

THE VANGUARD WAY

‘From the suburbs to the sea’

AN INTRODUCTION TO THE ROUTE

COLIN SAUNDERS

Fourth Edition
Version 4.1

This fourth edition was first published in 2009.
It is only available as an online resource.

It replaces previous printed editions published in
1980, 1986 and 1997

Designed by Brian Bellwood

Published by the Vanguards Rambling Club
35 Gerrards Close, Oakwood, London, N14 4RH, England

© *VANGUARDS RAMBLING CLUB 1980, 1986, 1997, 2009*

Colin Saunders asserts his right to be identified as the author of this work. Whilst the information contained in this guide was believed to be correct at the time of writing, the author and publishers accept no responsibility for the consequences of any inaccuracies. However, we shall be pleased to receive your comments and information of alterations for consideration. Please email colin@vanguardway.org.uk or write to Colin Saunders, 35 Gerrards Close, Oakwood, London, N14 4RH, England.

CONTENTS

Route distance table	3
How to use the Vanguard Way route description	4
Maps	5
Compass & Other Equipment	5
Signs and waymarking	7
Road safety	7
Countryside Code	8
Travelling to and from the Vanguard Way	8
General description of the area and terrain	9
History of the area	10
Completed the route?	12
Contacts	12
Acknowledgements	13
Books by the same author	15

© Colin Saunders, 2009

THE VANGUARD WAY - AN INTRODUCTION TO THE ROUTE

VANGUARD WAY ROUTE DISTANCE TABLE

														DISTANCES IN MILES			
Croydon	6¾	11¼	13½	19½	24¾	28	31	35	42	47¾	53¾	56¾	58	60¾	64	66	
11.0	Chelsham Common		5	6¾	12¾	18	21	24¼	28½	35	41	47	50	51¼	53½	59¼	
19.0	8.0	Titsey		1¾	7¾	13	16¼	19¾	23¾	30	36	42	45	46¼	48½	54¼	
22.0	11.0	3.0	Moorhouse		6	11¼	14¼	17½	21½	28½	34¼	40	43¼	44½	50¼	52½	
31.5	20.5	12.5	9.5	Haxted Mill		5¼	8¼	11½	15½	22¼	28½	34¼	37¼	38½	40½	46½	
40.0	29.0	21.0	18.0	8.5	Hammer-wood		3	6¼	10¼	17	23	28¾	32	33¼	35½	39	41¼
45.0	34.0	26.0	23.0	13.5	5.0	Forest Row		3	7¼	14	19¾	25¾	28¾	30	32¼	36	38¼
50.0	39.0	31.0	28.0	18.5	10.0	5.0	Newbridge		4	10¾	16¾	22¾	25¾	27	29¼	33	35
56.5	45.5	37.5	34.5	25.0	16.5	11.5	6.5	Poundgate		6¾	12¾	18¾	21¾	23	25¼	28¾	31
67.5	56.5	48.5	45.5	36.0	27.5	22.0	17.5	11.0	Blackboys		6	11¾	15	16¼	18¼	21¼	24¼
77.0	66.0	58.0	55.0	45.5	37.0	32.0	27.0	20.5	9.5	Chiddingfold		6	9	10¼	12½	16¼	18¼
86.5	75.5	67.5	64.5	55.0	46.5	41.5	36.5	30.0	19.0	Berwick Station		3	4¼	6½	10¼	12½	
91.5	80.5	72.5	69.5	60.0	51.5	46.5	41.5	35.0	24.0	Alfriston		1¼	3½	7¼	9¼		
93.5	82.5	74.5	71.5	62.0	53.5	48.5	43.5	37.0	26.0	Litlington		2¼	6	8			
97.0	86.0	78.0	75.0	65.5	57.0	52.0	47.0	40.5	27.5	Exceat Bridge		3.5	3¾	6			
103.0	92.0	84.0	81.0	71.5	63.0	58.0	53.0	46.5	35.5	Seaford		6.0	2¼				
106.5	95.5	87.5	84.5	75.0	66.5	61.5	56.5	50.0	39.0	Newhaven		9.5	3.5				

