

Walk 2/26 (Lewes or Southease to Seaford): late lunch options

South Heighton and Denton are conjoined villages on the East of the River Ouse (opposite and overlooking Newhaven). The Hampden Arms (HA) at South Heighton is correctly marked on the map at 451028. The Flying Fish (FF) at Denton is at 454025. I have not used either pub, but I do know that the FF has a good menu outside and when I asked staff there about the HA they said it does 'very basic' food!!

The suggested directions for HA leave the main walk quite early on, by forking right at 457047, whereas for FF it is suggested that you use two parallel paths which leave the main route at 460028 and 462026. A glance at the map shows that there are lots of contour lines between these two paths – the lower, more challenging path runs through woods, whereas the higher path is an easy wide track. The two paths come out on the road next to each other at 457024. Note that the suggested route from HA passes close to FF and then uses the woodland path (in reverse).

Route to Hampden Arms

Follow the main walk directions to page 3, column 2 after America Farm, where the directions read: In 950 metres, where the path narrows between fences just before a hill, the path divides.

This division is marked by a wooden post. The main walk takes the left fork, but for HA fork right. You effectively follow this path South all the way to the pub, with no turnings off, uphill at first then downhill, passing Page's New Barn on your right, then the path from New Barn on the left. As you approach houses, ignore a path to the right and another which is up steps on the left. Once you reach the road, you soon find the pub on your left (the village green with seats is ahead).

Route from Hampden Arms

From the pub, turn right and take the steps up to the path, which is now on your right. This leads across a field at 150 degrees. When I was there it was hard to identify the line so I followed the field edge, but I did see others taking the path. Either way, you come out to the right of a small electricity sub-station and turn left on Heighton Road. Cross Rectory Road on the right (note that FF is at the end of this road if you're still hungry). Pass the church on your right and continue to Denton Road. Cross the road and just to the right take a footpath behind a barrier leading up steps at 455025. The path climbs up to cross the end of Kings Avenue. Continue on tarmac, passing a wild flower garden on the left. Turn left on The Crescent and ignore a path on the left. When the road turns right, becoming Fairholme Road, there are two options to its left. Straight ahead is a woodland path and to its right is a wide level track (still The Crescent). You can take either path, but the narrow woodland path is more challenging. Follow this path past a section of barbed wire fence on your right, ignoring turnings off, with steep drops to your left. Once out in the open, take the next stile on your right, then turn right to rejoin the main route in the first paragraph on page 4, which reads: In 100 metres ignore a bridleway to the right.

Route to Flying Fish

Continue along the main walk route to the first paragraph on page 4, which reads: In 10 metres ignore a stile to the right. In 100 metres ignore a bridleway to the right.

For FF, you could take the stile to the right except it leads to another stile, so you are better off taking the bridleway in another 100 metres! Go over a stile to the left and follow the path in to woods. The map shows several paths cutting across the woodland path, which are hard to identify on the ground. There are steep drops to your right and the path runs alongside a barbed wire fence

on the left for a time. After the end of this fence, look for a path leading down to the right, opposite another leading up to the left (GPS may help here). Take the downhill path which leads to steps. You come out from the woods to find flats to left and right. Descend more steps to Park Drive Close and turn left on Denton Road. Just after Heighton Road on the right, ignore the footpath behind a barrier leading up steps at 455025. Also ignore a wide track to the left, which leads round the back of the pub garden. The pub is on the left opposite Rectory Road.

Route from Flying Fish

Return to 455025 and take the footpath up steps. The path climbs up to cross the end of Kings Avenue. Continue on tarmac, passing a wild flower garden on the left. Turn left on The Crescent and ignore a path on the left. When the road turns right, becoming Fairholme Road, there are two options to its left. Straight ahead is the woodland path used earlier, but to its right is a wide level track (still The Crescent). Follow this track ignoring all turnings off, to rejoin the main route by turning right at 'after 150 metres ignore a bridleway and footpath to the right', in the same paragraph where you left it (the first paragraph of page 4).

Mike Powell, October 2021