

# 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. Follow the trail along the valley floor to the shingle beach, discovering wild flowers and wetland birds while taking in spectacular views of the River Cuckmere and Seaford Head.

The route to the beach and back is approximately 2.5 miles (4 km). 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.

## FACILITIES

Visit the Seven Sisters Visitor Centre for information to plan your visit, and discover a range of gifts, crafts and souvenirs.

### Opening hours:

Open daily from 10am til 5pm, (4pm – November to April), with public toilets, including a changing places accessible facility.

Drinks and light snacks can be purchased at the

Grab & Go by the visitor centre and the trailer in the South car park (seasonal hours apply). Sit down dining can be found at the Saltmarsh Farmhouse on site or at the Cuckmere Inn (0.5 km away).

Two all-terrain mobility scooters are available for hire to make access to the Country Park easier. Pre-book to avoid disappointment.

## SOUTH DOWNS NATIONAL PARK

From rolling hills to bustling market towns, the South Downs National Park's landscapes cover 1,600km<sup>2</sup> of breathtaking views, hidden gems and quintessentially English scenery.

## CONTACT US

Visit [sevensisters.org.uk](http://sevensisters.org.uk) for more information about the Country Park and details of any events.



01730 819341



@SevenSistersCP



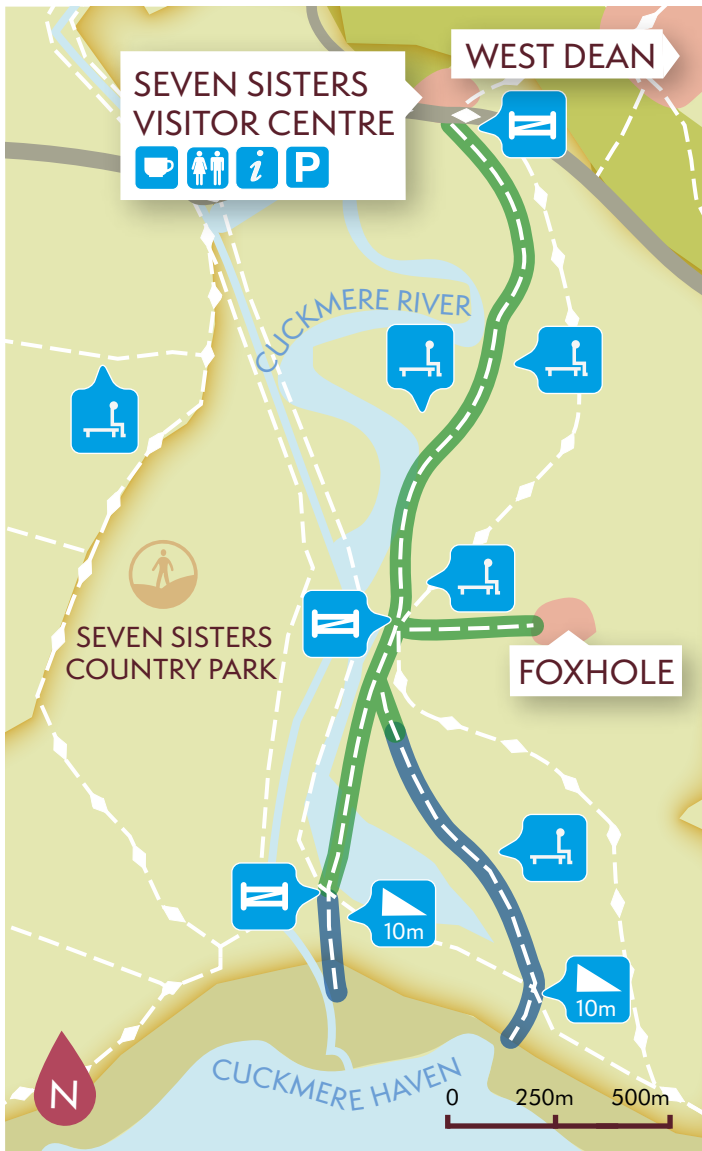
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@sevensisterscountrypark

SEVEN SISTERS  
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:** 2.5 miles (4km) return

**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 seasonal 47 service runs from Berwick station via Alfriston, Seaford, the Seven Sisters Country Park and Wilmington. Plan your journey at [traveline.info](http://traveline.info) or call **08712 002233**.

**By train:** The nearest railway stations are Eastbourne, Seaford and Berwick. Visit [nationalrail.co.uk](http://nationalrail.co.uk) or call **03457 48 49 50** to plan your journey.

**By car:** There are two pay and display car parks at the Seven Sisters Visitor Centre.