

MILES WITHOUT STILES

TRAILS SUITABLE FOR PEOPLE WITH IMPAIRED MOBILITY, WHEELCHAIRS, MOBILITY SCOOTERS AND PUSH CHAIRS



SEAFORD HEAD

Offering spectacular views over Cuckmere Haven and the Seven Sisters, this leaflet gives users the choice of three routes.

The two Access for All routes are on hardstanding surfaced paths which are wide enough for two mobility vehicles to pass. The circular route (A) is relatively level, a short distance and offers several benches at key viewpoints.

The linear route (B) with a turning point at the terminus has a slight incline, though this affords better views over the coast.


The Access for Some trail (C) is a circular route along a surfaced path to the coastguard cottages which then continues along a well maintained public right of way along the coast and joins back up with the original path. There are some benches along the route.

SOUTH DOWNS NATIONAL PARK

From rolling hills to bustling market towns, the South Downs National Park's landscapes cover 1,600km² of breathtaking views, hidden gems and quintessentially English scenery.

CONTACT US

South Downs National Park Authority
southdowns.gov.uk

 01730 814810

 @SDNPA / @Ranger_sdnpa

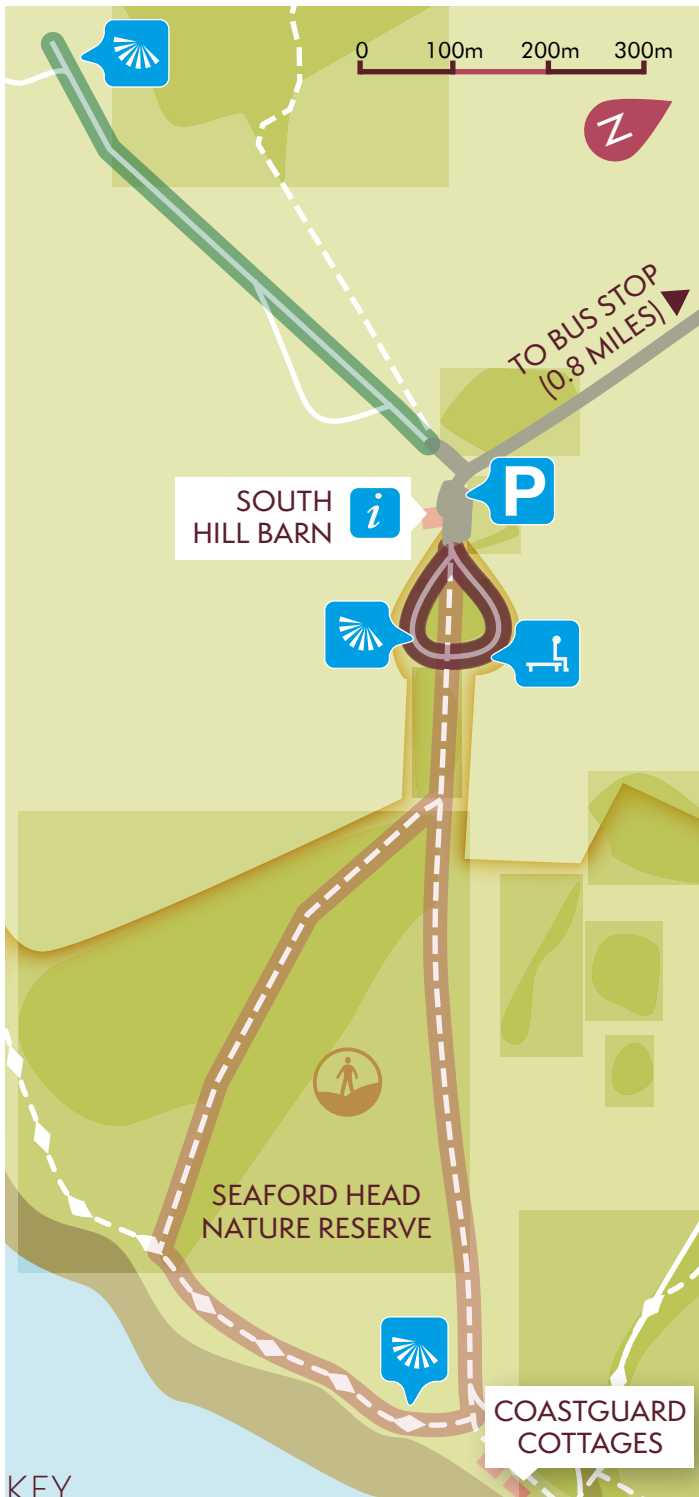
 /SDNPA

SOUTH DOWNS
NATIONAL PARK



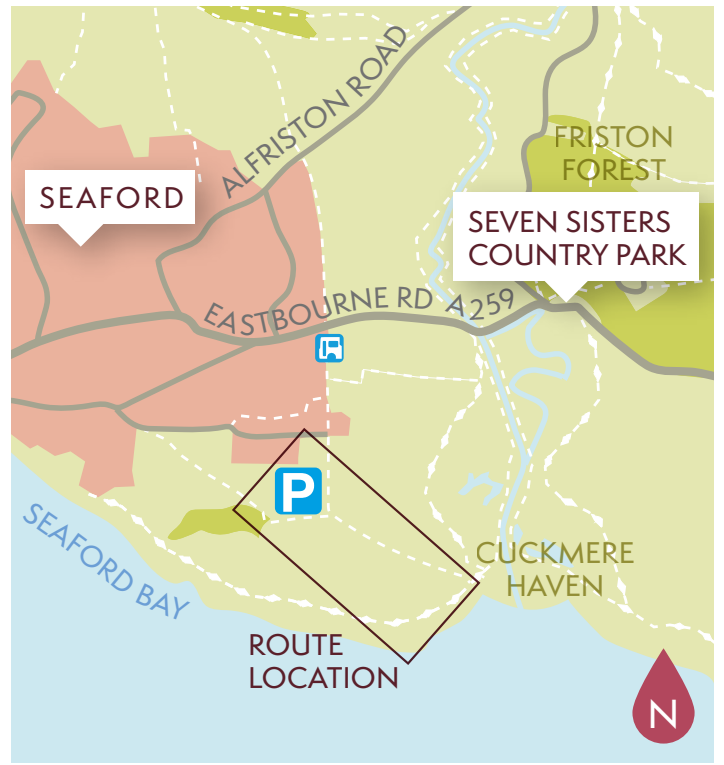
Seaford Town Council





KEY

- | | |
|-------------------|---|
| Parking | Track |
| Seating | Public footpath |
| Viewpoint | Road |
| Information panel | Route A: 0.2 miles (340 metres), Access for All |
| Wooded area | Route B: 0.6 miles (1km), Access for All |
| Fields | Route C: 1.4 miles (2.3km), Access for Some |
| Buildings | |
| Open Access Land | |



START POINT: South Hill Barn car park, Seaford Head, East Sussex BN25 4AR

GRID REF: TV 504 981

ROUTE TYPE: Route B has a turning point at the end of the surfaced track near the golf course/mast. All are wide, surfaced paths.

FACILITIES: There are no toilets, cafés or pubs nearby.

GETTING THERE

By bus: Brighton & Hove bus number 12 travels from Brighton to Eastbourne along the coast and stops in Seaford. Alight at Chyngton Lane bus stop on the A259, turn down Chyngton Lane and follow the path to South Hill Barn (0.8 miles). The gradient of the path is 1:9 at its steepest.

By rail: The nearest railway station is Seaford. Visit nationalrail.co.uk to plan your journey.