiful landscape of the South Downs and Low Weald. It takes its name from the Cuckmere River which cuts through the Downs passed the village of Alfriston and eventually reaches the sea at Cuckmere Haven. Historically the river would have been the main route along which life flowed into and out of the area, bringing commerce and some of the stone used to build the churches and monasteries. The route takes in the landscape, its wildlife and the history of human activity along its way. Between Wilmington and Alfriston there are two alternative routes, the longer path ascends to the top of the Downs with magnificent panoramic views across the Weald and to the sea. It has been designed as a pilgrimage and those who walk it are invited to do so in this spirit. It could, for example, be walked as a prayer on behalf of somebody. Different ways of encouraging reflection and prayer along the way and in the churches are being developed.



Selmeston Church

The circular outline of the churchyard suggests the site may be Saxon and pre-date the building of the church. The original church may date back to the 9th century and is the only one in the locality to be recorded in the Domesday Book. It has a remarkable Sussex marble altar which is probably pre-Reformation. However, following a fire in the 19th Century the church was largely rebuilt and is therefore the most ‘modern’ of the seven churches in feel. There is a fine 16th Century stone ‘Easter Sepulchre’ in the chancel and brasses in the floor dating back to the 17th Century. Of particular note is a stained-glass window by the well-known Victorian designer and maker, Charles Kempe, depicting ‘The Annunciation’.



Arlington, St Pancras

This large church now sits in a relatively remote position near the Cuckmere River. In the field to the west of the churchyard are the remains of an abandoned medieval village. It is possible that the church was at one time on an ancient pilgrim route to Canterbury. Examples of

different styles of church architecture through the centuries from the Saxon period onwards are represented in its walls and windows. Roman bricks, probably from a villa in the vicinity, are also incorporated into one of the windows. A 13th century pottery storage jar is on display in the Norman north aisle chapel.



Alciston Church

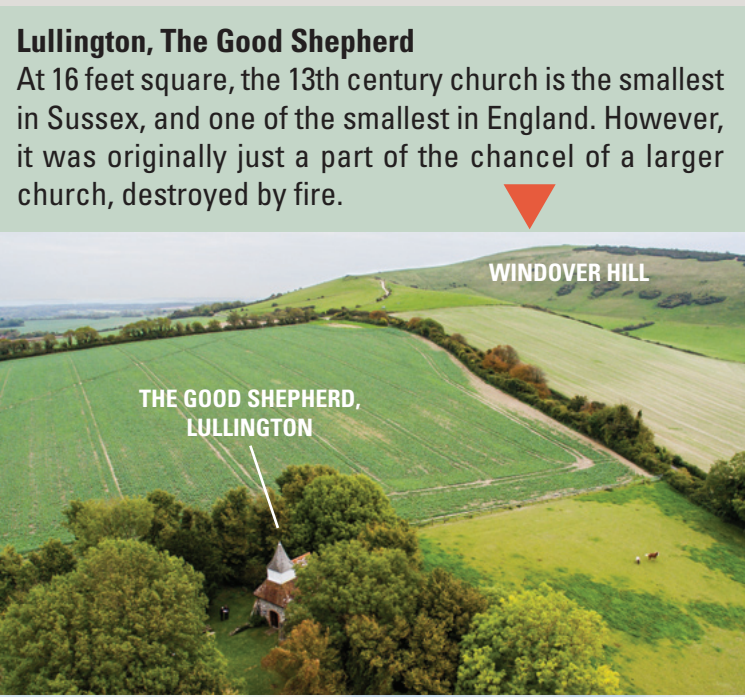
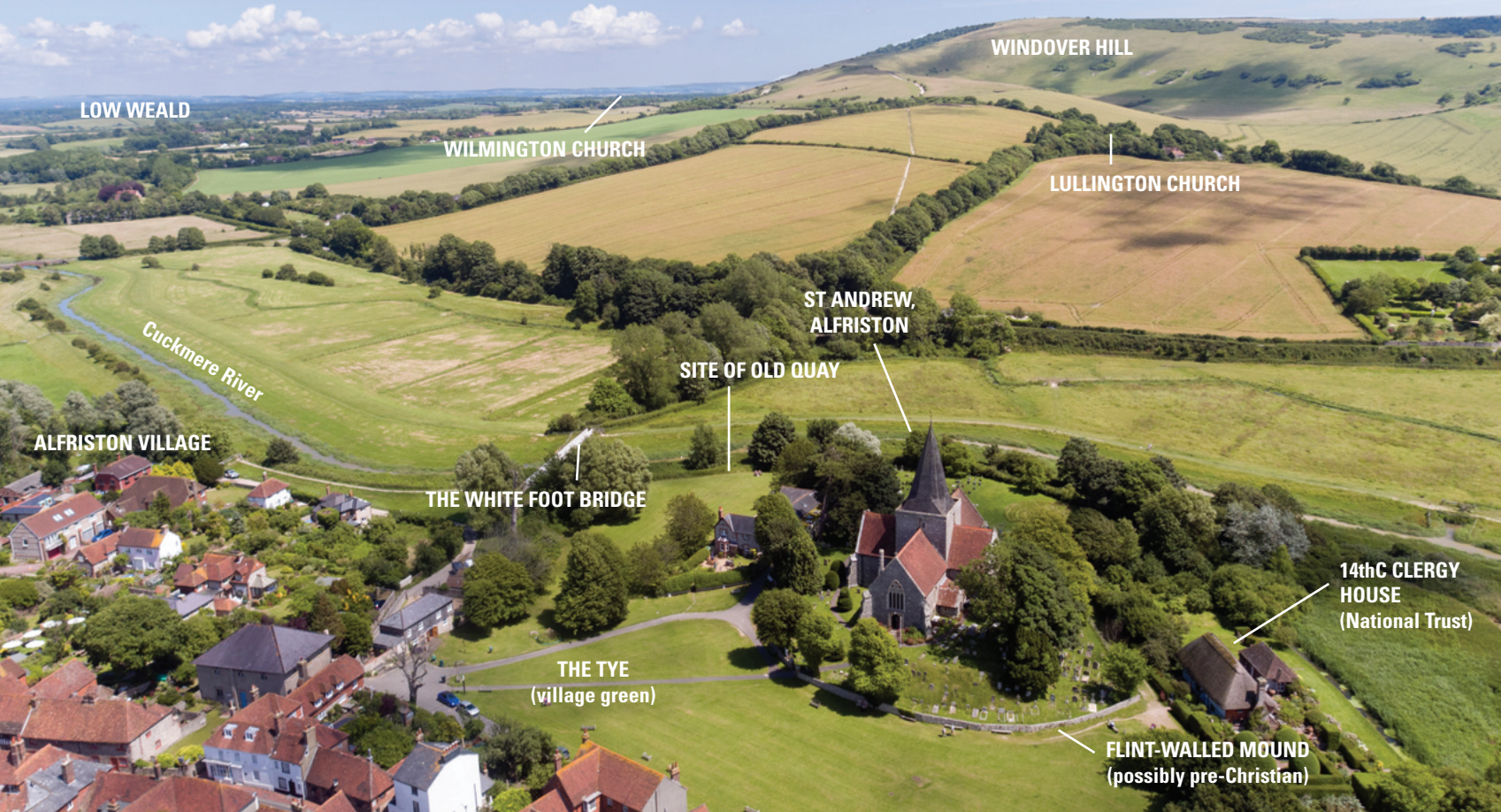
Sited on a small mound enclosed within a flint wall this, like Alfriston, may also be a pre-Christian sacred site. The single Norman window in the north wall of the chancel dates the church to at least that period. One of the church bells was cast in 1380. The group of build-

