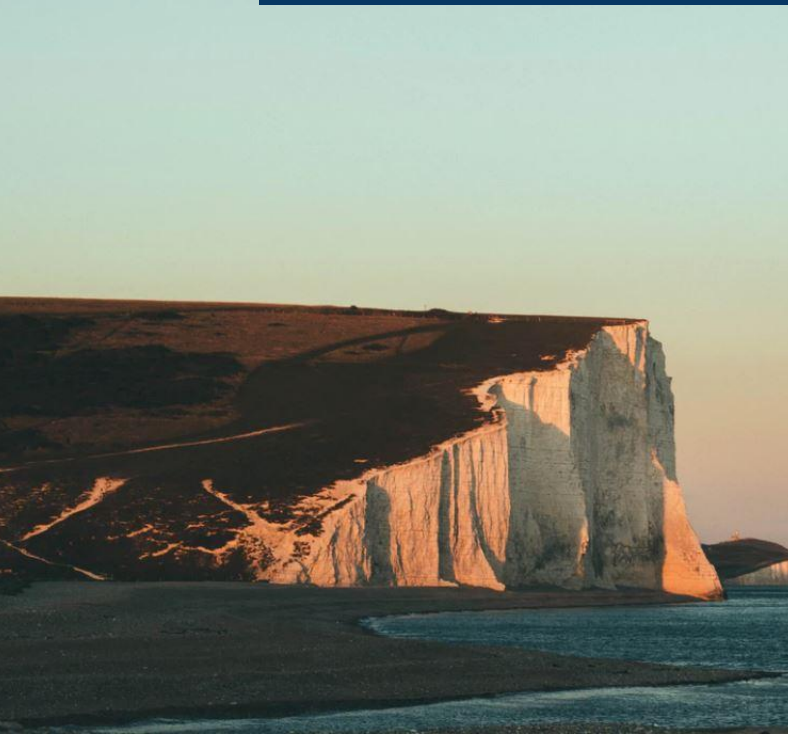




TMBtent.com

GUIDE TO CAMPING ON THE SOUTH DOWNS WAY



Welcome



Your adventure starts now!

Welcome to the TMBtent Guide to Camping on the South Downs Way! The SDW is an unforgettable walk however you approach it, but you'll get the most out of your experience if you plan ahead.

This guide will give you the tools to plan your perfect South Downs Way camping adventure. In addition to in-depth information for every stage of the walk, we've also included sections on packing, detailed navigation instructions that accompany our custom GPS files, and a training plan. You can print the entire guide or individual topics as needed. You can also download it to your mobile phone for easy access on the trail.

We feel confident that our guide has the most accurate and up-to-date information available and that it will be an invaluable resource for your walk.

We are so excited that you've decided to camp on the South Downs Way and we know that with the right preparation you will have an incredible trip. Thank you for letting us be part of the process.

Sincerely,



Emily & Ian

As passionate hikers and travelers, we've made it our goal to empower fellow trekkers with all of the information they need to have their best South Downs Way experience.

We scour the guidebooks, connect with accommodation providers, and compile tips from other hikers in order to give you the most current, straightforward, and accessible information possible. Happy trails!



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Our tried-and-true gear list for conquering the South Downs Way, made especially for campers. The printable format makes packing a breeze!

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5

Training Plan

Get in shape for your South Downs Way trek with our custom 15-week training plan!

Section 1

About the South Downs Way



About the South Downs Way

The South Downs Way takes walkers through the beautiful South Downs while visiting charming Sussex villages and grand cathedrals along the way. The route covers 101 miles from its start in the cathedral city of Winchester to its finish on the coast in Eastbourne.

101

miles long

9,000

feet of elevation gain

9

days to complete



What's it like?

The South Downs Way traverses southern England across the South Downs and connects from the cathedral village of Winchester in the west to seaside Eastbourne in the east with much of the route crossing through the South Downs National Park. The route is traditionally walked from west to east finishing at the sea, although it can be walked in the opposite direction as well. Along the route you'll pass through several lovely villages with friendly locals and beautiful scenery.

How hard is it?

The South Downs Way is a very approachable walk and is suitable for a variety of fitness levels.

However, while the trail never crosses any soaring mountain passes, you should be prepared for the constant up and down nature of walking in the South Downs. Those rolling hills provide a stunning backdrop for the walk, but they can certainly tire you out!

What are the campgrounds like?

Campgrounds along the South Downs Way are generally well-developed and have many of the standard amenities that you would expect. This includes hot showers, WiFi, a place to charge your electronics, and flat pitches. Given the location of the South Downs Way you won't find many wild camping spots along the route. You'll be best served by staying at the formal campgrounds included in this guide.

When to Hike



The South Downs are renowned for beautiful summers, while the winter months bring cooler temperatures, more precipitation, and even the occasional snow shower!

For these reasons, we recommend walking the South Downs Way anytime from mid-March through the end of September.

Keep in mind that many of the campsites in this guide close down during the winter, so if you're planning on camping on the South Downs Way you'll need to do it outside of the colder months.

Generally speaking, here's what you can expect in each month of the hiking season:

MARCH & APRIL

Cool temps, moderate rainfall, and sparse crowds make this an attractive month to hike. Be aware of the shorter days, which allow for fewer daylight hours on the trail.

MAY & JUNE

The weather tends to be a bit milder and more settled than in April and the days are longer, but it's still pretty quiet on the trail. These are great months to walk the South Downs Way.

JULY & AUGUST

School holidays and warm weather mean that these are the busiest months on the South Downs Way. July and August (August in particular) tend to be wetter than May and June, but you can also get some brilliant sunny days, too.

SEPTEMBER

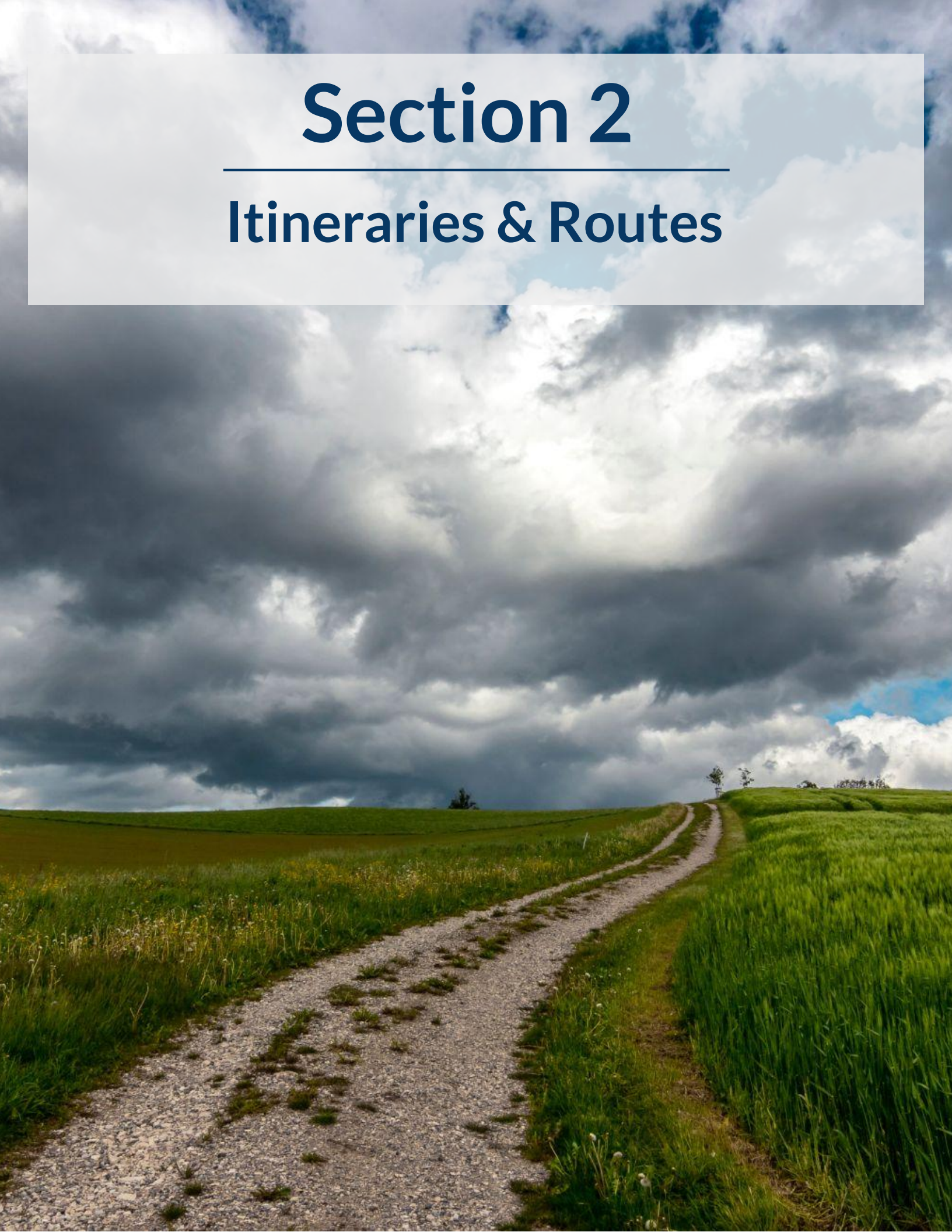
With few crowds, mild temperatures, and relatively less rainfall, September is a wonderful time to be on the trail.

OCTOBER

The days begin to get shorter, colder, and wetter as you enter October. You may get some incredibly clear and crisp autumn days, but you'll also need to be prepared for harsh conditions. Many of the campgrounds on the South Downs Way may be closed for the season.

