Cuckmere Haven is home to a large variety of wildlife.

Sheep and cattle graze, keeping the fields at a constant vegetation level.

Many species of birds who spend their time foraging in the fields and water meadows.

The remote shingle beach at nearby Cuckmere Haven has seen many a smuggling run. In the Middle Ages, Seaford was one of the main ports serving Southern England, but the town’s fortunes declined due to coastal sedimentation silting up its harbour and persistent raids by French pirates. Between 1350 and 1550, the French burned down the town several times.

Seaford Head is the best spot to enjoy the iconic view of the majestic Seven Sisters cliffs. Please be aware as there have been significant cliff falls near Hope Gap, so please take care.

https://www.queensu.ca/bisc/current-students/getting-around
How far?
40 minutes’ ride. Drop off and pick up point – the car park beside South Hill Barn.

What’s there?
A gentle walk down to the beach at Cuckmere Haven, looking at the iconic view of the Seven Sisters cliffs as you go.
http://www.nationaltrust.org.uk/cuckmere-valley/

50 years ago the coastguard’s cottages had long back gardens, but coastal erosion has left them very close to the edge of the cliff.

If the weather is good and the tide is out, you can vary the walk by bearing off right down ‘Hope Bottom’ (see map) and climbing down the steps to the beach at Hope Gap, where you can find tiny creatures in the rock pools. DO NOT go down to Hope Gap if the weather is poor or the tide is in, or coming in - you can be trapped.

Check the map overleaf for where the footpaths run. If time allows:

Once down by the beach, you can walk along the valley on the ‘Vanguard Way’ up to the Cuckmere Inn beside Exceat Bridge for a drink or something to eat.

If you want to be picked up at Exceat Bridge, ask the minibus driver if it is possible within that day’s schedule.

When can I go there?
Depending on demand, around once a month.

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

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.