

Trails suitable for people with impaired mobility, wheelchairs, mobility scooters and push chairs

Seven Sisters Trail

Down by the sea

Seven Sisters Country Park is named after the famous Seven Sisters chalk cliffs that form part of the Sussex Heritage Coast. The trail follows the valley floor down to the shingle beach and the mouth of the River Cuckmere. It takes in views of the spectacular Cuckmere meanders and Seaford Head.

The Seven Sisters Country Park is a stunning combination of a wide variety of very different habitats, from steeply sloping chalk downland with its myriad of wild flowers and insects to the windswept coastline with rare and wonderful shingle plants and sheer chalk cliffs. In early spring cowslips cover the valley sides and the first brimstone butterflies are on the wing.

HOW TO GET THERE

Bus information: Buses 12, 13, 712 run at frequent intervals between Brighton and Eastbourne, 7 days a week. Bus 13 runs as a limited service on Sundays only. Contact Traveline 0870 608 2608 for details.

Train information: National Rail 08457 484950. Nearest train stations are Seaford and Eastbourne (connects with buses above).

By car: The trail is situated at Exceat in East Sussex, just off the A259 between Eastbourne and Seaford.



Photo © SDCB

VISITOR INFORMATION

- The Visitor Centre provides useful information on the Park with displays and exhibitions (01323) 870280. A wheelchair accessible toilet is located in the centre. There is also a shop with leaflets, maps and gifts.
- Seven Sisters car park is pay and display, no concessions.
- Tea, homemade cake, and meals at the Exceat Farmhouse Restaurant (01323) 870218.
- Please keep dogs under close control at all times.
- Cuckmere Cycle hire (01323) 870310 is adjacent to the visitor centre. They have specially adapted bikes for use by people with disabilities.
- The trail is fully accessible to Foxhole (campsite).

For more information contact:

South Downs Joint Committee

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www.vic.org.uk



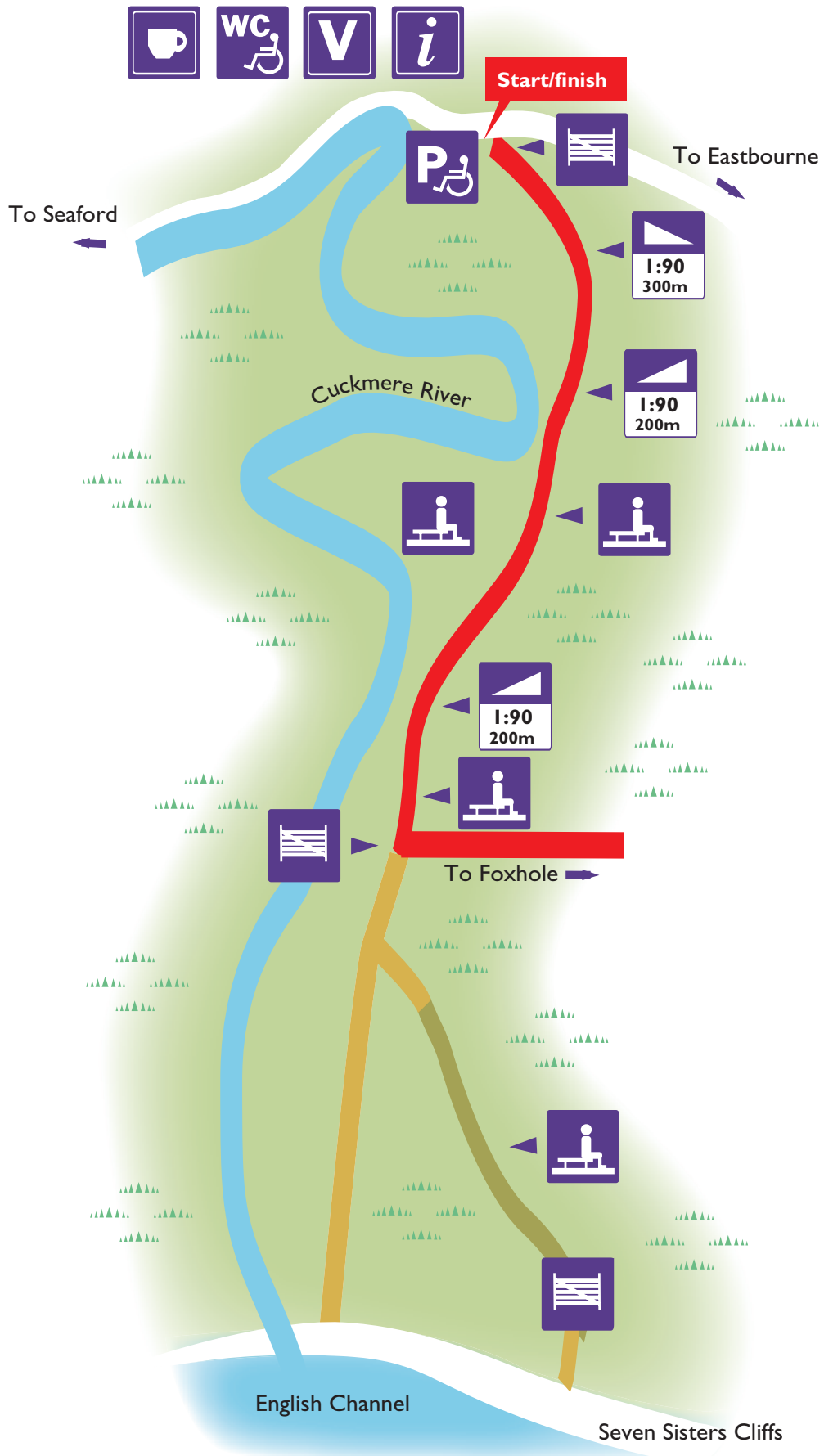
Photo © SDCB

Meanders at sunset



Photo © Darin Smith SWT

Heron on the Cuckmere



Key to symbols

- direction of slope
max. slope gradient
slope length
- ramp
- parking includes disabled spaces
- toilets (accessible)
- information
- seating
- visitor centre
- refreshments
- some loose stones
- grass track
- easy access