DISTANCES IN KILOMETRES

For places not shown please refer to the line diagram in the Facilities Section

Based on the original drawing by Colin Hills

THE VANGUARD WAY - AN INTRODUCTION TO THE ROUTE

HOW TO USE THE VANGUARD WAY ROUTE DESCRIPTION

A free route description to the Vanguard Way is available in 10 separate sections from our website www.vanguardway.org.uk. The sections start and finish at places that are mostly convenient for public transport, and are as follows:

	<i>From</i>	<i>To</i>	<i>km</i>	<i>miles</i>	<i>Other transport links</i>
1	East Croydon	Chelsham Common	11.0	6.8	South Croydon
2	Chelsham Common	Limpsfield Chart	12.7	7.9	Oxted, Warlingham
3	Limpsfield Chart	Haxted Mill	8.1	5.0	Edenbridge
4	Haxted Mill	Forest Row	13.4	8.3	Edenbridge Town, Lingfield
5	Forest Row	Poundgate	11.3	7.0	Crowborough
6	Poundgate	Blackboys	11.0	6.8	Buxted
7	Blackboys	Golden Cross	12.2	7.6	East Hoathly
8	Golden Cross	Berwick Station	6.6	4.2	
9	Berwick Station	Exceat Bridge	10.5	6.5	
10	Exceat Bridge	Newhaven	9.7	6.0	Seaford, Bishopstone

You can of course combine sections to make a longer day's walk, or indeed break them up as you see fit, using the other transport links shown above. With the help of a taxi or car you can be set down or picked up at any convenient point within each section. Distances to intermediate points are given in the route description for each section.

Details of accommodation, refreshments, public transport (including taxis) and other useful information are contained in the separate **Vanguard Way Companion**, also available free on the Vanguard Way website www.vanguardway.org.uk.

Each section is laid out as follows:

- Abbreviations used in the text
- Public transport links
- Distances between key locations
- An overview of the section
- The route description
- Commentary on points of interest

The route description indicates points where public transport, accommodation, refreshments, toilets and phone boxes* are located on or near the route.

* Although most people have a mobile phone, in some rural areas reception is poor (or your battery may have run out), so in the route description [Phone box] shows where in rural areas you can find public telephone boxes, most of which are clearly marked on OS Explorer maps. Most pubs also have a public payphone.

Before starting out on a section, you may find it helpful to read the **Overview**, which gives a general description of the area you will be walking through.

The route description itself is shown in black Roman (upright) type. Any variations from the usual route, or advice or information, are shown in *italics*. Also **links with stations off route** are shown in *italics*.

Points of interest along the route are shown in **underlined bold italics** - this indicates that more information about it appears in the commentary, which follows the route description. Clickable hyperlinks to other relevant websites and email contacts are shown in underlined blue text.

With two or more people walking together, we suggest that you separate the commentary pages, then one person can follow the route description while another reads out the commentary.

The route description tells you which **local authority** covers the area you are in. This is partly for interest

THE VANGUARD WAY - AN INTRODUCTION TO THE ROUTE

but also so that you can if necessary report any problems along the route, such as obstructions or broken stiles.

You are strongly advised to take the relevant **maps** with you (see below).

Please follow the **Countryside Code** (www.countrysideaccess.gov.uk) at all times (see page 8).

EQUIPMENT

Maps

The maps on our website are only intended to show where the route goes - they are not to be used for navigation. You are strongly advised to buy or borrow the relevant Ordnance Survey (www.ordnancesurvey.co.uk) Explorer maps (currently £7.99 per sheet) to be used in conjunction with this guide. They give a good impression of the area you are passing through, and can be invaluable if you go off-route - accidentally or on purpose! Although Landrangers (currently £6.99 per sheet) give a better overview of the area, they are not as good for route finding, while the Explorers are ideal for this purpose.

It happens that you need five of each of the standard sheets whether you choose Explorer or Landranger. However, if you decide to buy Landrangers, you can if you wish save about £3 and some weight by obtaining two special **OS Select** sheets (currently £15.99 per sheet) covering the whole route, instead of the five standard sheets listed below (currently £6.99 each). When ordering, you will need to insert a 'map centre' grid reference for each sheet. They are TQ 440 515 for the northern half and TQ 440 170 for the southern half. For the main titles and sub-titles, we suggest you use 'Vanguard Way Nth' with 'From Croydon to Forest Row', and 'Vanguard Way Sth' with 'From Ashdown Forest to Newhaven'.

