

Old Way Full itinerary 20 miles/32km average

This itinerary breaks the journey into daily distances for a challenging pace of between 17 and 22 miles. Distances are measured from the holy places at the beginning and end of each stage, and rounded up to the nearest half mile. Original Gough Map waypoints are highlighted in red.

Those seeking the most direct route should also check the short cuts, viewable on the google maps for each stage and at the end of the guide.

Stage	Day	Start	End	Miles	Notes
Southampton to Titchfield	1	Southampton	Titchfield	17.5	Don't forget to check the seasonal ferry crossing times from Hamble
Titchfield to Havant	2	Titchfield	Emsworth	22	
Havant to Chichester	3	Emsworth	Boxgrove	18	An alternative route takes you over the ridgeline for the Devil's Humps and Kingley Vale before heading to Chichester.
Chichester to Arundel					
	4	Boxgrove	Amberley	20.5	
Arundel to Lewes	5	Amberley	Fulking	21	
	6	Fulking	Glynde	20	
Lewes to Boreham Street	7	Glynde	Willingdon	17.5	The Cuckmere Haven and Seven Sister variant routes may add an extra day here
	8	Willingdon	Boreham Street	20	
Boreham Street to Winchelsea & Winchelsea to Appledore	9	Boreham Street	Westfield	20	
	10	Westfield	Appledore	22	
Appledore to Lympne & Lympne to Bridge	11	Appledore	Saltwood	20	
	12	Saltwood	Bridge	17.5	
Bridge to Canterbury	13	Bridge	Canterbury	9	