



From Exceat this heads north-east on bridleways through Friston Forest and Lullington Heath National Nature Reserve. Once on top of the Downs at Windover Hill it turns west along the South Downs Way to Alfriston and refreshment. From here cyclists head back to Exceat down the lane while walkers can enjoy the riverbank footpath.

10 miles / 16km (5-6 hours) if returning from Alfriston to Exceat along the riverbank footpath, Cuckmere. Using the cycle route along the Littleton road (Cycling time probably around 2-4 hours depending on fitness and ground conditions)



**A Longer Walk or Cycle**

10 miles / 16km (5-6 hours) if returning from Alfriston to Exceat along the riverbank footpath, Cuckmere. Using the cycle route along the Littleton road (Cycling time probably around 2-4 hours depending on fitness and ground conditions)



**A Short Walk or a Family Cycle**

Note that the Cuckmere Valley and riverside footpath can flood in wet winters; if in doubt phone Seven Sisters Country Park on 01323 870280 to check. From Exceat cross the A259 and head towards the sea on the concrete path. Walkers have a choice of return routes, along the riverbank is a good option.

**A Stroll – suitable for walkers, cyclists, and wheelchairs**

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**Four Walks, Three Bike Rides, a Family Cycle**

10 miles / 16km (5-6 hours) if returning from Alfriston to Exceat along the riverbank footpath, Cuckmere. Using the cycle route along the Littleton road (Cycling time probably around 2-4 hours depending on fitness and ground conditions)



**Wander the Wide Green Downs**

**How to Get There**  
Buses 12, 13 and 712 run between Brighton and Eastbourne via Newhaven, Seaford and Exceat. There are at least 4 buses an hour (less frequent early in the morning and in the evening, 3 per hour on Sundays and Public Holidays). – Contact Traveline 0870 6082608 for details.

Cuckmere Valley Community Bus runs hourly between Berwick Station, Alfriston, Seaford, Exceat, and Wilmington on weekends and Public Holidays – particularly useful for making up your own routes or if you need a short cut home! Contact 01323 870032 for details.

Best to come by bus if possible. If you must drive, please park considerately. Car parks at Exceat (Seven Sisters Country Park), Friston, and Alfriston are pay and display, and parking elsewhere is very limited indeed.

**The South Downs**  
The South Downs are designated as two Areas of Outstanding Natural Beauty (AONBs): Sussex Downs and East Hampshire.



**For more information contact:**  
SDJC Tel: 01243 558700  
or visit the South Downs Virtual Information Centre www.vic.org.uk



Working in Partnership to Protect the South Downs

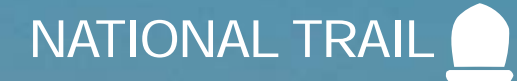
**National Trails in England and Wales**



