

WING WOMEN WALKS: SEVEN SISTERS

Saturday 3 October | Seaford → Eastbourne

ROUTE

Seaford → Seaford Head → Cuckmere Haven → Seven Sisters → Birling Gap → Beachy Head → Eastbourne

ITINERARY

6:55am Meet at **Forest Hill Station**

7:07am - 8:48 am Train from **Forest Hill → Seaford (3 changes)**

Cost: Booking via Trainline tickets vary between £14.90 or £34.90 (standard price). Please purchase tickets ahead of time.

8:48am Arrive in **Seaford**. Quick toilet stop and get ready to walk

9:15am Hike begins.

1:00pm Lunch stop at **Birling Gap**. Time to refuel, rest and regroup

3:30pm **Beachy Head**. Final stretch towards Eastbourne

4:30–5:00pm Finish in **Eastbourne**

OPTION: Drink at a pub - we will leave this open to flexibility, let's see how we feel.

5:00- 6:00pm onwards Train home from Eastbourne

Train times

17:05 - 18:47 (2 changes)

17:33 - 19:17 (2 changes)

18:05 - 19:47 (2 changes)

18:33 - 20:17 (2 changes)

Cost: return ticket approx £17 - £40 depending on how early you book. Use the Trainline for cheapest fares.

WHAT TO BRING

- Comfortable walking shoes or trail trainers with good grip
- Swimming togs and towel (for those keen for a dip)
- Waterproof jacket and layers
- Small backpack
- Plenty of water
- Lunch + snacks for the day
- Sun cream
- Hat / sunglasses
- Fully charged phone

- Any personal medication you need
- Card/cash for lunch and your post-hike drink

Bring enough food and water for the full day. There are opportunities to buy refreshments along the route, but don't rely on them.

GOOD TO KNOW

This is a **challenging 22km coastal hike** with continuous climbs and descents over the chalk cliffs. You need to be comfortable walking for **5–7 hours** and able to manage hilly, uneven terrain. We'll walk together, regroup regularly and take breaks along the way. Come prepared for changeable October weather and be ready for a proper adventure.