

Walk 4



Rolling Downs and Sea Breezes

Time (Approx)	4 ½ – 5 Hours
Distance (Approx)	13 ½ Miles (22km)
Stiles	4
Terrain	Roads, Tracks and Grass
Map Recommended	O/S Explorer 123 / Landranger 199

Start

At The Star Hotel (1) continue along the High Street to Waterloo Square and the Market Cross (2). Turn right into River Lane and proceed down to the river. Cross over the white footbridge and continue along the footpath along the lane to (3) Great Meadow Flint Barn (formerly Plonk Barn). Take the footpath just to the right of the barn, through the gate and follow the path up the steps and along the hedgerow. Within a short time the undergrowth on your left clears and a path left takes you into a big open field. Follow the path across the field to a stile and across the next field to the next stile, all the time you are gaining height. Behind you are panoramic views of Alfriston with Firl Beacon beyond.

Once over the stile, turn right and continue to the road (4). Cross over and follow the chalk track up to the top of Windover Hill (5). You are now on the South Downs Way. Keep to the track to the next gate. Continue through following the track with Deep Dene valley on your right. As the chalky track becomes grass, take a left bearing up the hill to a finger post and follow the SDW signs to the next gate. Continue through to another gate and then follow the hedge to a track crossroads (6). Turn left and proceed down the hill to (7) another path junction. Take a right bearing again following the SDW. The path now drops over the tree roots down the hill and emerges at Jevington church (8).

Follow the church lane down to the road. At the road turn right and then at Jevington Tea Rooms turn left and continue up the hill to the next crossroads (9). Turn right and follow the fence to an old barn ruin. The path curves right and then turns left and picks up the Old Willingdon Drove to Friston (10). Continue to the busy A259 road and cross over to Friston Pond, next to the church. Follow the lane (11) to the hidden hamlet of Crowlink, now owned by the National Trust. Stay on the road as far as you can go where, once through a gate, the trail once again becomes a grassy path to the cliff edge (12). You are now on the famous Seven Sisters. At the cliff edge (not too close!) turn right and follow the cliffs all the way to the viewpoint over Cuckmere Haven. At the fence follow the trail inland and down to the concrete road (13) that follows the River Cuckmere as it meanders back to the Seven Sisters Information Centre and Tea Rooms (14) at the main road.

Once you arrive at the main A259 road, cross over and turn right up the hill. Take the footpath ahead, which climbs a steep grassy field to a flint wall at the top (15). The viewpoint from here is magnificent, with the meanders of the Cuckmere laid out before you and the old coastguard cottages perched on the cliff edge at the haven. Once over the flint wall follow the path into the trees and down the steps to the hidden hamlet of West Dean and its pond. Pass the pond on your left, continue along the tarmac lane which climbs to a gate. Continue through onto the forest track, which continues to climb. Within a few metres take the left hand path, which skirts a clearing. Remain on this path, which follows the contours of the land through the forest until you reach the top of a stepped path that leads down to the rear of Charleston Manor (16). Following the SDW signs, climb over a stile and again climb the hill using the path that runs alongside a large field to another stile at the top of the hill. Continue over and follow the path along and then down to Clapham Lane at Litlington (17).

Once at the lane turn left then right along the main street, passing the pub on your left. Within a short distance a path turns left and takes you down to the Cuckmere River (18). Here you have the choice of returning back to Alfriston down either riverbank.

Finish

Walk 4

600 years of history

