



# THE SOUTH DOWNS WAY

*'In Stages 2012'*

Winchester to Eastbourne

105 miles over 4 Weekends



**Per-Rambulations**

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# THE SOUTH DOWNS WAY – *In Stages* 2012

## THE EVENT

Walking the **South Downs Way – *In Stages*** is the ideal way to walk across the new South Downs National Park. The event spreads the walk over four weekends and therefore generally means you do not need to take time off work. It also allows you time to recover or rest between stages and you experience the Downs not only in early and late spring but in summer time.

The South Downs Way - *In Stages* offers a real alternative way to complete the 105 miles between Winchester and Eastbourne along the sometimes challenging and beautiful National Trail.

The 2012 Event is scheduled over four weekends between April and July.

## THE 2012 WEEKENDS & STAGES

### First Weekend

Sat 14<sup>th</sup> April – Winchester to Exton – 13m

Sun 15<sup>th</sup> April – Exton to Queen Elizabeth Country Park – 12m

### Second weekend

Sat 5<sup>th</sup> May – Queen Elizabeth Country Park to Cocking – 12m

Sun 6<sup>th</sup> May – Cocking to Whiteways – 9m

Mon 7<sup>th</sup> May – Whiteways to Washington – 9m

### Third Weekend

Sat 16<sup>th</sup> June – Washington to Devil's Dyke – 12m

Sun 17<sup>th</sup> June – Devil's Dyke to Newmarket (Lewes) – 12m

### Fourth Weekend

Sat 14<sup>th</sup> July – Newmarket to Alfriston – 14m

Sun 15<sup>th</sup> July – Alfriston to Eastbourne (via Seven Sisters) – 12m  
(alternative route via Jevington – 9m)

## THE WALK

The Walk will be supported, rather than guided, by the *Per-Rambulations* Team allowing those who prefer to make their own pace and progress along the trail to do so. However you are welcome to walk with supporting Team members who will be walking amongst you each day. The Team have a wealth of experience of the Trail and have, between them, walked it many times.

## TRANSPORT

Coach transport is provided for each weekend and the pick up points during the nine days will vary between Horsham, Pulborough, Midhurst, Arundel, Shoreham and Lewes. When registering for the event you will be requested to nominate your preferred pick up points for each day. Times for pick-up will also vary from day to day and could be as early as 8am.

The time the coach departs at the end of each day will also vary and is dependent upon the length of the stage and the progress made during the day.

## REFRESHMENTS

Where possible we will rendezvous with our coach each day close to lunchtime when drinks and light snacks will be available, but you will be expected to provide your own food and liquid refreshment for consumption during the walk.

## DOGS

Well-behaved dogs are welcome to join their owners on the walk. Please notify *Per-Rambulations* if you intend to bring your dog with you.

## END OF WALK PARTY

On our arrival at Eastbourne on Sunday 15<sup>th</sup> July we will celebrate our achievement with tea and coffee and a selection of sandwiches and cakes courtesy of *Per-Rambulations*. You may also wish to enjoy a glass of something stronger from the bar?

And all those completing the full nine days will receive an official South Downs Way National Trail certificate.

## HOW TO REGISTER

Complete a Registration Form and send to *Per-Rambulations* with the appropriate payment (post-dated cheques to 1<sup>st</sup> March 2012 are acceptable).

An acknowledgement will be sent to you within 10 days of registration and a full information booklet about 28 days prior to the first weekend. Please note that numbers will be limited for this special event.