

Stay 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 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 in 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. Data: 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 of England. They're located half an hour away from Brighton and reside in 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: 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 stroll to the beginning 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 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. 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, 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 meters. 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 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. 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 in 3 -4 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 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 but want to push themselves a little. Long | The long route is considered moderate overall, however, there are sections of this walk towards the end of the trail that are hard. Completing this trail will mean a long time on your feet and most of the time you'll either be walking up or down. Whether you're a novice or an experienced hiker, you'll undoubtedly feel accomplished once you cross the finish line. Short medium | long Regardless of which route you take, the coastal hike along the Seven Sisters Cliffs begins in the small village of Seaford. From the car park, the route leads along Seaford Esplanade, passing colourful beach huts, striped deckchairs and plenty of rowing boats. This is a mild ascent and a good way to warm up for what's to come. To the left, you'll see a golf course which has a prime position atop the hill with sea views. On the right, you'll find the sea, which gets further and further away as you climb higher along the trail. Short | medium | long Once the route begins to flatten, you'll be led away from the edge of the cliff. You'll see little more than fields in front of you, however, if you look behind then you'll see some fantastic views of Seaford Beach and beyond. After you've just about caught your breath from the initial climb, you'll take a short descent before arriving at the first of several spectacular cliff edges. In our opinion, this is one of the best and most dramatic edges of the walk - so be sure to make the most of it. Short | medium | long As you continue along the trail, you'll be making a steady descent. This continues for quite some time and the views over the English Channel are excellent. Once you make it to the base of the hill, you'll see some steps which lead down to a cobbled beach. If the tide is out, then you'll be able to roam around the small beach as the ginormous white cliffs tower above you. This is a great opportunity to gain a different perspective and this really shows off the scale of what you're conquering. Short | medium | long It's then time for a quick ascent, followed by a descent to Cuckmere Haven. This is a stunning part of the walk which shows the remaining Seven Sisters cliffs in all their glory. Yet, an estuary will stand between you and the next ascent. Regardless of whether the tide is in or out, you'll need to walk away from the seafront for at least a kilometre to find a bridge. This is the only way to continue the coastal walk. For those who're choosing to do one of the short Seven Sisters walks, then this is where the trail will divert back to the Seaford, either by walking or by bus. If you're walking then you'll continue on to Exceat and catch the number 12 bus back to Seaford. The walking details which we referred to earlier in the guide assume that you'd be getting the bus. medium | long For those who are continuing hike, you'll continue along the trail to embark on your next ascent. This is one of the longest ascents of the walk, but once you've made it to the top, you'll be praised with many rugged white cliffs and astonishing sea views. This summit is where most hikers will take a well-earned break with some refreshments. After a quick break, the route leads up and down multiple times before
arriving at the William Charles Campbell monument. Campbell monument. Trust in the following years. If you've opted for the medium-length route, then it's here that you'll turn left and head away from the sea toward the tiny village of Friston. This is a peaceful section of the walk that covers fields and passes a wealth of grazing wildlife. Once you've arrived at the main road in Friston, you'll immediately find the bus stop and you'll need to catch the number 12 bus back to Seaford. Long If you're looking to challenge yourself on distance then you'll continues to undulate until you reach Birlington Gap, and from here the route intensifies significantly. As you move away from Birlington Gap, you'll head up a steep hill that's not too dissimilar to some of the others which you've completed, but perhaps feels much worse as you've already covered around 13 kilometres of hilly terrain. Upon arrival at the summit, you'll be met by Belle Toute Lighthouse, you'll quickly reach the base of the most challenging ascent yet. Not only is this the longest ascent at roughly 1 kilometre long, but it is also the steepest, with the gradient hitting heights of 18%. This section of the walk is unforgiving, to say the least, but the views and sense of accomplishment once you reach the summit quickly wash away the pain. Once you've made it to the top, you'll be able to see the red and white striped Beachy Head Lighthouse poking out of clear seawater below. This is a picturesque sight and signifies that you're almost on the home straight of the walk. After a welcome kilometre of flatness, it's then time to descend into Eastbourne. The descent is harsh and arguably more challenging than the ascent, with a -31% gradient at times. If you're carrying some poles, then now is the time to use them. After one more small hill to push you one step further, the route finishes with a 2-kilometre gentle descent into Eastbourne. From Eastbourne, you can either catch the train or the number 12 bus back to Seaford. We've created a route map