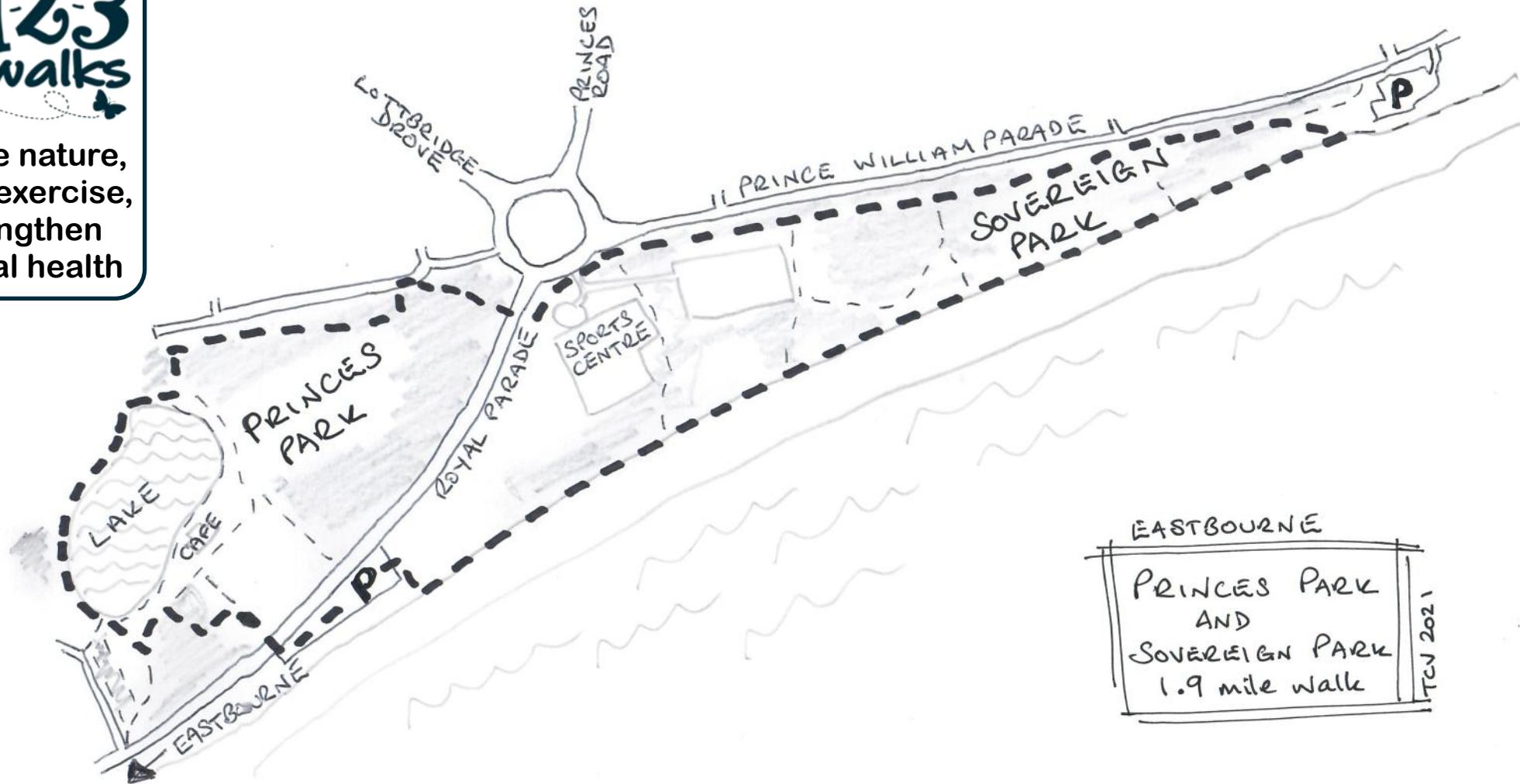


Notice nature,  
enjoy exercise,  
strengthen  
mental health



**Description:** Combining two contrasting parks at the eastern end of Eastbourne seafront. Princes Park has a beautiful lake, attractive planting, interesting water features, plus a café and toilets. Sovereign Park is a Site of Nature Conservation Importance that preserves a pocket of natural shingle for the historic plants. Linked via a seafront stroll and an underpass.

**Take care:** Smooth surfaced paths suitable for all except a grassy stretch in Princes Park, can easily be avoided to stick to paths. Two road crossings, one a zebra crossing, one an underpass.

**Difficulty level:** Very easy.

**Public transport:** Bus stops nearby.

**Parking:** Pay & display car parks at either end: Royal Parade (BN22 7LW), Prince William Parade (BN23 6RT).