Situated in the South Downs National Park, the Seven Sisters Country Park is made up of 280 hectares of chalk cliffs, meandering river valley and open chalk grassland.

It is a popular place for a number of outdoor activities including walking, birdwatching, cycling and canoeing. Or if you simply want to take in the surroundings relax at any of the cafes or pubs.

The Country Park is named after the famous Seven Sisters chalk cliffs on one of Britain’s finest unspoilt coastlines.

The park is a working farm with moving farm machinery, cattle grids, grazing sheep and cattle. It is therefore important to keep dogs under close control at all times.

A word of warning: If you decide to walk along the Seven Sisters, do NOT go near the edge of the cliffs. They are very unstable and large chunks can fall at any time. If you see a crack in the ground, you are too close – move away immediately. Stay on the footpaths and enjoy the views in safety.

The BISC will not be responsible for anyone who ignores this warning.
How far?
40 minutes' ride. Drop off and pick up point is the car park at Birling Gap; or if agreed with the driver, drop off at Birling Gap and pick up at East Dean car park.

What's there?
The idyllic villages of East Dean & Friston are the gateway to the South Downs National Park, adjacent to Beachy Head, Birling Gap and the Seven Sisters.

Steeped in history, with strong Saxon and Norman influences, the flint church and cricket green, with its regular open-air market, offer quintessentially English treats. There is a great pub on the green which people visit from miles around – The Tiger Inn serves up tasty lunches and evening meals and you can enjoy your meal overlooking the green when the sun is shining. Or if you feel like something more exotic, there's also the fabulous Thai Terre restaurant on the green.

East Dean has a small selection of village shops, including a post office, hairdressers, grocery store, delicatessen and an award-winning butcher, as well as a doctor's surgery. There is a weekly farmer's market every Wednesday.

Birling Gap café, visitor centre and, if the tide isn't in or the sea too rough, the beach at the bottom of the steps. The Tiger Inn and The Hiker's Rest café at East Dean.

https://www.birlinggapsussex.co.uk/

For more walks ask Student Services for maps or visit:

When can I go there?
Depending on demand, once or twice a term.

Who do I ask if I want a special trip?
E-mail: minibus@bisc.queensu.ac.uk