

Your Adventure Your Way

Explore the world around you with OS Maps. Routes, mapping and navigation across the UK whenever and wherever you need it.

Find out more at os.uk/osm



Scan to download the app:



YHA Members: Head to the member benefits area at yha.org.uk/walk-os to find your discount code for an OS Maps Premium subscription

Hazards

Railway line crossing at Newhaven industrial estate and Southease. Uneven ground alongside Cuckmere River. Busy road crossing at Exceat. Exposed cliff edges on the coast path. Do not take this route if the rivers are flooded. In winter the route will become more hazardous, especially if covered in snow and ice, and will require winter clothing and footwear.

Accessibility

There are steps and stiles on the route, gates and paths less than one metre wide and sections of rough ground with ruts or stones greater than 10cm. Reduce the distance by catching trains from Seaford (reduces to 14 miles), Bishopstone (15 miles) and Newhaven (16.5 miles) – or walk the route over two days.

Facilities

Food, drink and toilets available at the YHA. Toilets, pubs and food available in Alfriston, Seaford and Newhaven. Pub at Litlington and Exceat Bridge. Toilets and cafe at the Seven Sisters Visitor Centre and toilets and refreshments along the coast.

Before you go:

- Check the local weather forecast and whether there is enough daylight to complete the walk (metoffice.gov.uk) and check tide times near you (easytide.admiralty.co.uk).
- Ensure you are wearing suitable clothing and footwear for the route and weather, and that you take the right kit – learn more at yha.org.uk/walk-skills.
- Download the OS Maps and what3words apps to your phone.
- To be able to contact emergency services by text visit relayuk.bt.com/emercencysms or text 'register' to 999.
- For more information on staying safe in the outdoors visit adventuresmart.uk.
- Complete a route notification card (yha.org.uk/route-card) to provide essential information for the Emergency Services if you do not return when expected.
- Check all members of the group have the fitness and skills to complete the route.

In case of emergency:

- Contact 999 and use OS Maps or what3words to help pinpoint your location.
- To attract attention shout or give six blasts on a whistle at regular intervals. In low light flash a torch six times at regular intervals.
- If you can send someone for help, they need to know your location, number of people in the group and the nature of the emergency.

For more walks or information on route grading and timings go to yha.org.uk/map-guidance

If you encounter problems with this route contact walking@yha.org.uk

Walking has been at the heart of YHA since 1930, helping people access the great outdoors. Today, YHA continues to make adventures possible with mapped routes and affordable hostel stays across England and Wales. Our hostels are ideal for walkers, with drying rooms, self-catering kitchens, and great trails from the doorstep. We're committed to making adventure accessible to everyone, with walks for all abilities and guided walking events that connect people to nature, heritage, and each other.

Supported by

Share your walks



Produced by Matt Overd (<https://walkingpace.uk>). Contributions from Hassan Mahmud and Simon Ainley. Designed by HeylinSmith.com. Cover image: pxl.store/AdobeStock



Firle Beacon and Cuckmere Haven walk



224

YHA South Downs

Book your stay now yha.org.uk/stay-224

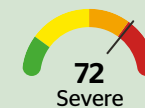
Hill, town, riverside and coast walk

A stunning long route with amazing views, beautiful rivers, beaches, coast path and interesting towns and villages.

Distance: 20.4 miles (32.8km)

Ascent: 373m (1,224ft)

Time: Allow 8h 45m to 14h



Partnered with



Route directions

Map: OS Explorer 1:25k (OL11)
Brighton & Hove & OS Explorer 1:25k
(OL25) Eastbourne & Beachy Head

Start/Finish: Grid ref TQ 433 055

what3words ///soups.decreased.anchors

- 1 From the hostel courtyard follow the road ahead, turn left after the YHA car park and cross the bridge over the A26.
- 2 Follow the South Downs Way over Firle Beacon and into Alfriston.
- 3 Cross the Cuckmere River and turn right to follow the riverside path.
- 4 At the Exceat Bridge cross back over the Cuckmere to ensure the river is on your left as you walk towards the sea.
- 5 At the beach bear right and follow the King Charles III, England Coast Path onto the cliffs at Seaford Head and continue to Seaford beach.
- 6 For trains from Seaford to Southease turn right onto Dane Road. To continue the route follow the coast path towards Newhaven.
- 7 For trains from Bishopstone to Southease follow the road as it bends away from the seafront. To continue the route follow the seafront, pass the sailing club and bear right at the holiday park onto the Vanguard Way.
- 8 Cross over the railway and continue along Beach Road.
- 9 For trains from Newhaven Harbour to Southease turn left onto Transit Road.
- 10 For trains from Newhaven Town to Southease turn left. To continue the route cross the main road to and bear right to head under the flyover and onto the A26, signposted London/Lewes.
- 11 Bear left into an industrial estate, cross the stile on the left, then cross the railway line. Continue to the River Ouse and turn right to follow the river upstream.
- 12 Turn right at the Southease swing bridge, cross the railway line and follow the track to the hostel.