for each of these walks on our favourite platform for mapping out hikes - Alltrails. We'd recommend creating an Alltrails account and saving the map to your favourites so that you can refer back to it on the day. Short walk | route map Medium walk | route map Long walk | route map If you're heading on this hike on a bank holiday and were hoping to pick up some breakfast in a cute cafe beforehand, then unfortunately you'll be disappointed. You'll find that almost everywhere is closed and instead, you'll have to head to the local supermarket. As such, if you're coming from a bigger location such as Brighton, then we'd recommend grabbing some breakfast from there instead. With all the elevation on this hike, you'll no doubt need a snack or two to see you through to the end of the journey. You'll also want to back plenty of liquids to stay hydrated throughout the day. The best place to pick something up is Morrisons. If you're walking from the bus stop or train station to the trailhead of the walk, then this will be on the way. If the Seaford Esplanade Car Park is full, then thankfully, there are some alternative places where you can head down to the beach for a swim. You'll also find that many people will be taking a dip or paddleboarding in the estuary. Regardless of which sounds better, if you're hiking on a hot day, a splash in the seawater will be just what you need. If you're hiking on a hot day, a splash in the seawater will be just what you need for one of the bus journeys. ahead of your walk. This way, you'll be able to make a rough plan of when you need need to arrive at the bus stop, rather than turning up and having to wait 30 minutes for the next bus! The Cuckmere Inn - Short | medium | longRegardless of which route you choose to take, you'll pass The Cuckmere Inn - a lovely country pub. It's located at the end of the estuary, which will be the finishing point if you're taking the short route combined with the bus back to Seaford. If you're taking the nedium route, this will be about the halfway point, and if you're taking the short combined with the bus back to Seaford. If you're taking the short combined with the bus back to Seaford. If you're taking the nedium route, this will be about the halfway point, and if you're taking the short combined with the bus back to Seaford. If you're taking the short combined with the bus back to Seaford. longIf you're committed to taking the long route, then you'll arrive here after around 13 kilometres. This is conveniently located just after the halfway mark and is situated on the cliff edge overlooking the sea. You'll need to bear in mind this is a cafe rather than a pub, so you'll have a limited menu here compared to the other two. The Beachy Head longThe Beachy Head is an excellent country pub which despite being set back from the cliff edge, still captures sea views. You'll need to venture off the trail for a few minutes to dine here, however, it couldn't come at a better time. You'll need to venture off the last 4 kilometres of the walk. The wonderful Seven Sisters are, by nature, very hilly. And, as such, those looking to tackle them should be warned that this is going to be a sweaty hike. We're usually the type of hikers who overdo it when it comes to packing layers, but this is one that you don't need to bother too much. If you're planning to have a picnic by the coast, then it's worth throwing in a light layer to avoid the wind chill. Being by the coast, the reflection of the sea makes it all the more likely that you'll catch a sunburn along this trail. We'd always recommend that you wear suncream when you're spending time outdoors, but you'll catch a sunburn along this trail. of the three locations where we recommend staying. It's a small seaside town with plenty of independent coffee shops, as well as a large grocery store to pick your essentials. There is a stone beach with plenty of beach huts and deck chairs to relax on, however, the main advantage of this location is that it is where the trail begins. The best places to stay are: Hampton Inn Seaford Comfort Suites Seaford Brighton is the largest out of the three recommendations and is full of atmosphere and things to do. It's roughly 30 minutes from the start of this walk and is a great option for those looking to combine a seaside city break with a dose of nature. Whilst there are plenty of attractions in Brighton, spending the afternoon at the beach followed by a trip to the arcades is something which we highly recommend. The best places to stay are: The Grand Brighton but larger than Seaford. It's a great in-between-sized town that's got a good atmosphere and is friendly on the budget. For those taking the long walk along the Seven Sisters Cliffs, it's possible to begin your walk from Eastbourne as opposed to Seaford. However, the views are arguably not as great. Alternatively, you could catch the bus to the beginning of the trail and walk back. The best places to stay are: The Lamb Inn The Lansdowne Hotel The Chatsworth Hotel Before you reach the end of the guide, don't forget to grab your SafetyWing travel insurance that I mentioned at the start of the guide. I use them on every trip because they're around 80% cheaper than what I was paying previously whilst still offering more than enough coverage! Whichever Seven Sisters walk you choose, you're guaranteed to witness at least a few dramatic chalk cliffs that stand tall beside the sea. If you're looking for other great walks in the UK, then we've got plenty more guides to share with you. These can be found below: Stay Wild Travels. The Martello Tower in Seaford is the most westerly of a chain of 103 such fortresses (the other end of the chain being in Aldeburgh, Suffolk) built to protect the most westerly of a chain of 103 such fortresses (the other end of the chain being in Aldeburgh, Suffolk) built to protect the most westerly of a chain of 103 such fortresses (the other end of the chain being in Aldeburgh, Suffolk) built to protect the most westerly of a chain of 103 such fortresses (the other end of the chain being in Aldeburgh, Suffolk) built to protect the most westerly of a chain of 103 such fortresses (the other end of the chain