Although OS Select maps can also be obtained at 1:25,000 scale, it is probably not worth the expense as you would need three at £16.99 plus standard sheet 123 at £7.99, instead of the five standard Explorers at £7.99 each.

You should be aware that older OS maps may show the VW route incorrectly in places, and in the text we draw attention to these lapses or changes. If in doubt you should follow the route description rather than the map, but a map will be essential for finding places off route and for finding your way back to the route if you come off it accidentally, or have to make a diversion.

The table on page 6 shows the appropriate individual sheets for each section of the route.

See our website www.vanguardway.org.uk for a Map Key Diagram.

Compass

You are strongly advised to take a compass, and learn how to use it. This will be helpful in places where the exact line of the path may be unclear on the ground, especially in very large fields, where the spot you are heading for is not visible. In such places the route description includes a compass bearing to follow. There have also been instances of farmers planting tall maize crops across a public right of way, without reinstating its line, so that you may not be able to see whether you are heading in the right direction without a compass.

Other equipment

You should of course dress appropriately for the weather and time of year. **Walking boots** or stout walking shoes are suitable in most conditions, and in summer good quality trainer-type shoes with a good grip will usually suffice, but bear in mind that after heavy rain the ground can get very muddy, and some low-lying places near rivers or streams may be flooded. The Overview at the start of each sectional route description indicates where this can happen.

Keep an eye on the weather forecast (suggested sources are shown in the Vanguard Way Companion) and carry **waterproof gear** (jacket and overtrousers) and a **spare warm layer** such as a pullover. **Gaiters** or anklets can be very useful as they help to keep rain and water from wet grass etc. out of your boots; they

THE VANGUARD WAY - AN INTRODUCTION TO THE ROUTE

keep mud, grass seeds and burrs off your socks; and they make it practical to walk straight through, rather than awkwardly round, mud and puddles. **Overboots** or plastic bags can be useful to cover muddy boots when entering pubs or tea-rooms.

Many walkers like to carry a **walking stick** or one or two walking poles, as this gives stability on awkward ground, and can give an extra push on steep hills (there are many along the route) and long flights of steps (there are two in Section 9). A stick is also useful on overgrown paths to knock away nettles and brambles.

A **mapcase** can be helpful as it keeps your map open at the required section and keeps the rain off. With a mapcase that is transparent on both sides, you can also put in your route description so that this is visible on one side while the map can be seen on the other side.

In winter you should always carry a **torch** in case you take longer than expected and finish in the dark.

You should carry a small but comprehensive **first aid kit** and some **water**. Other things to consider are: camera, packed lunch or snack, a whistle to attract attention in emergencies (six short blasts every minute).

Maps needed for each section of the Vanguard Way

	1:50,000 (Landranger)	1:25,000 (Explorer)
1 East Croydon to Chelsham (www.vanguardway.org.uk/download/VGWdes01.pdf)	177, 187	147, 161
2 Chelsham to Limpsfield Chart (www.vanguardway.org.uk/download/VGWdes02.pdf)	187	146, 147
3 Limpsfield Chart to Haxted Mill (www.vanguardway.org.uk/download/VGWdes03.pdf)	187	147
4 Haxted Mill to Forest Row (www.vanguardway.org.uk/download/VGWdes04.pdf)	187	135, 147
5 Forest Row to Poundgate (www.vanguardway.org.uk/download/VGWdes05.pdf)	187, 188	135
6 Poundgate to Blackboys (www.vanguardway.org.uk/download/VGWdes06.pdf)	188, 199	123, 135
7 Blackboys to Golden Cross (www.vanguardway.org.uk/download/VGWdes07.pdf)	199	123
8 Golden Cross to Berwick Station (www.vanguardway.org.uk/download/VGWdes08.pdf)	199	123
9 Berwick Station to Exceat Bridge (www.vanguardway.org.uk/download/VGWdes09.pdf)	199	123
10 Exceat Bridge to Newhaven (www.vanguardway.org.uk/download/VGWdes10.pdf)	198, 199	123

SIGNS AND WAYMARKING

Waymarking of the Vanguard Way was carried out in 1997, though there are still some gaps to be filled, especially in the Ashdown Forest. Generally, it consists of discs attached to posts. The discs contain a coloured arrow with 'VANGUARD WAY' around the edge. The colour of the arrow denotes the legal status of the path:

Yellow on public footpaths

Blue on public bridleways

Red on byways

Black on roads

Orange on permissive footpaths

In urban locations you will instead find metal fingers attached to posts, usually consisting of white text 'Vanguard Way' on a green background.