Section 2

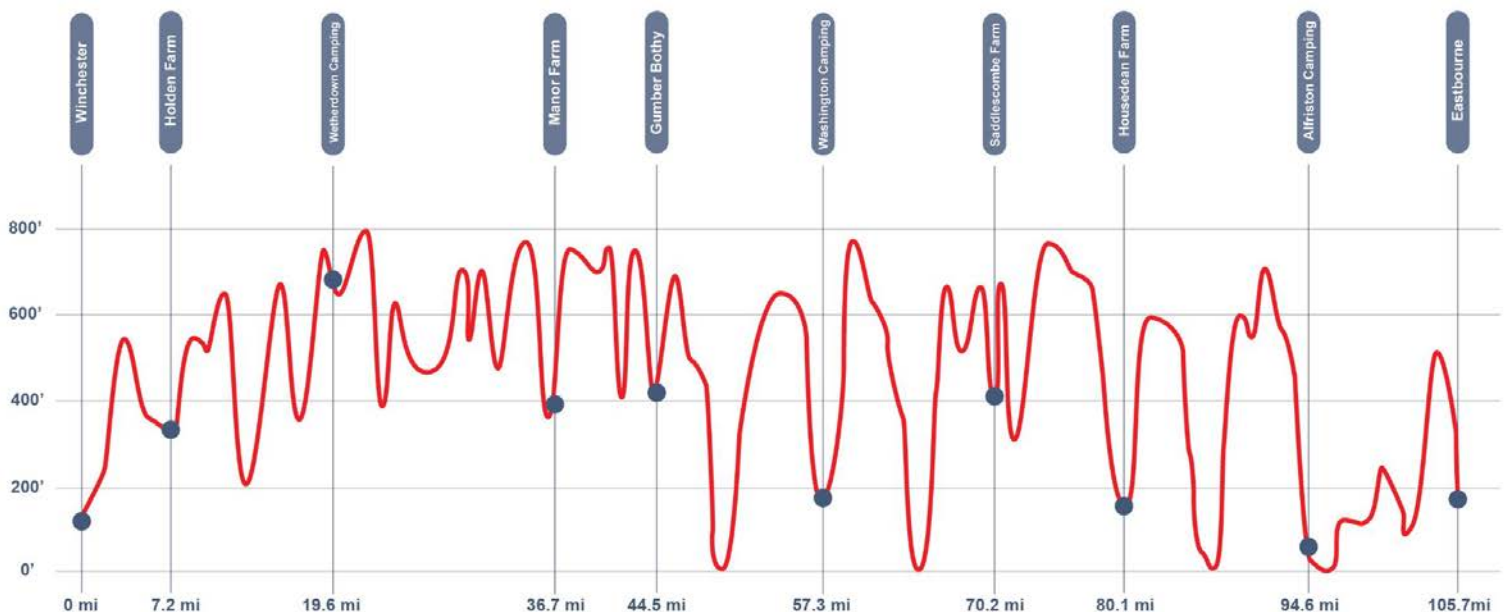
Itineraries & Routes



Itinerary & Route

9-day South Downs Way Camping Itinerary

Day	Start	Finish	Distance (mi)	Elevation Gain (ft)	Elevation Loss (ft)
1	Winchester	Holden Farm Camping	7.19	1,055	842
2	Holden Farm Camping	Wetherdown Lodge + Campsite	12.43	1,725	1,378
3	Wetherdown Lodge + Campsite	Manor Farm	17.06	2,225	2,523
4	Manor Farm	Gumber Camping Barn + Bothy	7.78	1,114	1,086
5	Gumber Camping Barn + Bothy	Washington Caravan Park	12.8	1,402	1,656
6	Washington Caravan Park	Saddlescombe Farm	12.95	1,858	1,616
7	Saddlescombe Farm	Housedean Farm	9.91	1,305	1,554
8	Housedean Farm	Alfriston Camping Park	14.45	2,068	2,148
9	Alfriston Camping Park	Eastbourne	11.12	2,197	2,101



Stage Zero: Winchester



OVERVIEW

Distance: N/A
Elevation: N/A

Morn Hill Caravan Club

Cost: £7.90 per adult

Services:

- Toilets
- Hot showers
- Laundry
- WiFi

Contact: [Morn Hill Caravan Club](#)

DESCRIPTION

The South Downs Way officially starts in the center of Winchester. Unfortunately, there are no campgrounds directly in this cathedral city, so you'll either need to camp a bit outside of town or plan to stay in one of the many hotels available.

Keep in mind it is not necessary to stay in Winchester the night before starting your trek, given that transportation is relatively quick and easy from the London area and your first day is only 7 miles.

For those who would like to camp near Winchester prior to their South Downs Way walk, we recommend staying at the Morn Hill Caravan Club Campsite. This campground is about an hours walk outside of Winchester, although you may be able to take bus number 64 to the campground rather than walking.

Stage One: Winchester to Holden Farm Camping



OVERVIEW

Distance: 7.19 mi
Elevation: +1,055 ft, -842 ft

Holden Farm Camping

Cost: £15 – £20/adult

Services:

- Toilets
- Hot showers
- Potable water
- Communal kitchen
- Electronics charging
- Small shop

Contact: [Holden Farm Camping](#)

DESCRIPTION

The first stage of the South Downs Way for campers is relatively easy and a good introduction to the walk. You'll enjoy walking on some of the undulating hillsides that the South Downs are known for as you cover 7 miles before stopping for the day at Holden Farm Camping.

Holden Farm is a lovely, rural campsite that is geared specifically for walkers and tent campers. You'll get to choose anywhere in their large field for your pitch, and each comes with a complimentary fire pit for the evening. They also have an excellent shop featuring locally sourced essentials for your trip!

Stage Two: Holden Farm Camping to Wetherdown Campsite



OVERVIEW

Distance: 12.43 mi
Elevation: +1,725 ft, -1,378 ft

Wetherdown Lodge & Campsite

Cost: £12/person

Services:

- Toilets
- Solar showers (not always hot!)
- Wood fired pizza oven
- Cafe
- Electronics charging
- Small shop

Contact: [Wetherdown Campsite](#)

DESCRIPTION

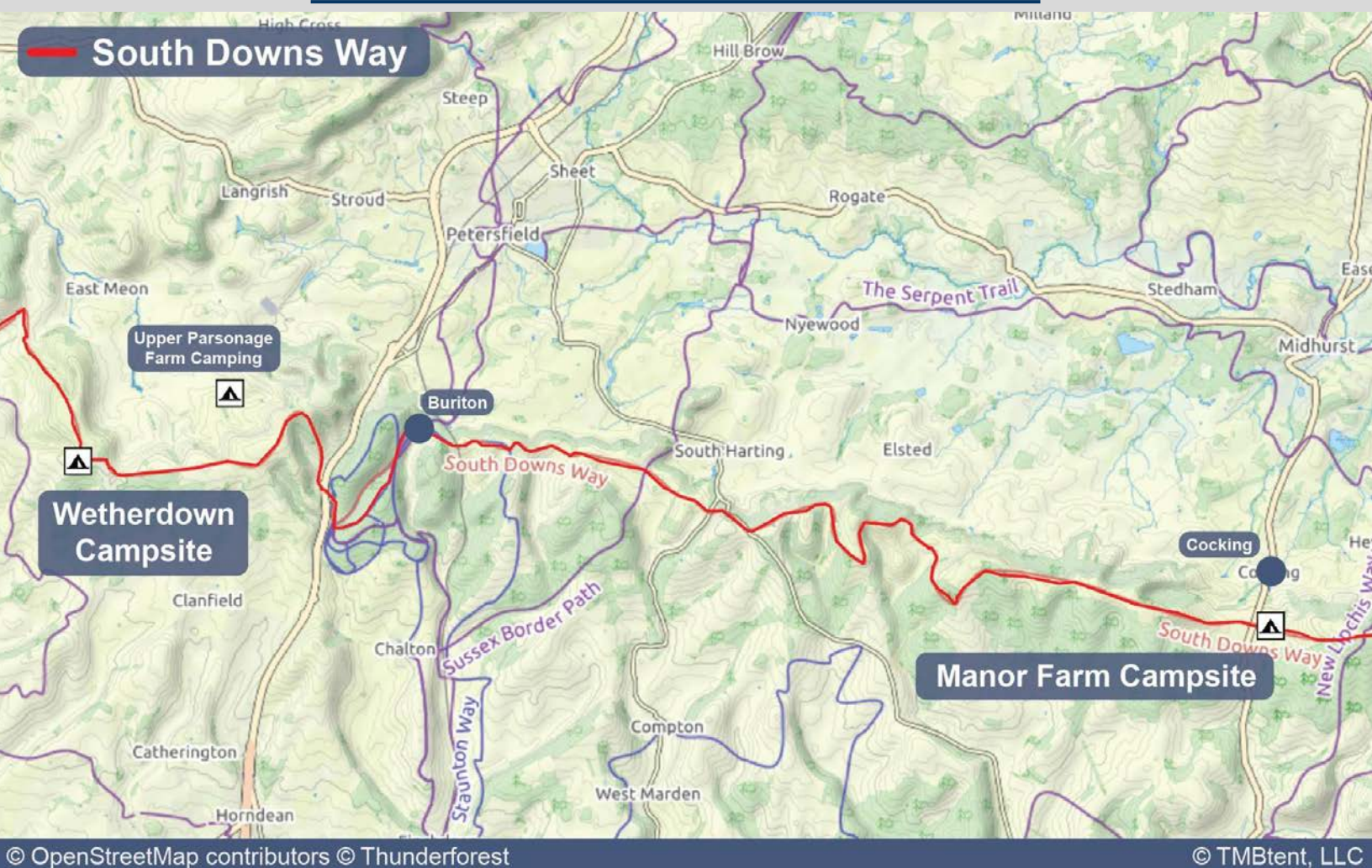
The second stage of the South Downs Way covers nearly 12.5 miles as walkers wind their way to the Wetherdown Lodge & Campsite. A part of the larger Sustainability Centre, this campground is surrounded by lovely woodland and forest, making for a rejuvenating place to spend the night.

