

Trails suitable for people with impaired mobility, wheelchairs, mobility scooters and push chairs

High and Over Trail

On the Downs above the Cuckmere Valley

Off the road from Seaford to Alfriston, the bus stop and car park are adjacent to the trail which offers stunning views across the Cuckmere Valley to Alfriston, Litlington and the coast. The track is undulating but has a smooth surface with no stiles or steps. At only 75m in total this short track is an ideal viewpoint, with picnic tables.

Lying within a warm and sheltered scrub margin there is plenty of wildlife to be seen. The abundance of ivy makes it a good place to see the early holly blue butterfly and lots of small birds such as skylarks and stonechats; kestrels hover overhead.

HOW TO GET THERE

Bus information: There is an occasional bus service between Seaford and Alfriston. Bus 13 runs via Beachy Head as a limited service on Sundays only, contact Traveline 0870 608 2608 for details

Train information: National Rail 08457 484950

By car: Turn right off the A27 towards Seaford, go through Alfriston and the car park is on the left about a mile before Seaford.



Photo © SDCB



Photo © SDCB

VISITOR INFORMATION

- There are no toilets or refreshment facilities at this location. Nearest facilities are at Seaford or Alfriston.
- There is a small, public, free of charge car park.
- The trail is perched above the Litlington White Horse, a chalk figure carved into the steep hillside above the river Cuckmere. It is best seen from across the valley.

For more information contact:

South Downs Joint Committee

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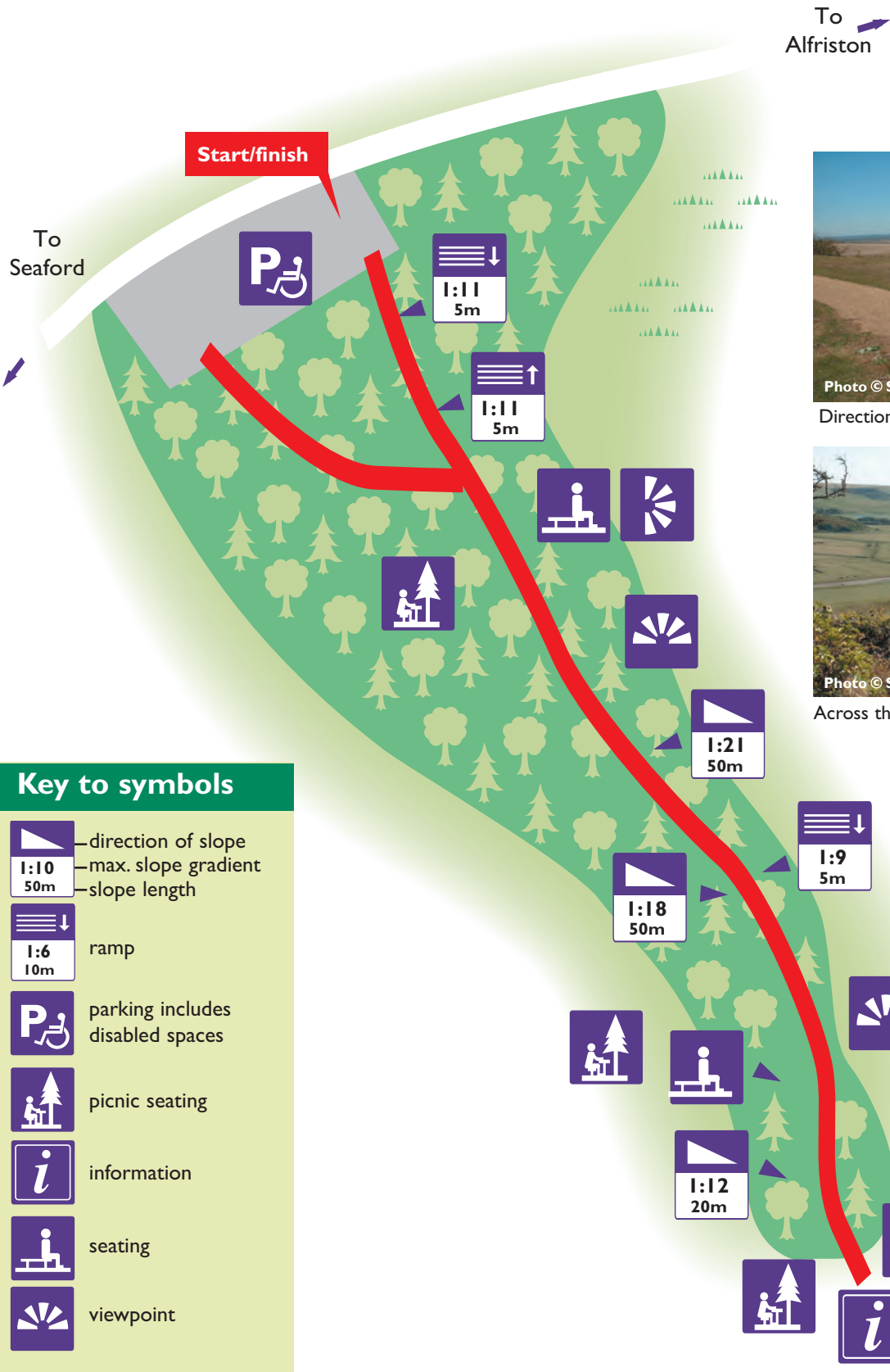


Photo © SDCB
Direction finder



Photo © SDCB
Across the valley to the sea

Key to symbols

- direction of slope
- max. slope gradient
- slope length
- ramp
- parking includes disabled spaces
- picnic seating
- information
- seating
- viewpoint
- easy access