



Susan Ade



Sarah Quantrell



Stephanie Diment

**Rock pools** – At low tide rock pools on the beach are exposed. Creatures such as crabs and sea anemones may be found hiding amongst the seaweed.

**Historical features** of the park include the original site of the medieval Exeat Church. There are also pill boxes and anti-tank defences. These were built to protect the area from invasion during World War Two.

**Saline lagoons** (left) – Are located behind the beach and were created in 1975 to provide a habitat for wading birds such as the redshank and oystercatchers.

**Salt marsh** – Is found at the river mouth where the sea covers the ground at high tide. Salt marsh provides an ideal habitat for salt tolerant plants such as glasswort, sea aster and sea wormwood.

**Vegetated shingle** – This is a harsh and rare habitat where many special plants and animals live. The waxy leaved Sea Kale with its white flowers and the Yellow Horned Poppy (right) with its bright yellow flowers are most easy to spot in the summer months.



David Hart

**The Seven Sisters cliffs** – Made from chalk that formed underneath the sea millions of years ago. Narrow ledges provide nesting sites for breeding populations of kittiwakes and fulmars.

**Chalk grassland** – A very fragile habitat formed through centuries of sheep grazing. Without grazing, coarse grass and scrub is able to encroach and the diversity of plants is lost. Look out for plants such as cowslip, wild thyme and the round headed rampion to name a few.

**Meanders** – In 1846 the Cuckmere River was diverted into a straight, constructed channel to drain the floodplain. The meanders which once formed the main course of the river can still be seen today.

## What makes the park special?



# DANGER CLIFF FALLS!

**KEEP AWAY FROM THE CLIFF EDGE**

In an emergency call 999 and ask for the Coastguard

**Welcome to Seven Sisters Country Park**

Situated in the South Downs National Park, Seven Sisters Country Park comprises 280 hectares of chalk cliffs, meandering river valley and open chalk grassland.

The Country Park is named after the famous Seven Sisters that form part of the chalk cliffs on the Sussex Heritage Coast, one of Britain's finest unspoilt coastlines.

The Park is a great place to explore and offers spectacular views of the Seven Sisters cliffs, Seaford Head Nature Reserve, Cuckmere Haven and the surrounding rolling downland.

## Things to see and do....

Visitors may walk freely throughout the park. The park trail, marked on the reverse of this leaflet, takes you through the different habitats and past the main features of the park. The beach trail is a shorter alternative.

A Visitor Centre provides an excellent free first port of call. Displays detailing the history, geology and wildlife of the Park can be viewed and there is also a shop with souvenirs and local craft items for sale. **Please check the website for seasonal opening times.**

Cyclists can use the valley floor to cycle to the beach. For those wanting a longer or more challenging ride the nearby Friston Forest offers marked mountain bike trails.

Canoeists may use the slip way behind the riverside car park to enter and exit the meanders.

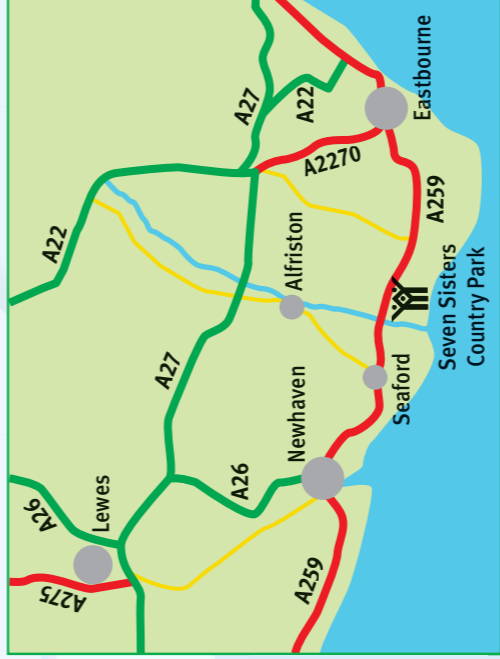
Car parking, toilets, refreshments and bike hire are all available on site

**Please note that the Country Park is a working farm with grazing sheep and cattle. Please ensure that all dogs are kept under close control and do not worry livestock whilst visiting the Park**



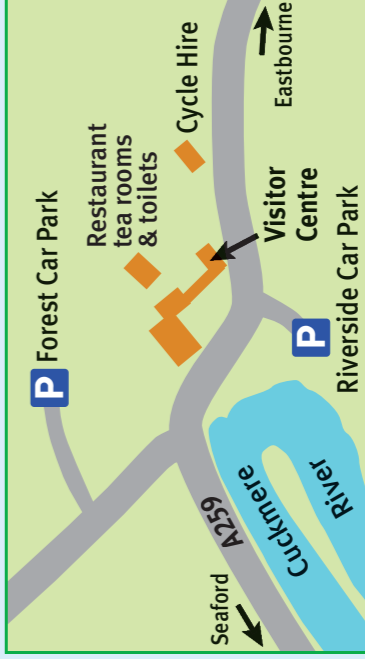
Susan Ade

## How to get to the Country Park



There are two pay and display car parks – closing times are displayed at the entrances. Regular bus services from Eastbourne and Brighton stop at the park entrance.

## Visitor Centre and facilities



For more information relating to Seven Sisters Country Park please visit our website at

[www.sevensisters.org.uk](http://www.sevensisters.org.uk)

Or contact Rights of Way & Countryside

Maintenance on 0345 6080193

[CountrysideManagement@eastsussex.gov.uk](mailto:CountrysideManagement@eastsussex.gov.uk)

[eastsussex.gov.uk](http://eastsussex.gov.uk)

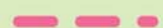


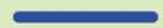



# Seven Sisters Country Park

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Seaford

## Key

-  Path to Seaford Head view point
-  South Downs Way
-  Beach Trail
-  Park Trail
-  View point

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## The view from Seaford Head

(This route takes you off the Country Park to reach the view below)

1 hour and 30 minutes circular route (3 miles)

Follow the footpath alongside the road in the direction of Seaford. Cross the bridge at the river and turn into the Cuckmere Inn public house car park. Follow the footpath which heads in the direction of the sea.

At the end of the path you will see the coastguard cottages. For the best view walk up the hill past the cottages. To return, walk down to the beach below the cottages and follow the riverbank back to the roadside footpath. Some areas of the footpath between the Cuckmere Inn and the beach can become muddy after wet weather.



Photo: David Hart

## The Country Park Trail

1 hour and 30 minute circular route (3 miles)



The park trail is signposted from the entrance to the Country Park. The first half mile of the walk is uphill, after this it drops back down hill to the valley bottom. The trail then leads you up a set of steps before sloping down to the beach. Some areas of the trail can become muddy after wet weather.

## The Beach Trail

1 hour to the beach and back (2 miles)



The first section of the walk follows the flat concrete track. The remaining section is a stone track with two short, sharp inclines near the beach. The trail is signposted from the main park entrance.



Photo: Susan Ade



Chalk cliffs are naturally unstable and **visitors should stay well away from the edge and the base of any cliffs**. While we would encourage people to enjoy the beautiful coastline of East Sussex, we would remind visitors that you do have a duty of care and responsibility for your own safety.