



Seven Sisters - Beachy Head: Big Zipper

Distance: 27 km=17 miles

moderate walking

Region: East Sussex

Date written: 25-jun-2010 & 15-jun-2015

Author: Stivaletti

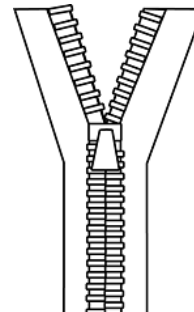
Refreshments: Cuckmere Haven, Birling Gap, Eastbourne, Jevington

Map: Explorer 123 (Eastbourne)

Problems, changes? We depend on your feedback: feedback@fancyfreewalks.org

Public rights are restricted to printing, copying or distributing this document exactly as seen here, complete and without any cutting or editing. See *Principles* on main webpage.

Downland, village, river, seashore, cliffs, seaside town



In Brief

This awesome **zipped-up** circular walk is made from the longest parts of **two** other walks in East Sussex. Walking over these great chalk cliffs is a mighty undertaking for one day and there are places here of real star quality: this is a walk you won't forget in a lifetime. As well as the 17 miles, the terrain is up-and-down, making this walk seem even longer.

You need to browse, print or download the following **two** additional walks:

[Seven Sisters, Forest and Villages](#)

[Beachy Head and Eastbourne](#)

Each individual guide contains Big Zipper Checkpoints for where to join and leave that section of the walk.



Warning! This is a long walk and should not be attempted unless you are physically fit.

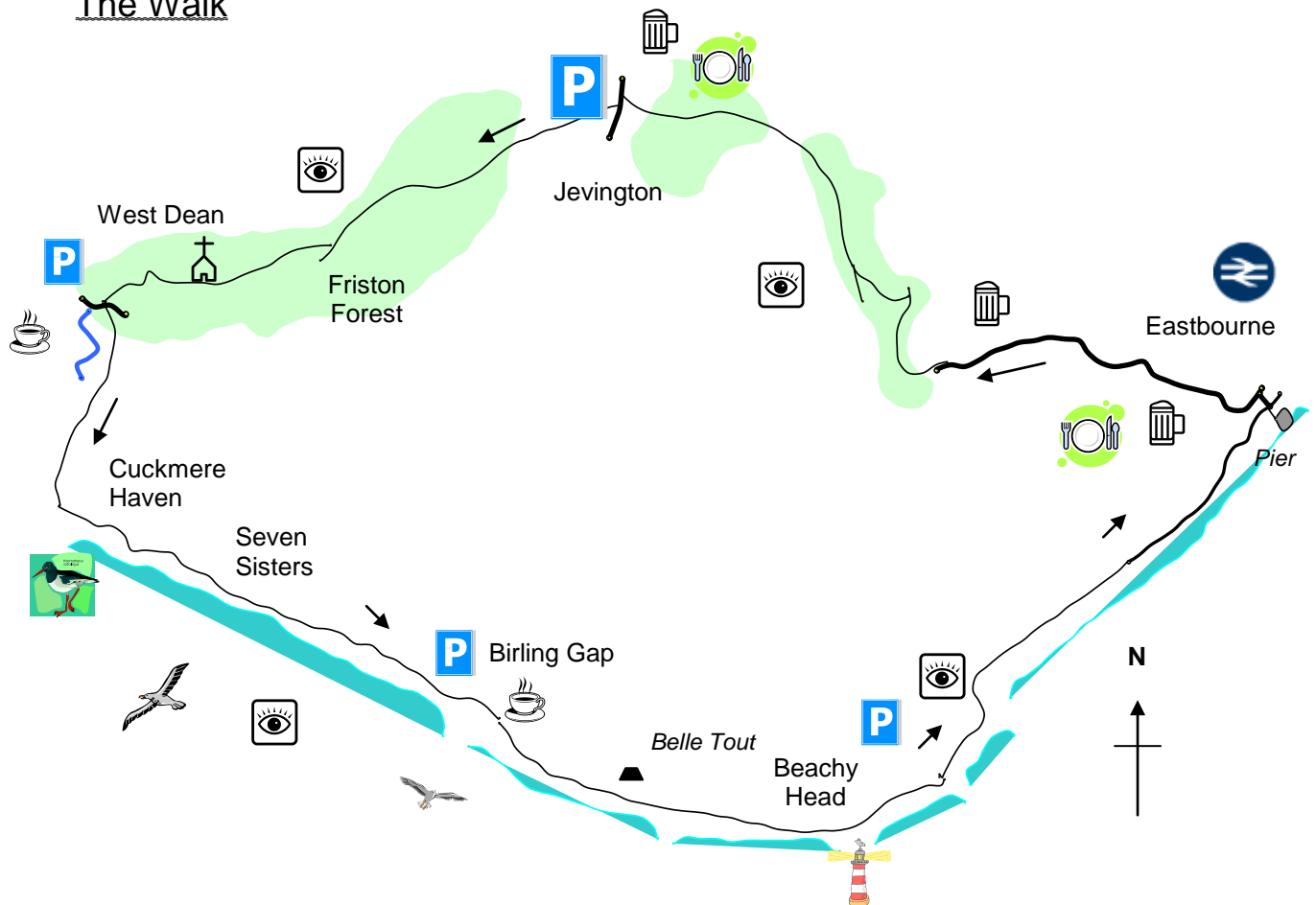


Boots are recommended because of the length of this walk. A walking pole is also recommended. There are no nettles or briars to speak of.



The walk begins at the small car park on the west end of the village **Jevington**, E.Sussex, postcode **BN26 5QB**. For more details see either of the above two walks.

The Walk



This walk is in four sections:

From the **Seven Sisters** walk (start):

1. Jevington to Cuckmere Haven: 7 km=4 miles
2. Cuckmere Haven to Birling Gap: 4½ km=2½ miles

From the **Beachy Head** walk (finish):

3. Birling Gap to Eastbourne: 8½ km=5½ miles
4. Eastbourne to Jevington: 7½ km=4½ miles

Big Zipper checkpoints are marked in each of these walks.

Getting there

By car: see *Getting There* section in either of the above walks.

By train: begin the walk at **Eastbourne railway station**.

fancy more free walks? www.fancyfreewalks.org