

04 EAST SUSSEX SEVEN SISTERS

► Distance: 14 miles/22.5km ► Time: 7 hours ► Grade: Challenging



SOUTH EAST
SOUTH EAST

04 EAST SUSSEX SEVEN SISTERS

► OS Explorer map OL25 ► Buy maps at: ordnancesurvey.co.uk/shop

SEE
FEATURE
ON PAGE 14

Looking over Cuckmere
Haven from Haven Brow.



PHOTO: FIONA BARLTROP



CHOSEN BY...
FIONA BARLTROP

Between Alfriston and Eastbourne there are alternative South Downs Way routes: an inland bridleway option via Jevington or the footpath route down the Cuckmere valley and along the coast via the famous Seven Sisters chalk cliffs. This walk combines stretches of both routes, taking in downland, coast and valley, and includes four of the Seven Sisters cliffs. The last few miles are along the Cuckmere river bank providing an easy finish.

1 Start

From car park turn L to village centre. Pass George Inn on L and turn L down paved

pathway that leads to Rathfinny Wine Estate's Gun Room and the village green. Cross footbridge over river and continue to road. Carry on up footpath beside Great Meadow Barn. At fork either keep ahead and continue to lane and turn L up it to join SDW at brow of hill, or bear L up across fields to join South Downs Way (SDW) just before road. Turn R up track which ascends Windover Hill, affording excellent views back over the Cuckmere valley to the Downs beyond. After going through a gate on top of hill, you follow fence on R for a short distance, then bear L (another bridleway continues beside fence) along path over grassy slopes. Follow SDW

PLAN YOUR WALK



ROUTE

Start/parking Willows long stay car park, Alfriston, BN26 5UQ, grid ref TQ521033

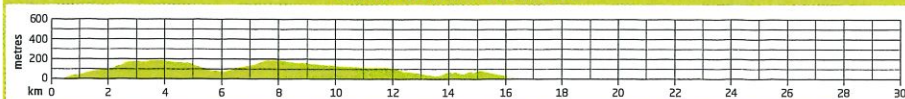
Is it for me? A long walk on good paths/tracks/access roads. Two notable ascents and four shorter climbs along the cliffs. Riverbank can be muddy
Stiles 5 or 6

PLANNING

Nearest town Seaford
Refreshments

Plenty of choice in Alfriston and on route
Public toilets Alfriston
Public transport Bus no.126, Berwick-Seaford (railway stations at each) via Alfriston, Mon – Sat and between Eastbourne and Seaford via Alfriston, Sun & public hols. Also Cuckmere Valley Ramblerbus. www.cuckmerebuses.org.uk.
Maps OS Explorer OL25; Landranger 199

GRADIENT PROFILE



DON'T MISS...



A visit to the Rathfinny Estate's Gun Room (shop and Heritage Centre) in Alfriston, open 10-4 every day rathfinnyestate.com/gun-room. Estate tours also available.

south-east over open downland and descend through trees (R at fork) to Jevington passing the lovely church en route. NB Drinking water tap outside Jevington church.

2 3¼ miles/6km

Turn R at road and take second L to continue up SDW to four-way junction.

3 4¼ miles/7.5km

Leave SDW and turn R heading SW over Willington Hill. Keep ahead to a fence, turn R then L and continue along track which becomes residential road. Bear L at the road junction to the busy A259.

4 7 miles/11.2km

Cross road with care and follow access road ahead past Friston church on L and pond on R to NT Crowlink car park. Continue down access road to Crowlink hamlet, and maintain direction along bridleway down towards cliff edge.



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5 8½ miles/13.5km

Now mid way along the Seven Sisters cliffs, turn R uphill to the top of Brass Point, then over the next two Sisters to the last one, Haven Brow, a fine viewpoint overlooking Cuckmere Haven. Turn R here and head inland alongside fence on L following footpath route of SDW. Bear R at the valley floor.

6 10 miles/16km

Soon leave SDW (opposite turning to Foxhole) and turn L

over a little causeway to join riverbank path. Turn R to Exeat Bridge. Cross road and continue along east bank of Cuckmere River back to Alfriston. **CW**

VIEW THE WALK ON OS MAPS ONLINE:

lfto.com/cwroutes

IN ASSOCIATION WITH



OS MAPS

Ordnance Survey

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DATE WALKED

TIME TAKEN

YOUR RATING
○○○○○



05 EAST SUSSEX ASHDOWN FOREST

SHORT &
SWEET
5.0
MILES

SOUTH EAST

► Distance: 5 miles/8km ► Time: 2½-3 hours ► Grade: Moderate



Stop for a game at
Pooh Sticks Bridge.