There is a proposal to waymark links with nearby rail stations, but at the time of writing (2008) this had not taken place.

ROAD SAFETY

We have tried to avoid roadwalking as much as possible, but there are several sections where this is unavoidable. You should of course take great care when crossing roads.

In some places the route follows a **road with no pavement**, and you should then take extra care. In general, the advice of the Highway Code (www.direct.gov.uk/en/TravelAndTransport/Highwaycode/index.htm) for pedestrians is to follow the righthand side of the road as closely as possible and keep to single file.

However, at **righthand bends** this may not be advisable if you cannot see and be seen by approaching traffic, which may hug the bend. In these circumstances it is better, a little before the bend, to cross carefully to the lefthand side and stay there until you have passed the bend, then return to the righthand side when safe to do so.

If you have to walk in **poor visibility or darkness**, wear something light in colour - bright yellow or orange would be best - and use a torch, both to see in darkness and to advertise your existence to oncoming drivers.

THE COUNTRYSIDE CODE

The Countryside Code (www.countrysideaccess.gov.uk) is promoted by Natural England (www.naturalengland.org.uk) for the benefit of users and landowners in rural areas, and we hope that all Vanguard Wayfarers will respect it. The main points are:

- Be safe – plan ahead and follow any signs
- Leave gates and property as you find them
- Protect plants and animals, and take your litter home
- Keep dogs under close control
- Consider other people

Also (not part of the Countryside Code but important advice nonetheless):

- Help to keep all water clean
- Make no unnecessary noise

TRAVELLING TO AND FROM THE VANGUARD WAY

The Vanguard Way is well served by public transport, and we hope you will try to use it to get to and from the route. In the route description, points served by public transport are indicated by [\[Transport\]](#) followed by details of what is available. More detailed information is shown in the Vanguard Way Companion.

If you need transport to or from places that have no scheduled public transport, or where this is infrequent and times are inconvenient, you might consider hiring a local taxi - this need not be expensive if there are several people in your party. A list of conveniently located **taxi and minicab services** is included in the Vanguard Way Companion.

Visitors from other countries should note that the Vanguard Way can easily be reached as follows:

By train.

Eurostar to St. Pancras International. The Thameslink train service operated by First Capital Connect goes from there direct to East Croydon (35 minutes).

By air.

London Gatwick is close to the route and has fast and frequent train connections to both East Croydon (22 minutes) and Newhaven Harbour (50 minutes, with a change of trains at Lewes or Brighton).

London Heathrow is linked with East Croydon station by a direct express coach service (1½ - 2 hours).

London Luton is linked with East Croydon station by the Thameslink train service (62 minutes).

London Stansted. You can either:

- a) take the Stansted Express train to Tottenham Hale, then change to the London Underground (Victoria Line) to Victoria, then change there for a train to East Croydon - a journey of about 1½ - 2 hours, or
- b) take a train from Stansted to Stratford, then London Underground (Jubilee Line) to London Bridge and train to East Croydon.

London City. Take the Docklands Light Railway to Canning Town, then London Underground (Jubilee Line) to London Bridge and train to East Croydon.

By sea.

LD Ferries from Dieppe or Le Havre to Newhaven. There is a frequent train service from Newhaven Town station, near the ferry terminal, to East Croydon (65 minutes, with a change of trains at Lewes or Brighton).

A GENERAL DESCRIPTION OF THE AREA AND TERRAIN

The Vanguard Way passes through some of the loveliest countryside in southern England, including a proposed National Park, two Areas of Outstanding Natural Beauty (AONB) and a Heritage Coast. Most of the route lies in fields, woodland and heathland. Even though it starts in the bustling London Borough of Croydon, you quickly leave the town centre behind and find yourself in the countryside. Soon you climb over the North Downs, part of the Surrey Hills AONB, with fine views and the highest point of the route at 262m (860 feet) above sea level.

