

South Downs National Park Itinerary 1 East Sussex



Route

Outward journey

Brighton to East Dean
or
Eastbourne to East Dean

Route 13X
Brighton & Hove Buses
Hourly 9 times daily

Route 12X
Brighton & Hove Buses
Half Hourly Service
Sunday no service

Route 12/12A
Brighton & Hove Buses
Every 15 minutes 7 days a week

East Dean to Exceat
Routes 13X, 12X, 12/12A
Details as above

Return journey

Exceat to Brighton
or
Exceat to Eastbourne

Route 13X
Brighton & Hove Buses
Hourly 9 times daily

Route 12X
Brighton & Hove Buses
Half Hourly Service
Sunday no service

Route 12/12A
Brighton & Hove Buses
Every 15 minutes 7 days a week

Summary

Start: Brighton (or Eastbourne)
Finish: Brighton (or Eastbourne)

With your Discovery ticket, you're free to explore everything the South Downs National Park area and beyond has to offer by bus.

With this route you have two options for your day out; the **13X** is less frequent but takes in **Birling Gap** and **Beachy Head** or if you would prefer to arrive faster, take the number **12** that runs every 15 minutes.

After arriving in East Dean pay a visit to **Seven Sisters Sheep Centre** and discover how sheep farmers across the South Downs rear sheep. You'll have the chance to watch sheep shearing during the summer and take a tractor ride through the countryside.

From here, hop on a bus, from East Dean to Exceat, where you can have lunch in the **Farmhouse restaurant in Seven Sisters Country Park**. Or visit the **Cuckmere Inn** and enjoy a drink in their beer garden while soaking in panoramic views over the river Cuckmere and marshlands.

Before heading home, hire a bike or get out on foot and discover how ancient rivers cut valleys into the chalk, creating the famous Sisters of the South Downs.

Seven Sisters Cycle Hire

Explore the Park along the valley bottom. For more experienced cyclists there are mountain bike trails in Friston Forest. Route details available at Seven Sisters Cycle Hire.

Along the way

Attractions

Seven Sisters Sheep Centre

Gilberts Drive, East Dean
East Sussex, BN20 0AA
01323 423207
www.sheepcentre.co.uk

Seven Sisters Country Park Visitor Centre

Exceat, Seaford, East Sussex
BN25 4AD
0345 60 80 193
www.sevensisters.org.uk/page29.html

Food and Drink

Exceat Farmhouse restaurant

Seven Sisters Country Park,
Exceat, Seaford, East Sussex
BN25 4AD
01323 870218

Cuckmere Inn

Exceat Bridge, Seaford,
East Sussex, BN25 4AB
01323 892 247
www.vintageinn.co.uk/thecuckmereinnseaford

Cycling

Seven Sisters Cycle Hire

Granary Barn, Seven Sisters
Country Park, Exceat, Seaford,
BN25 4AD
01323 870310
www.cuckmere-cycle.co.uk

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