Keep in mind that there are only six pitches at Wetherdown Lodge, so advance bookings are recommended.

Should you arrive and find the campsite at the Wetherdown Lodge full, simply continue on to the Upper Parsonage Farm Campsite.

The [Upper Parsonage Farm Campsite](#) is located a short distance (.75 miles) from the South Downs Way, just before reaching the top of Butser Hill. This will make your walk on Stage 2 a bit longer, but you'll be rewarded the next day by getting a head start on the longest stage of the walk!

Stage Three: Wetherdown Campsite to Manor Farm



OVERVIEW

Distance: 17.06 mi
Elevation: +2,225 ft, -2,523 ft

Manor Farm Camping

Cost: £10/person

Services:

- Toilets
- Hot showers
- Farm shop

Contact: [Manor Farm Camping](#)

DESCRIPTION

Stage 3 is a long one!

You'll be covering over 17 miles en route to the Manor Farm campsite, just south of Cocking. Don't be too intimidated, as the day's walking is relatively flat, but you'll still want to be prepared for a full day's outing. Your reward for all that walking is a lovely campsite just off the main trail, known as Manor Farm.

This pastoral campground has lovely views and very friendly owners. You'll have easy access to Cocking for supplies, but we recommend picking up some local delicacies from the on-site farm shop.

Stage Four: Manor Farm to Gumber Camping/Bothy



OVERVIEW

Distance: 7.78 mi
Elevation: +1,114 ft, -1,086 ft

Gumber Camping

Cost: £15/pitch + £12/person for each additional person

Services:

- Toilets
- Showers
- Kitchen & BBQ
- Drying room

Contact: [Gumber Camping](#)

DESCRIPTION

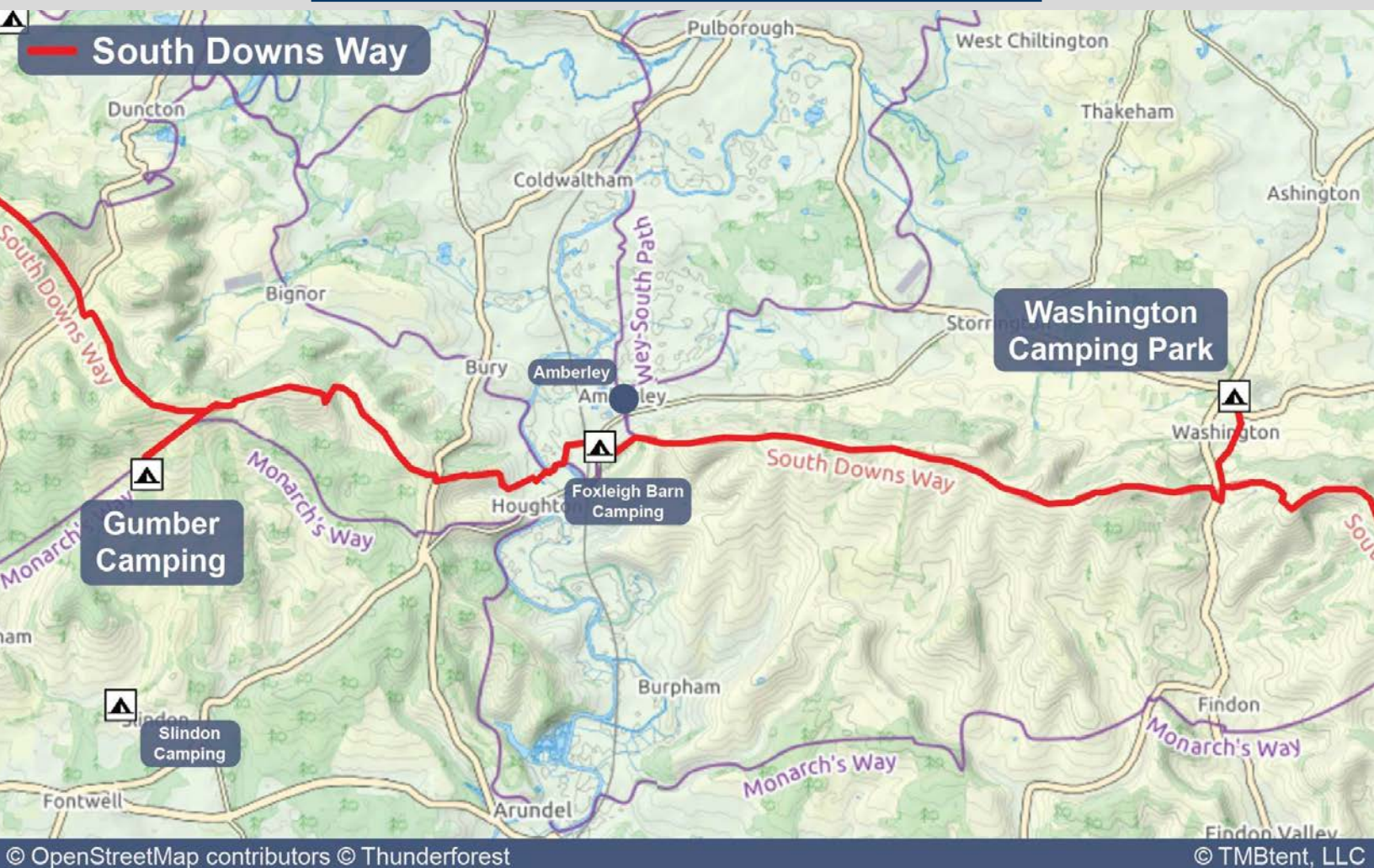
Stage 4 is a nice reprieve after a long walk on the previous day. You'll walk just under 8 miles before reaching the Gumber Camping Barn & Campsite, formerly known as the Gumber Bothy. This National Trust run campsite is a rural and simple campground, perfect for those walking the South Downs Way.

You won't find any cars or caravans at this car-free campsite and you'll enjoy a communal atmosphere in a beautiful location.

Note: Traditionally this stage has taken walkers all the way to Amberley where a free wild camping spot was available at High Titten. As of 2021, High Titten Campground has been purchased by a private owner and is not currently open for camping. If the situation changes we'll update this guide.

Also near Amberley, the [Foxleigh Barn Campsite](#) is a potential option. However, they have limited capacity so we recommend stopping at Gumber Bothy instead.

Stage Five: Gumber Camping/Bothy to Washington Camping Park



OVERVIEW

Distance: 12.8 mi

Elevation: +1,402 ft, -1,656 ft

Washington Camping Park

Cost: £8 – £12/pitch + £6/adult. [More information here.](#)

Services:

- Toilets
- Showers
- Dishwashing area
- Laundry
- Food/meals available during peak season
- WiFi

Contact: [Washington Camping Park](#)

