



East Dean & Friston Parish Council

Walk # 2

EAST DEAN, FRISTON, SEVEN SISTERS, BIRLING GAP AND BELLE TOUT LIGHTHOUSE.

Distance 4.5 miles (7.0kms)

Time 2 - 2.5 hours

Difficulty level Four steep ascents

Three steep descents

No stiles

Description Stunning scenery as you walk through Downland villages and a hamlet; across the cliffs of the Seven Sisters; view the Belle Tout lighthouse and the Sheep Centre.



A. From East Dean car walk past the Tiger Pub and pass through the flint wall onto Upper Street. Turn left along Upper Street and just before the Coach House turn right up the concrete driveway **(photo 1)** Continue through gate and up the field. Pass through gate and continue to Friston Church and through the Tapsell gate to Crowlink Lane and Friston Pond.

B. Turn left and continue to end of National Trust car park **(photo 2)** Bearing right continue down lane to the hamlet of Crowlink. Continue until you reach a gate and grassy track. Stay on the track leading to the cliffs. When you see the monument on the left, make your way up to it **(photo 3)**.

C. Continue in same direction (east towards Belle Tout lighthouse) as you walk three of the Seven Sisters. On reaching the stony track turn right and continue down to Birling Gap café and car park.

D. Cross car park and continue ahead (by ticket machine) **(photo 4)** using the lower path which shortly passes through the copse* horseshoe plantation. When level with the lighthouse, take track on left down to the road **(photo 5)**. Cross over to concrete lane marked Cornish Farm. (*Alternatively walk up steps and along the cliffs to Belle Tout lighthouse and down to Cornish Farm)

E. Continue ahead until you nearly reach Cornish Farm which is on your right. Bear left off the track and onto grassy track leading to gates ahead. Pass through two gates and descend, passing through another gate on the track. Continue on track with flint wall on left.

F. On reaching another gate **(photo 6)**, pass through and follow flint wall on left past trees and Birling Lodge onto the driveway at Birling Manor **(photo7)**. Turn right and pass the Sheep Centre onto Gilberts Drive.

G. Cross over to grass verge onto the left hand side of the road and continue ahead towards the Village. On reaching the recreation ground **(photo 8)**, cross towards the cricket pavilion and walk up the track turning right at the T junction with Underhill House on your right hand side and continue to the end of the lane.

H. Turn right down the hill to visit East Dean Church with its Tapsell gate, or straight over to the Village Green and back to the car park.

