

# WALK TOGETHER 2019 LONG ROUTE.



**DAME VERA LYNN**  
Children's Charity  
Discover together

Registered Charity No. 1089657

## THE LONG ROUTE

This route is based on a loop which covers a mixed undulating terrain including cliff tops, woods and hills. There is a small section of road.

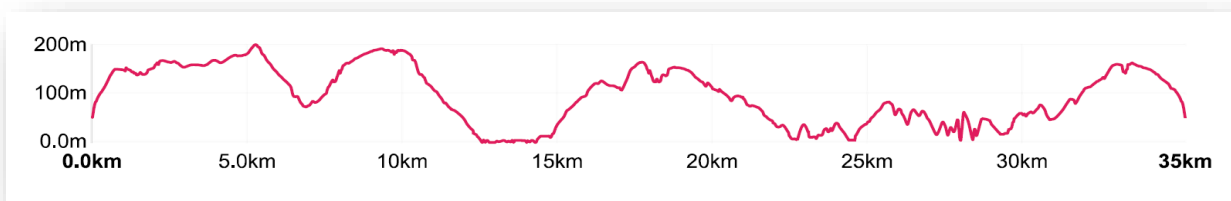
The highlights of this route follow the South Downs Way National Trail bridleway and footpath between Eastbourne to Alfriston. Along the way you will tackle the Seven Sisters and Beachy Head.

- Total Distance – 35km (22 miles)
- Highest Point – 200m
- Total Ascent – 1446m (FYI Ben Nevis is 1345m!)
- Approximate Walking time – as guide this walk will take around 8 hours without breaks, but some walkers will be faster and some slower.

**PLEASE NOTE THE ROUTE IS SUBJECT TO CHANGE. THE DISTANCES AND TIMINGS ARE A GUIDE.**

### Elevation Profile

The route is undulating throughout and will include the final ascent to Beachy Head.



### REST STOPS

The following refreshment and public convenience stops have been included in the long route (marked on the map below with the following signs).



- Lullington Manor Car Park – 11km
- Exceat – 23km
- Birling Gap – 29km



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## The Route

The route heads north and west towards Alfriston before entering Friston Forest. When you leave the forest, you walk along the Cuckmere Haven before ascending & descending the Seven Sisters to Birling Gap. This is where both loops join and head to Eastbourne via Beachy Head.

