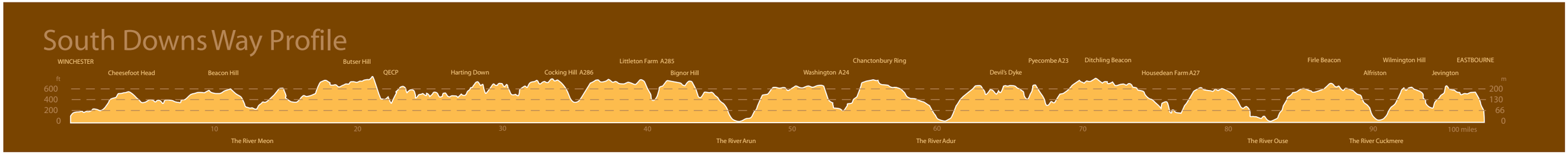
South Downs Way Mileage chart

	Winchester Station	Chilcomb Village	*Cheriton*	The Milburys Inn, Beauworth	Exton	*East Meon*	Queen Elizabeth Country Park Visitors Centre	*Buriton*	*Petersfield Railway Station*	*South Harting village*	Harting Down	Cocking Hill	*Cocking village*	Bignor Hill	Amberley Railway Station	*Storrington*	Washington	*Steyning*	)River Adur (Upper Beeding	Truleigh Hill	Devil's Dyke	Pycombe	*Hassocks Railway Station*	Ditchling Beacon	*Ditchling village*	*)Lewes Railway Station (via Blackcap)*	)Housedean Farm (A27	*Kingston*	*)Lewes Railway Station (via Kingston*	Southease Railway Station	*Firle*	Alfriston	Litlington	Seven Sisters Country Park Visitors Centre	Birling Gap	*East Dean*	Beachy Head Visitors Centre	Eastbourne Seafront	*Eastbourne Railway Station*	Eastbourne Seafront	Jevington	Alfriston
Winchester Station	0																																								
Chilcomb Village	2.5	0																																							
Cheriton (4.5)1.5	8.5	6	0																																						
The Milburys Inn, Beauworth	9	6.5	3.5	0																																					
Exton	12.5	10	7	3.5	0																																				
East Meon (16.5)1	17.5	15	12	8.5	5	0																																		
Queen Elizabeth Country Park Visitors Centre	23.5	21	18	14.5	11	8	0																																		
Buriton (25.5)0.5	26	23.5	20.5	17	13.5	10.5	2.5	0																																	
Petersfield Railway Station (25.5)2.5	28	25.5	22.5	19	15.5	12.5	4.5	2	0																																
South Harting village (28.5)1	29.5	27	24	20.5	17	14	6	4.5	6.5	0																															
Harting Down	29.5	27	24	20.5	17	14	6	4.5	6.5	1	0																														
Cocking Hill	36.5	34	31	27.5	24	21	13	11.5	13.5	9	7	0																													
Cocking village (36.5)1	37.5	35	32	28.5	25	22	14	12.5	14.5	10	8	1	0																												
Bignor Hill	44	41.5	38.5	35	31.5	28.5	19.5	19	21	16.5	14.5	7.5	7.5	0																											
Amberley Railway Station	48.5	46	43	39.5	36	33	24	23.5	25.5	21	19	12	13	4.5	0																										
Storrington (52)1.5	54	51.5	48.5	45	41.5	38.5	29.5	29	31	26.5	24.5	17.5	18.5	10	5.5	0																										
Washington	55	52.5	49.5	46	42.5	39.5	30.5	30	32	27.5	25.5	18.5	19.5	11	6.5	4	0																									
Steyning (58.5)1	60	57.5	54.5	51	47.5	44.5	35.5	35	37	32.5	30.5	23.5	24.5	16	11.5	9	5	0																								
River Adur (upper Beeding)	62	59.5	56.5	53	49.5	46.5	37.5	37	39	34.5	32.5	25.5	26.5	18	13.5	11	7	4	0																						
Truleigh Hill	64	61.5	58.5	55	51.5	48.5	39.5	39	41	36.5	34.5	27.5	28.5	20	15.5	13	9	6	2	0																				
Devil's Dyke	66.5	64	61	57.5	54	51	42	41.5	43.5	39	37	30	31	22.5	18	15.5	11.5	8.5	4.5	2.5	0																		
Pycombe	68	65.5	62.5	59	55.5	52.5	43.5	43	45	40.5	38.5	31.5	32.5	24	19.5	17	13	10	6	4	1.5	0																	
Hassocks Railway Station (68.5)1.5	70.5	68	65	61.5	58	55	46	45.5	47.5	43	41	34	35	26.5	22	19.5	15.5	12.5	8.5	6.5	4	2.5	0																
Ditchling Beacon	71	68.5	65.5	62	58.5	55.5	46.5	46	48	43.5	41.5	34.5	35.5	27	22.5	20	16	13	9	7	4.5	3	3.5	0															
Ditchling Village (70.5)1.5	72.5	70	67	63.5	60	57	48	47.5	49.5	45	43	36	37	28.5	24	21.5	17.5	14.5	10.5	8.5	6	4.5	5	1.5	0														
