

Origins & Inspirations

Thirty years ago a group of hikers decided to develop a long distance footpath that connected London to the South Coast. They researched a 68 mile long inter-connected series of existing footpaths that pass through several different and varied habitats of S.E. England. The Vanguard Way takes in the magnificent Ashdown Forest as well as the North Downs and the Lower Weald, before crossing the South Downs to reach the sea at the spectacular Cuckmere Haven, to the east of Seaford.

In 2001, The RiverOcean Foundation selected the Vanguard Way as a springboard for a new type of environmental education programme which directly involves local communities.



We are grateful to the following groups for their input and support:

- Good Shepherd Catholic Primary School, New Addington.
- Forest Row Primary School.
- Pericles Project, Forest Row.
- Cradle Hill Primary School, Seaford.

We are:

RiverOcean Foundation, a charity dedicated to encouraging sustainable use and enjoyment of river valleys and marine environments.

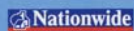
We work in partnership with individuals and groups on a variety of regional, national & international projects.

For more information about our community projects and walks, or the Vanguard Way guide book with full details of the route, please contact us:

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Vanguard Way
long distance footpath

68 miles London to Seaford

A Community Project

Community Involvement
Education
Walks
Web Site



riverOcean
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Visit our website at www.riverocean.org.uk

Walks

It is possible to walk the whole 68 mile Vanguard Way but for those who choose shorter walks we have devised a series of circular rambles that explore sections of the Way and its environs. These walks are between 3 and 9 miles long with all starting points accessible by public transport. Detailed route descriptions can be downloaded from the website along with stories and information. The routes take walkers through beautiful and varied scenery, and also pass places of historical and cultural interest.

There are also guided walks throughout the year, taking you off the beaten track and into some of the loveliest countryside of the South East. For more information about these, please check www.riverocean.org.uk or send an SAE to RiverOcean.



We have collected stories with the help of local community groups, and the walk leader is always interested to receive feedback about the tales she tells and to hear more. Folk tales and facts, history and stories of the animals and plants - all these enrich our sense of place and connection with the land and each other.



"To find new things, take the path you took yesterday." - John Burroughs



Vanguard Way
long distance footpath



••• Vanguard Way Route
— Railways
Scale : 1cm :5km

Croydon.....Surrey Hills.....Forest Row.....Ashdown Forest.....Buxted.....Low Weald.....Alfriston.....South Downs.....Seaford

Community & Education

Children and community groups visit local sites on the Vanguard Way and explore different features of the environment. Then they

- reflect on what they've seen and heard
- plan another visit
- begin a storyboard about their discoveries for the website
- make a third visit to the site and finish their storyboards

Through these three visits and the work in between, the children deepen their understanding of the environment and of the process of creating a coherent sequence for the website. They also develop skills in observation, planning, photography and communication.

Working with the schools also leads to involvement in community projects:

Children from Forest Row Primary School working with Pericles, an organisation for people with special needs, making wattle fences. Together, the children and Pericles succeeded in arranging the re-routing of a section of the Vanguard Way where it crosses the Royal Ashdown Forest Golf Course. It is now a safer path for walkers.



We are also using this incremental learning approach with groups in New Addington and Seaford – some of the results are displayed on our website – and we will soon be extending it to Haute Normandie. There, adults with special needs will be exploring wildlife habitats near the route of the Vanguard Way extension from Dieppe to Paris.

