

Taster Trail

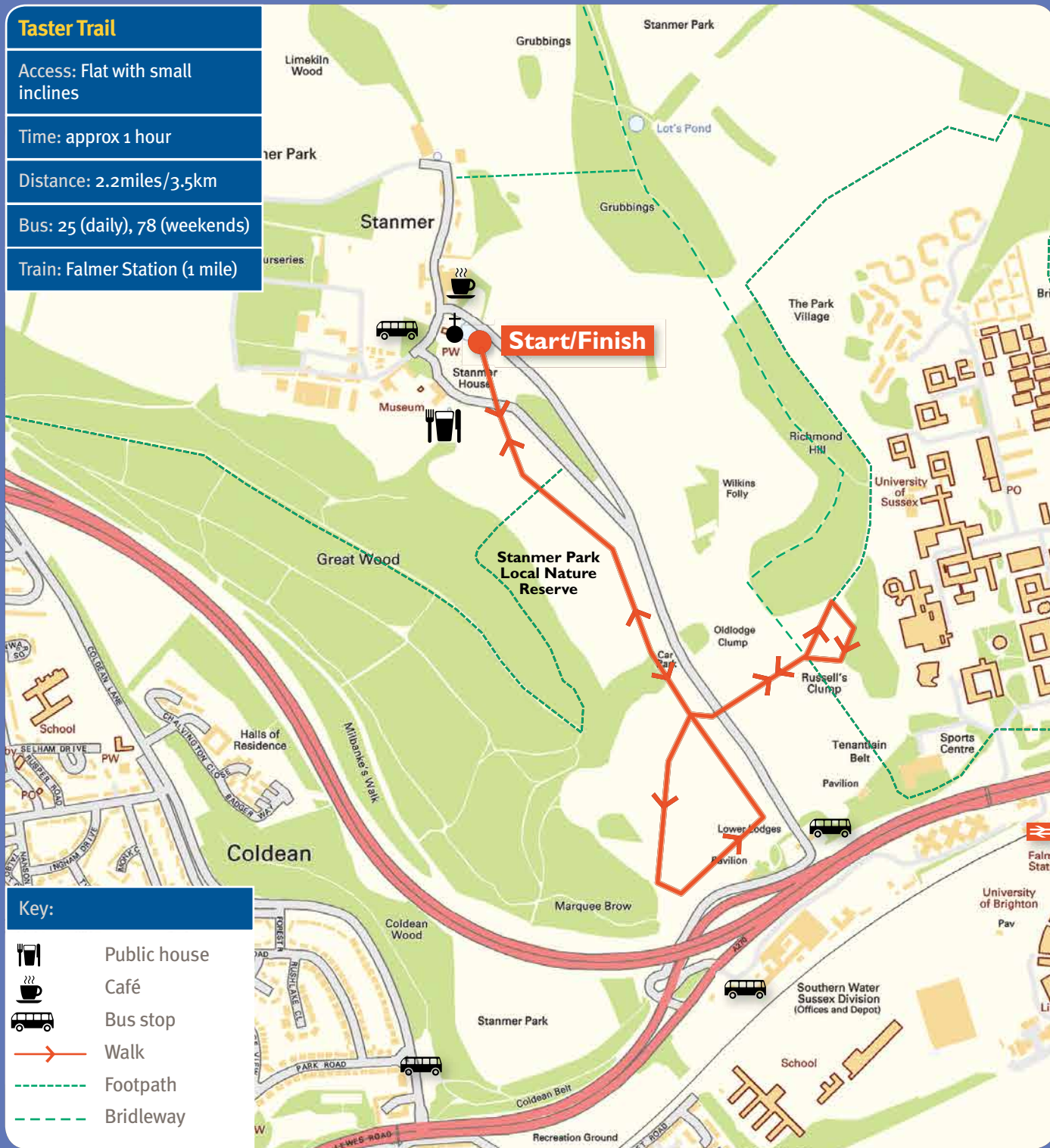
Access: Flat with small inclines

Time: approx 1 hour

Distance: 2.2 miles/3.5 km

Bus: 25 (daily), 78 (weekends)

Train: Falmer Station (1 mile)



The Stanmer Experience Project

This project involves a broad range of people with an interest in what happens in Stanmer Park. It aims to create a permanent outdoor network of trails for different activities that provide effective exercise.

Trails for Nordic Walking

Three starter trails are available for beginners to learn Nordic Walking on accredited courses. They all start and finish at the pond by the church in Stanmer village.

