SEAFORD HEAD TO CUCKMERE HAVEN

DROP OFF IN SOUTH HILL BARN CAR PARK
FOLLOW TRACK DOWN HILL TO CUCKMERE HAVEN BEACH
RETURN UP HILL TO SOUTH HILL BARN
PICK UP IN SOUTH HILL BARN CAR PARK

http://bisc/castleinfo/Pages/Minibus-Diary.aspx
SEAFORD HEAD

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.**
• The view of the Seven Sisters chalk cliffs was used in ‘Harry Potter and the Goblet of Fire’.

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.

**A word of warning: 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.**

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