

SEAFORD & BEYOND

ROUTES ACROSS SOUTH DOWNS NATIONAL PARK:
WALKING, CYCLING & PUBLIC TRANSPORT



- BUS STOPS
- CYCLE-FRIENDLY ROADS
- MAIN ROADS
- RAILWAY STATIONS
- FOOTPATHS
- BRIDLEWAYS (CYCLING & WALKING)
- INFORMATION POINT
- TOILETS

1 MILE / 1.6 KM

WALKING ROUTES FROM SEAFORD STATION TO THE BEACH AND BUS STOP.

BUZZ ACTIVE CUCKMERE



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Southern Rail

Brighton – Lewes –
Newhaven – Seaford



Cuckmere Buses

Lewes – Seaford – Alfriston –
Berwick – Eastbourne



Brighton & Hove Buses

Brighton – Newhaven –
Seaford – Eastbourne



Met Office beach forecast and tide times

Seaford, Eastbourne



South Downs National Park



Forestry England

Cycling & mountain biking trails
at Friston Forest



Safety information

While exploring the East Sussex coastline, please be aware that cliff falls happen at random and the tides can turn very quickly, cutting people off from the mainland.

To keep safe, stay well away from the edge and the base of the cliffs, follow the footpaths and check the tide times.

Funders



Partners



Illustrated by Benjamin Phillips, published by Riffle & Pool Press