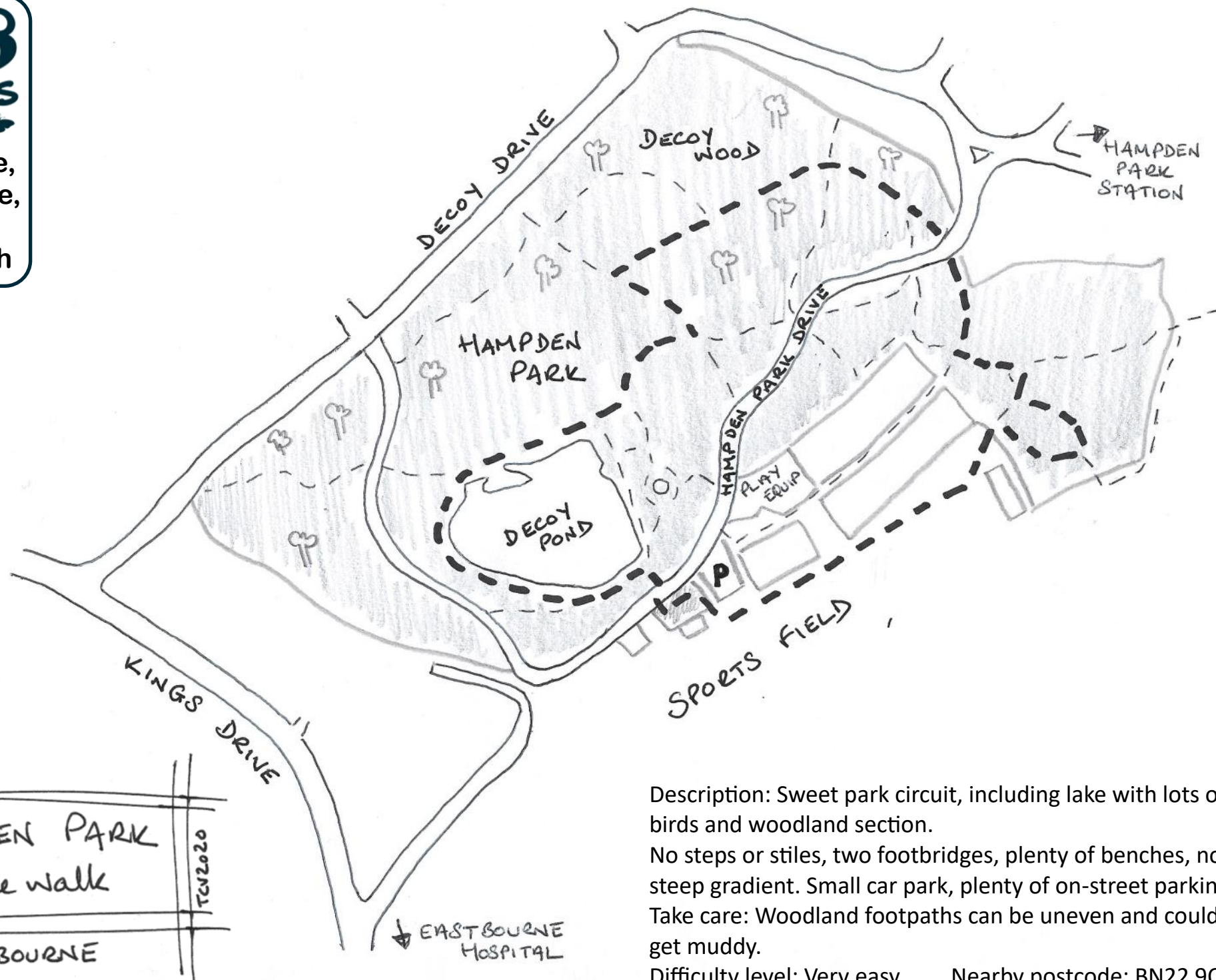




 Notice nature,
 enjoy exercise,
 strengthen
 mental health



HAMPDEN PARK
 1 mile walk
 EASTBOURNE
 TCV2020

Description: Sweet park circuit, including lake with lots of birds and woodland section.
 No steps or stiles, two footbridges, plenty of benches, no steep gradient. Small car park, plenty of on-street parking.
 Take care: Woodland footpaths can be uneven and could get muddy.
 Difficulty level: Very easy. Nearby postcode: BN22 9QR