PHOTO: FIONA BARLTROP

PLAN YOUR WALK



ROUTE

Start/parking Gills Lap car park (near junction of B2026 & Kidd's Hill road), TN7 4EU, grid ref TQ467315

Is it for me? Heath and woodland paths & tracks/rides. Can be muddy, especially in winter. Lack of waymarks in Forest can be confusing (compass advised). Not all paths shown on map. Shorter/easier option: from Gills Lap N to Pooh Bridge, returning same way
Stiles 2

PLANNING

Nearest town Crowborough
Refreshments None on route. Anchor Inn/Piglet's Tearoom & garden at Pooh Corner Shop, in Hartfield. Gallipot Inn outside village
Public toilets None
Public transport None
Maps OS Explorer 135; Landranger 188



CHOSEN BY...
FIONA BARLTROP
Situating in the
High Weald Area of

Outstanding Natural Beauty, Ashdown Forest is the largest open access space in the South East. Nearly two thirds of it is heathland, one of the rarest habitats in Britain. This short walk explores the north-eastern part of the forest, taking in several of the locations made famous in the Winnie-the-Pooh books by AA Milne, who lived nearby.

1 Start

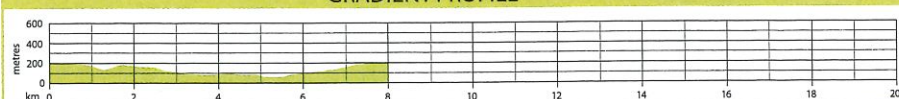
From car park head north past information panel along wide track to clump of pine trees (Gills Lap, Galleons Lap in the Pooh stories,

the 'enchanted place on the very top of the Forest') and unusual red sandstone trig point on R. Not far beyond, in fenced enclosure on L, is a memorial plaque to AA Milne and his illustrator, EH Shepard. A fine viewpoint.

2 ¾ mile/0.7km

The track that heads on downhill from here will be your return route, but for the outward route retrace your steps from the memorial a very short distance past gorse on L and turn L down an unmarked grassy path between conifers to (seasonal) Quarry car park below. Cross road and continue along path opposite, soon turning L onto ride. Before long ride bears round to R through

GRADIENT PROFILE



05 EAST SUSSEX ASHDOWN FOREST

► OS Explorer map 135 ► Buy maps at: ordnancesurvey.co.uk/shop

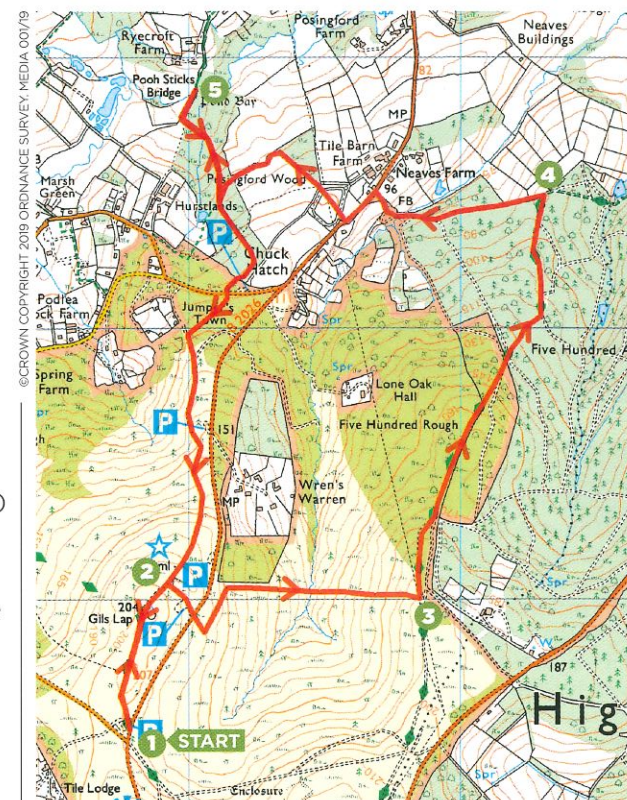
woodland and then descends on more open heath to valley bottom, a bridge and site of the 'North Pole'. (Pooh used a pole he found to rescue Roo, who had fallen in the stream, and tied a notice to it saying 'North Pole Discovered by Pooh'.) Carry on uphill the other side to a T-junction of rides. Go across and continue along path for a short distance to another T-junction.

3 1½ miles/1.8km

Turn L and take L fork along edge of trees and soon bear R at next fork into trees, bearing L at a WW (Wealdway) waymark. Route now follows WW northwards through woodland (Five Hundred Acre Wood - the 'One Hundred Acre Wood' of the Pooh stories). After about 1km track goes through gate. Continue ahead still following WW until you reach a barrier where WW goes R.

4 2½ miles/3.4km

Turn L along footpath/track down to a footbridge, cross and bear R uphill to road. Turn L along verge for short distance passing Chuck Hatch sign. Just before Forest Ridge House on L turn R across road, cross stile and follow footpath through gate, across gallops/field, then bear R down track and L along field edge. Cross stile into wood and at next junction turn sharp R down track to Pooh Sticks Bridge



(where Pooh and his friends played Poohsticks).

5 3½ miles/5.4km

Retrace steps up track keeping ahead to pass car park on L and carry on ahead at next junction to road. Cross and continue along wide track, before long bearing round to L (house over to R) and carry on heading southwards along wide track uphill, parallel to road over on L. Maintain

direction (where another track/ride bears round to R) to reach memorial on R at top of hill. Carry on back to car park, retracing initial steps. **CW**

**VIEW THE WALK ON
OS MAPS ONLINE:**
lfto.com/cwroutes

IN ASSOCIATION WITH



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DATE WALKED

TIME TAKEN

YOUR RATING