



Polegate to Birling Gap walk

Across the South Downs to the coast.

Length 11.1km (6.9 miles)

OS Maps OS Landranger 199; Explorer 123(OL25)

Toughness 3 out of 10.

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Walk Notes A linear walk with an option to extend the walk to Exceat, Seaford or Eastbourne.

This walk is recommended only for those who are (or are accompanied by someone) reasonably proficient at map reading.

Walk Options **West to Exceat or Seaford option**

West from [8] to Exceat (5.5km) to catch a coastal bus to Seaford or extend the walk to Seaford (12.2km) from [8]

East onto Eastbourne

From Birling Gap continue along the coastal path to Eastbourne (9.2km). Full directions are detailed in the [CW2 Seaford to Eastbourne walk](#).

North from Birling Gap to East Dean

A 2.3km Birling Gap to East Dean link walk is included in the [CW2 Seaford to Eastbourne walk](#) from where you may catch the regular number 12 bus service to Eastbourne or Seaford.

Transport Trains go from London Victoria to Polegate, journey time 1 hour 15 minutes.

Suggested Train: Take the train nearest to 9.35am.

Lunch and Tea Lunchtime stop at [The Tiger Inn](#), The Green, East Dean, BN20 0DA ([01323 423209](#)). Alternatively [Deli on the Green](#). Located 9km from the start of the walk.

Tearoom at Birling Gap. Tea / supper options in Exceat, Seaford and Eastbourne.

Help Us! After the walk, please leave a [comment](#), it really helps. Thanks!

You can also upload photos to the [SWC Group on Flickr](#) ([upload your photos](#)) and [videos to Youtube](#). This walk's tags are:

By Car **Start** BN26 6AQ **Finish** Birling Gap, East Dean, East Sussex, BN20 0AB

Help National Rail: 03457 48 49 50 • Traveline (bus times): 0871 200 22 33
(12p/min) • TFL (London) : 0343 222 1234

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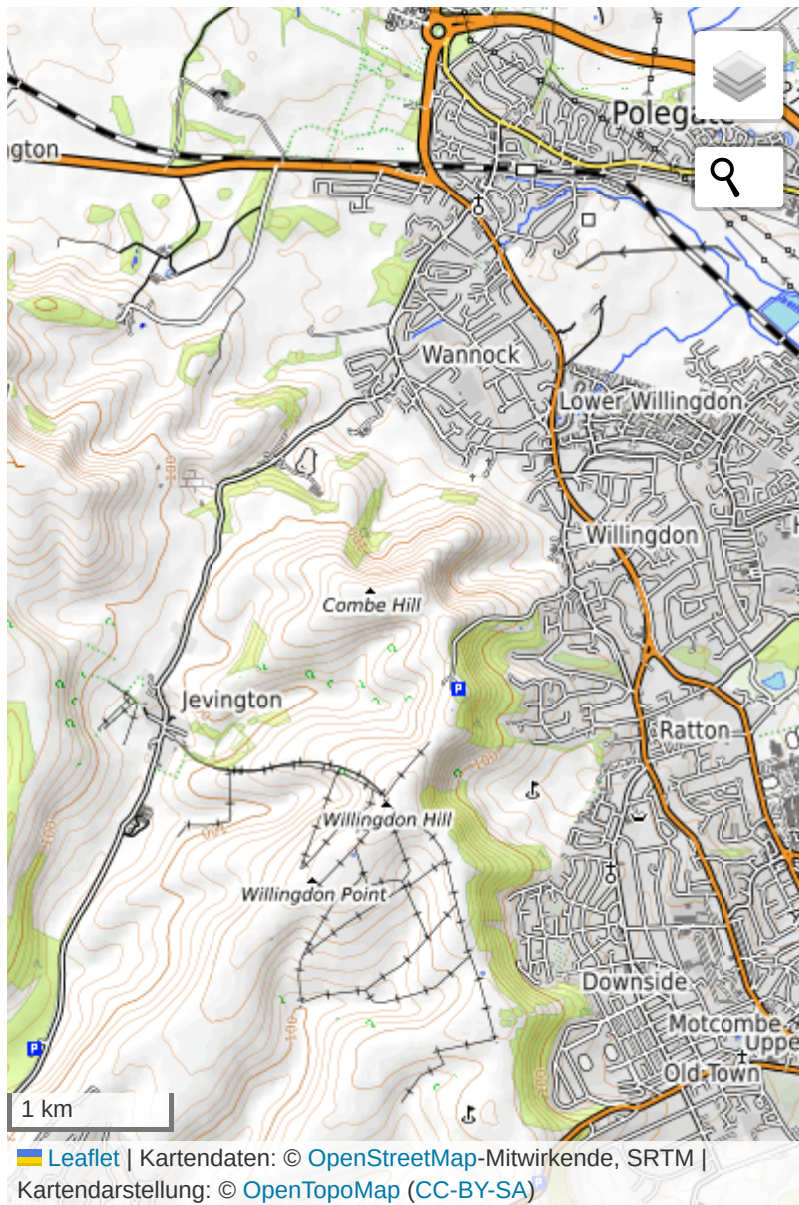
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Walk Directions

OpenStreetMap (not OS) mapping is used in the PDF for licence reasons.

- Exit Polegate station through ticket hall entrance and turn left and after 50m to turn left again to go over the level crossing to continue along the High Street initial direction 200°
- At a triangular green **[1]** *veer right* to keep to the main (Jevington) road.
- **[2]** *Turn left* up a car wide gravel track.
- Go through a kissing-gate **[3]** and *turn right* up a footpath.
- **[4]** *Turn left* as indicated by a footpath post.

Map 1



- **[5]** Turn left to follow the footpath, 190°.
- **[6]** Cross the A259 with care to go through a horse blocking barrier to follow the footpath to East Dean Green.
- **[7]** Turn right up some steps leading to Went Way and turn left.
- **[8]** Turn right here for Exceat & Seaford, else continue ahead for Birling Gap.

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