

BEACHY HEAD & SEVEN SISTERS

Distance: 15 miles (24km)
 Start/finish: Beachy Head Countryside Centre, Eastbourne, BN20 7YA
 Terrain: Track, trail, field, paved sections
 Toughness: Moderate
 Ascent: 581 metres
 Navigation: Moderate
 Good for: Coast, families, woodland
 Route info: wildrunning.net/40

This spectacular route takes in the iconic white chalk cliff tops with their precipitous drop into the sea below, lush woodland, a meandering river and shingle beach. From the start, head N, joining the South Downs Way shortly after the B2103. Follow waymarkers to Jevington. Leave the SD Way here and head SW through Friston Forest to Westdean. Follow tracks S along the edge of the Seven Sisters Country Park to reach the SD Way again, now heading E along the coast. Follow waymarkers, past Birling Gap, all the way back to the start. The area is great for families with plenty of activities nearby. Friston Forest has excellent mountain biking trails, nature trails, bushcraft, barbecue areas and camping.

Miles	Km	Directions
0.0	0.0	From Countryside Centre head briefly south along path to South Downs Way
0.2	0.3	Turn left , heading north along South Downs Way following waymarkers
1.6	2.6	Cross B2103, continuing along South Downs Way north
2.4	3.9	Cross A259, continuing along South Downs Way north
5.0	8.0	Cross road at Jevington, following South Downs Way north west past church
5.5	8.8	Leave South Downs Way, turning left to head south along eastern edge of Friston Forest
6.0	9.7	At track junction turn right onto main path and follow this south west through Friston Forest
8.0	12.9	At Westdean reach road and turn right, following road past church
8.2	13.2	At t-junction turn left to follow road south west
8.3	13.3	At t-junction cross road and enter forest, rejoining South Downs Way heading south west
8.5	13.7	Cross A259 and continue south on South Downs Way
10.0	16.1	Turn left and follow South Downs Way along coast south east
12.4	19.9	Pass Birling Gap, continuing along South Downs Way to Beachy Head and start/finish point