Drinking water

There are only a limited number of places where drinking water can be obtained along the South Downs Way. This is because the trail runs mostly along the crest of the Downs, while all of the villages and springs are at the foot of the Downs.

Please ensure that you carry enough water; it is recommended that you should drink at least 2 litres per day in summer. Please note that water points at pubs are only available when the pub is open.

Please note that due to some of the taps being in exposed rural locations, they may be drained and turned off between November and March to prevent them from freezing and bursting.

From Winchester to Eastbourne, water points and their grid references are:

THE MILBURYS

Beauworth, SU 570 246. Pub.

THE SHOE INN

Exton, SU 614 209. Pub.

MEON SPRINGS

Whitewool Farm, SU 655 215. Water available from the fishing lodge when open.

THE BEECH CAFE

Sustainability Centre, SU 676 190. Café.

QUEEN ELIZABETH COUNTRY PARK

SU 718 185. Café open 10am – 4.30pm most of the year, check opening times on 023 9259 1362.

HILL BARN

A286 crossing, SU 879 166. Tap & trough.

AMBERLEY

Near river Arun crossing, TQ 025 124. Tap & trough.

FRANKLIN ARMS

Washington, TQ 123 129. Pub.

PARKFIELD FARM

Washington, TQ 118 119. Tap.

BOTOLPHS

River Adur crossing, TQ 198 094. Tap & trough.

TRULEIGH HILL

YHA, TQ 220 106. Tap.

DEVIL'S DYKE TO 258 | 10. Pub.

SADDLESCOMBE FARM

TQ 271 114. Tap.

HOUSEDEAN FARM

A27 crossing, TQ 368 092. Tap.

SOUTHEASE CHURCH

TQ 423 052. Tap.

ALFRISTON VILLAGE

c.TQ 520 030. Several pubs, cafés and toilets.

THE EIGHT BELLS

Jevington, TQ 562 017. Pub.

SEVEN SISTERS

Country Park, TV 518 995. Tap behind toilet block.

BIRLING GAP

TV 553 960. Pub and public toilets.

BEACHY HEAD

TV 590 958. Pub and public toilets.

This information is believed to be correct at time of writing (June 2013).

No responsibility can be taken for errors. However if you spot an error please contact the South Downs Way Team, South Downs National Park Authority, Stanmer Park Offices, Stanmer Park, Lewes Rd, Brighton, BNI 9SE.

Tel: 01273 625242 Email: sdw@southdowns.gov.uk