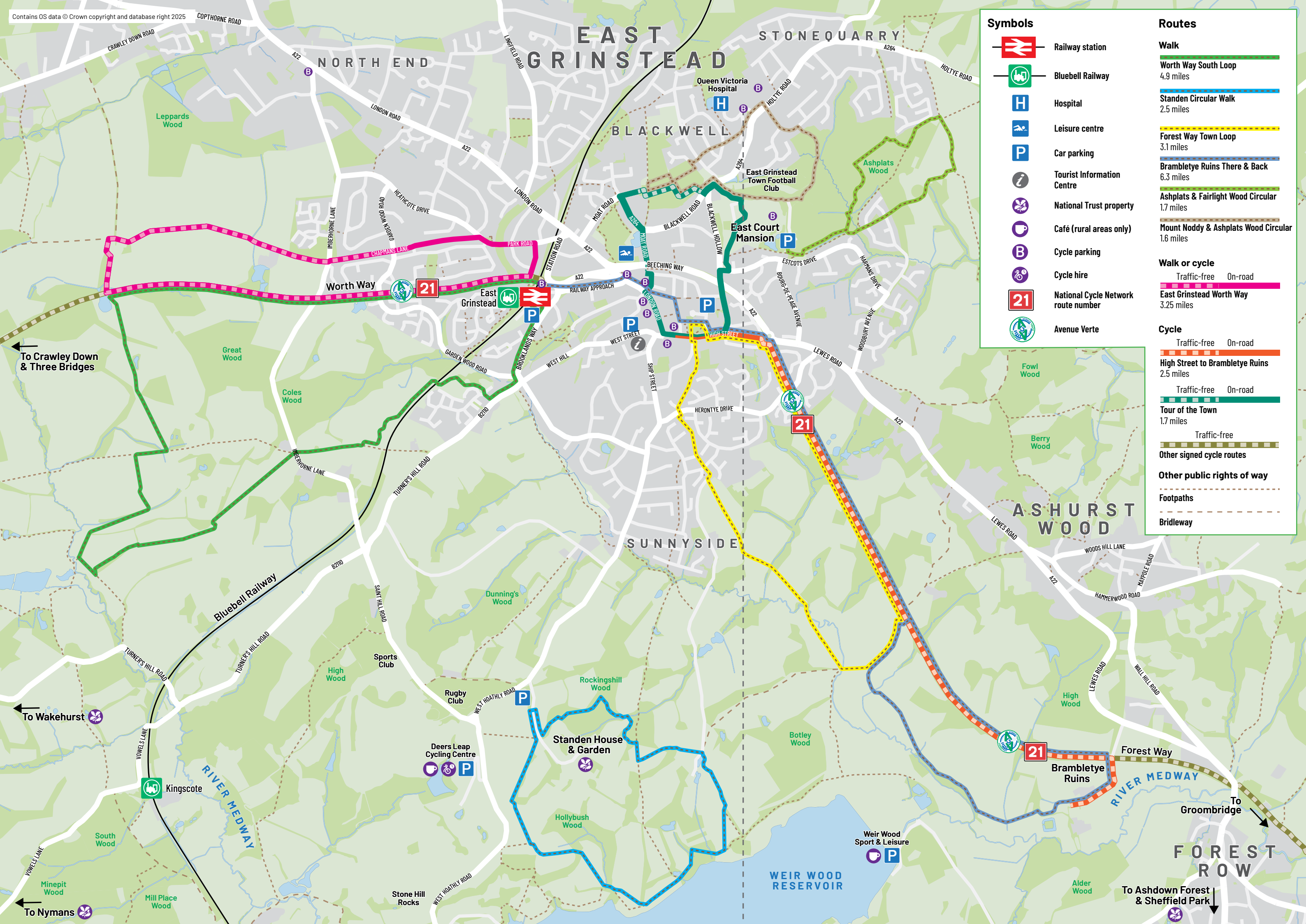




Symbols

- Railway station
- Bluebell Railway
- Hospital
- Leisure centre
- Car parking
- Tourist Information Centre
- National Trust property
- Café (rural areas only)
- Cycle parking
- Cycle hire
- National Cycle Network route number
- Avenue Verte

