



Alfriston final trip details

Here are the finer details for the Alfriston trip. I've tried to cover everything, but please mail me if you have any questions.

Please note the prompt start time on Saturday

Weekend Itinerary

	Young riders	Older riders
Sat 10am	Arrive Alfriston YHA	
Sat 10:15 prompt	South Downs MTB	South Downs MTB: Seven Sisters Circular
Sat lunch	Cuckmere valley and the Downs, 8-10 miles	13 or 22 mile route
Sat afternoon til 4pm	Druscilla Park (if time permits) (you'll need to pay admission)	
Sat Evening	Smuggler themed fun events – remember your costume. Prize for best Adult smuggler and best Child smuggler	
Sun 10am	Leave Alfriston YHA	
Sun am	Cuckoo trails cycle ride, Polegate to Heathfield	
Sun lunch	Cuckoo trails cycle ride, Polegate to Heathfield	
Sun pm	Finish at the Aztec swim pools, Burgess Hill (you'll need to pay admission)	

Meals

	Hostel overnights	Sat day trippers eating at Hostel	All others
Sat packed lunch	Riders need to bring this	Riders need to bring this	Riders need to bring this
Sat evening meal (6:30)	Provided	Provided	n/a
Sat evening snacks	Provided	Provided	n/a
Sun breakfast (8am-8.30)	Provided	n/a	n/a
Sun packed lunch	Provided	Riders need to bring this	Riders need to bring this

Please also bring a drink (water) and snacks for the rides – no Fizzy Drinks!

Contacts

Geoff Nutter	07905 742874	GeoffNutter@yahoo.com
Bill Wright	07930 397245	
Charlie Codrington	07930 406610	



Arrangements for Saturday

Travel

Rather than set off from Herne hill en masse, please make your own way to Alfriston Youth Hostel on the Saturday. Please be there for 10am – allow plenty of time to get there – it's at least 2 hrs from London.

Rides will set off at **10:15am prompt** - we won't be able to wait as we have a full day's riding to complete

Start Location

Alfriston Youth Hostel, Frog Firl Barn, Seaford Road, Alfriston, Polegate, BN26 5TT

Google maps:

<http://maps.google.co.uk/maps?hl=en&source=hp&q=alfriston+youth+hostel&oq=Alfriston&um=1&ie=UTF-8&sa=N&tab=w>

Saturday Ride groups

We have 40 riders on Saturday and have allocated you to one of 3 groups, based on ability. All rides will be subject to amendment as the leader sees fit.

Please stick to your groups as we have balanced these to make sure that everyone has an enjoyable days riding.

Group 1: A full circuit of the Seven Sisters Circular, 22 miles, led by **Charlie Codrington**

HHYCCers

Abigail Twisk
Dan Abbott
Freddie Argent
James Abbott
James Mordaunt
Oscar Harman

Sam Judd
Stan Nutter
Theo Codrington
William Bardsley

Adults

Charlie Codrington
Jon Abbott
Steve Judd
Neil Bardsley
Will Mordaunt

Group 2: Half circuit of the Seven Sisters Circular (with possible extensions), led by **Bill Wright**, 13+ miles

HHYCCers

Arthur Ingarmells
Ava Lockyear
Betty Townley
Harry Lampert
Jonathon Akinjewe
Louis Harman

Miren Summers
Robert Good
Toby Lampert

Adults

Bill Wright
Dave Argent
Jon Akinjewe
Richard Lampert
Stuart Lockyear
Bob Townley

Group 3: An 8 – 10 mile ride on the Downs above the Cuckmere valley, led by **Geoff Nutter**

HHYCCers

Grian Summers
Holly Bardsley
Joe Bertram
Joseph Bardsley
William Good

Adults

Geoff Nutter
Polly Twisk
John Good
Kim Harman
Martin Summers



Arrangements for Sunday

We will travel from the Hostel to Polegate to the start of the Cuckoo trail, a 13 mile ride up a disused railway, to Heathfield.

Google maps:

http://maps.google.co.uk/maps?f=q&source=s_q&hl=en&geocode=&q=Polegate,+East+Sussex,+United+Kingdom

We will work out groups and extensions on Sat evening, based on how tired we all are and the weather. We will also finalise logistics for cars and drivers as this is a one way route.

Following the ride, we will head over to Burgess Hill to the [Aztec Swim pools](#) for an afternoons splashing about! You'll need to pay admission for this. Please plan to stay for this activity to finish off the weekend activities.

