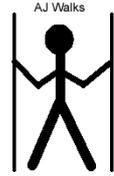




East Dean — Crowlink : Return



Essential information:

- Total distance: 4.28 miles
- Total ascent: 1071 feet
- Start is at East Dean car park (free). Easily accessible by bus
- A short walk with spectacular views of the Seven Sisters cliff and a beach to play on in good weather! If you include the diversion to Birling Gap there are two pubs and two cafes.

1. On leaving the car park turn right to walk towards the village green. Pass by the Tiger Inn keeping the green on your left. Almost immediately after the pub you will come across a road, turn left. Pass the cottages on your right and just as the road bears sharply to the left you will see a road/track off to your right which passes the sign for the National Trust Ferrer Hall. Pass through the gate next to the National Trust "Crowlink" sign and follow the path up the hill towards Friston. Pass through the kissing gate at the top of the hill and walk through the graveyard passing the church on your right.

2. On exiting the graveyard, you will see Friston Pond immediately ahead. Turn left away from the main road. Continue along this narrow road and walk through the National Trust car park. Pass through the wide gate and over the cattle grid and follow the tarmaced road down to Crowlink. At the gate look out for the National Trust information board on the right. Walk down the hill and pass through the hamlet of Crowlink. You will find a narrow gate at the end of the hamlet after which you are walking on a grass track.

3. Pass through a second narrow gate and follow the path down to the cliff edge. Turn left and climb the hill. At the top stop at the Sarsen Stone benches to admire the view. On a clear day you will see Belle Tout in the east and some of the Birling Gap cottages below it. Continue to walk along the Coast Path and pass by the Michel Dene memorial

Distance so far; 2.4 miles

4. Follow the Coastal Path and you will approach Birling Gap. You will need to pass through a kissing gate which is about 150 yards from the cliff edge. Pass through another gate and you come across the road that leads to Birling Gap. Turn right for the Gap and left to continue the walk back to East Dean.



Butts Brow to East Dean and back - via Jevington



5. At Birling Gap there is a pub (open daily midday to 2.30 p.m.) and a National Trust cafeteria (open daily from 10. a.m. - 4.00 p.m but 5.00 p.m in the Summer) There is a fine long pebble beach accessible by stairs. Return to the spot where you turned right for the Gap and head for East Dean.

6. Pass by a gate labelled "Seven Sisters Cottage" on your right. Continue up the hill and pass through a gate next to the National Trust "Crowlink" sign. Walk straight on up the hill and pass through another gate. Pass by the large barn with the striking red roof. Just over 100 yards after the barn, the path bears left.

7. Do not follow this but bear slightly right heading for the bushes on the right. Keeping the bushes and steep slope to your right look out for a direction post which has a number of symbols on it including a horseshoe, a footstep and a blue arrow. This will be 350 yards from the barn. Follow the path indicated down the hill. At the bottom you will see a large metal gate which opens onto the road leading back to East Dean.

Opening times for East Dean Cafe 10.00 a.m. - 4.00 p.m. weekdays and 4.30 p.m. weekends.

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