Lewes Railway Station (via Blackcap) (72.5)3.5	76.5	74	71	67.5	64	61	52	51.5	53.5	49	47	40	41	32.5	28	25.5	21.5	18.5	14.5	12.5	10	8.5	9	5.5	7	0													
Housedean Farm (A27)	76	73.5	70.5	67	63.5	60.5	51.5	51	53	48.5	46.5	39.5	40.5	32	27.5	25	21	18	14	12	9.5	8	8.5	5	6.5	6.5	0												
Kingston (79.5) 0.5	80	77.5	74.5	71	67.5	64.5	55.5	55	57	52.5	50.5	43.5	44.5	36	31.5	29	25	22	18	16	13.5	12	12.5	9	10.5	10.5	3.5	0											
Lewes Railway Station (via Kingston)(79.5)2.5	82	79.5	76.5	73	69.5	66.5	57.5	57	59	54.5	52.5	45.5	46.5	38	33.5	31	27	24	20	18	15.5	14	14.5	11	12.5	12.5	6	2	0									
Southease Railway Station	83	80.5	77.5	74	70.5	67.5	58.5	58	60	55.5	53.5	46.5	47.5	39	34.5	32	28	25	21	19	16.5	15	15.5	12	13.5	13.5	7	4	7	0								
Firle (85.5)1.5	87.5	85	82	78.5	75	72	63	62.5	64.5	60	58	51	52	43.5	39	36.5	32.5	29.5	25.5	23.5	21	19.5	20	16.5	18	18	11.5	8.5	10.5	4.5	0							
Alfriston	90	87.5	84.5	81	77.5	74.5	65.5	65	67	62.5	60.5	53.5	54.5	46	41.5	39	35	32	28	26	23.5	22	22.5	19	20.5	20.5	14	11	13	7	5.5	0						
Litlington	91	88.5	85.5	82	78.5	75.5	66.5	66	68	63.5	61.5	54.5	55.5	47	42.5	40	36	33	29	27	24.5	23	23.5	20	21.5	21.5	15	12	14	8	6.5	1	0					
Seven Sisters Country Park Visitors Centre	93	90.5	87.5	84	80.5	77.5	68.5	68	70	65.5	63.5	56.5	57.5	49	44.5	42	38	35	31	29	26.5	25	25.5	22	23.5	23.5	17	14	16	10	8.5	3	2	0				
Birling Gap	96.5	94	91	87.5	84	81	72	71.5	73.5	69	67	60	61	52.5	48	45.5	41.5	38.5	34.5	32.5	30	28.5	29	25.5	27	27	20.5	17.5	19.5	13.5	12	6.5	5.5	3.5	0			
East Dean (96)1	97.5	95	92	88.5	85	82	73	72.5	74.5	70	68	61	62	53.5	49	46.5	42.5	39.5	35.5	33.5	31	29.5	30	26.5	28	28	21.5	18.5	20.5	14.5	13	7.5	6.5	4.5	1	0		
Beachy Head Visitors Centre	99	96.5	93.5	90	86.5	83.5	74.5	74	76	71.5	69.5	62.5	63.5	55	50.5	48	44	41	37	35	32.5	31	31.5	28	29.5	29.5	23	20	22	16	14.5	9	8	6	3	4	0	
Eastbourne Seafront	100.5	98	95	91.5	88	85	76	75.5	77.5	73	71	64	65	56.5	52	49.5	45.5	42.5	38.5	36.5	34	32.5	33	29.5	31	31	24.5	21.5	23.5	17.5	16	10.5	9.5	7.5	4.5	5	1.5	0
Eastbourne Railway Station	102	99.5	96.5	93	89.5	86.5	77.5	77	79	74.5	72.5	65.5	66.5	58	53.5	51	47	44	40	38	35.5	34	34.5	31	32.5	32.5	26	23	25	19	17.5	12	11	9	6	6.6	3	1.5	0
Eastbourne Seafront	98																																					1.5	0	
Jevington (Bridleway route)	94.5																																					6.5	4.5	0	
Alfriston (Bridleway route)	90																																					10	8.5	4	0

This Mileage chart shows the distance between various points along the South Downs Way in miles. The places listed in **Bold** are to be found on the Trail, the places listed in *italic* are near by villages with facilities such as public transport, refreshments and accommodation but are found just off the Trail. The figures in brackets next to 'off Trail' locations are the distances along the Trail before you need to head off the Trail, followed by the distance from the Trail to the village. A number of 'off Trail' locations have several access route options, but the closest or easiest has been chosen here. All distances are approximate and rounded to the nearest 1/2 mile. The locations on the darker grey background are to be found on the Bridleway part of the Eastbourne loop.