

Continue



Wild Travels contains affiliate links. If you make a purchase using one of these links then we may receive compensation at no extra cost to you. Ads and affiliate links are how we keep this content free. A huge thanks if you use these as it helps us a lot! See our Full Policy for more information. Hiking along the infamous Seven Sisters cliffs is one of the best things to do in the south of England. The white jigsaw-edge cliffs piece together perfectly with the turquoise sea to create one of the most phenomenal coastal walks in the world. The most well-known route stretches from Seaford to Eastbourne and covers 22.5 kilometres. However, this is quite a distance – even for the experienced hiker. As such, we've put together this guide to show 3 different routes: short, medium and long. These all start from the same place and cover some of the most spectacular sections of the walk, which means that everyone gets to enjoy a piece of the Seven Sisters, regardless of their ability. In this guide, we'll cover everything you need to know before embarking on your coastal adventure (including a map) and let you know what to expect on the day. We'll also give you some top tips ahead of the hike! If you're tight on time, then here are some things to know: Getting there: if you're coming from London then it's simple to take the train, if not then you'll want to hire a car. Best accommodation: if you're staying in the area then you're best staying in Brighton at somewhere like The Grand Brighton. Start point: all trails start in Seaford and if you need parking then the postcode is BN25 1JT. Date: install an eSim from Airalo rather than buying a local sim – it's much less hassle! Best travel medical insurance: at 80% cheaper with just as much coverage than what I was previously paying, I'll never stop sharing how great SafetyWing is as a full-time traveller! The three walks which we cover are colour-coded as per the below code. This is to make it easy to understand if the section you're reading about is relevant to your chosen route. Each walk begins from the same place and initially follows the same trail. For example, those doing the long walk will cover almost all of the trail as the short and medium routes. The Seven Sisters are a series of seven cliffs that span along the English coastline – each distinguished by a prominent hilltop. The cliffs are extremely rugged from sea erosion and are made from white chalk, which makes them stand out significantly against the English Channel. The cliffs are located in the South Downs National Park in the South of England. They're located half an hour away from Brighton and reside in the county of East Sussex. The best time to hike the Seven Sisters is between late April and early September. Typically, this is when the weather is dry and sunny in the UK. It's possible to do this walk at other times of the year, but it will only be enjoyable if it isn't wet and cold. The earliest that we've done this hike is late April and the weather was mild with no wind and it was sweltering hot, even though it looked cloudy. Short | medium | long The quickest and easiest way to reach the trailhead of this walk is by car. Regardless of whether you're choosing the short, medium or long route, you'll need to park in the Seaford Esplanade Car Park. Where to park: BN25 1JT If you need to hire a car, then I always check Rentalcars.com and Discovercars.com. These two sites compare what's on the market and usually have the cheapest prices in my experience. If you're heading to the trailhead of this walk by bus, then you'll need to head to Seaford town centre. From here it is a 10-minute walk to the trailhead. To figure out which bus to take, we'd recommend using Rome2Rio. For those visiting by train, you'll need to head to Seaford Station and from here, it is a 10-minute stroll to the beginning of the walk. More often than not, you'll need to catch the train from your starting location to Lewes train station, before getting another train to Seaford. If you're doing the Seven Sisters hike from London, then you'll need to head to London Victoria Station. Again, we'd recommend using Rome2Rio to figure this out as this makes getting from A to B really straightforward. You'll then want to book train tickets through Trainline.com as this is the major platform here in the UK. Before we jump in, I just wanted to tell you about SafetyWing – they've been my go-to travel insurance company since I started travelling full-time because they're ridiculously affordable (around 80% cheaper than my previous insurance and they offer basically the same thing). I won't say too much more, but here's the link if you want to check them out: SafetyWing Short | The distance of the short route is 5.6 km. This is what we'd consider a daily dog walking distance and can be easily completed without taking up a huge chunk of your day. Medium | The distance of the medium route is 12.1 km. This is a great middle-distance for those willing to spend at least half the day on their feet. Long | The distance of the long route is 21.8 km. At just over a half-marathon distance, this is a lengthy walk. It's a challenging distance and you'll need to be prepared to be out for most of the day. Short | The total elevation of the short route is 94 metres. This isn't a significant elevation overall, however, this is covered within the first couple of kilometres. Most casual walkers can handle this incline without a problem. Medium | The total elevation of the medium route is 293 metres and you'll definitely feel this on your legs throughout the walk. Most of these hills are undulating and will provide a good challenge at times. If you're a novice hiker, this shouldn't prevent you from taking this trail as it is very manageable with breaks here and there. Long | The total elevation of the long route is 519 metres. Whilst this is covered over 21.8 km, there are some serious leg-burning hills in there. You'll see both experienced and novice hikers taking this trail and you'll definitely sleep well that night if you opt for this route. Short | Most walkers complete this route in 1-2 hours. It's a great option for those looking for a relaxed stroll along the coastline whilst enjoying some of the best bits of the longer routes. Medium | Most walkers complete this route in 3-4 hours. It's a fantastic middle-distance walk that provides plenty of time in fresh sea air whilst enjoying a range of coastal and countryside views. Long | Most walkers complete this route in 4-6 hours. Those who complete the walk in 4 hours are usually pushing on to complete the walk rather than stopping for breaks here and there. This is a full day out for most people and novice walkers should consider allowing even more time if they're planning to stop for lunch. Short | The short route is very easy for the majority of the walkers. The only part which could be considered tough is the first ascent, however, this is fairly short. The remainder of the walk is downhill or flat. Medium | The moderate route undulates throughout and certainly presents a few challenges along the way. Those looking to enjoy coastal views for the majority of the way will find that the hills can't really be avoided. However, this provides a great balance for hikers who don't want to commit to a full day of walking. The only part which could be considered tough is the first ascent, however, this is fairly short. The remainder of the walk is downhill or flat. Medium | The moderate route undulates throughout and certainly presents a few challenges along the way. 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