being in Aldeburgh, Suffolk) built to protect the most westerly of a chain of 103 such fortresses (the other end of the chain being in Aldeburgh, Suffolk) built to protect the most westerly of a chain of 103 such fortresses (the other end of the chain being in Aldeburgh, Suffolk) built to protect the most westerly of a chain of 103 such fortresses (the other end of the chain being in Aldeburgh, Suffolk) built to protect the most westerly of a chain of 103 such fortresses (the other end of the chain being in Aldeburgh, Suffolk) built to protect the most westerly of a chain of 103 such fortresses (the other end of the chain being in Aldeburgh, Suffolk) built to protect the most westerly of a chain of 103 such fortresses (the other end of the chain being in Aldeburgh, Suffolk) built to protect the most westerly of a chain of 103 such fortresses (the other end of the chain being in Aldeburgh, Suffolk) built to protect the most westerly of a chain being in Aldeburgh (the other end of the chain being in Aldeburgh (the other end of the chain being in Aldeburgh (the other end of the other e South East coast of England against invasion in the early part of the Napoleonic Wars. It contains a museum of local history, open 11am to 1pm and 2.30pm to 4.30pm to Birling Gap. They are thought to have been formed by glacier meltwater at the end of the last Ice Age: the meltwater carved steep sided valleys, which were then truncated by sea erosion into the cliffs we see today. The original Seven Sisters are the Pleiades, a group of seven stars which Greek mythology portrayed as sisters. There are in fact now only six Pleiades, one having exploded in antiquity, and from the approach to Cuckmere Haven there seem to be only six
humps on the Seven Sisters too (the rise on which Belle Tout lighthouse stands, beyond the brown smudge of Birling Gap visible at this point does not count, as this is not part of the Seven Sisters). But there are in fact seven: one is hidden from view from this angle. Or are there eight? Careful attention to the walk text will reveal that between Cuckmere Haven Brow, Brass Point, Flagstaff Point, Flat Hill, Baily's Hill and Went Hill. So which one is not a real sister? Birling Gap, is a gap between the sisters (cliffs), now owned by The National Trust. There is a cafe (some outside tables overlook the sea), visitor center, toilets, and car park, with a metal staircase down the cliff edge to the shingle beach below. The rate of cliff erosion here is quite dramatic - as much as a metre a year. In the tea room there is a photograph of the bay 100 years ago which shows a row of nine coastguard cottages with a broad strip of grassy cliff top them and the sea. Now only a couple of cottages are left... and they are perilously close to the edge. Belle Tout is a former lighthouse that first entered service in 1828, over 130 years after the need for one was first suggested. It had 30 oil lamps, requiring two gallons of oil per hour. A problem with the lighthouse's location soon became apparent, however - when the weather was bad, the clifftop tended to be shrouded in mist, so the light could not be seen. The cliff also blocked the view of the light could not be seen. The cliff also blocked the view of the light could not be seen. of Beachy Head to this day. It opened in 1902, and Belle Tout went out of commission. It was a tea room for a while, accidentally damaged by Canadian artillery during World War II, and later restored by the local council. By the 1990s Belle Tout was a private house and in danger of falling into the sea due to cliff erosion, and so in March 1999 in a feat of engineering that captured national media attention, it was moved back 17 metres away from the cliff using hydraulic jacks. It was then bought by a preservation trust and in March 2010 started a new life as a luxury bed and breakfast, with the lattern room turned into a lounge with 360 degree views. Globally-important habitats, unique wildlife as a luxury bed and breakfast, with the lattern room turned into a lounge with 360 degree views. and heritage secrets make Seven Sisters a truly special place Discover Seven Sisters Stay 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 world. The world is the world. The world is the south of England. The white jugsaw-edge cliffs piece together perfectly with the turquoise sea to create one of the best things to do in the south of England. 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 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. Data: 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. 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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. To figure out which bus to take, we'd recommend using Rome2Rio. For those visiting by train, you' 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, 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 great middle-distance of the long route is 21.8 km. At just over a half-marathon distance of the long route is 21.8 km. At just over a half-marathon distance of the long route is 21.8 km. At just over a half-marathon distance of the long route is 21.8 km. At just over a half-marathon distance of the long route is 21.8 km. At just over a half-marathon distance of the long route is 21.8 km. At just over a half-marathon distance of the long route is 21.8 km. At just over a half-marathon distance of the long route is 21.8 km. At just over a half-marathon distance of the long route is 21.8 km. At just over a half-marathon distance of the long route is 21.8 km. At just over a half-marathon distance of the long route is 21.8 km. At just over a half-marathon distance of the long route is 21.8 km. At just over a half-marathon distance of the long route is 21.8 km. At just over a half-marathon distance of the long route is 21.8 km. 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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. 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 meters. 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 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. 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. 