Accredited Courses

Nordic Walking for Health

peter@nordicwalkingforhealth.co.uk

07813 524587

nordicwalkingforhealth.co.uk



Further information

Brighton and Hove City Council

www.brighton-hove.gov.uk/stanmerpark

South Downs National Park Authority

www.southdowns.gov.uk/enjoying/walks-and-rides

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Stanmer Experience Trail Nordic Walking



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Leave your car at home, take the bus or train

Early/mid-Course Trail

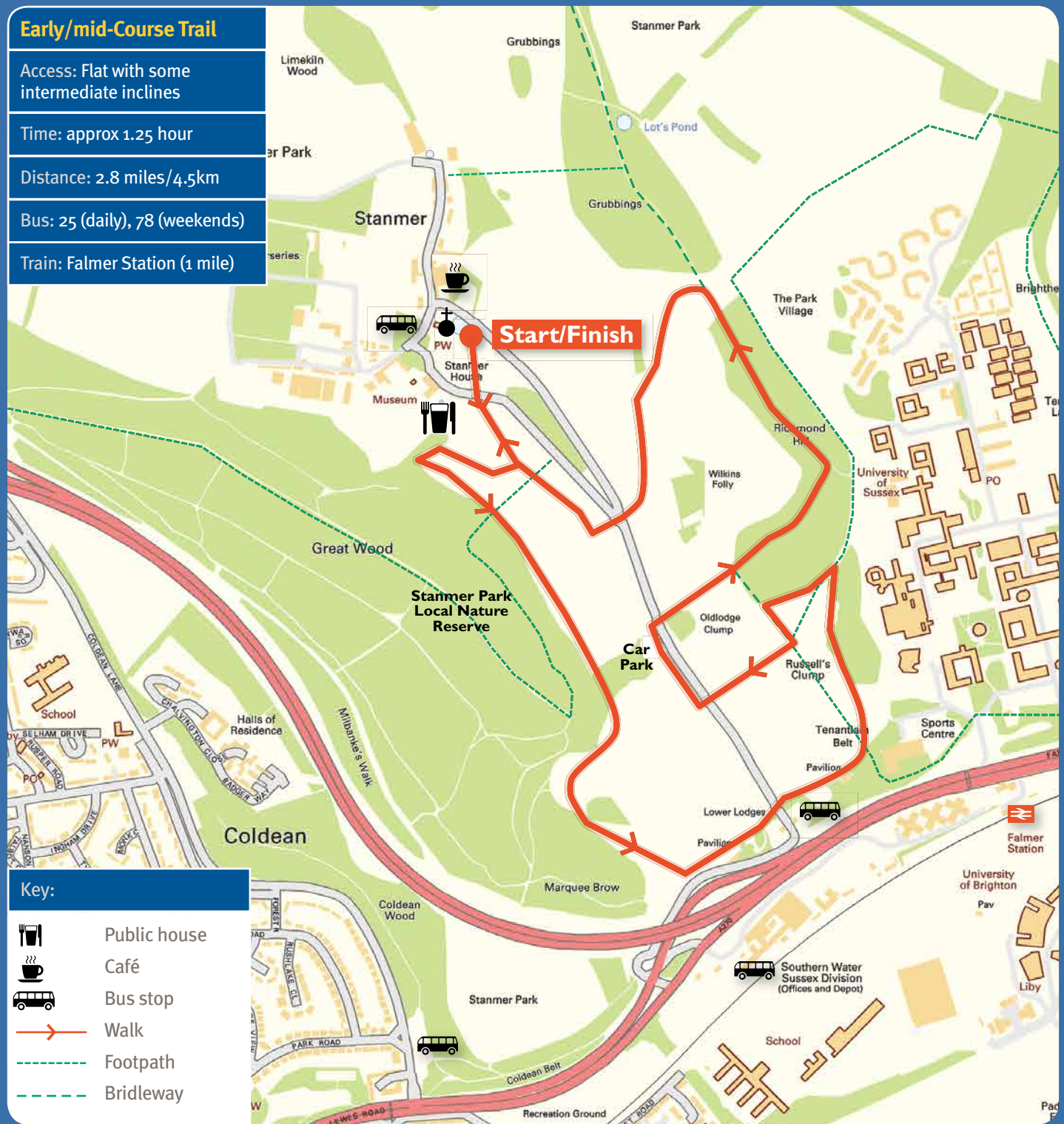
Access: Flat with some intermediate inclines

Time: approx 1.25 hour

Distance: 2.8 miles/4.5km

Bus: 25 (daily), 78 (weekends)

Train: Falmer Station (1 mile)



Advanced Trail

Access: Flat with intermediate and longer inclines

Time: approx 1.75 hour

Distance: 5.8 miles/9.3km

Bus: 25 (daily), 78 (weekends)

Train: Falmer Station (1 mile)

