What makes the park special

Visitors may walk freely throughout the park. The path 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 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 here 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.

How to get to the Country Park

There are two pay and display car parks – closing times are displayed at the entrances. Regular bus services from Eastbourne and Brighton stop at the park entrance.

Visitor Centre and facilities

For more information relating to Seven Sisters Country Park please visit our website at www.sevensisters.org.uk
Or contact Rights of Way & Countryside Maintenance on 0345 6080193
Countrysidemanagement@eastsussex.gov.uk

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Cover photograph: David Hart

Welcome to East Sussex
Chalk cliffs are naturally unstable and visitors should stay well away from the edge and the base of any cliffs. While we would encourage people to enjoy the beautiful coastline of East Sussex, we would remind visitors that you do have a duty of care and responsibility for your own safety.