



## The Star

### Alfriston, Cuckmere River, Exceat, Westdean, Friston Forest

Along the High Street turn left down towards The Tye and go right at the Cuckmere River path keeping the river **1** on your left. Along the path go through two kissing gates and with the bridge on the left go over the third gate straight past the sign for Frog Firle. **2** You will see the White Horse straight ahead as you continue on the river walk. (You have walked roughly 2km at this point. If you wish to turn back, you can cross the bridge on your left and follow the river back to Alfriston.)

Once you have walked under the **White Horse** **3** you will be able to see on a clear day the Seven Sisters ahead (the highest most distant ridges). The river on your left widens as you get closer to the coast. You go straight over the next stile and vere to the right around the water taking the lower path following the yellow arrow on the post. Then go up a hill and through two wooden posts with the water below on your left. Follow the path alongside the river until you get to the stile at the edge of the road. Turn left following the road until you get to the Cuckmere Arms and the bridge.

(Options to Cuckmere Haven not marked on the map: If you wish to visit the old Coastguard cottages do not cross the bridge but go straight ahead along the path by the river. From these iconic cottages there is no access to the beach.

For access to the beach cross the bridge and take the signed footpath to the right immediately after the bridge. For an easier flat path, cross the bridge and follow the road until the bend at Exceat, then follow the right hand concreted pathway to the beach.)

At **Exceat** you will find visitor centre loos and a garden cafe. **4**

To walk back to Alfriston walk through the car park towards Friston Forest. Follow the blue signs for the Friston Forest cycle path, and continue on this through the woods until you get to **Westdean** **5** with its village pond on the left. At the sign post follow the South Downs Pathway to the left passing Forge Cottage on the left. When you get to the right hand bend go straight up the track passing Long Home House and garden on the right. Follow the track through the forest then at a T-junction go left **6** following the South Downs Way yellow arrow.

Then at the end of the track you need to take the wooden stairs down through the trees marked as Vanguard Way. At the bottom cross over the stile on the right up into the field ahead following the South Downs Way. **7** You will be able to see the White Horse again to the left as you follow the edge of the field. When you reach the end, go straight ahead through the kissing gate following the Vanguard Way and walk down along the edge of the field with the hedge on your right. Go straight ahead through another kissing gate into another field and you will see the spire of the Church of St Andrew, Alfriston, in the distance. Go through the kissing gate at the bottom and join the road ahead. Turn right into **Litlington**.

After the pub turn left down a footpath marked South Downs Way. **8** Turn right at the river following the path passing through three kissing gates with the spire of St Andrew's, the 'Cathedral of the South Downs' getting closer. Follow the path round to the right of the church, go through a white gate and continue on the path until you get to the white footbridge which you **9** cross and walk straight ahead bringing you back into **Alfriston**.



The meanderings of the Cuckmere River towards the sea.

**WALK 4a**

The Polizzi Collection





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Westdean, Friston Forest

**Distance:** 6.9 miles approximately.

**Route:** Alfriston, Cuckmere River, Exceat,  
Westdean, Friston Forest.

**Map:** OS Explorer OL25, Eastbourne  
& Beachy Head.

**Conditions:** Paths and tracks along the river  
edge, steps down through woodland and  
a gentle hill climb across fields.

**Refreshments:** Cuckmere Inn, Seven Sisters  
Visitor Centre Grab and Go café, Plough &  
Harrow pub at Litlington.

**Mobile Download:** If you prefer to be guided  
by your phone, please download the free OS  
Maps app and then follow the QR code inside  
to link to this route.

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