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From the car park, the route leads along the Seven Sisters Cliffs begins in the small village of Seaford. From the car park, the route leads along Seaford Esplanade, passing colourful beach huts, striped deckchairs and plenty of rowing boats. The concrete esplanade quickly comes to an end as you head up your first hill. This is a mild ascent and a good way to warm up for what's to come. To the left, you'll find the sea, which gets further and further and higher along the trail Short | medium | long Once the route begins to flatten, you'll be led away from the edge of the cliff. You'll see little more than fields in front of you, however, if you look behind then you'll see little more than fields in front of you. at the first of several spectacular cliff edges. In our opinion, this is one of the best and most dramatic edges of the walk - so be sure to make the most of it. Short | medium | long As you continue along the trail, you'll be making a steady descent. This continues for quite some time and the views over the English Channel are excellent. Once you make it to the base of the hill, you'll see some steps which lead down to a cobbled beach. If the tide is out, then you'll be able to roam around the small beach as the ginormous white cliffs tower above you. This is a great opportunity to gain a different perspective and this really shows off the scale of what you're conquering. Short | medium | long It's then time for a quick ascent, followed by a descent to Cuckmere Haven. This is a stunning part of the walk which shows the remaining Seven Sisters cliffs in all their glory. Yet, an estuary will stand between you and the next ascent. Regardless of whether the tide is in or out, you'll need to walk away from the seafront for at least a kilometre to find a bridge. This is the only way to continue the coastal walk. For those who're choosing to do one of the short Seven Sisters walks, then this is where the trail will divert back to the Seaford, either by walking or by bus. If you're walking then you'll head through a number of fields that ultimately arrive back at Seaford Esplanade. If you'd prefer to get the bus, then you'll continue on to Exceat and catch the number 12 bus back to Seaford. The walking details which we referred to earlier in the guide assume that you'd be getting the bus. medium | long For those who are continuing hike, you'll continue along the trail to embark on your next ascent. This is one of the longest ascents of the walk, but once you've made it to the top, you'll be praised with many rugged white cliffs and astonishing sea views. This summit is where most hikers will take a well-earned break, the route leads up and down multiple times before arriving at the William Charles Campbell monument. Campbell previously owned this section of the walk, however, he very generously donated it to the National Trust in the following years. If you've opted for the medium-length route, then it's here that you'll turn left and head away from the sea toward the tiny village of Friston. This is a peaceful section of the walk that covers fields and passes a wealth of grazing wildlife. Once you've arrived at the main road in Friston, you'll immediately find the bus stop and you'll need to catch the number 12 bus back to Seaford. Long If you're looking to challenge yourself on distance then you'll continue to hug the coastline for a little while longer. The route continues to undulate until you reach Birlington Gap, and from here the route intensifies significantly. As you move away from Birlington Gap, you'll head up a steep hill that's not too dissimilar to some of the others which you've already covered around 13 kilometres of hilly terrain. Upon arrival at the summit, you'll be met by Belle Toute Lighthouse - a quirky bed and breakfast which takes prime location. Long As you descend away from the Belle Toute Lighthouse, you'll quickly reach the base of the most challenging ascent yet. Not only is this the longest ascent at roughly 1 kilometre long, but it is also the steepest, with the gradient hitting heights of 18%. This section of the walk is unforgiving, to say the least but the views and sense of accomplishment once you reach the summit quickly wash away the pain. Once you've made it to the top, you'll be able to see the red and white striped Beachy Head Lighthouse poking out of clear seawater below. This is a picturesque sight and signifies that you're almost on the home straight of the walk. After a welcome kilometre of flatness, it's then time to descend into Eastbourne. The descent is harsh and arguably more challenging than the ascent, with a -31% gradient at times. If you're carrying some poles, then now is the time to use them. After one more small hill to push you one step further, the route finishes with a 2-kilometre gentle descent into Eastbourne. From Eastbourne, you can either catch the train or the number 12 bus back to Seaford. We've created a route map for each of these walks on our favourite platform for mapping out hikes - Alltrails. We'd recommend creating an Alltrails account and saving the map to your favourite so that you can refer back to it on the day. Short walk route map Medium walk | route map If you're heading on this hike on a bank holiday and were hoping to pick up some breakfast in a cute cafe beforehand, then unfortunately you'll find that almost everywhere is closed and instead, you'll have to head to the local supermarket. As such, if you're coming from a bigger location such as Brighton, then we'd recommend grabbing some breakfast from there instead. With all the elevation on this hike, you'll also want to back plenty of liquids to stay hydrated throughout the day. The best place to pick something up is Morrisons. If you're walking from the bus stop or train station to the trailhead of the walk, then this will be on the way. If the Seaford Esplanade Car Park is full, then thankfully, there are some alternative places where you can park for the day. However, you'll need to bear in mind that this will add additional time to your walk. Needless to say, there are countless opportunities along this trail where you can head down to the