Some gentle walking through farmland takes you across the M25 motorway, then more steady climbing leads into the wooded Greensand Ridge around Limpsfield Chart at 175m (574 feet) above sea level.

Next comes the undulating landscape of the Weald, which occupies most of the route. By turns it takes you through rich farmland and deciduous woodland, over low hills and across streams and small rivers that mostly feed the Medway. The area has a complex geology, described in detail in the History chapter below. It includes the Ashdown Forest, part of another AONB, the High Weald - one of the wildest areas of Southern England, pervaded by a feeling of remoteness.

Towards the end, more great views beckon you onwards as you cross the South Downs, currently part of the Sussex Downs AONB, but in the process of being designated as a National Park. Finally, your efforts are richly rewarded on the last stretch, along the Sussex Heritage Coast, with invigorating sea air and two of the most spectacular views in Britain: of the meanders of the Cuckmere River, then of the pure white cliffs known as the Seven Sisters, towering high above the English Channel.

The route has been designed to avoid major settlements as far as possible, but a few have been included for the sake of their facilities, and because they are interesting places to visit. You may be under the impression that Croydon is a good place to get away from as soon as possible, but it has some of the best transport connections in the southeast, offers excellent shopping and other facilities, and boasts a rich history with interesting buildings to match.

East Croydon is one of the busiest commuter stations in Britain, and the borough is one of the largest in Greater London, with some 330,000 residents according to the 2001 census. But the Vanguard Way skilfully avoids towns thereafter, until it reaches the Sussex coast at Seaford, whose population of 23,000 makes it the second largest place along the route, followed by Newhaven with just over 11,000. A little under halfway along, Forest Row, with almost 5,000 at the 2001 census, can perhaps claim to be a small town - or is it a large village? Otherwise, the only settlements of any size that you will pass are Blackboys, Buxted and Alfriston - all with fewer than 1,000 inhabitants. Though as many again may visit Alfriston during the course of a day in high season, as it is such a pretty and interesting place.

Not far away, though, and easily reached if you need their facilities, are the expanding towns of Oxted, Edenbridge, East Grinstead and Crowborough; while Brighton and Hove (recently accorded city status), Lewes (the county town of East Sussex) and the genteel seaside resort of Eastbourne lie just a short hop away by train from Berwick Station.

If you relish the idea of a pub for your lunch stop, or a café for morning coffee or afternoon tea, we draw your attention to those that are either on the route or within easy reach - in the case of the latter we describe the best way of reaching them. The Vanguard Way Companion provides full details.

Terrain

Most of the route is easy walking. Lying in the lowlands of southeast England, there are no really strenuous climbs to tackle - at least not for long! But be prepared for some short, very steep ascents and descents. Nearly all of the route is on public rights of way, public highways or areas with open public access, but there is one short stretch on a permissive path, which can in theory be closed with no notice - an alternative route is provided in the unlikely event that this should happen.

Much of the route is on an uneven surface, so you will need stout shoes, trainers or boots. There are some

THE VANGUARD WAY - AN INTRODUCTION TO THE ROUTE

very muddy stretches, and sometimes crops can make progress difficult. Some stiles may be in need of repair. Local authorities and landowners should keep all public rights of way in good repair, so if you come across any difficulties or obstacles, please report it to the relevant authority (mentioned in the route description) and let us know about it too (see *Contacts* below).

The Vanguard Way is mostly unsuitable for people using wheelchairs or pushing buggies, cycling or horse-riding, as so much of the route is on uneven ground and includes some very steep and muddy terrain, with approximately 170 stiles, 17 kissing gates and two very long flights of steps to negotiate. If you wish to discuss these aspects of the route in more detail, please email colin@vanguardway.org.uk.

A HISTORY OF THE AREA

Prehistory and early history

If you go back far enough, Britain was joined to the rest of Europe, and early humans easily found their way here, sometimes during periods of very warm climate. Fossilised hominid bones dating back 700,000 years have been found, as have those of woolly rhino, hippopotamus and mammoth.

After the last Ice Age (10,000 years ago), Britain became separated from the rest of Europe, and so started to develop its own culture. Southeast England was inhabited by successive waves of settlers of Celtic, Roman, Saxon and Norman origin. Although some historians maintain that Celtic genes are still strongly represented in the population of this area, it is the Saxons whose place names have left the deepest impression, such as Croydon, Selsdon, Farleigh, Chelsham, Woldingham, Haxted, Chiddingly, Berwick and Alfriston.

