

SUSSEX

Between the South Downs and the sea circular walk

Starting and finishing in the peaceful hamlet of Crowlink, this invigorating walk takes you through meadows and trees, down towards Birling Gap and up over three of the Seven Sisters. Along with great coastal views, there are seasonal wildlife and flower displays to look out for and optional detours to a historic pub and a seaside café.



Information

Address: Crowlink car park, Crowlink Lane, Friston, near Eastbourne, BN20 0AY

OS map: OL 123

Activity: Walking

Moderate: Footpaths through fields and along the coast with several hills. For further details, see Terrain section.

Dog friendly: Dogs are welcome but please keep them on a lead around grazing animals.

Full trail: Miles: 4.5 (km: 7.2)

Access: Challenging

Duration: 3 hours 30 mins

Terrain

The route is on footpaths through fields, wooded areas and along the coast. There are several hills with climbs that are short but steep in some places. Paths can be muddy in winter.

Total steps: 9

Start point: Crowlink car park, grid ref TV549978

1. From Crowlink car park, follow the lane towards the main road.
2. Turn right through the gate into Friston churchyard. Go through the churchyard, through the far gate and down through the meadow.
3. Near the bottom of the meadow, veer right to pick up a path up and go through the trees. At the top of the path turn right and climb the hill, keeping close to the wall on your left.
4. Follow the flint wall until you reach a stone step on your left. Using the step, climb over the wall and continue on the path across the field.
5. Go through the gate and skirt around the left edge of the field. Turn left through the kissing gate, heading across the field towards the red barn.
6. In front of the barn, pick up the sunken track over the brow of the hill and follow it through one gate and then a second to join the track down towards Birling Gap.
7. For the Birling Gap café, follow the South Downs Way along the track as it bears left down the hill and behind the toilet block. To continue without stopping, turn right at the yellow waymark sign, go through the pedestrian gate and up onto the downs. Follow the coastline, but count each hill as you're only crossing three 'sisters' plus their 'little brother', Flat Brow.
8. After coming down the fourth hill – Flagstaff Brow, with its stone memorial on top – turn right along the coombe bottom, away from the sea.
9. Pass the pond, bear right along the path then go straight on through a bridle gate and back towards your starting point at the car park.

End point: Crowlink car park, grid ref TV549978
