

**Seven Sisters, East Sussex
(four miles)**

Starting from the car park of the Tiger Pub on East Dean's village green, resist the temptation to settle down with a drink and head across the green, up Went Way and the uphill track towards the woodland.

From the ridge, you can see the Belle Tout lighthouse on the clifftop to the east. Head south towards the shore at Birling Gap before turning right (west) onto the South Downs Way.

What a view! The Seven Sisters, a rippling wave of white chalk cliffs, rise over 200ft above the sea. Walk along the clifftop path to the third 'sister'. Take the track inland, passed Crowlink village and back to East Dean.

Start point: The Tiger Inn, The Green, East Dean.

Pub: Tiger Inn (01323 423209).