

Shortest distance 209, suggested distance 213.
 Fair bit of main road dodging near Poole but quieters down near Fordingbridge.
 Cuts inland to go through the New Forest before getting to busier roads that pass the South Downs.

Telscombe Hostel at 9km, <http://www.yha.org.uk/hostel/telscombe>,
 South Downs at 7km, <http://www.yha.org.uk/hostel/south-downs>.

Log from 2007, note I've moved control from Newhaven to Lewes.
 E3 (220km), Wareham, Fordingbridge, Kingsworthy, Alton, Billingshurst, Newhaven.
 24/08/07, 14hr42, 147m on the clock, 0553-2035, Hot, dry and light northerly.
 Left on Poole Rd, left on the A350 and first right thru Corfe onto the A31 briefly.
 Got onto B3078 and followed it into Fordingbridge which is quite a large place.
 Continued on the B3078 up into the New Forest. After another B road joined I took second left and found a way easily to the A36. The signing for Romsey got confusing so I did a few miles going round in circles. Not all the lanes were shown on the map, so I relied on differing advice from people I met. Finally got spat out on the A3080 a mile from Romsey. After that I took the main road to Winchester following signs for the Hospital. This got me close to the station and one piece of local advice was enough to get me to Kingsworthy. On the outskirts there is a pub and shop opposite so I didn't need to go into the village proper.
 Then B3047 thru New Alresford before the A31 for a tedious busy drag along the A31 to Alton. Plenty of controls here. B3004 thru Kingsley and Headley to Haslemere.
 B2131 and lanes thru Plaistow to Billingshurst. Shop control. Out on busy A272, right on A24, then B2116 thru Partridge Green. The road is easy to follow thru Hassocks to Keymer.
 Here the road swings towards the Downs then contours round to the main road into Lewes. I aimed for the station and got advice on getting to Telscombe YH.
 Aim for Southease, then turn near the Abergavenny pub.
 I fed there, just as well as at Telscombe there is only the YH shop. It's a long pull up there as well.
 The next day I felt knackered, I'd had the shits for two days and was dehydrated. So I took a rest day and got some rehydration powder from Boots in Newhaven. This made for some phoning to rearrange places to stay. And I got some washing done!

Wareham	50.685964,-2.109897	ATM, Coop @ 50.686643,-2.110173 Hostels at Swanage 16km and West Lulworth 14km.	Wareham Kings Worthy	http://goo.gl/maps/LsFN0	Wareham Crediton	http://goo.gl/maps/3AqGF
Fordingbridge	50.926965,-1.791449	Coop, ATM				
Kings Worthy	51.102552,-1.304848	ATM small Tesco	Kings Worthy Lewes	http://goo.gl/maps/Pc2iH	Kings Worthy Wareham	http://goo.gl/maps/78Sm2
Alton	51.146887,-0.975988	ATM Sainsbury				
Billingshurst	51.022893,-0.451688	ATM Budgens				
Lewes	50.874093,0.014437	ATM, Waitrose, Telscombe hostels @ 50.812457,-0.006741 9.4km , South Downs @ 50.832126,0.034286 , both 7.4km away.	Lewes Aylesham	http://goo.gl/maps/dtmrF	Lewes Kings Worthy	http://goo.gl/maps/K8g1c