

41. Beachy Head & Seven Sisters

Distance **15.5 miles/24.5km**

Ascent **1109 metres**

Start/finish **Beachy Head Countryside Centre, BN20 7YA**

Follow the South Downs Way north, to the east of, but roughly shadowing, the B2103 to reach the A259. Cross and continue north on the South Downs Way to the trig point on Willingdon Hill where you curve to the L and cross a road at Jevington. Leave the South Downs Way at the next junction (TQ 556017, 5.5 miles/8.8km). Turn L and follow the bridleway south-west through Friston Forest to Westdean (8 miles/13km). Turn L here to join the alternative South Downs Way heading south to the coast at Cuckmere Haven. Turn L and follow the coast path above the Seven Sisters, past Birling Gap and around Beachy Head to finish.

Miles	Km	Directions
0.0	0.0	Follow the South Downs Way north, to the east of, but roughly shadowing, the B2103 to reach the A259.
2.4	3.9	Cross and continue north on the South Downs Way to the trig point on Willingdon Hill.
4	6.5	Continue on the South Downs Way now curving to the left and heading west to the road in Jevington.
5	8	Follow the South Downs Way through the village and out north-west past the church across fields to a path junction at TQ556017.
5.5	8.8	Turn left leaving the South Downs Way and following a bridleway south, turn right at the next path junction and follow the path south-west through Friston Forest. Continue in the same direction on the bridleway to reach the road in Westdean.
8.1	13	Follow the road turning right at the first junction and passing the church. Follow the road around to the left and then continue straight on at the bend following a footpath south-west to the A259.
8.5	13.7	Turn left and cross joining the other branch of the South Downs Way heading south through the Seven Sisters Country Park to the coast above Cuckmere Haven.
10	16.1	Turn left and follow the coast path back to the start passing the road at Birling Gap and the Beachy Head lighthouse on the way.