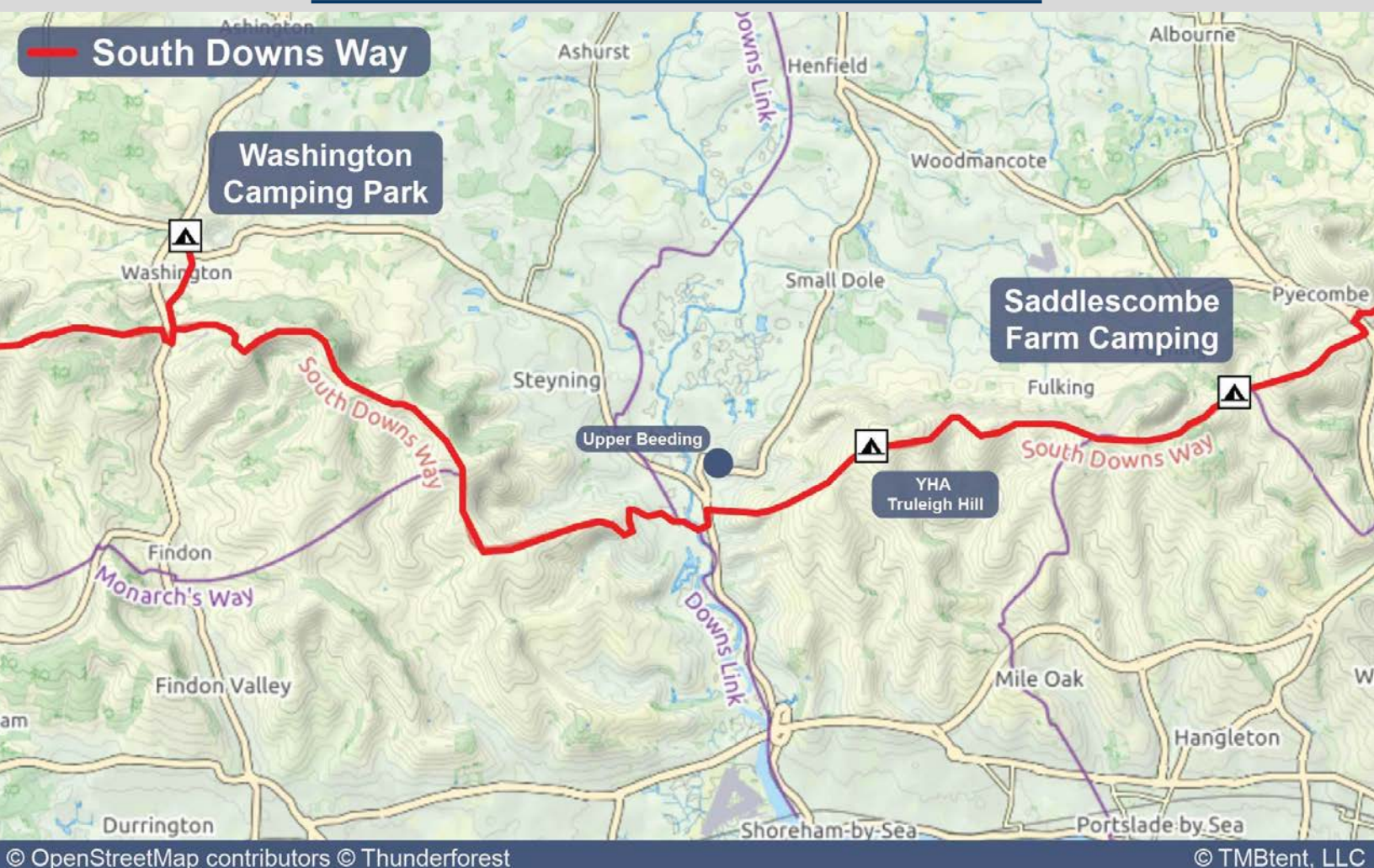
DESCRIPTION

Stage 5 requires campers to walk approximately 1 mile off the main South Downs Way trail to reach your campground at Washington Caravan Park & Campsite.

This isn't too much trouble, and does take you past an excellent pub, but walkers should be prepared for the extra walking.

The Washington Caravan Park & Campsite is a large site with room for up to 80 tents in addition to caravanners. You'll find plenty of amenities here as well as easy access to the surrounding area.

Stage Six: Washington Camping Park to Saddlescombe Farm



OVERVIEW

Distance: 12.95 mi
Elevation: +1,858 ft, -1,616 ft

Saddlescombe Farm Camping

Cost: £10/pitch + £10/adult

Services:

- Toilets
- BBQ
- No showers available – this is rustic camping!

Contact: [Saddlescombe Farm](#)

DESCRIPTION

This is a lovely stage filled with some of the best scenery on offer in the South Downs. You'll finish at the rustic, yet lovely campsite at Saddlescombe Farm.

This is a National Trust run campsite which retains much of its pastoral character by forbidding cars. You won't find any glitz and glamor here, but this is what camping on the South Downs Way is all about!

If you'd like to break this stage up, we recommend stopping at the well run YHA Truleigh Hill, located a bit past the halfway mark of Stage 6.

Stage Seven: Saddlescombe Farm to Housedean Farm



OVERVIEW

Distance: 9.91 mi

Elevation: +1,305 ft, -1,554 ft

Housedean Farm Camping

Cost: £14/adult

Services:

- Toilets
- Showers
- Washing basins
- Communal fridge/freezer
- Charing points

Contact: [Housedean Farm](#)

DESCRIPTION

Stage 7 is a beautiful walk, although you can expect the trail to be a bit more crowded given how close you are to Brighton at this stage of the South Downs Way.

Your campground for the night is the beautiful Housedean Farm Campsite, a very well run establishment.

Although just off the busy A27, you'd never know it from the tranquil countryside surrounding the campground.

Stage Eight: Housedean Farm to Alfriston Camping Park



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OVERVIEW

Distance: 14.45 mi
Elevation: +2,068 ft, -2,148 ft

Alfriston Camping Park

Cost: £10/adult

Services:

- Toilets
- Hot showers

Contact: [Alfriston Camping Park](#)

DESCRIPTION

You're getting close to the end!

Stage 8 takes walkers closer to the coast and the completion of the South Downs Way, with an overnight stay at the excellent Alfriston Camping Park.

This large campground has good service and a separate field specifically for families. You'll find the caravanning crowd here, but there is always plenty of space for South Downs Way walkers.

There are plenty of services available nearby in Alfriston.

Stage Nine: Alfriston Camping Park to Eastbourne



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OVERVIEW

Distance: 11.12 mi

Elevation: +2,197 ft, -2,101 ft

DESCRIPTION

This is it, your final stage of the South Downs Way!

The route saves the best for last with a stunning walk along the Seven Sisters, culminating at Beachy Head. This is a challenging day's walk, but we're willing to bet you'll be too distracted by the beautiful views to care too much.

Unfortunately there are no campgrounds in or near Eastbourne, although we recommend treating yourself to a hotel anyways.

For the budget conscious, you can't go wrong with the [YHA Eastbourne](#).

Section 3

Packing for the South Downs Way



Essential Gear

Making smart choices about what to pack (and what to leave behind) is a vital part of setting yourself up for a successful and enjoyable South Downs Way experience. It's simple- the heavier your pack, the harder your effort. However, with a little thoughtful planning, you can keep your pack weight manageable while still ensuring you have everything you need to be comfortable on the trail and when you're relaxing at the inns, campgrounds, and villages along the way.



Footwear

Traditional hiking boots, hiking shoes, or trail runners will all work for the conditions on the SDW. Bring a pair of boots or trail shoes that you know from experience don't cause problems for your feet. Ideally, you should put at least 30 miles on them in various terrains and weather conditions to reduce the chance of running into issues on the trail.



Tent

We recommend you bring a lightweight backpacking tent. If possible, a freestanding tent is ideal.

,Additionally, a tent with a large vestibule will make it easy to keep all of your gear dry in the event of rain, while still giving you enough space inside your tent.



Backpack

Make sure you complete several hikes with your bag packed the same way and with the same weight you'll carry on the SDW. Backpacks need to be broken in, and your body needs to get used to the feeling of wearing it for extended periods of time. In terms of size, most campers will need between 45 and 65 liters. Don't forget to bring a pack cover to protect against rain.



Trekking Poles

These are a total game-changer on a varied walk like the SDW. You (and your knees) will be so glad to have them on steep sections, and this is especially true for campers who are carrying heavier loads. We recommend bringing lightweight, telescoping poles that can be packed away for travel. Also, it is important to hike with your poles while training, as it takes a bit of time to learn how to use them most effectively.

How much should my pack weigh?

There are several factors that influence how much is too much for any individual hiker. Considerations include:

- How fast are you hoping to hike? Generally speaking, lighter=faster.
- Have you completed a multi-day thru-hike with this specific backpack and this amount of weight before? If not, you should really try to keep it below 25lbs (including water!)
- Are you injury-prone or do you have any chronic knee, hip, or back issues? If so, you need to make sure your backpack stays below 20 lbs.
- One last rule of thumb: If you can't fit everything in a 65L backpack or smaller, you have packed too much.

PACKING LIST

CAMPING GEAR

- ☐ Tent
- ☐ Sleeping bag
- ☐ Sleeping pad
- ☐ Pillow
- ☐ Camping stove
- ☐ Backpacking pot
- ☐ Utensils
- ☐ Plate/Bowl/Mug
- ☐ Stove fuel
- ☐ Lighter/waterproof matches
- ☐ _____

PERSONAL GEAR

- ☐ Multi-tool
- ☐ First aid kit
- ☐ Hydration bladder
- ☐ Small daypack
- ☐ Pack cover
- ☐ Backpack
- ☐ Trekking poles
- ☐ Travel towel
- ☐ Headlamp
- ☐ Sunscreen
- ☐ Hiking gaiters
- ☐ Toilet paper

MISC. GEAR

- ☐ Guidebook
- ☐ Ear plugs
- ☐ Camera
- ☐ Unlocked phone
- ☐ Battery backup
- ☐ Biodegradable soap
- ☐ Travel adapter
- ☐ Plastic bags
- ☐ Digital watch
- ☐ Sleeping mask
- ☐ Dry bags
- ☐ Bug spray

WOMEN'S CLOTHING

- ☐ Underwear (3-4 pairs)
- ☐ Socks (3-4 pairs)
- ☐ Sports bra (1)
- ☐ Long sleeve base layer (1)
- ☐ Short sleeve hiking shirt (1)
- ☐ Leggings (1 pair)
- ☐ Running shorts (1 pair)
- ☐ Down jacket
- ☐ Rain jacket
- ☐ Hiking boots
- ☐ Sunglasses
- ☐ Underwire bra
- ☐ Gloves
- ☐ Hat
- ☐ Sandals/camp shoes
- ☐ Buff
- ☐ Rain pants

MEN'S CLOTHING

- ☐ Underwear (3-4 pairs)
- ☐ Socks (3-4 pairs)
- ☐ Long sleeve base layer (1)
- ☐ Short sleeve hiking shirt (1)
- ☐ Hiking pants (1 pair)
- ☐ Running shorts (1 pair)
- ☐ Down jacket
- ☐ Rain jacket
- ☐ Hiking boots
- ☐ Sunglasses
- ☐ Gloves
- ☐ Hat
- ☐ Sandals/camp shoes
- ☐ Buff
- ☐ Rain pants
- ☐ _____
- ☐ _____

Section 4

How to Navigate on the SDW



Should I bring a map on the South Downs Way?



As the South Downs Way is a National Trail, walkers can expect the path to be very well sign posted and easy to navigate. However, as with many walks in England, it can be quite easy to get turned around or generally off the correct track.

There are countless trail intersections, bridleways, and footpaths that can be easy to confuse with the South Downs Way. For this reason, we always recommend that walkers bring a few map resources when walking the South Downs Way.

