Welcome to Seven Sisters Country Park

Situated in the South Downs National Park, Seven Sisters Country Park comprises 280 hectares of chalk cliffs, meandering river valley and open chalk grassland. The Country Park is named after the famous Seven Sisters that form part of the chalk cliffs on the Sussex Heritage Coast, one of Britain’s finest unspoilt coastlines.

What makes the park special?

**The Seven Sisters cliffs** – Made from chalk that formed underneath the sea millions of years ago. Narrow ledges provide nesting sites for breeding populations of kittiwakes and fulmars.

**Chalk grassland** – A very fragile habitat formed through centuries of sheep grazing. Without grazing, coarse grass and scrub is able to encroach and the diversity of plants is lost. Look out for plants such as cowslip, wild thyme and the round headed rampion to name a few.

**Meanders** – In 1846 the Cuckmere River was diverted into a straight, constructed channel to drain the floodplain. The meanders which once formed the main course of the river can still be seen today.

**Vegetated shingle** – This is a harsh and rare habitat where many special plants and animals live. The waxy leaved Sea Kale with its white flowers and the Yellow Horned Poppy (right) with its bright yellow flowers are most easy to spot in the summer months.

**Saline lagoons** (left) – Are located behind the beach and were created in 1975 to provide a habitat for wading birds such as the redshank and oystercatchers.

**Salt marsh** – Is found at the river mouth where the sea covers the land at high tide. Salt marsh provides an ideal habitat for salt marsh plants and animals. The wildlife found in the river mouth where the sea covers the land at high tide is rich and varied. Look out for species such as the green-winged scania, marsh harrier and the amazing collared dove.

**Rock pools** – At low tide rock pools on the beach are exposed. Creatures such as crabs and sea anemones may be found hiding amongst the seaweed.

**Historical features** of the park include the original site of the medieval farmhouse that once stood here. Finds of Roman glass and coins from the 5th to 10th centuries suggest that the area was inhabited from an early date.

**Historic Fishing Hut** – Dating back to the 19th century, this fishing hut was once part of the Farmhouse estate. It was restored in 1988 and has recently been converted into a wildlife hide.

**Historic Mill** – This historic windmill was built in 1802 as a flour mill and was later converted into a boulangerie or bakery.

**Cottages and Victorian buildings** – The cottages were built in the late 19th century for estate workers.

**Seven Sisters Historic Site** – A site of national importance where the chalk cliffs meet the sea.

**Climbing Rocks** – This rock face is one of the best in the south east and has over 150 routes of varying difficulty.

**Estate Works** – This area was once used for agricultural purposes, but is now a nature reserve and is managed for wildlife conservation.

**Activities and things to see and do...**

**Things to see and do...**

Visitors may walk freely throughout the park. The park trail, marked on the reverse of this leaflet, takes you through the different habitats and past the main features of the park. The beach trail is a shorter alternative.

A Visitor Centre provides an excellent free first port of call. Displays detailing the history, geology and wildlife of the Park can be viewed and there is also a shop with souvenirs and local craft items for sale. Please check the website for seasonal opening times.

Cyclists can use the valley floor to cycle to the beach. For those wanting a longer or more challenging ride the nearby Friston Forest offers marked mountain bike trails.

Canoeists may use the slip way behind the riverside car park to enter and exit the meanders.

Car parking, toilets, refreshments and bike hire are all available on site

Please note that the Country Park is a working farm with grazing sheep and cattle. Please ensure that all dogs are kept under close control and do not worry livestock whilst visiting the Park.
The view from Seaford Head
(This route takes you off the Country Park to reach the view below)
1 hour and 30 minutes circular route (3 miles)
Follow the footpath alongside the road in the direction of Seaford. Cross the bridge at the river and turn into the Cuckmere Inn public house car park. Follow the footpath which heads in the direction of the sea.

At the end of the path you will see the coastguard cottages. For the best view walk up the hill past the cottages. To return, walk down to the beach below the cottages and follow the riverbank back to the roadside footpath. Some areas of the footpath between the Cuckmere Inn and the beach can become muddy after wet weather.

The Beach Trail
1 hour to the beach and back (2 miles)
The first section of the walk follows the flat concrete track. The remaining section is a stone track with two short, sharp inclines near the beach. The trail is signposted from the main park entrance.