

SUSSEX
HOSPICES
TRAIL

SUSSEX HOSPICES TRAIL PART 8

ALFRISTON TO EASTBOURNE



Moderate Terrain

**10 Miles
Linear
5 hours**

090519



Access Notes



- 1. The route is clear and well signposted and there will usually be other walkers, cyclists or runners on your route.*
- 2. Please note that even on the warmest day it can be windy on the ridge above Eastbourne.*
- 3. The route is quite steep in parts although the way is clear and the paths are well-walked.*
- 4. The chalk paths and tracks can become very muddy and slippery after wet weather.*
- 5. You will need to negotiate a number of gates and road crossings but there are no stiles on route.*
- 6. You will be sharing some of the paths with livestock so take particular care with dogs.*
- 7. The return leg can be completed with a bus journey of about 35 minutes.*

A 10 mile linear walk from Alfriston village to Eastbourne rail station in East Sussex, forming the 8th stretch of the Sussex Hospices Trail.

For almost every step of the way, this stretch accompanies the South Downs Way. You will see lovely Sussex villages, the best of the South Downs National Park and the bustling seaside town of Eastbourne.

The hospices of Sussex are dedicated to providing specialist end-of-life care. Friends of Sussex Hospices has worked with partners and supporters to create the Sussex Hospices Trail, a 200 mile long-distance path to support and raise awareness of the twelve hospice care providers that serve the adults and children of Sussex.

Getting there

The walk starts at the bus stop in the market square in the centre of Alfriston (called Alfriston Market Square or West Street Waterloo Square on bus timetables) and ends at Eastbourne rail station. We recommend arriving in Eastbourne (by car or train) and then catching the bus from Eastbourne to Alfriston to begin your walk. The route is served by the Cuckmere Bus 126. You can usually catch a bus from Stop M Terminus Rd Eastbourne, but check daily timetables to ensure you can make the bus journey on the day and time of your choice. (There are fairly regular trains from Eastbourne to Berwick, but unfortunately the road from Berwick to the start of this walk has no pavement and so is not recommended).

Walk Sections

Go → 1 Start to Cuckmere River



Get the AllTrails App for a smarter walking experience. 75K walking guides in the palm of your hand with live maps that show your progress as you walk. Say goodbye to wrong turns.

[alltrails.com](https://www.alltrails.com)



FRIENDS
OF
SUSSEX
HOSPICES

Standing on the raised paved island in the centre of Alfriston Market Square (with the market cross behind you and the lamppost ahead), join the road at about 1 o'clock, North Street. At the fork keep right, staying with North Street and passing Rose Cottage on your left. Stay with this raised left-hand pavement along North Street for 0.3 miles as it leads you out of the village.

Continue just to the junction with a side road on the right, Lullington Road. Carefully cross North Street to turn right into Lullington Road and follow this crossing the Cuckmere River at Long Bridge. (NOTE: Walk carefully along the lane here as there is no pavement for 100 yards.)

1 → 2 Cuckmere River to Jevington



At the crossroads junction (with a grass triangle and white fingerpost for Milton Street), go straight ahead to join the South Downs Way. Continue up the track. It soon becomes a fairly steep, rutted lane which is overhung with lovely greenery in late spring and summer. The route bears slightly left near a small car park (on your right) and then crosses over a lane (called The Street) into the more open hilly chalk downland which is typical of the South Downs.

Continue ahead to follow the chalky path of the South Downs Way up a gentle incline. (At the top on your left, but unseen from the path, you are right above the chalk outline hill figure of the Long Man of Wilmington. You may wish to detour to take a look.)

Follow the South Downs Way as it bears left then right to arc right around the dry valley of Deep Dean below. At the steel gate, go through this to enter the next field (NOTE: There may be livestock in this field). It can be very windy here. On clear days you might see Hastings and Dungeness beyond to the east and as far as Newhaven and Brighton in the west. You can see on your right the hill figure of the White Horse which was cut into the side of Hindover Hill in 1924.

At a fingerpost, bear left following the South Downs Way on the chalk path which eventually becomes a grass track, then a single dirt track. Here you will feel on top of the world.

At the top of the hill, go through the wooden gate (to the side of a farm gate). The path widens as it slopes down. Go through a single wooden gate at the trees. At the junction in the path take the left fork and go downhill. This rutted chalky path can be very slippery when wet. Bear right at the next fork and continue downhill, staying with the South Downs Way. You will see St Andrew's Church in Jevington ahead. The church dates from about 900AD and had a defensive tower which is said to be the refuge from the Vikings when they came raiding the area. Jevington itself is a pretty village which has nestled in this narrow valley for a thousand years.

