

MILES WITHOUT STILES

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



SEVEN SISTERS

Seven Sisters Country Park is named after the famous Seven Sisters chalk cliffs that form part of the Sussex Heritage Coast. You can discover wild flowers, brimstone butterflies, a shingle beach, a WWII pill box and spectacular views of the River Cuckmere and Seaford Head.

The route to the beach and back is just over 1.3 miles (2km) while the

branch into Foxhole will add an extra 0.5 miles (0.8km). To get on to the top of the shingle beach there is a short incline of more than 1:8 at the end of both forks of the route. The eastern fork to the beach is over undulating grass.

To avoid crossing the busy A259 at the start of this route, please park near the Canoe Club and use the pavement to join the trail.

FACILITIES

- There is a shop which stocks leaflets, maps and local craft items at the Seven Sisters Country Park Visitor Centre. Opening hours: April–September, every day 10am–4.30pm subject to volunteer availability.
- Public toilets, including a wheelchair accessible toilet, are on site and refreshments can be found at the Saltmarsh

Kitchen next door (01323 870218).

The nearest pub is the Cuckmere Inn, just over half a kilometer down the A259 towards Seaford (BN25 4AB), book a table on 01323 892 247. Open Monday–Saturday, 10.30am to 11pm, Sundays 10.30am to 10.30pm.

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

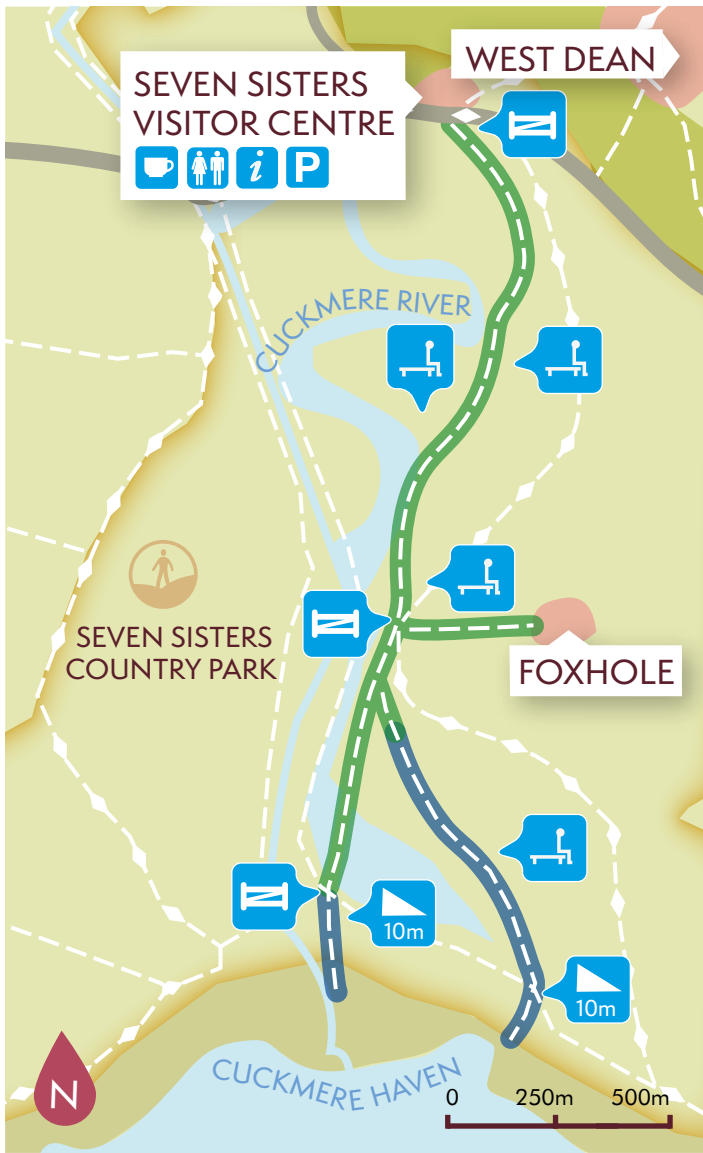
☎ 01730 814810

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SOUTH DOWNS
NATIONAL PARK





KEY

- | | |
|-----------------------|-----------------------|
| Parking | Beach |
| Seating | Water |
| Information panel | Buildings |
| Fully accessible gate | Open Access Land |
| Ramp | Footpath |
| Refreshments | Long Distance Route |
| Toilets | Road |
| Woodland | Access for All trail |
| Fields | Access for Some trail |

START POINT: The southern side of the A259 opposite the Seven Sisters Country Park Visitor Centre at Exceat, Seaford, East Sussex BN25 4AD.

GRID REF: TV 519995

DISTANCE: 1.3 miles (2km)

TURNING POINT: The shingle beach where the mouth of the River Cuckmere meets the English Channel.

GETTING THERE

By bus: Numbers 12, 12A and 12X run at regular intervals between Brighton and Eastbourne. The 40 runs from Berwick, Litlington, Seaford via Exceat. The 47 service runs from Berwick station via Alfriston, Seaford, the Seven Sisters Country Park and Wilmington. Plan your journey at traveline.info/se or call 08712 002233.

By train: The nearest railway stations are Eastbourne, Seaford and Berwick. Visit nationalrail.co.uk or call 08457 484950 to plan your journey.

By car: There is a pay and display car park at the Seven Sisters Visitor Centre.