

INFO

This guide is designed to help people of all fitness and health levels in Whitehawk get more active from their front door.

There are 4 maps for different areas of the estate with a number of routes plotted in each area for all levels of ability. The distances range between 1 and 5km long with a variety of elevation and terrain to tackle. You can add routes together to build up your distance and there is a progress chart on the inside of the guide to log which ones you have completed.

▲	ELEVATION
↗	STEPS ON ROUTE
⊗	SUITABLE FOR PRAMS & WHEELCHAIR USERS
⚡	OFF-ROAD SECTIONS

Watch videos of all routes at choosetomove.co.uk

5KMS

HAWK PERIMETER	5KM	▲124m	⊗
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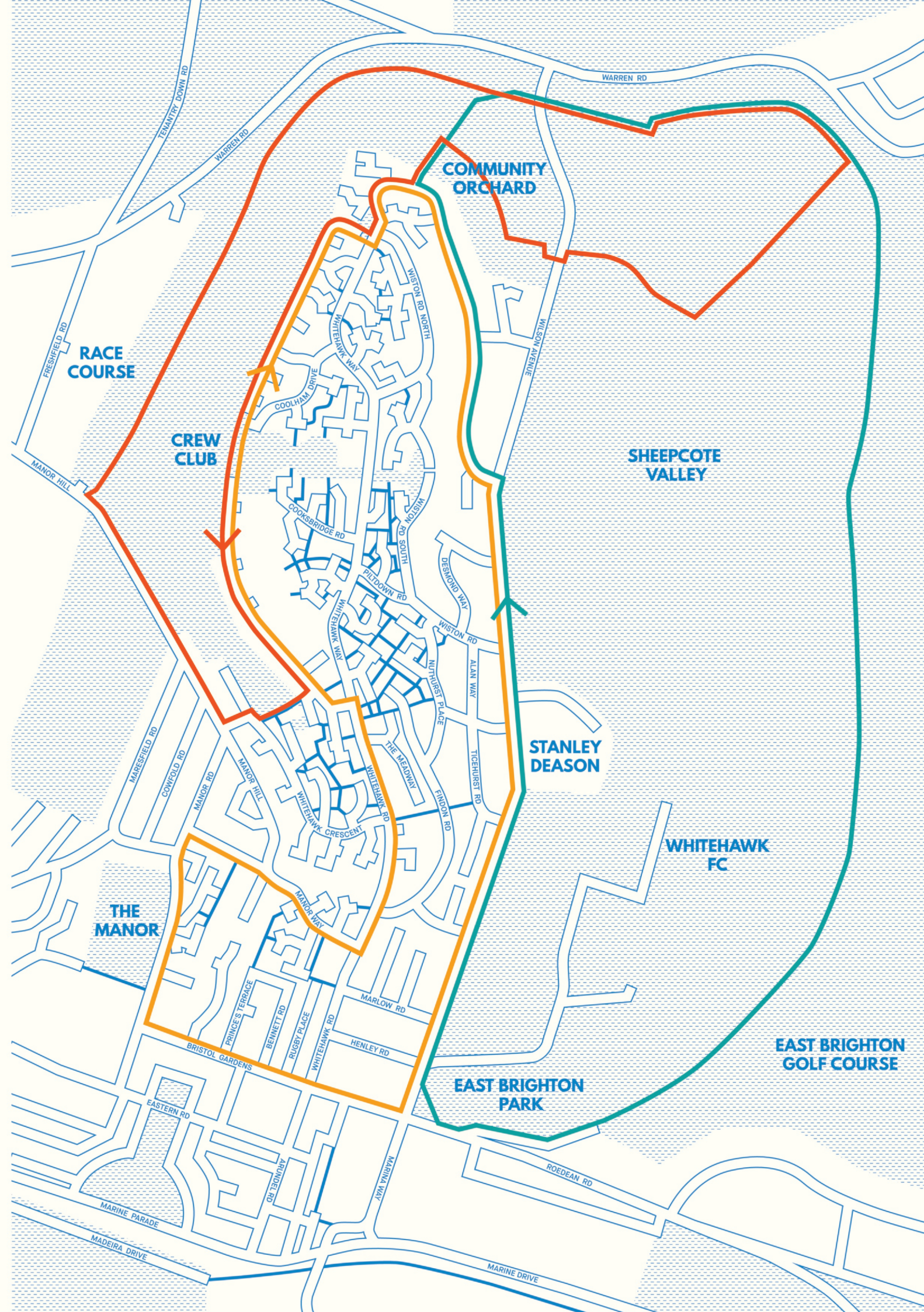
Crew club ↗ Haybourne Rd ↗ Whitehawk Way ↗ Swanborough Drive ↗ Wilson Ave. ↗ Roedean Rd ↗ Manor Rd ↗ Manor Way ↗ Whitehawk Rd ↗ Whitehawk Rd