Our preference is generally to rely on GPS maps on our smartphones when out on a multi-day walk, and we can highly recommend this method for most walkers. All you'll need is the GPS file included with this guide and a GPS app. We like Gaia GPS, although there are many great options available.

In addition to digital navigation methods, we also recommend you bring a paper map or map booklet along. There is simply no replacement for a physical map, after all you never know when you may find yourself with a dead battery rendering your GPS app useless!

There are several excellent physical maps available for the South Downs Way.

In our opinion, your best bet will be to pack the [South Downs Way map booklet from Cicerone Guides](#). This map booklet contains Ordnance Survey maps for the entire route, neatly organized into a small and portable booklet.

In the following section of this guide we'll show you how to use the GPS data provided with this guide to help navigate on the South Downs Way.

How to turn your phone into a GPS

An offline mobile map of the South Downs Way is one of the easiest ways to navigate while you're on the trail. You'll simply open up your chosen GPS app (more on that in the next section) and be able to view your exact location, the overall trail, alternate routes, and stopping points along the SDW. You can utilize this to check that you are still on the route and know how far you've hiked at any given point along the way.

We think this is far and away the most convenient way to navigate on the South Downs Way and want to help you successfully utilize offline mobile maps on your SDW walk. As part of this guide, we've provided a corresponding GPS download that you can access with the method described below. Keep reading to learn more about how your phone can work as a GPS and how we can help you feel confident using this navigation method.

Using your phone as a GPS

Modern smartphones are incredible machines. You can send email, video chat with someone halfway around the world, and check your bank account all with a swipe of your finger. Another great feature of smartphones is their ability to act as a GPS device. You regularly use this feature when navigating with Google Maps, Apple Maps, or other mapping software that comes standard on most phones these days.

The problem is your phone relies on having an internet connection in order to download the background mapping data that needs to be displayed for you to know where you are. You see, the GPS in your phone only provides a location point, but the really valuable data is the background map that shows the various streets, businesses and even traffic conditions around you. Without an internet connection to show the background map, your phone won't have anything to display. You'll only see sad blue dot floating on a blank gray background.

Solving the background map problem

While the issue of a background map not displaying isn't typically a problem in cities or towns where ample cell phone service (and thus internet connectivity) exists, it can be a huge problem when you're, say, walking through the South Downs National Park without service. The solution? GPS Navigation apps that allow for downloadable background maps. These apps allow you to select a predefined area, in our case the entirety of the South Downs Way, and download the background map to your phone.

This allows you to access the map data without a cell phone connection and still know exactly where you are! Even though your phone is not connected to cell service or internet, the GPS will still work without incurring any "roaming" charges.

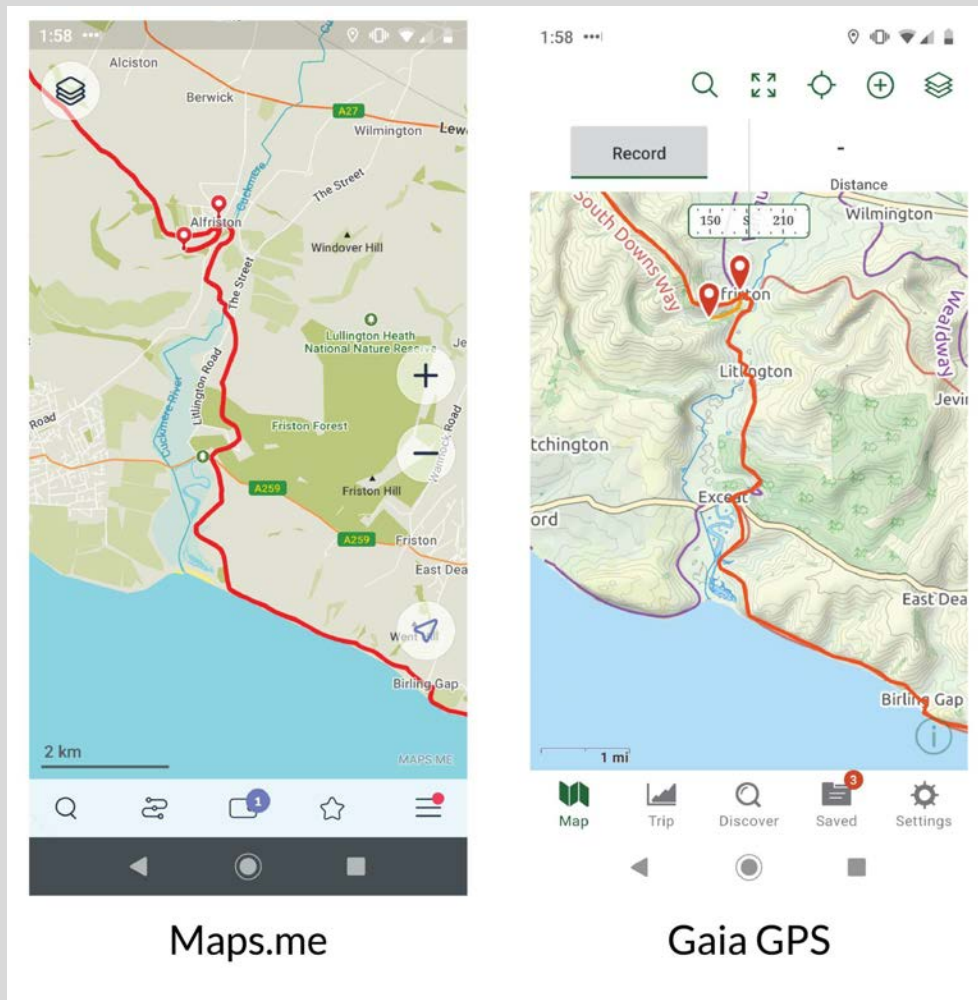
In the next section we'll help you decide which GPS navigation app is best for you before providing step-by-step instructions on how to utilize our custom GPS data on your phone.



Which GPS app should I use?

There are two main offline GPS navigation apps that we recommend for those hiking the South Downs Way: [Maps.me](#) and [Gaia GPS](#).

The main difference between the two apps is that Maps.me is free to download and use, but has limited base maps. On the other hand, Gaia GPS requires a \$19.99 annual subscription to use but has superior offline base maps and more robust navigational tools. Check out the comparison below to see how a specific section of the South Downs Way displays in each of the apps.



As you can see, Maps.me can easily display the route as well as location markers along the way. However, the same section of trail displayed in Gaia GPS gives the user much more information such as adjacent trails, topographic lines, and elevation shading.

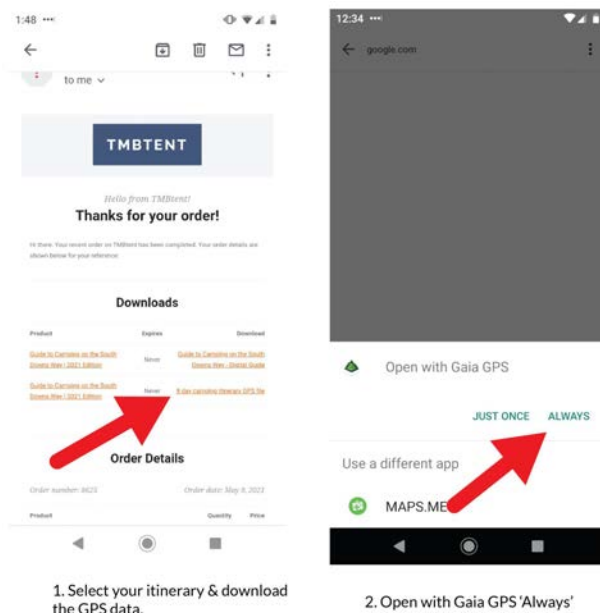
For this reason, we highly recommend you invest the \$20 to use Gaia GPS, although we certainly understand those who prefer to use a free option. Instructions for downloading and accessing the GPS data for the South Downs Way for both Maps.me and Gaia GPS are included in the next section.

Using Gaia GPS for your South Downs Way map

The instructions below provide a step-by-step guide for downloading and accessing the custom South Downs Way GPS data we've created in Gaia GPS. **The first step is to download the GPS file that we have created for camping on the South Downs Way. This file was sent in your order confirmation email.**

Step One - Download the South Downs Way GPS file

A link for the GPS file is included in your order confirmation email. You'll want to be sure to open the email and download the .KML file directly onto your phone (as opposed to on another device) to simplify the process. After completing the download you'll be prompted to open the file in Gaia GPS, which you should do.

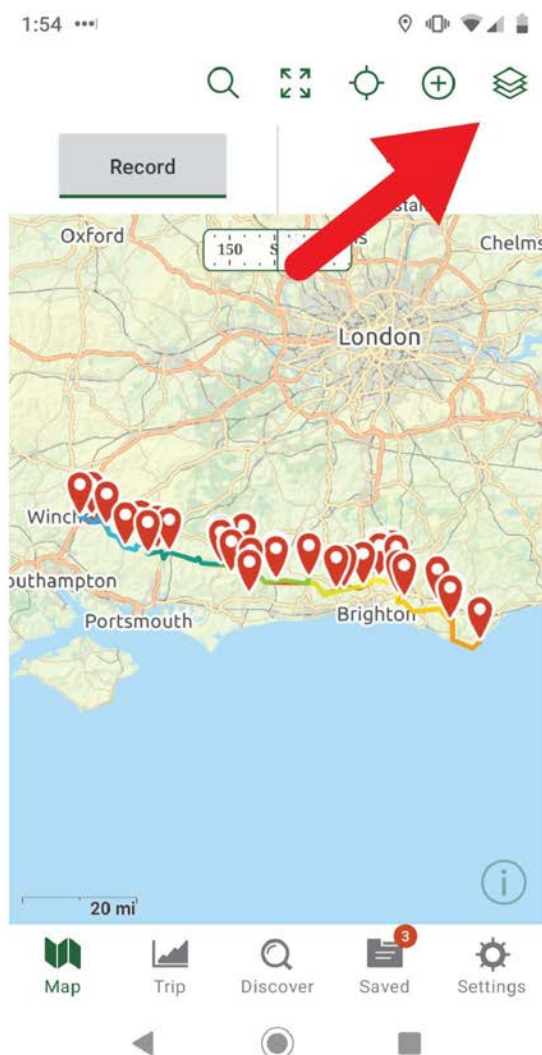


Gaia GPS will then import the data and you should see the South Downs Way route and waypoints for your itinerary displayed on the map.

