

# SUSSEX HOSPICES TRAIL PART 9

## EASTBOURNE TO NORMANS BAY



*Easy Terrain*

**8 Miles  
Linear  
4 hours**

090519



### Access Notes

1. The walking route is entirely flat and follows paved paths with just a couple of sections on loose stone.
2. There are no stiles or gates but you will need to negotiate a set of lock gates.
3. Towards the end, there is an option to walk along the shingle beach.
4. There are plenty of options for facilities and refreshments along the route.

**An 8 mile linear walk from Eastbourne rail station to Normans Bay rail station in East Sussex, forming the 9th stretch of the Sussex Hospices Trail.**

The route takes in Eastbourne's lively shopping precinct, a Victorian Pier, a large marine harbour and four Martello Towers before the final stretch along the road or quiet shingle beaches of Pevensey and Normans Bay. The return leg can be completed with a single 14 minute train journey.

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 Eastbourne rail station and ends at Normans Bay rail station. (Eastbourne Station is one of two railway stations in the town, the other being Hampden Park). There is a car park at Eastbourne Station with a day rate of £3.90 (correct May 2016). Eastbourne Station and Normans Bay Station are connected by an hourly train service and the journey takes just 14 minutes. (Southern Rail services run eastwards to Hastings and Ashford International or west via Lewes to Brighton or London Victoria). Normans Bay is a tiny station and could be subject to service cancellations so check before you set out.

### Walk Sections

#### **Go → 1 Start to Eastbourne Pier**

The walk begins at Eastbourne rail station. This part of the Sussex Hospices Trail is closest to St Wilfrid's Hospice Eastbourne. This hospice was founded in 1982, and exists to support, empower and care for people at the end of life, to influence quality of end of life care in all settings and to encourage the engagement of the wider community. The hospice serves a population of 230,000 people from Eastbourne and the surrounding areas.

From the covered plaza of Eastbourne rail station (with your back to the platforms) take the exit furthest to your left. As you come out of the station, cross Ashford Road at the lights and then go ahead into Terminus Road. Continue along on the left-hand pavement (passing the



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Arndale Centre on your left) as it becomes pedestrianised, before returning once again to a roadway. Cross Langley Road and continue into a second pedestrianised section.

Continue along, crossing Pevensey Road, Seaside Road and Burlington Road until you meet the seafront. Turn left along the seafront road, which is called Grand Parade, and then cross over to join the promenade in front of Eastbourne Pier.

## 1 → 2 Eastbourne Pier to Redoubt Fortress



NOTE: If you are continuing your walk from Trail Part 8, pick up the directions from this point

This Grade II listed pier was opened in 1872 and is considered by The National Piers Society to be one of the best in the country. Large parts of it were destroyed by fire in 2014 but it has since been restored in its traditional blue and white colours and with the usual pier attractions.

Beyond the pier the pathway widens. As the road bears away to the left, continue along keeping the English Channel on your right. On your left you will pass lots of interesting places such as Redoubt Fortress & Military Museum, Treasure Island Venture Park, Eastbourne Sovereign Sailing Club and Eastbourne Angling Club.

## 2 → 3 Redoubt Fortress to Harbour Corner

As the pathway slopes towards a car park, continue along the right-hand pavement behind the seafront buildings. At this point you are likely to see a fascinating selection of fish and seafood being unloaded.



At the end of the car park the pavement bears left. When you see Prince Park opposite, take a right turn up a ramp to once again join a coastal path. Continue past a row of beach huts and a Family Fun Adventure Park until you are walking along with the sea on your right and the grassy area of Sovereign Park to your left.

When the roadway veers away sharp left, take a diagonal route bearing left across the open shingle area ahead keeping the Martello Tower to your right.

There are four Martello Towers visible along this walk. These distinctive towers were originally built as small defensive forts during the Napoleonic War. This one, Tower 66, is a Listed Building and a Scheduled Monument and was constructed in 1805-6.

When you reach the corner of the new Sovereign Harbour Marina flats, turn left.

## 3 → 4 Harbour Corner to End of Harbour Pavement



Follow the brick pavement around the Sovereign Harbour residential development to the lock gates. Cross the two lock gates and then continue along the pavement turning right then left and follow the pathway in front of the seafront properties until the pavement ends. Sovereign Harbour was opened in 1993 in an area formerly known as The Crumbles. It is now a prestigious marina development with houses and apartment blocks arranged around an outer tidal harbour, four inner basins and alongside the waterways and seashore.



4 → 5

## End of Harbour Pavement to Pevensey Bay



At the end of the harbour pavement, bear right across the shingle and join the access road behind the seafront chalets. At this point you have two options, either to walk alongside the road or to walk on the shingle beach.

**Option 1, Main Route Alongside the Road:** Walk along for a few yards and then take the first left. Walk through the caravan site with the golf club on your right and continue to the main road. At this road, the A259, turn right and continue along towards Pevensey Bay. Stay on the right-hand pavement passing lots of side roads on your right. You can swap to the beach at any point after the third turning (the first two are Private Roads to caravan parks) but you may find the walking on the shingle difficult. At the junction where the A259 divides take the right-hand fork until you come to the junction with Sea Road in front of The Beach Tavern.

**Option 2 Alternative along the Beach:** From the access road behind the chalets turn down towards the sea and then take a left turn to walk along the shingle beach (or the sand if the tide is out) towards Pevensey Bay. Walking on shingle is strenuous and you could turn left to join the main route along the road at several points along the way. When you reach the car park at Pevensey Bay turn left to join Sea Road. When Sea Road meets the A259 in front of the Beach tavern you have rejoined the main route.

5 → 6

## Pevensey Bay to End



With the sea behind you, and using the right-hand pavement, follow Sea Road a few yards ahead and then cross the road to take the second right, Coast Road. Cross this road at the lights to swap to the left-hand pavement. Continue until you come to the Ethelwood Community Centre where you should swap to

the right-hand pavement again.

Follow this pavement all the way into Normans Bay. You will see the marshland of Pevensey Levels opening up to your left. Continue as the road bears to the left up towards Normans Bay rail station marking the end of this stretch of the Sussex Hospices Trail.

### In Memory of Christopher Gore

The creation of this stretch of the trail was possible thanks to the kind donation by Jack and Kathy Gore in memory of Christopher who received caring support from St Wilfrid's Hospice and Eastbourne District General Hospital. He would have especially loved this walk because of its connection with sailing and the sea. To read more about the sponsors of this Trail visit [hospicetrail.co.uk](http://hospicetrail.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 **SHTR16 £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.

