

The Seven Sisters, Birling Gap and Beachy Head

The Seven Sisters

Where the South Downs meet the sea, the Seven Sisters cliffs were created when ancient rivers cut valleys into the chalk, creating seven peaks. Haven Brow, the highest of them at 77 metres (253 feet) stands majestically to the west of her other sisters who in order are called Short Brow, Rough Brow, Brass Point, Flagstaff Point, Baily's Brow and Went Hill Brow. Now part of the Heritage Coast, an area of outstanding natural beauty and a site of special scientific interest, the Seven Sisters cliffs will be protected for generations to come.

The Seven Sisters Visitor Centre situated at Exceat in an 18th century barn, provides useful information on the park and it's wildlife with displays and exhibitions. There is also a shop with leaflets, maps and souvenirs on sale. There is also a café and bike hire company located here.

Getting there from Brighton by bus:

Take the no. **12, 12A, 12x or 13x** bus from either stop C at the bottom of North Street, stop E from Churchill Square or stop K from opposite the Sea Life Centre. Some very early buses can also be taken from Brighton train station (stop D). Buses run frequently, but please check timetables for more information.

For a 2 mile walk (1 hour): Alight the bus at Exceat where the Seven Sisters Country Park Visitor Centre is located. You may like to go into the visitor centre before your walk as they have information about the wildlife that can be seen in the area. Cross over the main road and follow the path all the way along the Cuckmere River to the beach at Cuckmere Haven from where you can see the Seven Sisters cliffs. Please note although the majority of this walk is on a concrete path (as far as Foxhole Corner) the last ¼ mile section of this path is rough track and not particularly suitable for wheelchair users or prams. To return, simply walk back along the path to the bus stop.

For a 3 mile walk circular walk (1hr 30mins): Alight the bus at Seaford railway station. Make your way down to the town's seafront and then walk east up onto the golf course on top of the cliffs. Carry on walking east along the cliff tops (joining the Vanguard Way) and after ½ mile or so you will have a spectacular view of the Seven Sisters ahead of you. Keep walking until you arrive at a collection of small cottages at the Cuckmere Haven. The view from here is very famous and has been captured on camera and film many times! To get back to Brighton, walk northbound on the track (still the Vanguard Way) until you come to the Cuckmere Inn at Exceat. From here you can pick up the 12, 12A or 13x bus back to Brighton. Please note that none of this walk is suitable for wheelchair users or prams.

Birlinging Gap

Managed and owned by The National Trust, Birlinging Gap provides a point of entry for spectacular walks. The beach below is ideal for seaside picnics with its rock pools and areas of pebbles and sand. It is a great example of a marine nature reserve. The wild forces of the sea create unusual chalk platforms and huge heaps of gleaming white chalk as the cliffs erode at up to one metre a year. For a more secluded walk venture inland at Birlinging Gap or Crowlink. With over 500 acres of open chalk grassland the area is rich with butterflies and downland flowers. Nearby sites of archaeological interest, like Belle Tout neolithic enclosure, have much to tempt you further along the coast. NationalTrust café and shop. www.nationaltrust.org.uk

Getting there from Brighton by bus:

Sundays & Bank Holidays only and daily during high summer.

Take the **13x** bus from stop C on North Street, stop E from Churchill Square Shopping Centre, from stop K opposite the Sea Life Centre or stop D from Brighton train station. Please note that this is an hourly service.

At other times (with a 3 mile walk):

Take the **12, 12A or 12x** bus (same as bus stops above) and alight at East Dean.

Cross over the main road and walk down Gilberts Drive. Walk past the village of East Dean on your right, then past the Seven Sisters Sheep Centre on your left before arriving at Birlinging Gap on a sharp bend. To return to Brighton walk back to East Dean to pick up the 12, 12A or 12 x bus.

Beachy Head

This famous cliff rises 162 metres (530 feet) above the sea below and is the highest chalk sea cliff in Britain. Beachy Head is the wonderful panoramic views that can be enjoyed from the cliff top.

Getting there from Brighton by bus:

N.B. Same as information above for getting to Birlinging Gap.

At other times (with a 6 mile walk):

Same as information above for getting to Birlinging Gap but when you arrive at Birlinging Gap pick up the South Downs Way path and carry on east until you arrive at Beachy Head. To get back to Brighton carry on east to Eastbourne to pick up the 12, 12A 12 x or 13X bus from Eastbourne Pier.

Other Places to Visit in the Area:

Friston Forest

East Dean Village

The White Horse (Chalk Figure)

Alfriston Village

Seven Sisters Sheep Centre

The Long Man of Wilmington (Chalk Figure)

Care has been taken to ensure that the information on this list was correct at the time of going to press. This list is intended as a guide only and does not imply any recommendation. All information is subject to change.

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