



Mountain Biking on the South Downs

Peter Edwards

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The South Downs is a mountain biker's paradise. Thousands of kilometres of well-maintained byways and bridleways can be combined to create seemingly inexhaustible route combinations. The 26 routes in this book are graded (blue, red and black) for a range of abilities, and grouped into 6 sections: The South Downs Way National Trail (the whole route described in 3 stages) and routes around Winchester, Chichester and Petersfield, Arundel and Worthing, Brighton and Lewes and Eastbourne. They range from 14km to 57km in length and up to 95% off road, providing plenty of challenge for any mountain biker.

Many tracks traverse well-drained chalk downland, providing superlative off-road conditions for much of the year. All routes are clearly illustrated on OS maps with numbered stages linking the route descriptions to maps. Extensive information is also included on facilities and services, including bike shops and mechanics, cafes, pubs and food shops, accommodation and transport links and tips on bike gear and preparation.

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