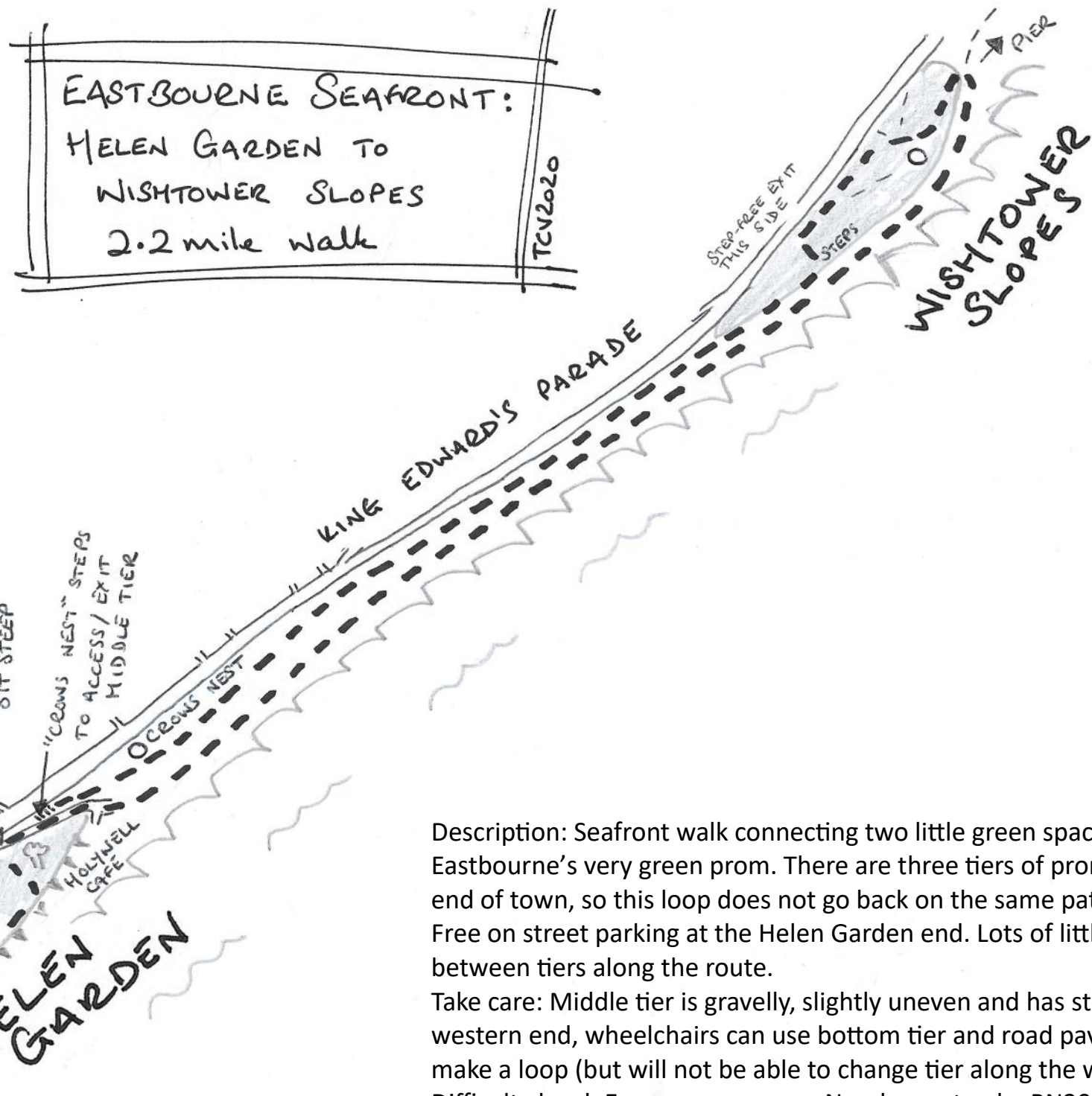


TCV
The Conservation Volunteers

1-2-3
walks

GREEN
CONNECTIONS

Notice nature,
enjoy exercise,
strengthen
mental health



Description: Seafront walk connecting two little green spaces via Eastbourne's very green prom. There are three tiers of prom at this end of town, so this loop does not go back on the same path. Free on street parking at the Helen Garden end. Lots of little steps between tiers along the route.

Take care: Middle tier is gravelly, slightly uneven and has steps at the western end, wheelchairs can use bottom tier and road pavement to make a loop (but will not be able to change tier along the way).

Difficulty level: Easy.

Nearby postcode: BN20 7XL