



# 06 EAST SUSSEX THE SEVEN SISTERS & BEACHY HEAD

▶ Distance: 13¾ miles/22.1km ▶ Time: 7 hours ▶ Grade: Challenging



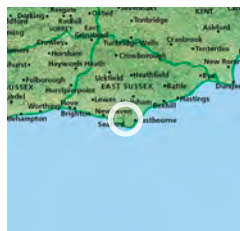
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The Seven Sisters, with Belle Tout lighthouse on the skyline.

PHOTO: PHILIP THOMAS

## PLAN YOUR WALK



## ROUTE

**Start/parking** Seaford Station (free parking on seafront), grid ref TV481 991, postcode BN25 2AR. Or park near end and catch train/bus to start.

**Is it for me?** A long, exerting day walk with multiple ups and downs over grassy clifftops, following good paths/waymarked trails.

**Stiles** None

## PLANNING

**Nearest towns**

Seaford & Eastbourne

**Refreshments** At start/finish, Exceat, Birling Gap and Beachy Head

**Public toilets** Exceat, Birling Gap & Beachy Head

**Public transport** Frequent trains from end to start - change at Lewes Station ([www.southernrailway.com](http://www.southernrailway.com)). Or, catch 'Coaster' bus ([www.buses.co.uk](http://www.buses.co.uk))

**Maps** OS Explorer OL25; Landranger 199



CHOSEN BY...

**PHILIP THOMAS**

A rollercoaster hike across the white cliffs of Sussex, this spectacular walk covers the coastal leg of the South Downs Way - where the rolling chalk hills of Britain's youngest national park meet the sea. Crossing Seaford Head to Cuckmere Haven, it cuts inland to cross the river at Exceat, where it joins the South Downs Way. Traversing the Seven Sisters (a dramatic series of undulating chalk cliffs), the route climbs out of Birling Gap and across Beachy Head for a gentle finale along Eastbourne's promenade. Alternative paths and buses make this a versatile walk, easily shortened or adapted.

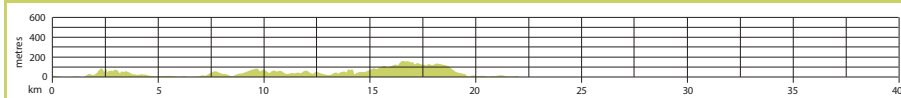
## 1 Start

Leaving Seaford Station, turn R to mini roundabout then swing R into Dane Road, passing Morrisons to reach seafront. Cross road to promenade and follow it L, passing Seaford Museum/Martello Tower.

## 2 1 mile/1.6km

At end of promenade, take footpath signposted 'Vanguard Way' (WGV) up slope/steps L of retaining wall (part of an old hotel), then turn R up steps to follow clifftop path along edge of golf course. Follow path up over Seaford Head and down to Hope Gap. Stay ahead on coastal path to emerge by coastguard cottages overlooking Cuckmere Haven.

## GRADIENT PROFILE



06 EAST SUSSEX  
THE SEVEN SISTERS & BEACHY HEAD▶ OS Explorer map OL25 ▶ Buy maps at: [ordnancesurvey.co.uk/shop](http://ordnancesurvey.co.uk/shop)

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**3 miles/2.8km**

Cross two tracks aiming for gate in LH corner of field opposite cottages, waymarked VGW. Follow trail along edge of Cuckmere River estuary and through gate to Cuckmere Inn car park. Cross car park to road. Cross road to pavement and turn R over Exceat Bridge. Re-cross road to pavement and follow it to Exceat.

**4 4½ miles/7.3km**

After Country Park car park/opposite visitor centre, turn R through gate, then L up grassy path over hill, signed 'South Downs Way' (SDW). Follow waymarked trail through gate, descending into Foxhole Bottom. Reach gate, cross paved track and continue through gate on gravel track to signpost. Fork L, following SDW through gate and uphill along fenceline. Follow trail through next gate to signpost, turning L on SDW across the undulating chalk cliffs of the Seven Sisters (keeping away from unstable cliff edges).

Follow path through three gates into National Trust land, dropping then climbing to a monument commemorating purchase of Crowlink Valley. Follow trail through next gate, past Michel Dene memorial, leaving NT land through next gate. Follow signposted SDW R down track past bungalows to Birling Gap car park.

**5 8½ miles/13.7km**

Take path L of phonebox/Coastguard Station up to Belle Tout lighthouse. Follow SDW around LH-side, then down towards road, picking up coastal path across white cliffs of Beachy Head (its iconic red and white lighthouse in front). Follow clifftop path past first memorial, then away from road on paved path past Bomber Command memorial. Heed next signpost for SDW, forking R to follow unpaved footpath staying high between trees. Follow SDW waymarks above Whitebread Hole. Reaching a junction of grassy paths, stay ahead on wider, signposted

path downhill towards seafront and end of SDW at edge of Eastbourne.

**6 12 miles/19.3km**

Pass 'The Kiosk' and follow pavement ahead along Dukes Drive. Ignore footpath R, and continue past Helen Gardens, turning R down lane signed for 'The Promenade.' Follow promenade L, passing Wish Tower to the Bandstand. Turn L up steps then cross 'Grand Parade' via zebra crossing into 'Devonshire Place'. Follow to Memorial Roundabout and cross two junctions to follow 'Cornfield Road' opposite. Follow road as it swings L (merging into 'Terminus Road') to railway station and bus stop outside for return journey. **CW**

DATE WALKED

TIME TAKEN

YOUR RATING

VIEW THE WALK ON  
OS MAPS ONLINE:  
[lfto.com/cwroutes](http://lfto.com/cwroutes)

IN ASSOCIATION WITH



OS MAPS



Ordnance Survey

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