The Romans were very active in this area (the local Celtic tribe, the Regni, largely welcomed Roman culture with enthusiasm), expanding the existing Iron Age mine workings in the Weald. The Vanguard Way encounters Roman roads three times, near Crockham Hill, in the Ashdown Forest and especially near Berwick Station where the route actually follows the line of a Roman road for 850 metres. Also, near Ripe, the VW passes through a Roman farming settlement marked by a grid of straight boundaries corresponding to multiples of the Roman actus.

In Saxon times, Surrey was part of the kingdom of Middlesex. Its name was recorded in the 7th Century as either Sudergeona or Suthrige, depending on your source of information. Both mean 'South Region' (of Middlesex). Sussex literally means South Saxons, which was a separate kingdom, traditionally established by King Ella in 477 AD. Eventually Wessex became the dominant kingdom, and this whole area became part of it in 825 AD, ruled by Alfred the Great during its 'Golden Age' of the late 9th century.

In 1066 the Norman Conquest brought a new administrative system, re-establishing Surrey and Sussex as administrative territories, called shires or counties, but ironically applying the Saxon term earl to the nobleman in charge, and later sheriff (shire-reeve). King William I ('the Conqueror') set about recording all the property of his new realm in the Domesday Book (www.nationalarchives.gov.uk/documentsonline/domesday.asp), which was completed in 1086, and settlements along the Vanguard Way with Saxon names can be found there.

During the Middle Ages, sheep farming became the most important economic activity throughout the region, but existing small industrial activities subsequently grew in importance.

The industrial period

Based on the contribution to the first edition of the guidebook by Ian Mitchell.

In clay areas of the central Weald, small depressions seen in woods may be the remains of ironstone diggings. Larger holes with ponds could be sites where marl and ironstone have been dug together. The iron industry began before the Roman occupation and flourished particularly from c.1500 AD until it ended c.1800 AD.

THE VANGUARD WAY - AN INTRODUCTION TO THE ROUTE

Mining and the associated charcoal production was scattered, but smelting and forging had to be concentrated in stream valleys where dams provided water-power for bellows and hammers. Empty dams, large ponds and marshy ponds are common in the central Weald: a fine example is passed on the Vanguard Way at Tickerage (Section 6, TQ 515 211), and further examples exist close by at Scarletts (Section 4, TQ 442 400 and TQ 454 399) and Newbridge (Section 5, TQ 456 328).

The output of the industry was mainly small items, although larger products such as cannon (the first Weald-produced cannon was made near Buxted in 1543), the railings of St. Paul's Cathedral and firebacks (an example of which can be seen at the Five Bells pub in Chiddingly) were also manufactured during the last century of the industry's existence in this area.

Recent history

Farming and forestry have become the dominant economic activities in this area, and much of the land traversed by the Vanguard Way consists of open fields. However, in 1839 the first passenger railway in this area was opened, and the subsequent expansion of the railway system had the greatest effect on culture and lifestyle. Much of southeast England became a dormitory for London, which is at most an hour or so away by train.

Trains also made it possible for Londoners to visit these areas in their thousands. Most went to the seaside, including Seaford, Eastbourne and especially Brighton, or visited the charming castles and stately homes. And the massive expansion of Gatwick Airport since 1958 has made this area easily accessible to visitors from abroad. But the 20th century saw an ever-increasing number of ramblers exploring the dense network of footpaths and bridleways that pervade these counties, and providing a steady income for pubs, tea-rooms and food shops.

COMPLETED THE ROUTE?

We would very much like to hear from people who have completed the Vanguard Way, or if you have comments about any aspect of the route, this website or the free guide.

When you complete the route (or even if you have done so in the past) you can get a free certificate by providing details of your itinerary (dates and start/finish points). (An image of the certificate can be seen on our website www.vanguardway.org.uk.)

Please let us know by emailing alan@vanguardway.org.uk indicating the dates and starting/finishing points for each leg of your walk.

THE VANGUARD WAY BADGE

You can commemorate your walk with the colourful Vanguard Way badge, designed by Barry Saunders, for just £2.50 each. (An image of the badge can be seen on our website www.vanguardway.org.uk.)

