

Key Info

Start: St John's Church, Cederwall Close, Piddinghoe BN9 9AP
Finish: Riverside, Lewes (3 hrs free parking at Tesco or NCP carpark on opposite side of river), BN7 2LD

Dare you travel through Spooky Sussex, dodging the devil, ghosts and giants?! This section of the river is close to the sea with tides running fast, so timing is important. Start your journey 1 hour before high tide at Newhaven.

Time: 2-3 hours
Distance: 6 miles
Locks/Portages: 0
OS Map: Explorer OL11 Brighton and Hove



Scan me

Scan or visit <http://bit.ly/sussex-ouse> to find the map in Mapometer and download the GPX file

1 Launch and turn left. As you set off look across the river to South Heighton. In the distance can you see a pale face with large black eyes staring at you from the window of a cottage? She will be watching for you.

2 For the first 3 miles the river is embanked and quite wide with views of the South Downs ahead. As you travel through this eerily peaceful countryside don't forget that the devil is believed to have said to have done his work here. Enraged with the people of the area he began to tear the downs in two, the clods of earth he threw formed many of the mounds and hills which you see today.

3 After about 1 ¾ miles you reach the swing bridge at Southease. Take care as some strong eddies can form at certain times around this structure.

4 At around 3 ¼ miles and you will see a tributary on the right. This is Glynde Reach, with a railway bridge close to its mouth. As you look up the reach to your right Mount Caburn is visible. Watch out for Gill the Giant who sometimes stands on the mount hurling a hammer around. You had better hope he can't throw as far as the river!

5 Just over 4.5 miles into your journey you pass under the A27 road bridge.

6 Houses and moored boats signal your arrival into heavily haunted Lewes. Continue under the Cliffe High Street Bridge and the get out is just past Harvey's Brewery on your right.

7 While you are here you can have a stroll around the town haunts!

8 The Crown Inn on the High Street has a variety of ghostly patrons; with a priest in the cellar, a Victorian woman in grey in the bar and an eighteenth century man, dressed in brown, roaming the inn.

9 Walk to the town police station for a real fright. The phantom policeman here got so close to one witness that they were able to tell its rank by its shoulder pips. This apparition is in his late forties, wearing police uniform with glasses, and has been seen by officers since the 1960s.

10 At the town hall one drummer leaving band practice was rudely ejected by an invisible force sending him flying out of the doors and onto the pavement outside.

11 If you decide to return then a better finish point is Southease (see Discover More).
Tide Information: Start your journey 1 hour before high tide at Newhaven. Tide timetables available from: <https://www.tidetimes.org.uk/newhaven-tide-times>



THIS TRAIL HAS BEEN KINDLY SUBMITTED BY CLIVE EDWARDS



There is limited parking in Piddinghoe, particularly on a Sunday.

If you choose to do this journey as a return trip then it's recommended you finish at Southease as landing may be difficult back at Piddinghoe. Parking can be found at Iford Old Bridge, Southease, BH6 5RG with access to a small, gravel slipway.

Sussex River Ouse

This small but interesting river rises in Slaugham, West Sussex. Flowing east it passes under the London to Brighton Viaduct at Balcombe, then through the Sussex Weald then on to Sheffield Park.

The river continues to wind through charming countryside, on to Barcombe Mills. Having dropped over 200 feet and covered some 20 miles the river now becomes tidal.

A further 6 miles brings you to the historic town of Lewes, then on to Newhaven Harbour and the English Channel.

The habitat rich environment of the river supports a wide range of bird, mammal and insect life, including some rare species of butterfly, the water vole and a considerable variety of birds. Anglers fish the river for carp, pike and trout. If you are lucky you may even see a seal!

The Sussex Ouse Sea Trout are the heaviest average weight in any English or Welsh river.

History

The Battle of Lewes in 1264 saw hundreds of Henry III troops die as they retreated across the Ouse. Many of their remains lie under nearby railway embankments.

Close to the river is the Snow Drop Inn which commemorates the deadliest snow avalanche on record in the UK. The Lewes avalanche, on Dec 27th 1836, occurred when a huge buildup of snow on a chalk cliff collapsed into the settlement 100 meters below, destroying a row of cottages and killing 8 people.

The river was a commercial waterway, used by narrow barges during the 1800's as far up as Balcombe.

<http://www.lewes.co.uk/>



Safety and Licences

We want you to enjoy a safe trip, so here are a few tips for staying safe and paddling responsibly.

Paddle Safe:

Be prepared and take the right kit:

- Wear a correctly sized buoyancy aid
- Mobile phone – in a waterproof case
- Whistle – to attract attention in case of emergency
- Map and / or route description
- Appropriate clothing for the weather conditions
- + spares in a dry bag
- Food, drink & suncream!

Paddle Responsibly:

Respect the natural environment and other users:

- Respect other waterway users #sharethespace
- Be environmentally aware, minimise your impact
- Ensure you have the correct licence if required
- Observe navigational rules – keep right and give other users space
- Check, Clean, Dry after every trip!

Licence: The waterways on this trail don't require you to have a licence to paddle on them. However if you paddle regularly you should consider becoming a member of British Canoeing.

A British Canoeing membership gives you a whole range of benefits including a licence to paddle on 4500km of Britain's waterways and Civil Liability Insurance, worth up to £10 million.

Not only will membership help save you money, it will give you peace of mind when out on the waterways. For more information on British Canoeing membership visit: www.britishcanoeing.org.uk