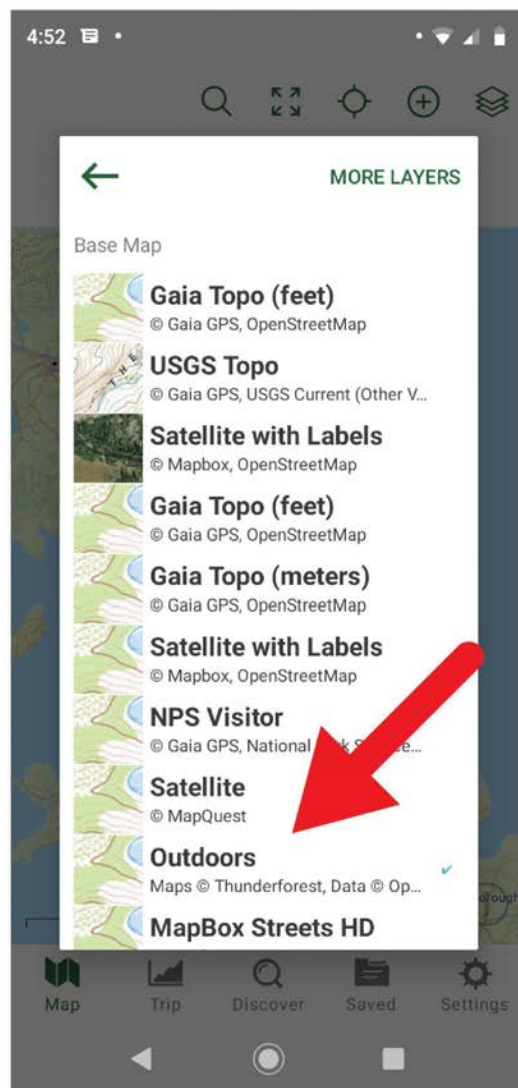


Step Two – Choose your map source

Next, you'll want to select your base map. This will be the background map that you will eventually download and use to navigate while hiking, even without cell phone service. There are tons of background maps available for download, but we highly recommend the "Outdoor" layer for those walking the South Downs Way. To choose this map source, simply select the layers icon in the top right corner and then select 'Outdoors'



1. Select the 'Layers' menu in the top right

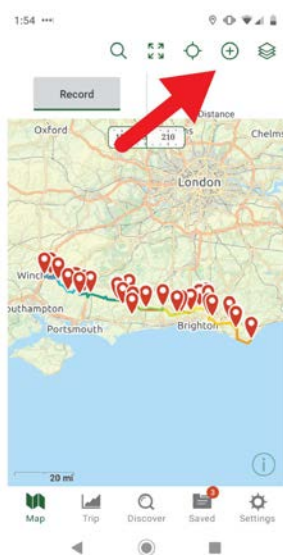


2. Select the 'Outdoors' layer

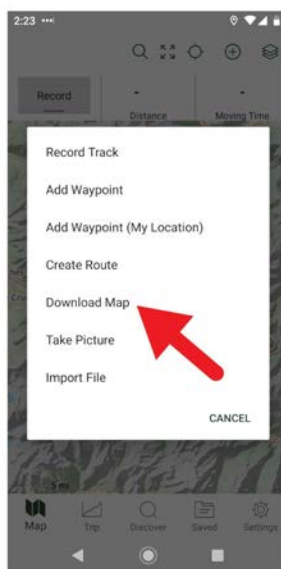
Step Three – Navigate to the South Downs Way and download your background map

Once you have selected the “Outdoor” base map, you’ll need to download the entire area of the South Downs Way. Remember, without downloading this data you’ll have no way to know your exact location on the trail when you don’t have cell phone service. To download the map background data, follow the steps below:

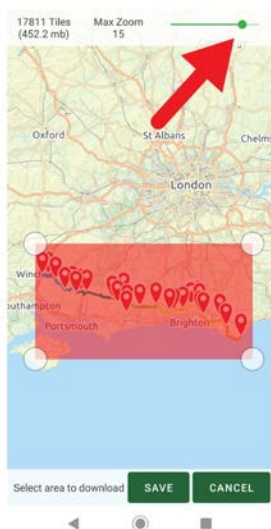
1. Navigate to the area of the South Downs Way in Gaia GPS
2. Select the ‘Create’ button (circle with a plus sign in the upper right hand corner)
3. Select ‘Download Map’
4. Draw a rectangle with your finger that encompasses the entire South Downs Way
5. Set the ‘Max Zoom’ to 15
6. Name your map ‘South Downs Way’ and select ‘Save’
7. Allow the download to complete and you’re done! (you’ll want to be connected to WiFi for this)



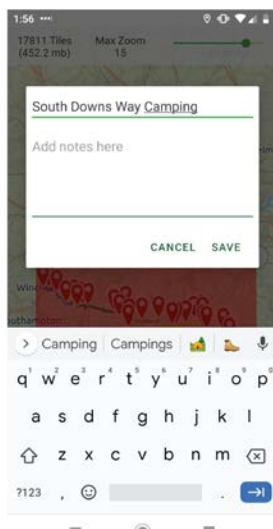
1. Navigate to the area of the SDW and select the 'Create' button



2. Select 'Download Map'



3. Draw a rectangle with your finger that encompasses the entire South Downs Way.
Set the 'Max Zoom' to 15



4. Name your map, then click 'Save'

That's it! Now you're all set to navigate on the South Downs Way like a pro with an offline GPS map in Gaia GPS. You can now zoom in on specific sections, view trail segments, and see all of the stopping points along the route!

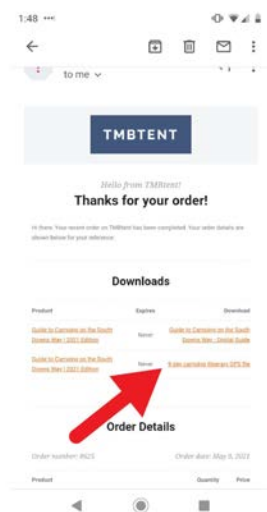
Using Maps.Me for your South Downs Way map

The instructions below show a step-by-step guide for downloading and accessing the custom South Downs Way GPS data we've created in Maps.me. Maps.me is an excellent free navigation app that allows you to download offline background data.

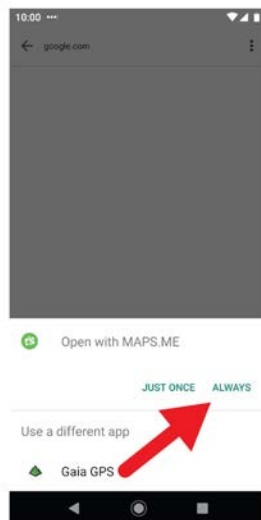
The primary shortcoming of using Maps.me for navigation while trekking is the limited base map data. You won't find any topographic lines, terrain shading, or other helpful features. However, we know that many walkers will be just fine with Maps.me and you can't beat the price!

Step One - Download the South Downs Way GPS file

A link for the GPS file is included in your order confirmation email. You'll want to be sure to open the email and download the GPS file directly onto your phone to simplify the process. After completing the download you'll be prompted to open the file in Maps.me, which you'll want to go ahead and do.

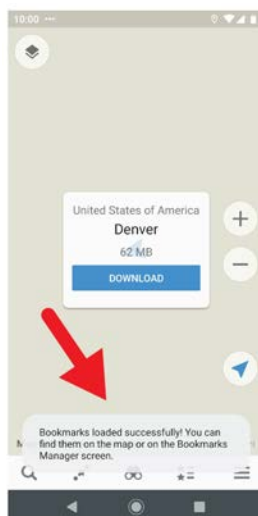


1. Select your itinerary & download the GPS data.

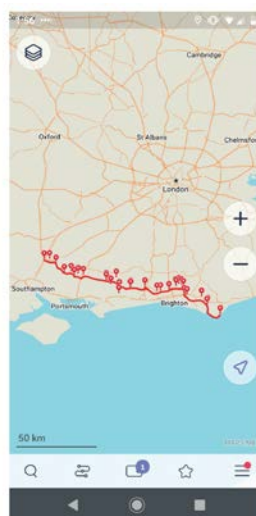


2. Open with Maps.me 'Always'

After opening the .KML file with Maps.me, the app will navigate to your current location and will also display a message stating that your bookmarks have successfully been loaded. You'll need to move the map from your current location to the South Downs Way and verify that you see the track and waypoints displayed.