beach for a swim. You'll also find that many people will be taking a dip or paddleboarding in the seawater will be just what you need. If you're hiking on a hot day, a splash in the seawater will be taking a dip bus journey back to Seaford, then we'd recommend taking note of some of the bus journeys ahead of your walk. This way, you'll be able to make a rough plan of when you need need to arrive at the bus stop, rather than turning up and having to wait 30 minutes for the next bus! The Cuckmere Inn - Short | medium | longRegardless of which route you choose to take, you'll pass The Cuckmere Inn - a lovely country pub. It's located at the end of the estuary, which will be the finishing point if you're taking the medium route, this will be about the halfway point, and if you're taking the long route, then you'll probably want to push on to one of the following options. National Trust - Birling Gap and the Seven Sisters cafe - longIf you're committed to taking the long route, then you'll arrive here after around 13 kilometres. This is conveniently located just after the halfway mark and is situated on the cliff edge overlooking the sea. You'll need to bear in mind this is a cafe rather than a pub, so you'll have a limited menu here compared to the other two. The Beachy Head - longThe Beachy Head is an excellent country pub which despite being set back from the cliff edge, still captures sea views. You'll have just climbed the steepest hill of the walk and be deserving of a well-earned meal before finishing off the last 4 kilometres of the walk. The wonderful Seven Sisters are, by nature, very hilly. And, as such, those looking to tackle them should be warned that this is going to be a sweaty hike. We're usually the type of hikers who overdo it when it comes to packing layers, but this is one that you don't need to bother too much. If you're planning to have a picnic by the coast, then it's worth throwing in a light
layer to avoid the wind chill. Being by the coast, then it's worth throwing in a light layer to avoid the wind chill. Being by the coast, then it's worth throwing in a light layer to avoid the wind chill. Being by the coast, then it's worth throwing in a light layer to avoid the wind chill. spending time outdoors, but you'll want to be extra careful on this occasion. Seaford is the smallest of the three locations where we recommend staying. It's a small seaside town with plenty of beach huts and deck chairs to relax on however, the main advantage of this location is that it is where the trail begins. The best places to stay are: Hampton Inn Seaford Comfort Suites Seaford Brighton is the largest out of the three recommendations and is full of atmosphere and things to do. It's roughly 30 minutes from the start of this walk and is a great option for those looking to combine a seaside city break with a dose of nature. Whilst there are plenty of attractions in Brighton, spending the afternoon at the beach followed by a trip to the arcades is something which we highly recommend. The best places to stay are: The Grand Brighton Blok-74 Eastbourne is smaller than Seaford. It's a great in between-sized town that's got a good atmosphere and is friendly on the budget. For those taking the long walk along the seven Sisters Cliffs, it's possible to begin your walk from Eastbourne as opposed to Seaford. However, the views are arguably not as great. Alternatively, you could catch the bus to the beginning of the trail and walk back. The bes places to stay are: The Lamb Inn The Lansdowne Hotel The Chatsworth Hotel Before you reach the end of the guide. I use them on every trip because they're around 80% cheaper than what I was paying previously whilst still offering more than enough coverage! Whichever Seven Sisters walk you choose, you're guaranteed to witness at least a few dramatic chalk cliffs that stand tall beside the sea. If you're looking for other great walks in the UK, then we've got plenty more guides to share with you. These can be found below: Stay Wild Travels. Stay Wild Travels. 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 tight on time, then here are some things to know. Getting there: if you're tight on time, then here are some things to know. 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. Data: 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 channel rom 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 walk to the trailhead. 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're ridiculously affordable (around 80% cheaper than my previous insurance company since I started travelling full-time because they're ridiculously affordable (around 80% cheaper than my previous insurance company since I started travelling full-time because they're ridiculously affordable (around 80% cheaper than my previous insurance company since I started travelling full-time because they're ridiculously affordable (around 80% cheaper than my previous insurance company since I started travelling full-time because they're ridiculously affordable (around 80% cheaper than my previous insurance company since I started travelling full-time because they're ridiculously affordable (around 80% cheaper than my previous insurance company since I started travelling full-time because they're ridiculously affordable (around 80% cheaper than my previous insurance company since I started travelling full-time because they're ridiculously affordable (around 80% cheaper than my previous insurance company since I started travelling full-time because they're ridiculously affordable (around 80% cheaper than my previous insurance company since I started travelling full-time because they're ridiculously affordable (around 80% cheaper than my previous insurance company since I started travelling full-time because they're ridiculously affordable (around 80% cheaper than my previous insurance company since I started travelling full-time because they're ridiculously affordable (around 80% cheaper than my previous insurance company since I started travelling full-time because they're ridiculously affordable (around 80% cheaper than my previous insurance company since I started travelling full-time because they're ridiculously affordable (around 80% cheaper than my previous insurance company since I started travelling full-time because they insurance company since I started travelling fu 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 of the short route is 5.6 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 meters. 