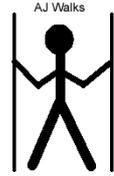




## East Dean - Beachy Head

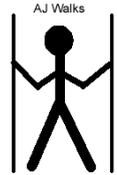


### Essential information:

- Total distance: 10 miles
  - Total ascent: 1634 feet
  - Start is at East Dean car park. There is a good bus service along the coast to East Dean from Eastbourne or Brighton.
  - The tranquillity and solitude of the early part of the walk are followed by glorious views across Eastbourne. Beachy Head is a renowned beauty spot and the walk down to Birling Gap is a delight. Refreshments can be found in East Dean, at Beachy Head and at Birling Gap.
1. Start: Park at East Dean car park. (Free) Head for the Tiger Inn pub but immediately before it take the narrow path off to the right which takes you to the main A259 Road. Turn right at the road. Cross this road when you arrive at the bus stop and continue in the same direction towards Eastbourne. After 300 yards turn left into Downs View Lane.
  2. Walk to the end of the road where you can continue in the same direction on a broad grassy track. Follow this track. After a mile the track is joined by a tarmaced road coming from the farm which then passes through the Downs Golf Club course. Ascend up the hill to meet the SDW at the top. Turn right and cross the A259 at the top of the hill to pick up the SDW on the other side of the road.
  3. Continue to follow the path. You will see Eastbourne on your left. The track passes a dew pond on your left after which it bears to the right and you will come to a 4 way direction post. Follow the sign for SDW which takes you to the junction of the Beachy Head road with the B2103.

**Distance so far = 2.9 miles.**

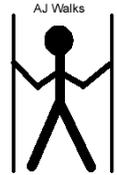
5. Cross over and follow the Beachy Head Road. You will have far reaching views over Eastbourne to the east. A mile after this junction you will arrive at Beachy Head. Continue in the same direction, keeping the road on your right and enjoy the glorious views of the Seven Sisters in front of you. A mile after Beachy Head is the Belle Tout lighthouse. The path takes you closely past the lighthouse and on down the hill to Birling Gap.



6. On leaving Birling Gap follow the broad track which continues in the same direction as you have been walking. You pass a wide gate which is closely followed by a direction post. Turn left at this post and continue walking along the coast edge towards Seaford. You are now walking over the Seven Sisters and will have done Went Hill, Baily's Hill and Flat Hill before you turn inland.
7. As you walk along the Seven Sisters, look out for the Michel Dene Memorial after about half a mile. About a half mile later, you will see the Sarsen Stone benches. These benches with a large stone in the middle are on top of the third of the Seven Sisters; Flat Hill. Right at the bottom of the slope, 300 yards from the benches is a path heading inland. Turn right to follow this path. There is no direction post to indicate this path but if you start to walk up the fourth Sister, you have gone too far.

**Distance so far = 8miles**

8. Cross over and follow the Beachy Head Road. You will have far reaching views over Eastbourne to the east. A mile after this junction you will arrive at Beachy Head. Continue in the same direction, keeping the road on your right and enjoy the glorious views of the Seven Sisters in front of you. A mile after Beachy Head is the Belle Tout lighthouse. The path takes you closely past the lighthouse and on down the hill to Birling Gap. On leaving Birling Gap follow the broad track which continues in the same direction as you have been walking. You pass a wide gate which is closely followed by a direction post.
9. Turn left at this post and continue walking along the coast edge towards Seaford. You are now walking over the Seven Sisters and will have done Went Hill, Bailry's Hill and Flat Hill before you turn inland. As you walk along the Seven Sisters, look out for the Michel Dene Memorial after about half a mile.



10. About a half mile later, you will see the Sarsen Stone benches. These benches with a large stone in the middle are on top of the third of the Seven Sisters; Flat Hill. Right at the bottom of the slope, 300 yards from the benches is a path heading inland. Turn right to follow this path. There is no direction post to indicate this path but if you start to walk up the fourth Sister, you have gone too far.

**Distance so far = 8 miles**

11. This path passes through Gap Bottom and bears left and then right as it leads to Crowlink. Pass through the hamlet of Crowlink and then follow the tarmaced road up the hill. At the top, pass through Friston Car Park. You will soon arrive at Friston Church on your right. Pass through the gate into the churchyard and then, keeping the church on your left, walk through the cemetery. The church is worth a visit and has a very informative leaflet covering the church, the pond and even the Tapsell gate you will have just walked through. The path brings you out to "Hobb's Eares", an open meadow-like field. Follow the path down the hill and you will arrive back at East Dean.