Please send your remittance (£2.50 per badge payable to Vanguard's Rambling Club) and a stamped addressed envelope to Vanguard Way Badges, 3 Harlington Road, Bexleyheath, DA7 4AS.

CONTACT US

For enquiries about and comments on the Vanguard Way route description and companion:
colin@vanguardway.org.uk

For matters concerning signage and condition of the route, stiles etc:
graham@vanguardway.org.uk

For certificates and badges:
alan@vanguardway.org.uk

For matters concerning the website:
brian@vanguardway.org.uk

Or you can write to:
Colin Saunders
Chairman, Vanguard Way Working Party
35 Gerrards Close
Oakwood
London
N14 4RH

ACKNOWLEDGEMENTS

We are most grateful to the following people, organisations, publications and websites for their help in creating the route and in compiling this guide to the Vanguard Way.

Many members of the Vanguards Rambling Club have helped over the years with the establishment of the Vanguard Way and in preparing the guidebooks. The idea was formally proposed by Alan Smith, but several others contributed to the discussions. Negotiations with local authorities and landowners have been coordinated by Graham Butler, who also compiled the first edition of the guidebook with help from Angela Bellwood, Janet Butler, Les Douglas, Colin Saunders, Alan Smith and others. Cover designs for earlier editions and other images were drawn by David Wright. The original maps and diagrams were created by Colin Hills. The fourth edition of this guide was written by Colin Saunders and designed by Brian Bellwood.

All these and other members have contributed with research, route checking and other work over the years, including: Frank Barker, Catherine Butler, Sarah Butler, Peter Clegg, David Cockle, Sue Cockle, Graham Collett, Hazel Collett, Pam Deverill, Steve Deverill, David Dowsett, Sheila Dowsett, Pat Edwards, Jenice Hartley, Michael Hartley, Alan Harwood, Mike Herniman, Tania Herniman, John Hobbs, Patt Hobbs, Bob Hope, Veronica Hope, John Jenkins, Nancy Johns, Tessa Kennedy, Michael Kohn, Ian Mitchell, William Ramsey, Brian Reader, Gill Reader, Keith Rix, Ken Royce, David Secker, Lesley Secker, Geoffrey Stevenson, Helen Walker, Stuart Walker, Andrew Ward and Linda Wright.

The Vanguards Rambling Club wishes to thank the London Borough of Croydon (www.croydon.gov.uk), Surrey County Council (www.surreycc.gov.uk), Kent County Council (www.kent.gov.uk), East Sussex County Council (www.eastsussex.gov.uk) and the South Downs Joint Committee (www.southdowns.gov.uk), all of whom have helped to arrange waymarking of the route and to sort out the little niggles that can occur when setting up and maintaining a route of this kind. Also the Downlands Countryside Management Project (www.countryside-management.org.uk), which helped us to instal the Meridian Plaque, and Surrey Wildlife Trust (www.surreywildlifetrust.co.uk), which maintains Nore Hill Chalk Pinnacle in a state fit to be seen.

We are indebted to the Conservators of Ashdown Forest (www.ashdownforest.org) for helping us with the route through the Forest.

We are grateful to the following people and organisations for their help and interest:

Alex Burrow;
Alfriston & Cuckmere Valley Historical Society;
English Heritage National Monuments Record (www.english-heritage.org.uk/server/show/nav.1530);
Forest Row Parish Council (<http://forestrow.gov.uk>);
Newhaven Local and Maritime Museum (www.newhavenmuseum.co.uk);
Per-Rambulations (www.per-rambulations.co.uk);
RH7 History Group (www.rh7.org);
Seaford Museum and Heritage Society (www.seafordmuseum.co.uk);
Surrey Museums (www.surreymuseums.org.uk).

