THURSDAY CLUB RUN COURSE NOTES

F4

With Swan pub on your left head off east along Middle Street and follow it as it turns left (and changes name to Ridge Road). Continue up Ridge Road till it bends left where you take a narrow path - marked by a signpost - off to the right. Coninue along this path, (passing at around 1mi/2k gate on the left leading to a descending path up which the route returns). At around 2mi/3.5k the path widens shortly before you reach the SDW (and some pylons) at a`point where the SDW takes a sharp bend. Turn right to go down the SDW for about 500m till you go through a gate, where you leave the SDW but continue in more or less the same direction along the right hand side of a field; once through this field the path bends roughly 45 degrees left and descends to go through a small copse, then descends further on open ground to reach the woods of Ashcombe Bottom. Here you go through a gate and turn left along a track which is wide and flat at this point. At around 3.5mi/5.5k the path bends left - don’t take the path which goes off to the right; then very shortly after the path splits in two and you take the right fork, which rises,(very steeply at the end!) till you emerge from the woods to head diagonally leftwards up across a field to join the SDW at a gate where it takes another sharp turn. Don’t turn sharp left down the SDW, take the SDW in the other direction ie straight on through the gate to head west along the ridge. At around 5mi/8k you reach a line of bushes/trees at the end of a field. Turn left here to head down a wide track with the line of bushes immediately to your right Look out carefully for a gate on the right hand side which you go through to continue (in the same direction but on the otherside of the boundary fence/bushes),on an overgrown path which gradually descends more steeply before widening, bending to the right and then ascending to a gate which you go through and turn right onto footpath to rejoin the outbound route and return via footpath and Ridge Road/Middle Street to the Swan.

D1

Head up Dyke Road Avenue. Cross A27 – taking care round both roundabouts. On far side of second roundabout go up narrow steep path to gate and take foot path straight on along top of field with Devils Dyke Road alongside you on your left. At fork junction of Devils Dyke Road and Saddlescombe Road go through gate and cross Saddlecomsbe Road and continue along path on right handside of Devils Dyke Road. Ignore road that branches off to the right and continue along Devils Dyke Road a litlle further to around 2.5mi/4k where Devils Dyke Road turns right you cross it and go through the second of a pair of adjoining gates on left side of road to continue straight on along the left hand side of a field to reach a gate on SDW at around 3m/5k. Go lthrough gate and immediately take left fork along indistinct grassy path that heads over brow of a hill to reach another gate(3.5mi/5.5k) gate. Go through gate and head left (south) on cart track and continue till you reach track junction (5mi/8k) just short of bridge over A27. Instead of crossing A27 take sharp left to head back along the other track , passing down through stables and then up, and down and up again with a golf course on your right (ignoring all gates onto various other paths), until you reach a T-junction with a tarmac track. Turn left along this track and continue, passing Golf Club House on your right, to reach Devils Dyke Road (7mi/11k) Cross the road and turn right onto footpath to rejoin outbound route and retrace your steps to starting point (8.3mi/13.3k)