ings near the church was once part of a medieval Benedictine monastery. A 14th century medieval dovecote and one of the largest tithe barns in the county survive. On two of the stones in the walls of the church are ‘scratch dials’, primitive sundials used by monks to determine the time for prayers and similar to that at St Andrew’s Alfriston.



Alfriston, St Andrew

The church is sited on a small, flint-walled mound (suggesting that it may have been the site of a pre-Christian place of worship), in the middle of ‘The Tye’ (village green) overlooking the meandering River Cuckmere. The church was built with exceptionally fine flintwork in the 1360s, with a floor plan in the form of a cross. It is known as the ‘Cathedral of the South Downs’ because of its size, and, very unusually, its six bells are hung in a central tower. Many original features remain, including an ‘Easter Sepulchre’, a 14th century ‘scratch’ sundial, and wall painted Consecration Crosses (with fragments of other murals around the building). Adjacent to the church is a thatched timber-framed 14th century Clergy House, the first property owned by the National Trust.



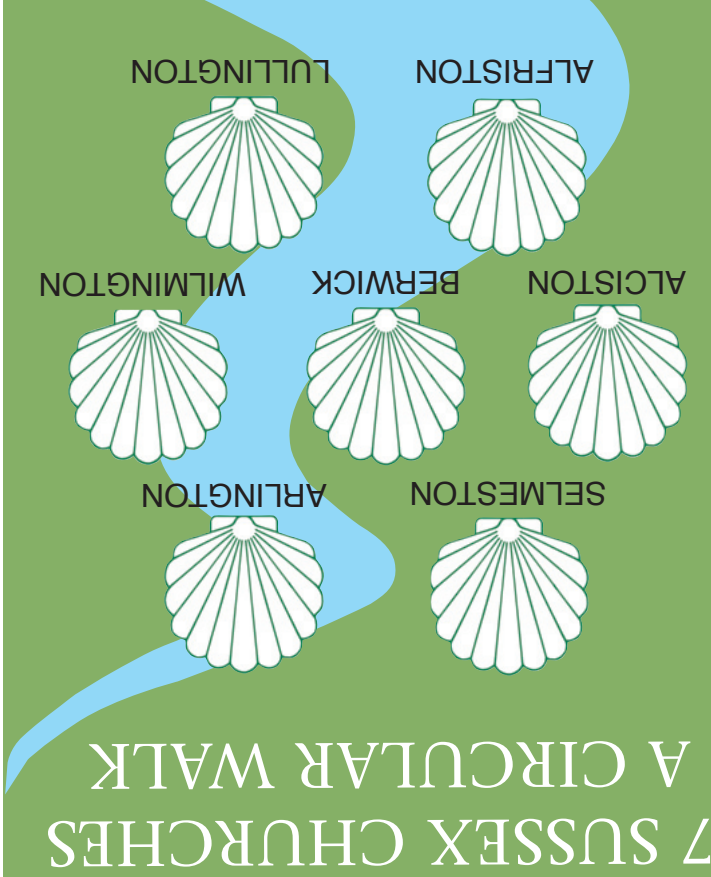
Wilmington, St Mary and St Peter

The yew tree in the churchyard is thought to be 1600 years old and one of the most ancient in the county. The earliest part of the church, which dates back to the 12th Century, was built as part of the Benedictine Priory for use by the monks and to serve the local community. Remains of the priory, including the later 14th century defensive tower, survive to the north of the church and

Key to sites of historic and archaeological interest

(REFER TO JUG SYMBOLS AND NUMBERS ON THE MAP)

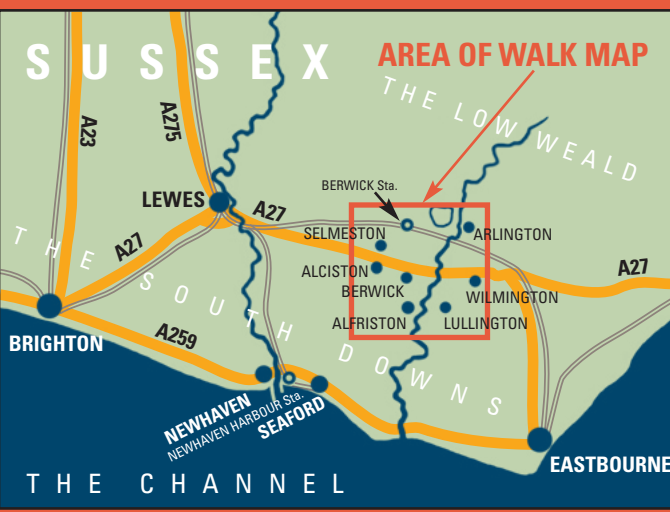
- 1 Visible earthworks, cAD700.
- 2 A hunter-gatherer camp identified by quantities of flint-work found in the vicinity.
- 3 Long Burgh neolithic long barrow (burial mound) c4000BC.
- 4 The wooden crucifix by the roadside marks the site of a Saxon cemetery dating back to 5th and 6th centuries. Of 152 graves examined, 102 contained grave goods.
- 5 The 14th century manor house (private residence), church, dovecote and 16th century tithe barn are an important group of buildings of monastic origins and formerly part of the Battle Abbey estates.
- 6 Arlington Roman settlement - excavations have found houses and industrial activity alongside the Roman road at this point.
- 7 Arlington medieval village - Edward Gier’s map of 1629 shows a few buildings around the church with some, including the parsonage, on the site of the adjacent sunken village.
- 8 The Rookery - medieval (13th century) scheduled earth-work interpreted as a hythe, or small landing place for ships trading round the coast and across to France. Also here, are associated ponds used as salt pans and a possible storage building platform.
- 9 The Clergy House - a 14th century Wealden hall-house.
- 10 Site of a WW2 installation called ‘Starfish’ (SF79) set up as a decoy for Lewes to fool enemy bombers. Only parts of the control bunker remain, now hidden among brambles.
- 11 Former site of Wilmington airfield (1930’s). A hangar near the A27 and a WW2 pillbox survive.
- 12 Possible neolithic long barrow c4000BC.
- 13 The Long Man - 72m high chalk figure, mid-16th century.
- 14 19th century lime kiln with adjacent spoil mound and a dew pond.
- 15 Hunter’s Burgh neolithic long barrow, c4000BC.
- 16 Benedictine Priory – 12th century ruins. (A private Landmark Trust property.)
- 17 Site of medieval village.



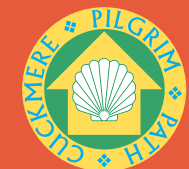
A CIRCULAR WALK 7 SUSSEX CHURCHES



This circular walk is about 11 miles in length over varying terrain and takes walkers on a pilgrimage around seven ancient rural churches. It passes through the beautiful landscape of the South Downs, Low Weald and Cuckmere valley.'



Trains to Berwick Station from London Victoria, Brighton, Lewes and Eastbourne. Buses to villages. See 'Public Transport' at: www.eastsussex.gov.uk for details. For more information and resources please visit: www.cuckmerepilgrimpath.org.uk



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