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 meters 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 meters. 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 see both experienced and novice hikers taking this trail and you'll see both experienced and novice hikers taking this trail and you'll see both experienced and novice hikers taking this trail and you'll see both experienced and novice hikers taking this trail and you'll see both experienced and novice hikers taking this trail and you'll see both experienced and novice hikers taking this trail and you'll see both experienced and novice hikers taking this trail and you'll see
both experienced and novice hikers taking this trail and you'll see both experienced and novice hikers taking this trail and you'll see both experienced and novice hikers taking this trail and you'll see both experienced and novice hikers taking this trail and you'll see both experienced and novice hikers taking this trail and you'll see both experienced and novice hikers taking this trail and you'll see both experienced and novice hikers taking this trail and you'll see both experienced and novice hikers taking this trail and you'll see both experienced and novice hikers taking this trail and you'll see both experienced and novice hikers taking the second taking the second taking definitely sleep well that night if you opt for this route. Short | Most walkers complete this route in 3 -4 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 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 but want to push themselves a little. Long | The long route is considered moderate overall, however, there are sections of this walk towards the end of the trail that are hard. Completing this trail will mean a long time on your feet and most of the time you'll undoubtedly feel accomplished once you cross the finish line. Short | medium | long Regardless of which route you'll undoubtedly feel accomplished once you cross the finish line. take, the coastal hike along the Seven Sisters Cliffs begins in the small village of Seaford. From the car park, the route leads along Seaford Esplanade quickly comes to an end as you head up your first hill. This is a mild ascent and a good way to warm up for what's to come. To the left, you'll see a golf course which has a prime position atop the hill with sea views. On the right, you'll find the sea, which gets further and higher and than fields in front of you, however, if you look behind then you'll see some fantastic views of Seaford Beach and beyond. After you've just about caught your breath from the initial climb, you'll take a short descent before arriving at the first of several spectacular cliff edges. In our opinion, this is one of the best and most dramatic edges of the walk so be sure to make the most of it. Short | medium | long As you continue along the trail, you'll be making a steady descent. This continues for quite some time and the views over the English Channel are excellent. Once you make it to the base of the hill, you'll see some steps which lead down to a cobbled beach. If the tide is out, then you'll be able to roam around the small beach as the ginormous white cliffs tower above you. This is a great opportunity to gain a different perspective and this really shows off the scale of what you're conquering. Short | medium | long It's then time for a quick ascent, followed by a descent to Cuckmere Haven. This is a stunning part of the walk which shows the remaining Seven Sisters cliffs in all their glory. Yet, an estuary will stand between you and the next ascent. Regardless of whether the tide is in or out, you'll need to walk away from the seafront for at least a kilometre to find a bridge. This is the only way to continue the coastal walk. For those who're choosing to do one of the short Seven Sisters walks, then this is where the trail will divert back to the Seaford, either by walking or by bus. If you're walking then you'll head through a number of fields that ultimately arrive back at Seaford. The walking details which we referred to earlier in the guide assume that you'd be getting the bus. medium | long For those who are continuing hike, you'll continue along the trail to embark on your next ascents. This is one of the longest ascents of the walk, but once you've made it to the top, you'll be praised with many rugged white cliffs and astonishing sea views. This summit is where most hikers will take a well-earned break with some refreshments. After a quick break, the route leads up and down multiple times before arriving at the William Charles Campbell monument. Campbell previously owned this section of the walk, however, he very generously donated it to the National Trust in the following years. If you've opted for the medium-length route, then it's here that you'll turn left and head away from the sea toward the tiny village of Friston. This is a peaceful section of the walk that covers fields and passes a wealth of grazing wildlife. Once you've arrived at the main road in Friston, you'll immediately find the bus stop and you'll need to catch the number 12 bus back to Seaford. Long If vou're looking to challenge vourself on distance then vou'll continue to hug the coastline for a little while longer. The route intensifies significantly. As you move away from Birlington Gap, you'll head up a steep hill that's not too dissimilar to some of the others which you've completed, but perhaps feels much worse as you've already covered around 13 kilometres of hilly terrain. Upon arrival at the summit, you'll be met by Belle Toute Lighthouse - a quirky bed and breakfast which takes prime location. Long As you descend away from the Belle Toute Lighthouse, you'll perhaps feels much worse as you've already covered around 13 kilometres of the base of the most challenging ascent yet. Not only is this the longest