

From the city to the sea on foot; the Walking Post launches new 7-stage route from London to Brighton

Creative route planners, the [Walking Post](#), will officially launch their new seven-section [London to Brighton](#) route with a series of scenic walks over seven days in June and July 2024. The events, which are now available to [book](#), follow the successful 'weekend walkathon' which marked the opening of their [North to South London Trail](#) in May this year.

Further endorsement comes from Clare Balding; the celebrity broadcaster and writer walked the first stage of the London to Brighton route with Walking Post co-founders Lucy Maddison and Emily Morrison for an episode of her BBC Radio 4 programme, [Ramblings](#), due to air on 25 July.

Maddison and Morrison will open their new walk on Saturday 29 June with a 'ribbon cutting' at Carshalton Beeches in the south of the capital, where the North to South London Trail concludes and the London to Brighton Walk kicks off.

From there they will take seven days (Saturday 29 June to Monday 1 July, plus Friday 19 July to Monday 22 July) to follow the 70-mile route which takes in Kingswood, Box Hill, Ockley, Haywards Heath, Horsham and Hassocks, before arriving in Brighton. All events are open to fellow walkers; tickets (£5 plus booking fee for each walk) for one or more days are available from the [Walking Post](#) website.

The London to Brighton walk has been planned to take in the best of Surrey and Sussex countryside while avoiding urban areas and roads as much as possible. Along the way, it goes over the North Downs, passes lavender fields, vineyards and woodland, and traverses rural Sussex before climbing up the chalky South Downs to descend to the sea.

Varying from 7.5 to 13 miles in length, the sections are as follows:

1. [Carshalton Beeches to Kingswood](#) (7.5 miles/ 12 kilometres): Lavender fields, Parks Down, Banstead Woods, Legal & General former HQ in Kingswood
2. [Kingswood to Box Hill](#) (8.7 miles/ 14 km): Kingswood Estate, cross M25 (via foot tunnel), Headley Heath, Box Hill
3. [Box Hill to Ockley](#) (11.7 miles/ 18.8 km): Denbies Vineyard, Ranmore & Wootton Commons, Greensand Way, Leith Hill
4. [Ockley to Horsham](#) (9.1 miles/ 14.6 km): Vann Lake, cross into Sussex, Warnham Deer Park, historic Horsham
5. [Horsham to Haywards Heath](#) (13 miles/ 21 km): St Leonard's Forest, Slaugham village, Cuckfield, distant views of the South Downs
6. [Haywards Heath to Hassocks](#) (10.5 miles/ 16.9 km): West Wood, Ditchling, course of a Roman Road, base of the South Downs
7. [Hassocks to Brighton](#) (10.1 miles/ 16.2 km): Clayton, South Downs, Jack & Jill Windmills, Kempton, Brighton Pier

Each segment is designed to be walked independently and, as with all Walking Post walks, has easy-to-follow directions, downloadable GPX maps and a link to the route on an Ordnance Survey (OS) map, along with a guide to public transport links, images of walk highlights, eating recommendations and toilet facilities along the route.

Maddison, who created this latest route, comments: "Having already designed a trail through London, I wanted to continue the route to the coast and include the best of Surrey and Sussex countryside along the way. Brighton's popularity and good transport links made it an obvious destination; the challenge was breaking the long course to the sea into manageable day sections, all of which were interesting and varied as well as accessible by public transport, but I'm very pleased with how it has turned out."

Morrison adds: "Like all our walks, the aim is not just to get from A to B via the quickest route possible as various charity challenges already offer the chance to walk the whole route in one go. Instead, we wanted to provide an alternative with several linked day walks, which can be completed at a leisurely pace - and also stand alone as lovely routes in their own right."

The Walking Post continues to plan and design walks that encourage people to explore London and the South East on foot, with new routes scheduled for the coming months.

-ends-

About the Walking Post

The Walking Post is a not-for-profit website promoting walking routes in and around London and the southeast which are accessible by public transport. Created and run by Lucy Maddison and Emily Morrison, two friends who walk with a group of fellow hikers most weekends, they also offer 'open' walks once a month, which anyone can join.

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Instagram: https://www.instagram.com/walking_post_london/

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Maddison, who designed this latest route, comments: "Having already designed a trail through London, I wanted to continue the route to the coast and include the best of Surrey and Sussex countryside along the way. Brighton was the obvious destination due to popularity and good transport links. The challenge was breaking this down into manageable day sections, make them all interesting and varied and link to public transport, but I'm very pleased with how it has turned out!"

Morrison adds: "As with all our walking routes, the aim here is not just to get from A to B via the quickest route possible, which I'm sure a lot of charity challenges will do (since people are walking the whole route in one go). We wanted to achieve the same result but at a nice, easy pace with day walks, which also stand alone as lovely routes in their own right."

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