

Telegraph Best walks in Britain:

3. Eastbourne to Alfriston - East Sussex (12 miles).



Eastbourne to Alfriston

This is one of the most gorgeous sunny-day clifftop walks it is possible to imagine, with many special moments. Best of all is when you quit Eastbourne's hot streets, rising from grey concrete along the grassy South Downs Way. Go past the gloomy brilliance of Beachy Head, clifftopping westwards with the brief interruption of a car park and another oasis-like pub at Birling Gap.

Then the best bit: along the shining green tops of the Seven Sisters, magnificent white cliffs that sum up southern Britain far better than Dover.

It's a taxing roller-coaster walk that dips and soars. But the sea views are exhilarating to your left, the green wooded landscape lush to your right as you picnic then plunge to the Cuckmere River Valley. Here you strike north at last, following a trail away from the sea over the coast road through dark Friston Forest and finally to the pleasant village of Alfriston, for buses to Eastbourne. Or you can walk two miles on to Berwick Station.

Details Map: See walk 3516 at www.walkingbritain.co.uk

By Nicholas Roe

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Accommodation with Breakfast rates from just £60 per person – see our [Tariff](#) and [Offers](#) pages.