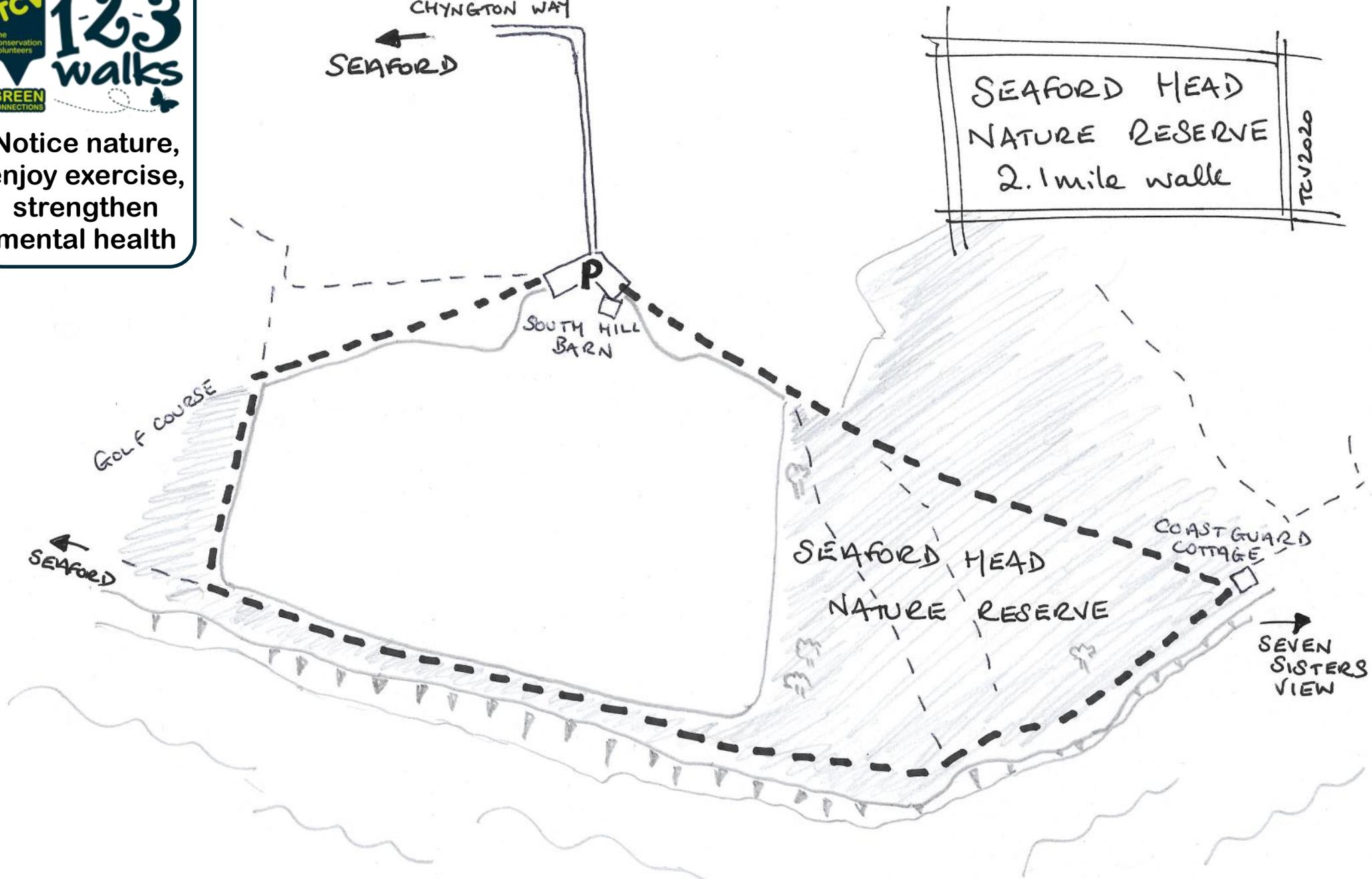


Notice nature,
enjoy exercise,
strengthen
mental health

CHYNGTON WAY
SEAFORD

SEAFORD HEAD
NATURE RESERVE
2.1 mile walk

TCV 2020



Description: Coastal nature reserve with views to iconic Seven Sisters. Plenty of benches around reserve.

Take care: A bit steep in places; no stiles or steps but can be uneven. Do not go near cliff edge (well signed to stay away).

Difficulty level: Easy/moderate.

Nearby postcode: BN25 4BT