2. Maps.me will open to your current location and let you know the data was successfully loaded.

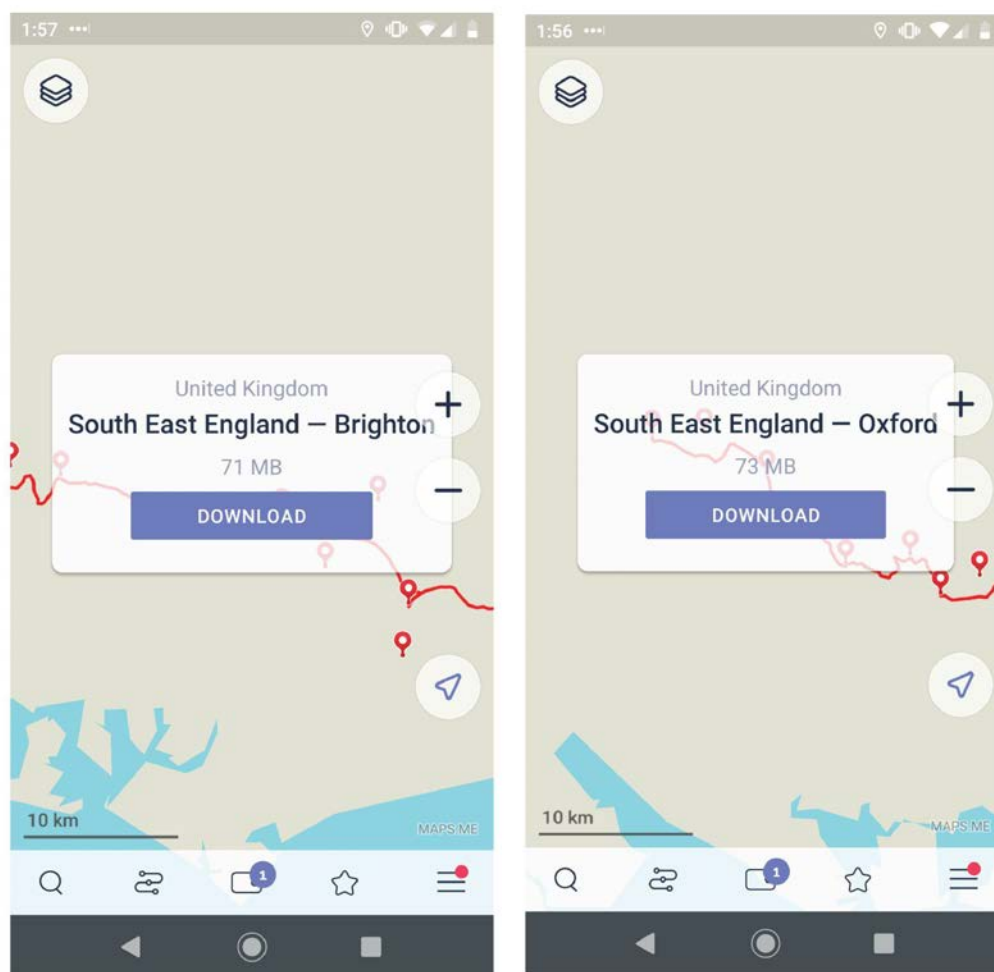


3. Navigate to the SDW and you'll be able to see the route displayed!

Step Two – Download the South Downs Way background maps

Once you have successfully loaded the GPS data, you'll need to download the entire area of the South Downs Way as a base map in Maps.me. Remember, without downloading this data you'll have no way to know where exactly you are on the trail. To download the background map data in Maps.me, follow the steps below:

1. Navigate to the area of the South Downs Way in Maps.me
2. Zoom in on the trail until the app prompts you to download a map region
3. You'll need to download two distinct regions in Maps.me to cover the entire SDW. They are:
 - a. South East England - Oxford
 - b. South East England - Brighton
4. Continue to zoom in on different segments of the trail until you have downloaded both of these regions
5. Verify that you've downloaded all of the required base maps by navigating to the 'Download Maps' menu.
6. Once you've checked that both regions have been successfully downloaded you're all done!

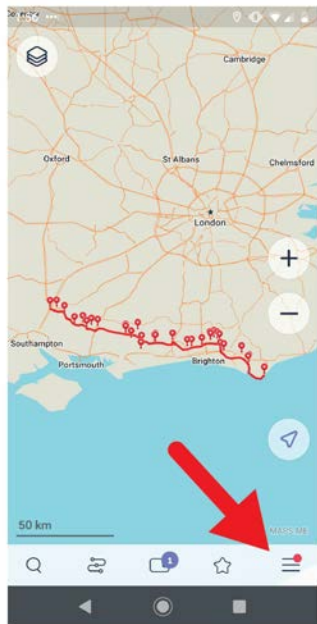


Zoom in on the SDW route until you have been prompted to download the following regions: South East England - Brighton & South East England - Oxford

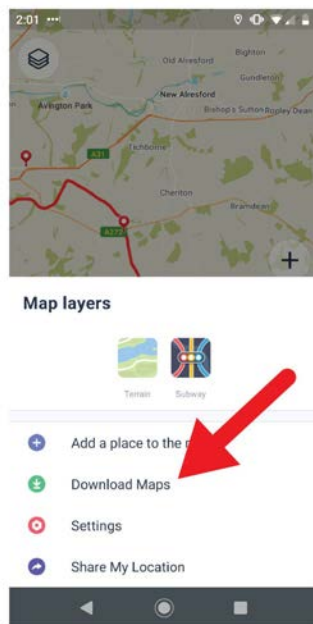
Step Three – Verify that you’ve downloaded the basemaps

To verify that you’ve successfully downloaded both of the required base map regions in Maps.me follow these steps:

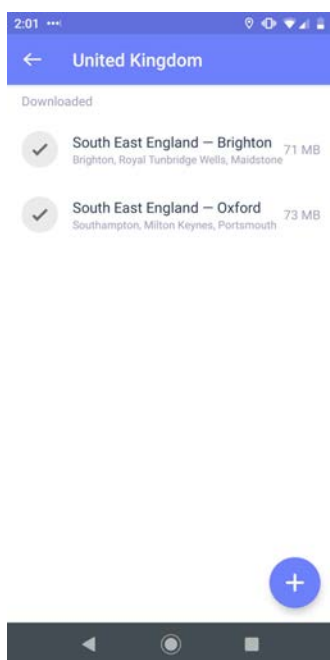
1. Select the ‘Menu’ in the bottom right hand corner of the screen
2. Select ‘Download Maps’
3. Verify that you have downloads in the United Kingdom
4. Select the UK and verify that you have both maps downloaded:
5. South East England - Brighton
6. South East England - Oxford



1. To verify you’ve downloaded the basemaps select the menu in the bottom right corner.



2. Select ‘Download Maps’



That’s it! You’re all set to navigate on the South Downs Way like a pro with an offline GPS map utilizing Maps.me. You can now zoom in on specific sections, view trail segments, and see all of the stopping points along the route!

Section 5

Training Plan



Your 15-Week South Downs Way Training Plan

Use this training plan as a general guide to prepare for the South Downs Way. Can't do every exercise, miss a day, or need to make some substitutions? No problem! You'll be just fine on your trek, as long as you go into it with good health and with a decent fitness base. Feel free to make adjustments to this plan to fit your unique circumstances.

Disclaimer: This training plan is not intended for the treatment or prevention of disease, nor is it a replacement for seeking medical treatment or professional nutrition advice. Do not start any nutrition or physical activity program without first consulting your physician.

Starting six months before the SDW, focus on building your base. Walk, run, hike, swim, and/or cycle for 30-60 minutes at least twice a week to establish your cardio endurance.							
Weeks until SDW	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
15	30 min Incline Cardio	<u>Strength Workout:</u> 3 sets each -Goblet squats (10 reps) -Lunges (10 each leg) -45 second plank	30-60 min Cardio	<u>Strength Workout:</u> 3 sets each -Goblet squats (10 reps) -Lunges (10 each leg) -45 second plank	30 min Cardio OR Rest <i>depending on how you feel.</i>	Long hike or long walk (1.5 hours)	Rest
14	30 min Incline Cardio	<u>Strength Workout:</u> 3 sets each -Goblet squats (10 reps) -Lunges (10 each leg) -45 second plank -Side lunges (8 each leg) -Step-ups (10 each leg)	30-60 min Cardio	<u>Strength Workout:</u> 3 sets each -Goblet squats (10 reps) -Lunges (10 each leg) -45 second plank -Side lunges (8 each leg) -Step-ups (10 each leg)	30-60 min Cardio OR Rest <i>depending on how you feel.</i>	Long hike or long walk (1.5 hours)	Rest

Weeks until SDW	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13	30 min Incline Cardio	<u>Strength Workout:</u> 3 sets each -Goblet squats (10 reps) -Lunges (10 each leg) -45 second plank -Side lunges (8 each leg) -Step-ups (10 each leg)	30 min Incline Cardio OR 60 min Cardio	<u>Strength Workout:</u> 3 sets each -Goblet squats (10 reps) -Lunges (10 each leg) -45 second plank -Side lunges (8 each leg) -Step-ups (10 each leg)	30-60 min Cardio OR <i>Rest depending on how you feel.</i>	Long hike or long walk (1.5-2 hours)	Rest
12	30 min Incline Cardio	<u>Strength Workout:</u> 3 sets each -Goblet squats (10 reps) -Lunges (10 each leg) -45 second plank -Side lunges (8 each leg) -Step-ups (10 each leg)	30 min Incline Cardio OR 60 min Cardio	<u>Strength Workout:</u> 3 sets each -Goblet squats (10 reps) -Lunges (10 each leg) -45 second plank -Side lunges (8 each leg) -Step-ups (10 each leg)	30-60 min Cardio OR <i>Rest depending on how you feel.</i>	Long hike or long walk (2 hours)	Rest