EASTSIDE	5KM	▲92m	⚡
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Wilson Avenue ↗ Swanborough Drive ↗ path next to Linchmere Lodge onto trail ↗ cross Wilson Avenue (Busy road) ↗ continue straight on path alongside racecourse ↗ stay on path as it curves right and continue down hill to East Brighton Golf Course clubhouse ↗ continue downhill through car park on to Roedean Rd ↗ Wilson Ave.

WESTSIDE	5KM	▲86m	⚡
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Crew Club ↗ Whitehawk Rd ↗ Manor steps/footpath ↗ Whitehawk Crescent ↗ Manor Hill ↗ turn onto trail and follow the race course ↗ cross Wilson Ave. and continue alongside race course ↗ turn off the race course back towards North Whitehawk ↗ cross Wilson Ave. and follow the path through the community orchard ↗ alley ↗ Swanborough Drive ↗ Swanborough Place ↗ Whitehawk Way ↗ Haybourne Rd ↗



FREE MAP

Your guide to getting active from your front door www.choosetomove.co.uk

MOVE | WALK | RUN | WHITEHAWK

CHOOSE TO MOVE

STORY

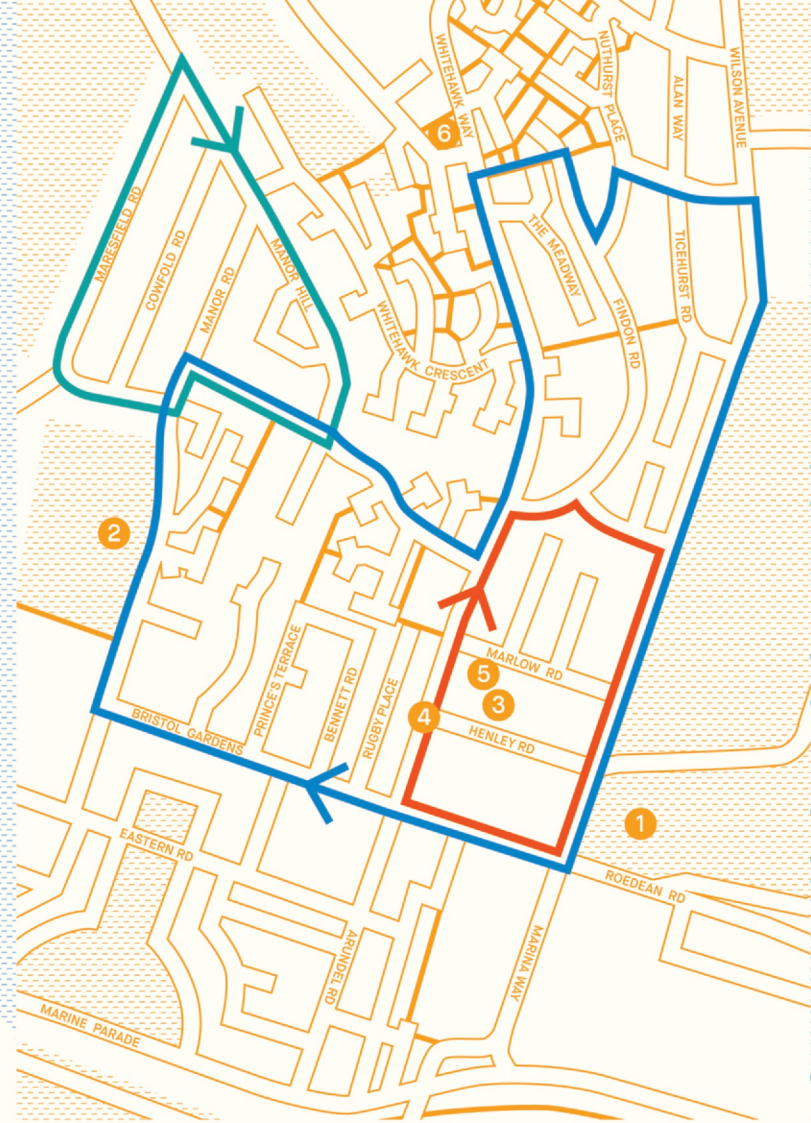
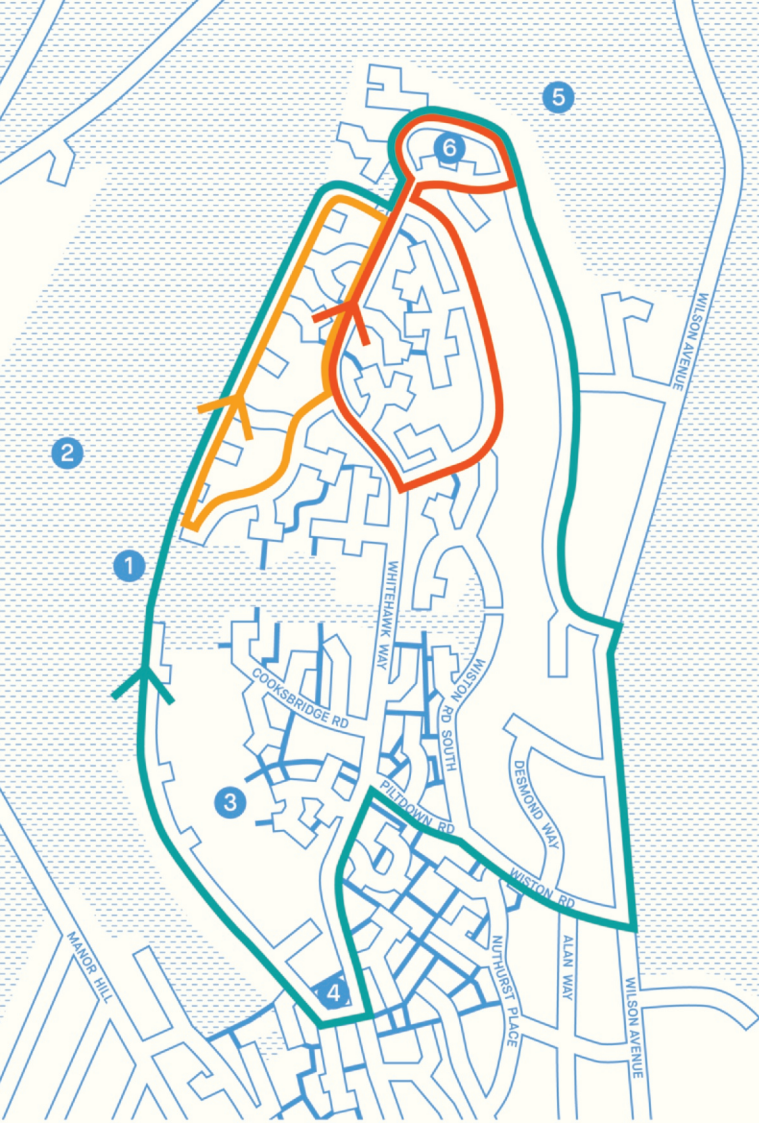
Choose To Move is a project led by the Crew Club in partnership with Sport England. The Crew Club is a community centre in Whitehawk Est. in 1999. It works with people from the community of all ages providing a safe space to learn, socialise and play.

