

VISIT  
**EASTBOURNE**  
and Lewes



**Walking & Cycling Guide**

[VisitEastbourne.com](http://VisitEastbourne.com)  
[VisitLewes.co.uk](http://VisitLewes.co.uk)

## SOUTH DOWNS NATIONAL PARK

Eastbourne and Lewes is the perfect place to get out and explore the beautiful south coast of England. A gateway to the South Downs National Park, there is a myriad of walking paths, cycle routes and heritage sites to explore, as well as the 100-mile long South Downs Way.

## KING CHARLES III ENGLAND COASTAL PATH

This new walking route opened in 2023 and covers a 33-mile trail from Shoreham-by-Sea to Eastbourne Pier, part of a 2,700 mile-long coastal path around England. Teeming with wildlife, the route passes through National Park coastline, the Adur and Cuckmere estuaries, two ports, four piers and the seaside city of Brighton.



## SEVEN SISTERS WALK

This dramatic cliff walk from Birling Gap to the Cuckmere Valley forms one of the most challenging parts of the South Downs Way, climbing all seven of the world famous rolling hills, and rewarding with incredible views of the white cliffs against the sparkling blue sea.



## BEACHY HEAD LIGHTHOUSE

Get up close and personal to the iconic Beachy Head Lighthouse with a walk down the cliffs to the secluded Cow Gap beach – accessible only by foot. Follow the beach west at low tide to discover the sandy lighthouse beach (please check tide times in advance).



## DON'T MISS

Eastbourne Walking Festival  
7 – 15 September 2024

## SHERLOCK WALK

A walk from Birling Gap beach to the village of East Dean will reveal an old smugglers pub on the pretty village green and a blue plaque commemorating the fictional detective Sherlock Holmes, who according to the books is believed to have retired here.

## LONG MAN OF WILMINGTON

This circular trail runs along the top and bottom of the Long Man of Wilmington, a giant chalk figure cut into the hillside whose true origins, age, meaning and even original shape remain a mystery.



## CUCKOO TRAIL

This 14-mile mostly flat footpath and cycleway from Hampden Park to Heathfield follows the former Cuckoo Line, an historic railway track taking in woodland, open grassland, birds, seasonal wildflowers and oak sculptures along the way.

## MOUNTAIN BIKE TRAILS

Friston Forest offers a range of mountain bike trails, ranging from gentle pathways to challenging up and downhill tracks. Continue onto Litlington where a giant White Horse hill figure is revealed and a cycle hub with an outdoor café and brewery shop for tasting World Beer Award winning Long Man Brewery ales.

## TOP TIP

Hop on any of the 12/12A/12X or 13X Coaster buses or the Sightseeing Bus (subject to timetables), which run between Eastbourne and various iconic South Downs landmarks.



## LEWES TOWN

Named the prettiest town in Britain by The Telegraph, explore the Sussex county town of Lewes on foot to discover a medieval castle that is nearly 1,000 years old, along with art galleries, exclusive shops, the renowned Harvey's Brewery and the home of Anne of Cleves – the fourth wife of Henry VIII.

## NEWHAVEN

For stunning views over the English Channel and the River Ouse, Castle Hill Nature Reserve offers glades of wildflowers, an accessible path and views of the 19th century Newhaven Fort (reopens 2025).



## SEAFORD HEAD

This protected nature reserve atop a breathtaking line of chalk cliffs runs from Seaford beach to the Cuckmere Valley. Stopping at the famous Coastguard Cottages, there is a famous picture postcard view of the Seven Sisters cliffs, as seen in many films and TV shows.



## CHARLESTON

A modernist home of the Bloomsbury group – visit the original house and stunning gardens or walk through South Downs countryside to discover pretty village pubs and Berwick Church - famous for its Bloomsbury painted murals.



## BARCOMBE MILLS

Once home to a series of mills, this small hamlet in the Lewes countryside provides riverside walks and boating from the riverside Anchor Inn pub.

Find more great walks and cycle routes at:  
[SouthDowns.gov.uk](https://SouthDowns.gov.uk)  
[WalkingBritain.co.uk](https://WalkingBritain.co.uk)  
[AllTrails.com](https://AllTrails.com)

For cycle hire visit:  
[LetsBike-Eastbourne.co.uk](https://LetsBike-Eastbourne.co.uk)  
[CuckmereCycle.co](https://CuckmereCycle.co)  
[SussexBikeHire.com](https://SussexBikeHire.com)

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