Follow the lane as it bears to your right until you meet Jevington Road where you will see The Hungry Monk Cottage straight ahead. This former restaurant, home of the Banoffee Pie, is now a holiday cottage. (You could take a detour from the main Trail here if you wish, turning left up the road to reach a great pub, The Eight Bells, ideal for mid-walk refreshments.)

2 → 3 Jevington to A259 Crossing



Cross Jevington Road carefully, turn right then take an immediate left into Willington Lane (which is signposted for the South Downs Way). The lane becomes a rutted farm track rising gently. As you leave the trees the path is bounded on two sides by a fence and, on clear days, there are lovely views to the left and right. The hill ahead is a tamer version of the one you have just climbed from Alfriston.

At the four way crossroads (Butts Brow to your left and East Dean to your right) continue straight ahead. You are now on a downland ridge and on a clear day there are fantastic views of Eastbourne and beyond. Stay on the South Downs Way as it bears right and go through the wooden gate. When in sight of the golf course, continue straight ahead. As you reach the Golf Club, the chalk path becomes a gravel path. Continue through the small car park and bear right to the South Downs Way fingerpost. At the busy A259 (East Dean Road) listen and look very carefully before crossing. At the far side you will find the next fingerpost.

3 → 4 A259 Crossing to Descent from Downs



Follow the grassy trodden path of the South Downs Way slightly uphill then continue along. There are multiple paths here in this well-trodden area but your way is clear - just stay

on the South Downs Way and keep the line of trees to your left. Carefully cross Beachy Head Rd and continue on the South Downs Way. Continue along the grassy path then, at a crossroads in the paths, take a sharp left turn to descend down a steeper path and emerge at a road side on the edge of Eastbourne. In the summer season there is a small cafe where you meet the road.

4 → 5 Descent from Downs to End



Cross the road, Foyles Way, and go straight ahead to join Dukes Drive, using the right-hand pavement and heading into Eastbourne. Continue past Helen Garden on your right and then take the next right turn (signposted for the South Downs Way) which joins the Promenade. In good weather this whole area will be increasingly busy with visitors and locals enjoying the sea air as you walk towards the Pier. Eastbourne's distinctive wooden groynes partition the beach on your right and there are well kept public gardens to your left. After Western Lawns, pass Wish Tower which is one of 103 gun towers built on the south and east coasts of England to defend against a potential invasion by Napoleon in the early 1800s. Along with the Redoubt Fortress (which you pass in Part 9 of the Sussex Hospices Trail) this is probably Eastbourne seafront's oldest surviving building.

Continue past Eastbourne Bandstand. If you are continuing onto Trail Part 9, continue to the pier. Otherwise, stay ahead and then cross over the main road to take the third left turn after the Bandstand, Terminus Road. Follow Terminus Road with its lively shops and cafes. Cross four side roads and follow the road as it bears slightly to the left. You will come to Eastbourne Station, marking the end of this part of the Sussex Hospices Trail.

In Memory of Tim Swayne

The creation of this stretch of the trail was possible thanks to the kind donation from Jeanette Swayne, dedicated to the memory of her husband Tim Swayne as they so enjoyed walking and enjoying the flora and fauna of this beautiful area together. To read more about the sponsors of this Trail visit hospicestrail.co.uk

We hope you have enjoyed walking this stretch of the Sussex Hospices Trail. Hospices deliver their services for free but such care is not cheap and they largely depend on funds raised from their local communities. We would be very grateful if you would consider making a donation either to your local hospice, wherever that may be, or to the Friends of Sussex Hospices in order to support these invaluable services.

To donate £5 to the Friends of Sussex Hospices text SHTRI6 £5 to 70070

Friends of Sussex Hospices, Registered Charity No. 1089306

<http://www.friendsofsussexhospices.org.uk/how-you-can-help/donations>

Disclaimer

This walking route was walked and checked at the time of writing. We have taken care to make sure all our walks are safe for walkers of a reasonable level of experience and fitness. However, like all outdoor activities, walking carries a degree of risk and we accept no responsibility for any loss or damage to personal effects, personal accident, injury or public liability whilst following this walk. We cannot be held responsible for any inaccuracies that result from changes to the routes that occur over time. Please let us know of any changes to the routes so that we can correct the information.

Walking Safety

For your safety and comfort we recommend that you take the following with you on your walk: bottled water, snacks, a waterproof jacket, waterproof/sturdy boots, a woolly hat and fleece (in winter and cold weather), a fully-charged mobile phone, a whistle, a compass and a map of the area. Check the weather forecast before you leave, carry appropriate clothing and do not set out in fog or mist as these conditions can seriously affect your ability to navigate the route. Take particular care on cliff/mountain paths where steep drops can present a particular hazard. Some routes include sections along roads – take care to avoid any traffic at these points. Around farmland take care with children and dogs, particularly around machinery and livestock. If you are walking on the coast make sure you check the tide times before you set out.

