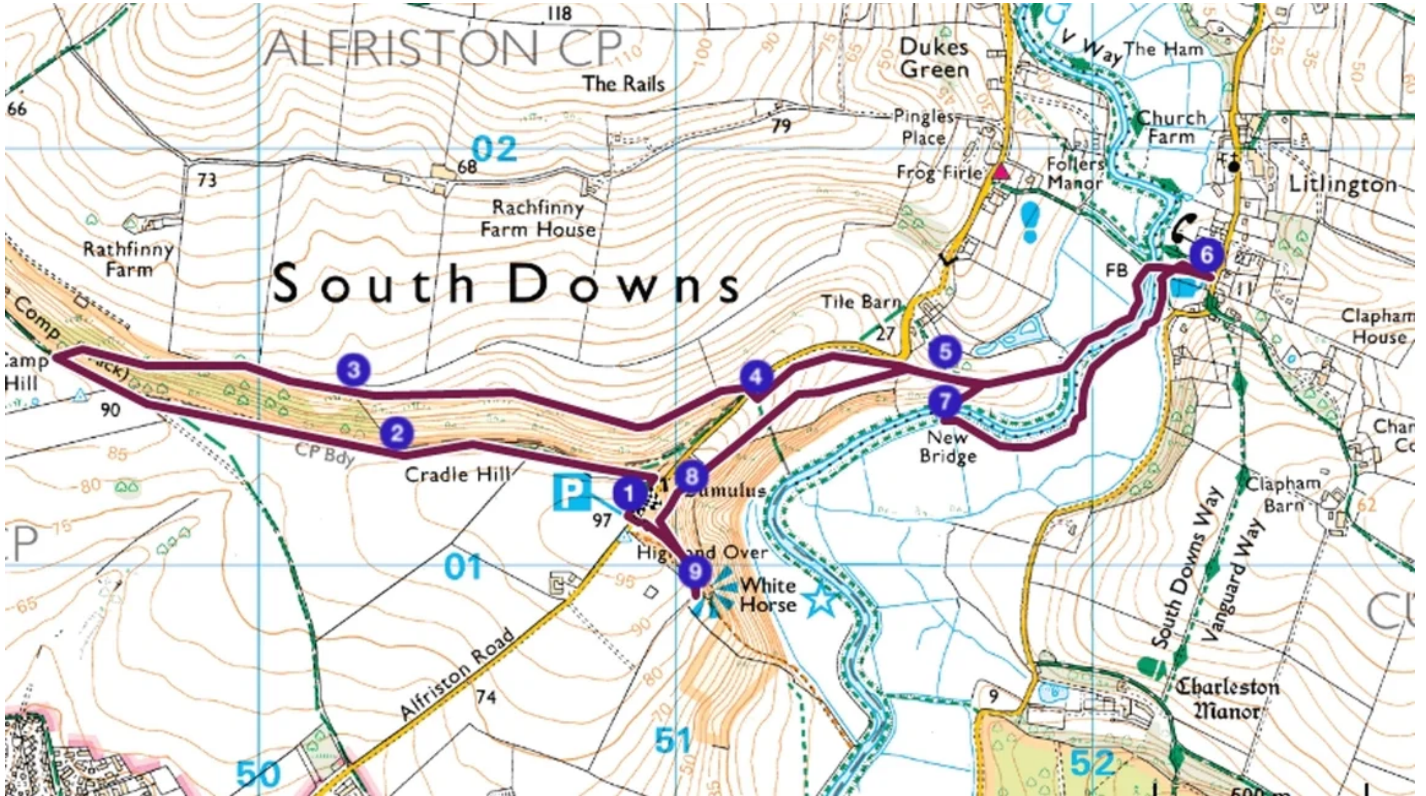


SUSSEX

## Hill and vale walk at Frog Firle Farm

Looping over Cradle and Hindover Hills, this walk takes in great views of secluded farmland, as well as a diversion to the quaint village of Litlington. Spot Canada geese that feed on the water meadows, birds and insects singing among the shrub on the hills, and wild flowers growing in the chalk grassland.



### Information

Address: Alfriston Road, Alfriston, East Sussex BN25 3QH

OS map: Explorer 123

Activity: Walking

Moderate: This trail includes some slopes and uneven terrain. For further details, please see Terrain section.

Dog friendly: Dogs are welcome, but must be kept on a lead where signs indicate it. Please also clean up any dog litter.

Full trail: Miles: 4 (km: 6.4)

Access: Challenging

Duration: 2 hours

### Terrain

This walk features two steep descents and one long ascent. You'll also encounter a number of stiles and some uneven terrain. The valley floor can get muddy during wet weather, so appropriate footwear is recommended.

### Total steps: 9

Start point: High and Over car park, Alfriston. Grid ref: TQ509011

1. From the car park at High and Over, cross Alfriston Road and turn right, following the road to a stile and a National Trust sign for Frog Firle Farm. Climb over the stile and follow the field boundary round to the left for about a mile (1.6km).
2. You'll pass through two field gates (and possibly some electric ones if sheep are grazing).
3. You'll arrive at a gate leading onto a hard-surfaced path. Named The Comp, this path leads from Seaford to Bo Peep Hill. Turn right onto the path and keep walking until you come to a sign for a footpath on the right. Follow this narrow path downhill through the scrub to some steps. Go down the steps and continue east along the path until you come out onto some open downland. Follow the path along the valley side.
4. As you come to the end of the valley, you'll start walking uphill to a gate. Go through the gate and carefully cross Alfriston Road. Head through the gate opposite and continue walking straight on until you come to a viewpoint. From here, you can look across the valley to Friston Forest and also south towards the sea. Afterwards, head left along the well-trodden path towards the gate at the bottom of the field.
5. After passing through the gate, continue straight on in a north-easterly direction, with the barns of Frog Firle Farm below you on the left, and the river bending round on the right. As you approach the river, you'll see a stile on your left, up on the artificial river bank (levee). Go over the stile and follow the levee along the river to the next bridge.
6. When you get to the bridge, cross it. If you wish to explore Litlington village, turn left and immediately right onto a tarmac path that leads to the Litlington road. Once you've finished in Litlington, return to the bridge.
7. From Litlington Bridge, follow the path that leads south (in the opposite direction to Alfriston church) along the levee. This will take you past the reeds to a kissing gate. Go

through the kissing gate and follow the river as it meanders round to the next bridge.

8. Go over the stile, cross New Bridge and head up the chalk track, which veers slightly to the right. At the end of this short track, turn left to walk along the ridge heading west, parallel with the river. You'll soon arrive at the field gate at the bottom of High and Over Hill that you came through on the way down. Before you get to the gate next to Alfriston Road, you need to head left on a path that leads to the top of the hill.
9. Go through the kissing gate and along a narrow path between the bushes, taking a left turn at two forks in the path. This will lead you to the viewpoint at High and Over. To get back to the car park, just retrace your steps.

End point: High and Over car park, Alfriston. Grid ref: TQ509011

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