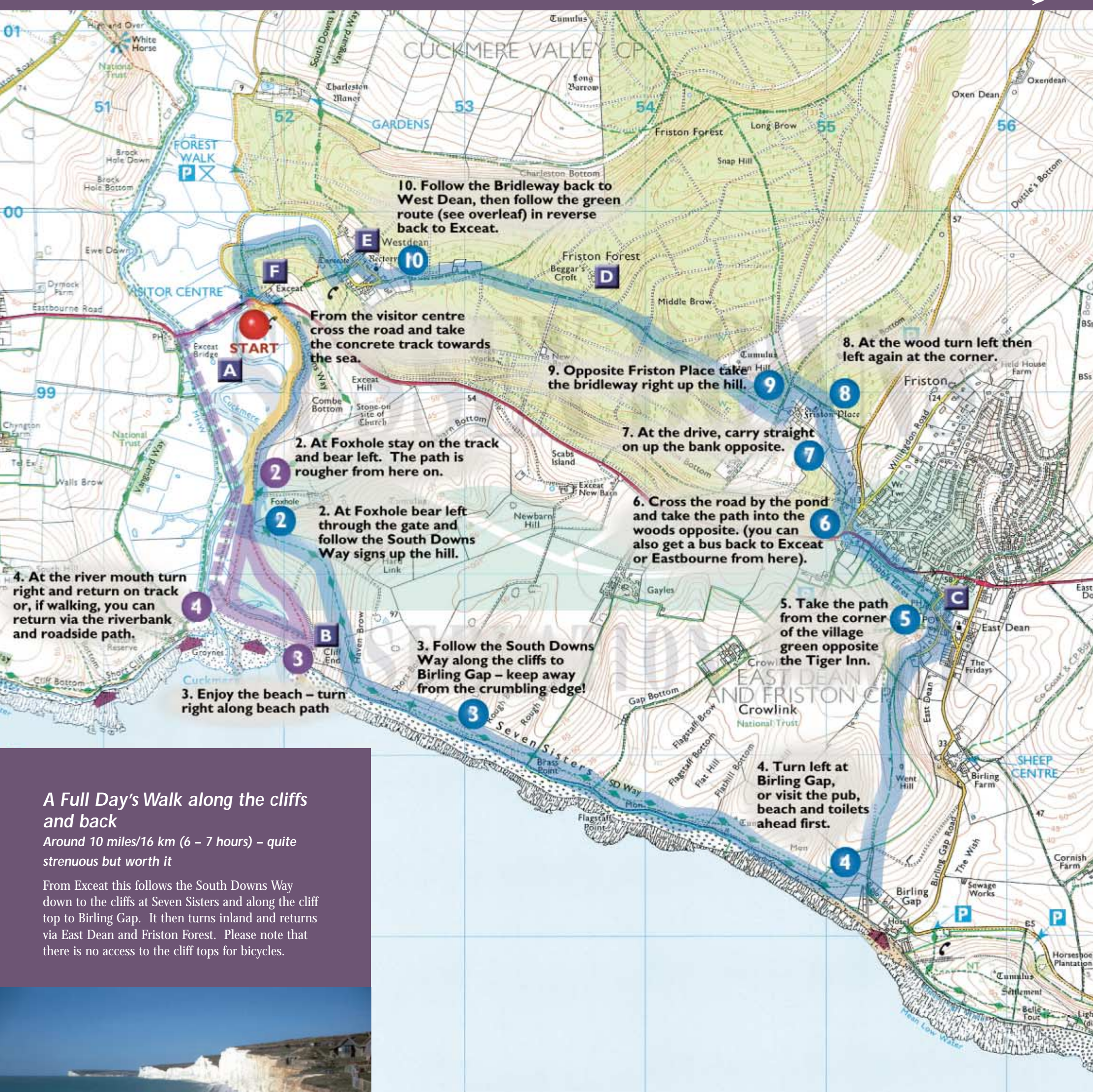
For more information go to www.nationaltrail.co.uk or contact:  
The South Downs Way National Trail Officer  
South Downs Joint Committee  
Victorian Barn, Victorian Business Centre  
Ford Lane, Ford, W Sussex BN18 0EF  
Telephone: 01243 558716  
Email: sdw@southdowns-aonb.gov.uk

**South Downs Way**

Circular Walks & Cycle Rides from Exceat and Friston



**Wander the Wide Green Downs**



**A Full Day's Walk along the cliffs and back**

Around 10 miles/16 km (6 – 7 hours) – quite strenuous but worth it

From Exceat this follows the South Downs Way down to the cliffs at Seven Sisters and along the cliff top to Birling Gap. It then turns inland and returns via East Dean and Friston Forest. Please note that there is no access to the cliff tops for bicycles.



**The South Downs Way National Trail**

The South Downs Way is a 100 mile (160km) route for walkers, cyclists, and horse riders, and runs from the historic English capital of Winchester to the white chalk cliffs of Eastbourne. It is one of a family of National Trails, offering visitors the chance to travel through some of the finest scenery in England and Wales.

**Things to look out for**

ABCDEF Please refer to the key overleaf

<b>KEY:</b>			Footpath
A Stroll			Bridleway
Completely accessible			National Trail
OK for Pushchairs and bikes			Permitted Path
Footpath only (kissing gates!)			Permitted Bridleway
A Day's Walk along the cliffs			
<b>NB. Cliff section, walking only</b>			

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# Things to look out for

- A** The classic meanders were cut off from the river by the Victorians and are silting up. There are exciting plans to restore the river to its old course and recreate the historic untamed estuary.
- B** Admire the spectacular chalk cliffs but don't get too close; rock falls are common.
- C** The Tiger is an 11th century Inn, famous as a haunt of smugglers.
- D** Friston Forest was planted after the First World War to provide trench planking; now almost 90 years old the beeches are managed by the Forestry Commission.
- E** Westdean Church dates from the 11th Century.
- F** Seven Sisters Country Park has a visitor centre, shop, teashop, and toilets, as well as cycle hire.
- G** Charleston Bottom is an enclosed dry valley, full of butterflies and flowers in spring and summer.
- H** Lullington Heath National Nature Reserve is well worth exploring for its profusion of butterflies and wildflowers; see if you can spot the resident goats! Contact [www.englishnature.org.uk](http://www.englishnature.org.uk) 01273 476595 or see notice boards on site for details.
- I** Deep Dean is a spectacular Dry Valley, carved by spring meltwater when the land was frozen during the last Ice Age.
- J** The famous Long Man of Wilmington chalk figure is probably about 500 years old. It is best seen from the small car park at Wilmington.
- K** There are Bronze Age and Neolithic (stone age) burial mounds on top of Windover Hill.
- L** Alfriston - A historic village with many pubs and teashops - don't miss The Old Clergy House, the National Trust's first ever building.
- M** The White Horse chalk figure was carved in about 1925.

See maps for locations