ascent at roughly 1 kilometre long, but it is also the steepest, with the gradient hitting heights of 18%. This section of the walk is unforgiving, to say the least, but the top, you'll be able to see the red and white striped Beachy Head Lighthouse poking out of clear seawater below. This is a picturesque sight and signifies that you're almost on the home straight of the walk. After a welcome kilometre of flatness, it's then time to descend into Eastbourne. The descent is harsh and arguably more challenging than the ascent with a -31% gradient at times. If you're carrying some poles, then now is the time to use them. After one more small hill to push you one step further, the route finishes with a 2-kilometre gentle descent into Eastbourne. From Eastbourne, you can either catch the train or the number 12 bus back to Seaford. We've created a route map for each of these walks on our favourite platform for mapping out hikes - Alltrails. We'd recommend creating an Alltrails account and saving the map to your favourites so that you can refer back to it on the day. Short walk | route map Medium walk | route map Medium walk | route map Medium walk | route map If you're heading on this hike on a bank holiday and were hoping to pick up some breakfast in a cute cafe beforehand, then unfortunately you'll be disappointed. You'll find that almost everywhere is closed and instead, you'll have to head to the local supermarket. As such, if you're coming from a bigger location on this hike. you'll no doubt need a snack or two to see you through to the end of the journey. You'll also want to back plenty of liquids to stay hydrated throughout the day. The best place to pick something up is Morrisons. If you're walking from the bus stop or train station to the trailhead of the walk, then this will be on the way. If the Seaford Esplanade Car Park is full, then thankfully, there are some alternative places where you can park for the day. However, you'll need to bear in mind that this will add additional time to your walk. Needless to say, there are countless opportunities along this trail where you can head down to the beach for a swim. You'll also find that many people will be taking a dip or paddleboarding in the estuary. Regardless of which sounds better, if you're hiking on a hot day, a splash in the seawater will be just what you need. If you're hiking note of some of the routes which require a bus journey back to Seaford, then we'd recommend taking note of some of the bus journeys ahead of your walk. This way, you'll be able to make a rough plan of when you need need to arrive at the bus stop, rather than turning up and having to wait 30 minutes for the next bus! The Cuckmere Inn - a lovely country pub. It's located at the end of the estuary, which will be the finishing point if you're taking the short route combined with the bus back to Seaford. If you're taking the medium route, this will be about the halfway point, and if you're taking the long route, then you'll probably want to push on to one of the following options. National Trust - Birling Gap and the Seven Sisters cafe - longIf you're taking the long route, then you'll probably want to push on to one of the following options. you'll arrive here after around 13 kilometres. This is conveniently located just after the halfway mark and is situated on the cliff edge overlooking the sea. You'll need to bear in mind this is a cafe rather than a pub, so you'll have a limited menu here compared to the other two. The Beachy Head - longThe Beachy Head is an excellent country pub which despite being set back from the cliff edge, still captures sea views. You'll need to venture off the trail for a few minutes to dine here, however, it couldn't come at a
better time. You'll have just climbed the steepest hill of the walk and be deserving of a well-earned meal before finishing off the last 4 kilometres of the walk. The wonderful Seven Sisters are, by nature, very hilly. And, as such, those looking to tackle them should be warned that this is going to be a sweaty hike. We're usually the type of hikers who overdo it when it comes to packing layers, but this is one that you don't need to bother too much. If you're planning to have a picnic by the coast, then it's worth throwing in a light layer to avoid the wind chill. Being by the coast, the reflection of the sea makes it all the more likely that you'll catch a sunburn along this trail. We'd always recommend that you wear suncream when you're spending time outdoors, but you'll catch a sunburn along this trail. staying. It's a small seaside town with plenty of independent coffee shops, as well as a large grocery store to pick your essentials. There is a stone beach with plenty of beach huts and deck chairs to relax on, however, the main advantage of this location is that it is where the trail begins. The best places to stay are: Hampton Inn Seaford Comfort Suites Seaford Brighton is the largest out of the three recommendations and is full of atmosphere and things to do. It's roughly 30 minutes from the start of this walk and is a great option for those looking to combine a seaside city break with a dose of nature. a trip to the arcades is something which we highly recommend. The best places to stay are: The Grand Brighton Blok-74 Eastbourne is smaller than Brighton but larger than Seaford. It's a great in-between-sized town that's got a good atmosphere and is friendly on the budget. For those taking the long walk along the Seven Sisters Cliffs, it's possible to begin your walk from Eastbourne as opposed to Seaford. However, the views are arguably not as great. Alternatively, you could catch the bus to the beginning of the trail and walk back. The best places to stay are: The Lamb Inn The Lambdowne Hotel The Chatsworth Hotel Before you reach the end of the guide, don't forget to grab your SafetyWing travel insurance that I mentioned at the start of the guide. I use them on every trip because they're around 80% cheaper than what I was paying previously whilst still offering more than enough coverage! Whichever Seven Sisters walk you choose, you're guaranteed to witness at least a few dramatic chalk cliffs that stand tall