



The Seven Sisters from Seaford Head



The annual lighthouse challenge is organised by the Eastbourne AM Rotary Club and only possible at a very low tide under strict safety protocols. This exciting and unique event raises money to keep its stripes painted the familiar red and white.

### The Countryside Code

Respect other people:

- consider the local community and other people enjoying the outdoors
- leave gates and property as you find them and follow paths unless wider access is available

Protect the natural environment:

- leave no trace of your visit and take your litter home
- keep dogs under effective control

Enjoy the outdoors:

- plan ahead and be prepared
- follow advice and local signs



Clouded Yellow butterfly



Skylark

Leaflet designed and prepared by Gill Mattock

In liaison with Eastbourne Borough Council



Eastbourne's Walking Champion

2020



Moderate

## Circular Walk 2

**Start/Finish:**

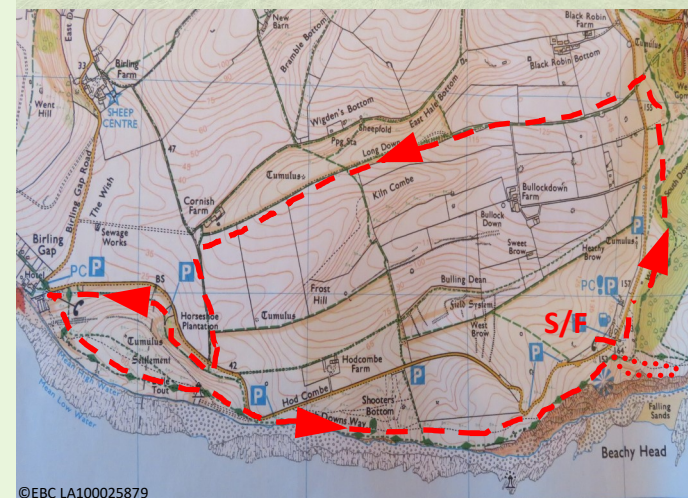
Beachy Head Countryside Visitor Centre

**Length:** 6 miles

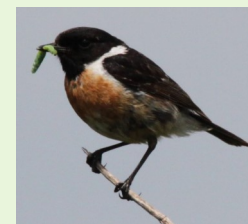
**Time:** 2½ to 3 hours + stops

**Refreshments:** Birling Gap café, Beachy Head pub

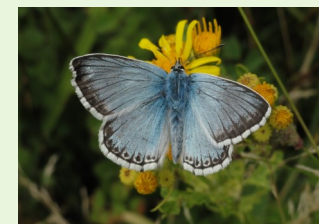
**Explorer Map 123**



©EBC LA100025879



Stonechat



Chalk Hill Blue

- Starting by the Beachy Head Countryside Visitor Centre, cross the road carefully, turn left (towards Eastbourne) and walk along the broad grass track parallel to the road.
- Follow the road for about 20 minutes/a mile passing Heathy Brow layby and then a flint wall (both on the opposite side of the road) before arriving at a metal gate opposite a track.
- Cross the road again to take this track marked with a fingerpost "Public Bridleway".
- Follow this path (enclosed by fences on both sides) passing through a gate and into a field of scrub land. Continue to follow the clearly defined path along the left hand edge of the field with views across to Belle Tout lighthouse.
- Walk through the open gate into the next field (possibility of cows) and continue through a

### *The Downland*

*The 4000 acres of Downland is owned and managed by Eastbourne Borough Council. It was purchased in 1926 for the benefit of all. It forms the Eastern end of the South Downs National Park and the beginning/end of the South Downs Way, a 100 mile long national trail between Eastbourne and Winchester.*



2nd field with farm buildings ahead of you. You can see the buildings of Birling Gap ahead. Make for the left hand corner where there is a gate.

- Go through it then immediately through a 2nd gate to arrive at a concrete road. Turn left to follow this road down to the Beachy Head road (just below Belle Tout lighthouse).
- Cross over the road and turn right onto a footpath which will take you through a glade of trees before arriving at Birling Gap (National Trust café, shop and exhibition).

### *Birling Gap*

*Owned and managed by the National Trust with an excellent display in the room next to the shop. The erosion of the chalk cliffs is clearly seen here by the disappearing houses and gardens. The cliffs are very unstable—do not get too close to the edge.*



- Head for the red telephone box and take the well worn path up beside it. This will lead you towards and under Belle Tout lighthouse (take care not to go too close to cliff edge). As you go down the hill you get the best views of Beachy Head lighthouse and its iconic stripes.

### *Belle Tout lighthouse*

*Built in 1832 but decommissioned in 1902, it was in danger of falling into the sea because of coastal erosion. In 1999 it was moved 17m back from the edge and will probably have to be moved again. It has featured in many films, most notably Life and Loves of a She Devil. It is now a B&B.*



- Continue to follow the grass path parallel to the cliff. After several ups and downs you will reach a memorial to 5 French teenagers who escaped from Nazi occupied France in 1941 and crossed the channel in canoes to join General de Gaulle.



- Return to the Beachy Head Countryside Centre where the exhibition and art gallery are well worth a visit or, if you have time, follow the concrete path to the headland where there is a viewpoint and memorial to Bomber Command before returning to your start point.