Our sources of reference for various items of interest include:

Alfriston (Ronald M. Boyd, Picture-Craft, 1970);
Around Haunted Croydon (Frances D. Stewart, AMCD, 1989);
Ashdown Forest leaflet (Friends of Ashdown Forest, undated);
Ashdown Forest Perambulation (Terry Owen and Peter Anderson, Per-Rambulations, 2006);
Aspects of Alfriston (Patricia Berry and Peter Longstaff-Tyrrell, 2006);
British Birds (Peter Holden and Tim Cleaves, A & C Black, 2002);
**Buildings of England, The: South London* (Bridget Cherry and Nikolaus Pevsner, Penguin, 1983);
**Buildings of England, The: Surrey* (Ian Nairn, Nikolaus Pevsner and Bridget Cherry, Penguin, 1971);

THE VANGUARD WAY - AN INTRODUCTION TO THE ROUTE

**Buildings of England, The: West Kent and the Weald* (John Newman, after Nikolaus Pevsner, Penguin, 1976);

**Buildings of England, The: Sussex* (Ian Nairn and Nikolaus Pevsner, Penguin, 1965);

Chiddingly Village Walk (Chiddingly Women's Institute, 1977);

Chyngton Farm Walk (Chyngton Women's Institute, undated);

Coombe, Shirley and Addington Living History Guide and Trail (editor Brian J. Salter, Living History Publications, 1974);

Croydon - a Pictorial History (John B. Gent, Phillimore, 1991);

Croydon History in Field and Street Name (Frances D. Stewart, AMCD Publishers, 1992);

Fortifications of East Sussex, The (Anne Yarrow, East Sussex County Council, 1979);

Historic Newhaven (Newhaven Town Council website);

History of the Newhaven Bridge, A (The Bridge Press, 1974);

History Trail of the Town and Cinque Port of Seaford (Edna and Mac McCarthy, Lindel, undated);

Introduction to the History of Seaford, An (Seaford Museum of Local History, undated);

Newhaven and Seaford Coastal Fortifications (R.J. Goulden and A. Kemp, 1974);

Notable Sussex Women (Helena Wojtczak, Hastings Press, 2008);

Place Names of Kent, The (Judith Glover, B.T. Batsford, 1976);

Place Names of Sussex, The (Judith Glover, B.T. Batsford, 1975);

Roman Roads of Surrey (Alex Vincent, Middleton Press, 2001);

Roman Roads of Sussex (Alex Vincent, Middleton Press, 2000);

Seaford Official Guide;

Selsdon Wood Nature Reserve (Jack Penry-Jones, Croydon Natural History and Scientific Society, 1978);

Westerham and Crockham Hill Guide (Westerham Parish Council, 1980).

* The **Buildings of England** series is recognised as the definitive guide to the nation's architectural heritage. Colloquially referred to as 'Pevsner', the relevant books for the counties traversed by the Vanguard Way have provided valuable information for our guide. Nikolaus Pevsner was born in 1902 in Leipzig, Germany and was an academic at various German universities. As a Jew, he was forced to leave the country in 1933 and settled in England, where he continued his academic career. He became a British citizen in 1946 and was knighted in 1969. He is best known for his monumental series on English architecture, published by Penguin Books, on which he started work in 1945. Most were written by Pevsner alone, but later volumes were joint efforts and a few were completely delegated to others. He died in 1983, but the series has continued to be updated. For more details see www.pevsner.co.uk. Pevsner was very forthright when he considered some buildings, or parts of them, to be of poor architectural merit, and we have reproduced his acerbic comments where relevant.

We appreciate the interest taken in the route by various local groups of the Ramblers' Association (www.ramblers.org.uk), Long Distance Walkers Association (www.ldwa.org.uk), Youth Hostels Association (www.yha.org.uk), Holiday Fellowship (www.hfholidays.co.uk) and other walking clubs.

Last but not least, we are grateful to the RiverOcean Foundation (www.riverocean.org.uk), a Brighton based environmental charity, for helping to promote the Vanguard Way, and to those who have sent us comments and suggestions after walking the route.

BOOKS BY THE SAME AUTHOR

Colin Saunders is the author of this guide to the Vanguard Way. He has also written the following books for walkers:

The Capital Ring (Aurum Press) - a guidebook to a 78 mile walk around London.

Walking in the High Tatras (Cicerone Press) - a spectacular range of mountains straddling the border between Poland and Slovakia.

London - the definitive walking guide (Cicerone Press) - an encyclopaedia of all the walking opportunities available in Greater London.

Navigation and Leadership - a manual for walkers (Ramblers' Association).

For further details please visit Colin's website www.colinsaunders.org.uk.

© Colin Saunders, 2009