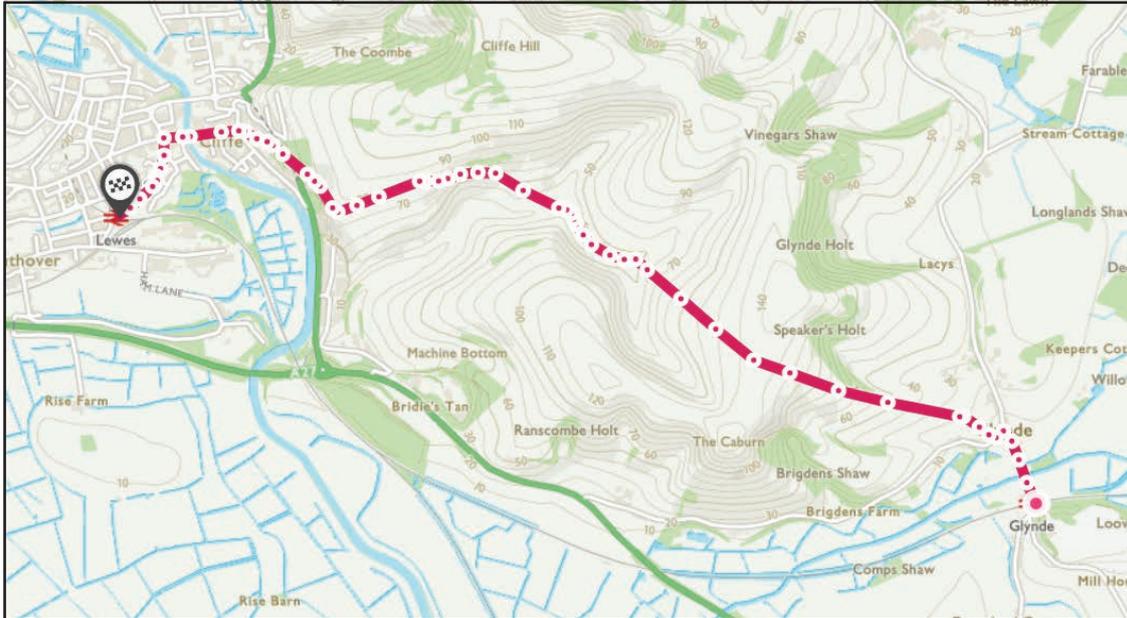




## SELF-GUIDED WALK

### Glynde to Lewes Railway Station

A 2 mile walk from Glynde railway station to Lewes railway station, taking 2 hours.



Leave Glynde station through the car park, walking north for 200 yards to Ranscombe Lane. Turn left into the lane. The post office is on the left, and opposite this is a stile onto a footpath. Take the path and walk across the field to another stile. Follow the path up the hill, over another stile. Continue to the stile at the top of the hill: this is Mount Caburn.

On the right can be seen one of many Tumuli in the area, containing bones of groups of people from the Bronze Age. On the left is a short walk to Fort Caburn (pronounced Cawburn), an early Iron Age fort, enclosing about three and a half acres. The walls would have been surmounted by a stockade and was a site of permanent residence rather than somewhere to stay in the event of invasion. It was used this way from approximately 500BC to 100AD, around the time of the occupation of the Romans, when the new peace they brought meant living in protected hill-top forts was no longer necessary.

Mount Caburn is a peak on a small isolated part of the Downs separated from the main bulk of the Downs by valleys cut by the River Ouse and its tributaries. There are magnificent views of the south coast from here.

Continue over the stile down the hill until reaching a further stile at the bottom. After crossing the stile the path bears left along the bottom of the valley until a large dewpond is seen ahead.

A dew pond is a drinking pond for farm animals on arid hilltops such as chalk downs. In the UK, dewponds were excavated in the 19th century and lined with mud and clay (although this one is concrete-lined). It is uncertain where the water comes from but it may be partly rain, partly sea mist, and only a small part dew.

Go through the gate here and follow the path as it ascends the next hill. The path levels off and bears left at the vertical railway sleeper, until reaching a water trough. Turn right here to the Golf Club. At the Golf Club, take the path left beside the quiet road down into Lewes. At the main road, go straight over the road into Lewes, crossing the river and continuing until the next road junction where a left turn should be taken. The road then curves around Lewes passing the 1784 Friends meeting house and the "All Saints Centre" until another junction, where a left turn should be taken down to the station.