Weeks until SDW	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11	60 min Incline Cardio	<u>Strength workout:</u> 3 sets each -Goblet squats (10 reps) -Lunges (10 each leg) -45 second plank -Side lunges (8 each leg) -Step-ups (10 each leg)	30 min Incline Cardio OR 60 min Cardio	<u>Strength workout:</u> 3 sets each -Goblet squats (10 reps) -Lunges (10 each leg) -45 second plank -Side lunges (8 each leg) -Step-ups (10 each leg)	30 min Cardio OR <i>Rest depending on how you feel.</i>	Long hike or long walk (2 hours)	Rest
10	60 min Incline Cardio	<u>Strength Workout:</u> 3 sets of each -Squats w/ overhead press (10 reps, medium dumbbells) -Lunges (12 each leg) -60 second plank -Side lunges (10 each leg) -Step-ups (10 each leg) -hip bridges (10 reps)	60 min Cardio	<u>Strength Workout:</u> 3 sets of each -Squats w/ overhead press (10 reps, medium dumbbells) -Lunges (12 each leg) -60 second plank -Side lunges (10 each leg) -Step-ups (10 each leg) -hip bridges (10 reps)	30 min Cardio OR <i>Rest depending on how you feel.</i>	Long hike or long walk (2-3 hours)	Rest

Weeks until SDW	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9	60 min Incline Cardio	<u>Strength Workout:</u> 3 sets of each -Squats w/ overhead press (10 reps, medium dumbbells) -Lunges (12 each leg) -60 second plank -Side lunges (10 each leg) -Step-ups (10 each leg) -hip bridges (10 reps)	60 min Cardio OR 45 min Incline Cardio	<u>Strength Workout:</u> 3 sets of each -Squats w/ overhead press (10 reps, medium dumbbells) -Lunges (12 each leg) -60 second plank -Side lunges (10 each leg) -Step-ups (10 each leg) -hip bridges (10 reps)	30-45 min Cardio OR Rest <i>depending on how you feel.</i>	Long hike or long walk (2 hours) with weighted pack*	Rest
8	30-45 min Cardio OR Rest <i>depending on how you feel.</i>	<u>Strength Workout:</u> 3 sets of each -Squats w/ overhead press (10 reps, medium dumbbells) -Lunges (12 each leg) -60 second plank -Side lunges (10 each leg) -Step-ups (10 each leg) -hip bridges (10 reps)	60 min Cardio OR 45 min Incline Cardio	<u>Strength Workout:</u> 3 sets of each -Squats w/ overhead press (10 reps, medium dumbbells) -Lunges (12 each leg) -60 second plank -Side lunges (10 each leg) -Step-ups (10 each leg) -hip bridges (10 reps)	Rest	Long hike or long walk (2 hours) with weighted pack*	45 minute walk or hike

Weeks until SDW	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7	30-45 min Cardio OR Rest <i>depending on how you feel.</i>	<u>Strength Workout:</u> <i>4 sets of each</i> -Squats w/ overhead press (10 reps, medium dumbbells) -Lunges (12 each leg) -60 second plank -Side lunges (10 each leg) -Step-ups (10 each leg) -hip bridges (10 reps)	60 min Cardio OR 45 min Incline Cardio	<u>Strength Workout:</u> <i>4 sets of each</i> -Squats w/ overhead press (10 reps, medium dumbbells) -Lunges (12 each leg) -60 second plank -Side lunges (10 each leg) -Step-ups (10 each leg) -hip bridges (10 reps)	Rest	Long hike or long walk (Ideally 1,000 meters elevation gain, 10-15km) with weighted pack*	60 minute incline walk or hike
6	30-45 min Cardio OR Rest <i>depending on how you feel.</i>	<u>Strength Workout:</u> <i>4 sets of each</i> -Squats w/ overhead press (10 reps, medium dumbbells) -Lunges (12 each leg) -60 second plank -Side lunges (10 each leg) -Step-ups (10 each leg) -hip bridges (10 reps)	60 min Cardio	<u>Strength Workout:</u> <i>4 sets of each</i> -Squats w/ overhead press (10 reps, medium dumbbells) -Lunges (12 each leg) -60 second plank -Side lunges (10 each leg) -Step-ups (10 each leg) -hip bridges (10 reps)	Rest	Long hike or long walk (Ideally 500 meters elevation gain, 10-15km) with weighted pack*	60 minute incline walk or hike with weighted pack*

Weeks until SDW	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5	30-45 min Cardio OR Rest <i>depending on how you feel.</i>	<u>Strength Workout:</u> <i>4 sets of each</i> -Squats w/ overhead press (10 reps, medium dumbbells) -Lunges (12 each leg) -60 second plank -Side lunges (10 each leg) -Step-ups (10 each leg) -hip bridges (10 reps)	60 min Cardio	<u>Strength Workout:</u> <i>4 sets of each</i> -Squats w/ overhead press (10 reps, medium dumbbells) -Lunges (12 each leg) -60 second plank -Side lunges (10 each leg) -Step-ups (10 each leg) -hip bridges (10 reps)	Rest	Long hike or long walk (Ideally 500 meters elevation gain, 10-15km) with weighted pack* <i>If you plan on using new hiking boots on the SDW, start breaking them in now.</i>	60 minute incline walk or hike with weighted pack*
4	30-45 min Cardio OR Rest <i>depending on how you feel.</i>	<u>Strength Workout:</u> <i>4 sets of each</i> -Squats w/ overhead press (10 reps, medium dumbbells) -Lunges (12 each leg) -60 second plank -Side lunges (10 each leg) -Step-ups (10 each leg) -hip bridges (10 reps)	60 min Cardio	<u>Strength Workout:</u> <i>4 sets of each</i> -Squats w/ overhead press (10 reps, medium dumbbells) -Lunges (12 each leg) -60 second plank -Side lunges (10 each leg) -Step-ups (10 each leg) -hip bridges (10 reps)	Rest	Long hike or long walk (Ideally 1,000 meters elevation gain, 10-15km) with weighted pack* <i>If camping on the SDW, try to turn this into an overnight backpacking trip</i>	Long hike or long walk (Ideally 500 meters elevation gain, 10-15km) with weighted pack*

Weeks until SDW	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3	Rest	<u>Strength Workout:</u> 3 sets of each -Squats w/ overhead press (10 reps, medium dumbbells) -Lunges (12 each leg) -60 second plank -Side lunges (10 each leg) -Step-ups (10 each leg) -hip bridges (10 reps) AND 30 min Cardio	60 min Cardio	<u>Strength Workout:</u> 4 sets of each -Squats w/ overhead press (10 reps, medium dumbbells) -Lunges (12 each leg) -60 second plank -Side lunges (10 each leg) -Step-ups (10 each leg) -hip bridges (10 reps)	Rest	Long hike or long walk (Ideally 700 meters elevation gain, 15-20km) with weighted pack*	60 min Incline Cardio
2	30-45 min Cardio OR Rest <i>depending on how you feel.</i>	<u>Strength Workout:</u> 4 sets of each -Squats w/ overhead press (10 reps, medium dumbbells) -Lunges (12 each leg) -60 second plank -Side lunges (10 each leg) -Step-ups (10 each leg) -hip bridges (10 reps)	60 min Cardio	<u>Strength Workout:</u> 4 sets of each -Squats w/ overhead press (10 reps, medium dumbbells) -Lunges (12 each leg) -60 second plank -Side lunges (10 each leg) -Step-ups (10 each leg) -hip bridges (10 reps)	Rest	Long hike or long walk (Ideally 700 meters elevation gain, 15-20km) with weighted pack*	60 min Incline Cardio

Weeks until SDW	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	<u>Strength Workout:</u> 4 sets of each -Squats w/ overhead press (10 reps, medium dumbbells) -Lunges (12 each leg) -60 second plank -Side lunges (10 each leg) -Step-ups (10 each leg) -hip bridges (10 reps)	60 min Cardio	<u>Strength Workout:</u> 4 sets of each -Squats w/ overhead press (10 reps, medium dumbbells) -Lunges (12 each leg) -60 second plank -Side lunges (10 each leg) -Step-ups (10 each leg) -hip bridges (10 reps)	45 min Incline cardio	Rest	Rest- Have an amazing South Downs Way Walk!

Cardio: Jogging, walking, cycling, swimming, elliptical, rowing, or any other aerobic activity at a moderate pace (that means you can maintain a conversation and sustain the activity for at least 30 minutes)

Incline Cardio: Incorporate some hills into your cardio activity. On a treadmill, set the incline to 4% grade or higher. On a stationary bike, your RPMs should be between 60-80. Stairclimber or elliptical machines are great for incline workouts too. You don't need to get caught up in the details, though. Just find a hill in your area and walk or run up it!

Strength Workouts: This training plan focuses on the basics, but feel free to add in more exercises to fit your own fitness goals. Additionally, you can perform many of these moves while holding weights to increase the challenge. We recommend starting with just body weight so you can focus on proper form, and then adding weights in later. Exercise demonstrations can be found online, if needed.

Reps= how many times to do the exercise in a row. Set= how many times to do the repeated reps (ex: 3 sets of 15 reps means you do 15 reps of the exercise back-to-back>that's one set. Repeat 2 more times to complete 3 sets)

* Your weighted pack should be similar to what you plan to carry on the South Downs Way. Don't forget to account for food and water!

Have a great trip!



Thanks so much for using this guide and we hope you have an unforgettable South Downs Way adventure! We love hearing from our readers so please reach out with questions, comments, suggestions, or anything else you'd like to share. You can always find us at www.tmbtent.com and on [Instagram](#) @tmbtent.

Emily & Ian