Our goal is to create a family of walkers, joggers and runners that inspire and help each other to move more in and around Whitehawk. Moving regularly makes people feel happier and healthier and doing this with the support of others makes a huge difference to our sense of community connection. Join the movement online or call in to the Crew Club.

@choosetomove_whitehawk #whitehawkcan
@choosetomovewhitehawk
Strava - Choose To Move
www.choosetomove.co.uk



Map Data © OpenStreetMap contributors : www.openstreetmap.org / Design by www.this-way.co



I CHOOSE
TO MOVE
BECAUSE/
FOR...



Keep a record of the routes you have done using the progress chart below. Write the date or time it took you to complete each route in the corresponding box.

Download the free personal tracking app "Strava" to record and share your activities online. Search "Choose To Move" to join our club.

NORTH

HAYBOURNE	1KM	▲17m	🌀
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Start at the Crew Club ↑ Haybourne Rd
↪ Whitehawk Way ↪ Coolham Drive

SWANBOROUGH	1KM	▲26m	🌀
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Whitehawk way ↑ Swanborough Drive
↪ Swanborough Place ↪ Swanborough Drive
↪ Wilson Ave. ↪ Wiston Rd ↪ Piltdown Rd
↪ Whitehawk Way

NORTH LOOP	3KM	▲89m	🌀
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Whitehawk Rd ↑ past playground and Crew Club
↑ Haybourne Rd ↪ Whitehawk Way
↑ Swanborough Drive ↪ Wilson Ave. ↑ Wiston Rd
↪ Piltdown Rd ↪ Whitehawk Way ↪ Whitehawk Rd

- | | |
|---------------------|---------------------|
| 1 Crew Club | 4 St.Davids Hall |
| 2 Whitehawk Hill | 5 Community Orchard |
| 3 Whitehawk Library | 6 Swanborough Flats |

SOUTH

EAST SOUTH	1KM	▲26m	🌀
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Whitehawk Rd ↪ Findon Rd ↪ Wadhurst Rise
↪ Wilson Ave. ↪ Roedean Rd

MANOR	1KM	▲37m	🌀
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Manor way ↪ Maresfield Road ↪ Manor Hill

SOUTH LOOP	3KM	▲86m	🌀
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Roedean Rd ↪ Manor Rd ↪ Manor Way
↪ Whitehawk Rd ↪ alley (small steps)
↪ Findon Rd ↪ Nuthurst Place ↪ Danehill Rd
↪ Wilson Ave.

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|----------------------|------------------|
| 1 East Brighton Park | 4 Broadway |
| 2 The Manor Gym | 5 Whitehawk Inn |
| 3 Bus Garage | 6 St Davids Hall |

CENTRAL

EAST CENTRAL	1KM	▲33m	🌀
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Findon Rd ↪ Nuthurst Place ↪ Wiston Road
↪ Wilson Avenue ↪ Ticehurst Rd ↪ alley
to Findon Rd (steps)

THE HAWK	1KM	▲34m	🌀
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Whitehawk Rd ↪ turn at the park and follow
perimeter path ↪ Whitehawk Way

CENTRAL LOOP	3KM	▲66m	🌀
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Whitehawk Rd ↑ past park & Crew Club
↑ Haybourne Rd ↪ Limney Rd ↪ Coolham Drive
↪ Whitehawk Way ↪ Wiston Way ↪ Wiston Rd
(North) ↑ Wiston Rd ↪ Wilson Ave. ↪ Wadhurst Rise
↪ Findon Rd ↪ Whitehawk Rd

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|----------------|--------------------------|
| 1 Crew Club | 4 Whitehawk Library |
| 2 Middle park | 5 Wellsbourne Healthcare |
| 3 St. Cuthmans | 6 St Davids Hall |

NORTH	HAYBOURNE		
	SWANBOROUGH		
	NORTH LOOP		

SOUTH	EAST SOUTH		
	MANOR		
	SOUTH LOOP		

CENTRAL	EAST CENTRAL		
	THE HAWK		
	CENTRAL LOOP		

5KMS	HAWK PERIMETER		
	EASTSIDE		
	WESTSIDE		