Routes

Walk

- Worth Way South Loop**
4.9 miles
- Standen Circular Walk**
2.5 miles
- Forest Way Town Loop**
3.1 miles
- Brambletye Ruins There & Back**
6.3 miles
- Ashplats & Fairlight Wood Circular**
1.7 miles
- Mount Noddy & Ashplats Wood Circular**
1.6 miles

Walk or cycle

Traffic-free On-road

- East Grinstead Worth Way**
3.25 miles

Cycle

Traffic-free On-road

- High Street to Brambletye Ruins**
2.5 miles
- Tour of the Town**
1.7 miles
- Other signed cycle routes**
- Other public rights of way**
- Footpaths**
- Bridleway**

← To Crawley Down & Three Bridges

← To Wakehurst

← To Nymans

→ To Groombridge

→ To Ashdown Forest & Sheffield Park

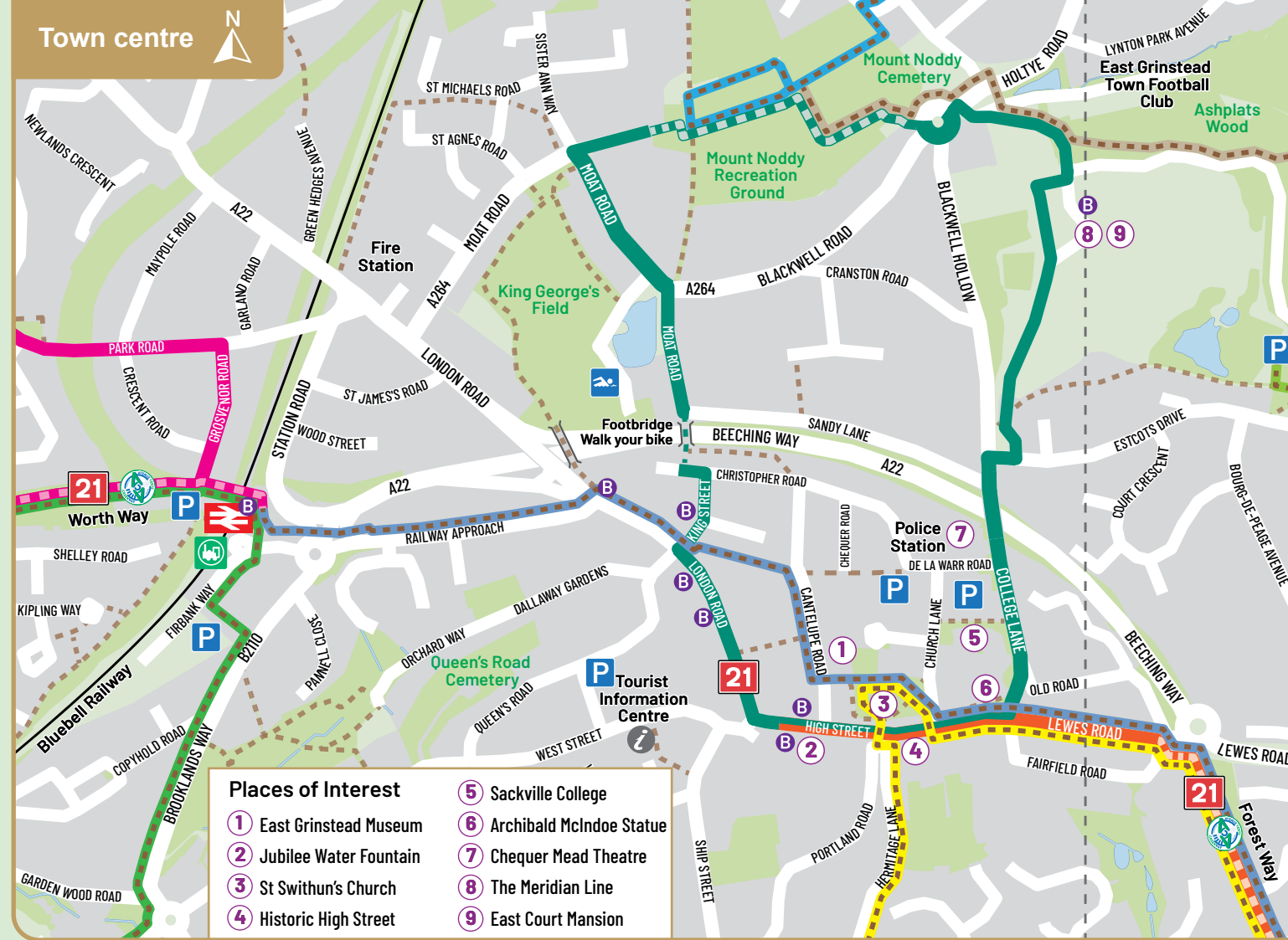
East Grinstead

Walking & Cycling Guide



Explore East Grinstead on foot or by bike!

