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## Seaford - Seven Sisters

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### Essential information:

- Total distance: 5.6 miles (shortcut = 4 miles)
- Total ascent: 913 feet
- Start is at eastern end of Seaford Esplanade (free parking). Regular buses from Brighton and Eastbourne to Seaford. A fairly short walk with delightful views of the Seven Sisters.

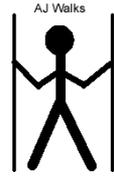
1. Park at the eastern end of the promenade in Seaford. Walk to the very end of the promenade and you will see a gravelly track winding up the hill in front of you. As you climb up the hill the track bears right to take you to the cliff edge. Continue to walk in the same direction with the cliff edge on the right and golf course on the left.
2. At the top of the hill is a stunning view of the Seven Sisters. They are (nearest first): Haven Brow, Short Brow, Rough Brow, Brass Point, Flat Hill, Bailey's Hill and Went Hill. Keep following the path in the same direction and at just under one mile you will see the notice for "Buckle Church Burrows". About 400 yards later, you will pass through a kissing gate. Follow the wide grassy track down the hill. You will notice that the path is marked by short posts with yellow arrows for the Vanguard Way. Keep close to these posts.
3. As you approach Cuckmere Haven, you should see Belle Tout Lighthouse in the distance. You will arrive at the Coast Guard Cottages.

Distance so far = 1.9 miles

4. Do not walk down the gravelly track to the Cuckmere but head inland and about 150 yards away you will see a short stone triangular pyramid and a kissing gate 200 yards further on. Head towards the kissing gate if you want to do the full walk. The short cut is on your left and is indicated on the map downloaded from the web site.
5. Pass through the kissing gate and continue to walk to the north for just under a mile until you come to a kissing gate with two yellow arrow indicators. Pass through the gate and just 10 yards further on is a gate on your left. Follow the path through this gate to head west.



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6. Half a mile later, you will come to a walker's gate next to a wide metal gate. Pass through the gate and turn left. Just 200 yards later turn right into a narrow path and you will soon arrive at a wide semi tarmaced track. Turn left into Chyngton Lane. Proceed along this track. It soon joins a tarmaced road which carries on in the same direction and which leads you to South Hill Barn car park. Turn right to follow the tarmaced road which heads to Seaford.
  
7. Look out for a stile on your left which is just before the start of the golf course. Do not cross the stile but take a left turn immediately after it so that you are walking with a fence on your left and golf course on your right towards the sea. You will come the cliff edge at "Buckle Church Burrows". Turn right and head back to Seaford the way you came.