

Belle Tout lighthouse

Built in 1832 but decommissioned in 1902, it was in danger of falling into the sea because of coastal erosion. In 1999 it was moved 17m back from the edge and will probably have to be moved again. It has featured in many films, most notably *Life and Loves of a She Devil*. It is now a B&B.



It is worth popping into Beachy Head Countryside Centre which has an excellent gift shop and Art Gallery showcasing local talent. There is also the Downland Experience Exhibition giving information about the geology, natural and general history of Beachy Head, not forgetting the childrens' favourite - Walter the Shepherd!

The Countryside Code

Respect other people:

- consider the local community and other people enjoying the outdoors
- leave gates and property as you find them and follow paths unless wider access is available

Protect the natural environment:

- leave no trace of your visit and take your litter home
- keep dogs under effective control

Enjoy the outdoors:


- plan ahead and be prepared
- follow advice and local signs



Skylark

Leaflet designed and prepared by Gill Mattock

In liaison with Eastbourne Borough Council

 Eastbourne's Walking Champion

2020

Circular Walk 1



Easy

Start/Finish:

Beachy Head Countryside Visitor Centre

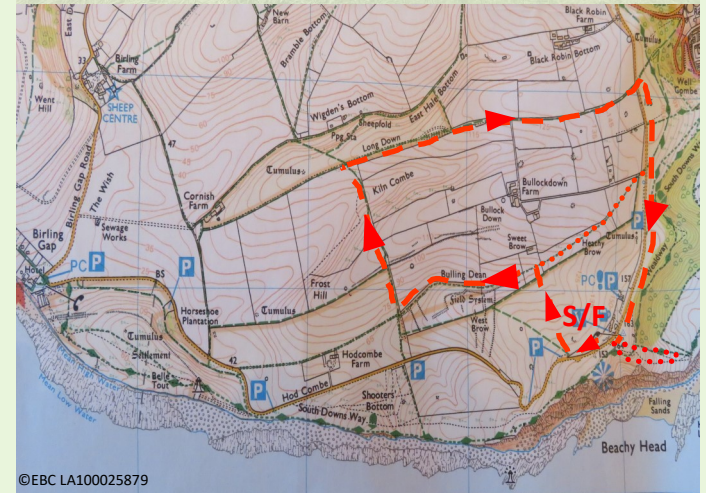
Length: 3½ miles

Stiles: 1 (& 2 hills)

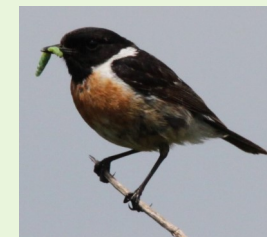
Time: 1¼ to 1¾ hrs

Refreshments: Beachy Head pub

Explorer Map 123



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Stonechat

1. Starting immediately behind the Beachy Head Countryside Visitor Centre, turn left and follow the grass path heading towards Belle Tout lighthouse.
2. Just before you reach Beachy Head West car park go through the access gate on your right and head downhill towards a gate in the fence. Go through this gate continuing downhill until you reach a stile in the fence on your right.
3. (If you want a shorter walk climb the stile here and follow the grass track back to the road). Otherwise turn left and head for the gap in the fence along the valley floor through this ancient field system. Continue straight ahead with the fence on your right until you reach a stile. Cross and turn right up the hill towards East Dean, passing through another gate to reach the top of the hill. Enjoy the views.

4. Continue ahead aiming for a gap in the bushes, then follow the track downhill going through another gate and into Kiln Combe Valley. Head for the gate/fence ahead of you on the other side of the valley. Note how this field is full of flint, typical for the area.

Flint

Flint is comprised of Silicon - the second most common element on Earth. Flint can be found in a variety of shapes and sizes, ranging from small pebbles to large stones and even in thick sheets. Historically flint has been used in hunting and construction and can still be seen in many walls and buildings in the area today..



5. Pass through the gate and turn right. Follow the track through this field to reach a clump of trees and bushes and another gate.
6. Once through the gate you have reached the Old Drove Road. The fields either side of you were used to play polo in Victorian times.



7. Continue along this track until you reach the Beachy Head Road. You will pass a walled field (note the flint), believed to be built by Napoleonic prisoners of war. This field was the night stop for sheep being driven between the Cuckmere Valley and Pevensey Marshes.



8. Cross the road carefully and turn right on to the grass track. On your right is Martins Field where inmates from the Old Town Workhouse dug for flints before the 1st World War. It was also used as an army camp during Napoleonic times.
9. Return to the Beachy Head Countryside Centre where the exhibition and art gallery are well worth a visit or, if you have time, follow the concrete path to the headland where there is a viewpoint and memorial to Bomber Command before returning to your start point.

The Downland



The 4000 acres of Downland is owned and managed by Eastbourne Borough Council. It was purchased in 1926 for the benefit of all. It forms the

Eastern end of the South Downs National Park and the beginning/end of the South Downs Way, a 100 mile long national trail between Eastbourne and Winchester.