beside the sea. If you're looking for other great walks in the UK, then we've got plenty more guides to share with you. These can be found below: Stay Wild Travels. The Seven Sisters is a part of Sussex known for its dramatic landscapes and there is no better way to explore it than to do the Seven Sisters Walk, which consists of several ups and downs but breathtaking views throughout! The Seven Sisters are white chalk cliffs that run along England's South Coast, the Seven Sisters are like the white cliffs of Dover, which are famously known worldwide, but in my opinion much prettier. The unique Seven Sisters cliffs run from Cuckmere Haven to Birling Gap and you can easily follow them up and down along the coastline on this Seven Sisters Walk. Just picture this, you've got the stunning white cliffs glowing along the path in front of you, the grass ripples in the wind and the sunshine glistens on the ocean surface around you! Follow my walking guide below to discover the beauty of the Seven Sisters and the English coastline. Disclosure: This article contains affiliate links. This means that if you click a link and purchase something I have recommended I will earn a small commission. This does not affect the price you pay but helps me to keep Travels by Izzy going. Distance: 8.5 miles / 13.5 km !! Difficulty: Moderate Difficu | Weather: Seven Sisters - BBC Weather | Online Map: Outdoor GPS - Then download the 'East Sussex' map, which we used and the map you can see in the route screenshot below. The Seven Sisters walk can be done year round but all depends on the weather that day. Whilst it is still possible to carry out the walk during all weather conditions I would not recommend walking if it's very windy or raining. Due to the location of the walk all along the severe winds with no barriers along the edge, it is also very open to the elements leaving you very open to the elements leaving you very open to the elements leaving in Spring, Summer along the edge, it is also very open to the walk all along the edge, it is also very open to the wind the whole way along. I would recommend visiting in Spring, Summer along the edge, it is also very open to the elements leaving you very open to the walk along the edge. or early Autumn, this way you can hopefully, guarantee yourself good weather. Just be aware this is a popular walk and can get very busy both in the car park and along the route on weekends, especially during the summer holidays. As the Seven Sisters walk isn't a full day out you do not need to bring too much with you but to cover all basis I would recommend: Layers - for it is gets hotter or colder Raincoat as you never know in the UK Plenty of water Snacks or lunch if you want to stop along the way Suncream Sunhat Sunglasses Swimwear & dry towel to swim in the sea after To start at Cuckmere Haven head the the South Downs Car Park, see the exact location on Google Maps below. This is not a huge car park and can get very busy so ensure you arrive early especially if you are visiting on a weekend or during the summer holidays in the UK. The car park is pay and display, you can either use coins or pay via the Ringgo app on your phone. Once parked you can find 2 cafes selling food and hot & cold drinks as well as some snacks and toilets that are free to use before you start your walk. Once you are ready to start just follow the signs to the Seven Sisters, as you begin you will need to cross a road and then follow the big path alongside the river to the seafront. If you are using the Outdoor GPS map you can easily find your way by following the green South Downs Way path. Here you will pass through some fields where there are ponies and other animals, ensure you keep dogs on a lead and treat these animals with respect. Once you get closer to the seafront the path will split into 2, one heads down to the beach and treat these animals with respect. to the top. Once you are at the top you will have a beautiful view all around you, make sure to stop often to admire it and take lots of pictures! You will see the beach to your right and the path along to the left. Here you can also get a good idea of the many ups and downs that are to come. Once you are ready start your journey up and down all seven of these cliffs until you reach Birling Gap at the other end. The views along the way are spectacular especially if you are blessed with some sunshine, the ocean glistens in the distance and you can often see lots of boats or kayakers out on the water. Once you finish the last sister this is a good place to stop and have your picnic lunch or to have a rest and a drink before heading back. Alternatively, if you want to get an ice cream, cup of tea, food or use the toilets then follow the path down to Birling Gap, where you can find a cafe and facilities to use. But consider that they can all get very busy! Once you are done just head back to the Seven Sisters the way you came into Birling Gap and follow the Seven Sisters walk up and down back to the start of the cliff walk. If you are visiting on a sunny day or feel like having a cold water dip after this Seven Sisters walk then make sure to pack your swimwear. As you finish the Seven Sisters walk up and down back to the start of the cliff walk. If you are visiting on a sunny day or feel like having a cold water dip after this Seven Sisters walk then make sure to pack your swimwear. the path diagonally down the side towards the beach. If you do not fancy a dip you can just follow the path along the river and back to the car the way you came up. Once on the beach find a spot and spend as long as you like soaking in the summer sunshine. whilst you are in the water. Once you have finished swimming and are all dry just head back alongside the river back to the car park where you started. If you want to stop off somewhere after your Seven Sisters walk for a bite to eat or drink in the sun then make sure to check out these wonderful nearby pubs. Inn, The Tiger Inn & The Sussex Ox. Luxury: Luxury Shepards Hut & Tiger Inn Mid-range: Ebor Lodge & The Lamb Inn Budget: Pier Hotel & Pearl & Bubbles Looking for more adventures to go on the in UK? Make sure to check out these posts: