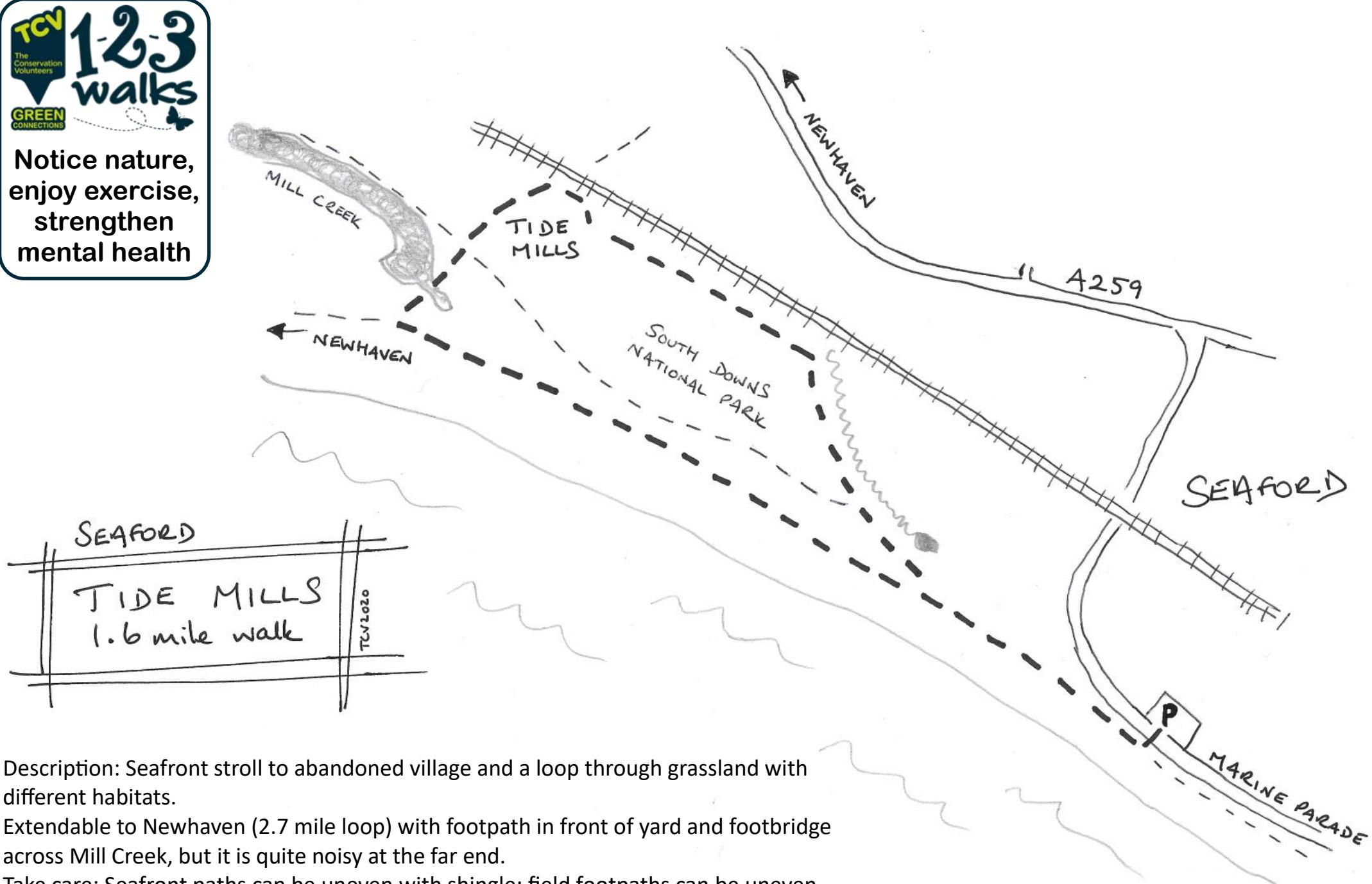


Notice nature,
enjoy exercise,
strengthen
mental health



Description: Seafront stroll to abandoned village and a loop through grassland with different habitats.

Extendable to Newhaven (2.7 mile loop) with footpath in front of yard and footbridge across Mill Creek, but it is quite noisy at the far end.

Take care: Seafront paths can be uneven with shingle; field footpaths can be uneven and might be muddy in winter; slightly steep path from field back to Vanguard Way.

Difficulty level: Easy/moderate.

Nearby postcode: BN25 2QR