www.eastgrinstead.gov.uk
East Grinstead Town Council, Community & Tourism
East Grinstead Library, West Street
East Grinstead, RH19 4SR



Explore East Grinstead – on foot or by bike!

Discover the charm of East Grinstead at your own pace. Whether you're walking, cycling, or commuting, our town is made for moving.

With beautiful routes, historic streets, and plenty of places to pause, it's easy to stay active and enjoy the journey and this guide will help you discover the highlights. Walking and cycling boosts your health, lifts your mood, and connects you with the heart of our community.

Visit the Thursday Farmers Market on the High Street or stop by one of our many welcoming cafés and eateries in our lively town – the perfect place to relax and refuel. Discover arts and crafts at Standen House and Garden, step into the past at the East Grinstead Museum which tells the town's remarkable role during WW2, ride the iconic Bluebell Railway through time, and experience the charm of Sackville College. It's a perfect blend of culture, nostalgia, and beauty—all in one place.

Discover more at www.visiteastgrinstead.com



Walking and cycling have great benefits:

- Boosts fitness and mental health
- Reduces your carbon footprint
- Saves on fuel and transport costs
- Decreases stress and improves sleep

Follow the Countryside Code – enjoy your visit, have fun and make a memory:

- Respect everyone
- Protect the environment
- Enjoy the outdoors



www.countryside-code.org.uk

Be mindful and stay safe on your adventures!

- Be visible, consider bright or reflective clothing
- Stay alert keep an eye on your surroundings
- Use crossings wherever possible
- Consider your footwear, weather and ground conditions
- Wear your helmet when cycling and use your lights if appropriate
- Use shared paths considerately and be courteous of others

Check out these cycling and walking routes that all pass through East Grinstead

Worth Way – 7 mile mixed use route

Forest Way – 10 mile mixed use route

Avenue Verte – 247 miles of cycling route between London and Paris

Route 21 – 95 mile cycling route – London to Eastbourne

Vanguard Way – 66 mile walking route – Croydon to Newhaven

Sussex Border Path – 159 mile route – Thorney Island to Rye

Highweald Landscape Trail – 95 mile route – Horsham to Rye

William Robinson Gravetye Walk – 3 mile or 1.7mile

Greenwich Meridian Trail – Sussex section (Book 1) 47.5 mile route Peacehaven to East Grinstead. There is a commemorative plaque in the paving at East Court (RH19 3LT) in front of the building, not far from the Millennium Stone.



For more information on these walks visit www.eastgrinstead.gov.uk

Getting here is easy

East Grinstead is served by regular bus services and a main line railway service from London. For travel information visit www.traveline.info

Bikes on trains

You are free to travel with a folding bike or folding manual scooter any time, but there are some restrictions for regular bikes and scooters. Check the current guidelines at www.southernrailway.com/travel-information/onboard-travel/bringing-a-bike

Public rights of way

The right of way network for the East Grinstead area can be found on Ordnance Survey Explorer Map No. 135 Ashdown Forest.



Discover the best walking and cycling routes in East Grinstead with our handy trail guide. Whether you're visiting or just exploring, uncover the beauty, history, and charm of our vibrant West Sussex market town – one step or pedal at a time.

This leaflet was developed in association with East Grinstead Town Council and Sustrans who work with communities, helping them come to life by walking, wheeling and cycling to create healthier and happier lives for everyone.

For further information visit www.eastgrinstead.gov.uk



These walks and cycle routes are on public rights of way and East Grinstead Town Council is not responsible for the safety or wellbeing of anyone using these routes or for maintenance of the paths. If you experience problems with signage, blocked paths, broken stiles, or bridges please report to West Sussex County Council www.westsussex.gov.uk