

BMC London and South East Area Group Walk – Pre Event Information

Date: Saturday 11th May 2019

Start Time: 10:30 prompt

Location: Eastbourne rail station (TV 60970 99128)

End Time: 16:00 approx

Location: Eastbourne rail station (TV 60970 99128)

Distance: 11 miles

Total Ascent: 1900'

BMC Participation Statement

The BMC recognises that climbing, hill walking and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement.

The Start

This is a circular walk starting from Eastbourne Rail Station.

There is a frequent train service from London Victoria with trains running 2 an hour and a journey time of 1h 30m.

Car parking (£5.30 for the day) and bike racks are available at the station.

The walk will begin at 10:30, if you are going to be late please call or text the walk leader using the details on the next page.

The Walk

Leaving Eastbourne rail station and heading westwards inland, the route undulates through the weathered and eroded chalk landscape synonymous with the South Downs. Continuing west after passing a small dew pond, Birling Gap provides the perfect location for the lunch stop. This idyllic coastal hamlet very popular with holiday makers is unfortunately feeling the full effects of costal erosion with significant cliff falls occurring in the area in recent years. Views towards the chalk cliffs making up the Seven Sisters will be observed before backs will be turned and the track followed east passing the former lighthouse, now B&B, Belle Tout to reach this walks high point, the summit of Beachy Head at 162 metres above sea level. The cliff edge will then be followed accompanied by the sea on the return to Eastbourne.

Mixed terrain will be encountered along the route, mostly metaled paths will be used however there are some sections along grass tracks which may be muddier underfoot.

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Stiles may be encountered.

What to wear and what to bring with you

Please wear suitable footwear with a good sole. Walking boots are preferable.

Although the walk is taking place in May the often unpredictable nature of the British weather means it is advisable to bring a warm layer and a waterproof jacket with you. It is likely it will be chillier along the exposed cliff top.

Please bring sufficient food and drink to last the day. The lunch stop will be on the sea front at Birling gap.

Toilets are available half way along the route at Birling Gap.

Under 18's

It is expected that most, if not all, participants will be adults. Under 18's are however welcome provided they are to be directly supervised at all times on the day by their parent or legal guardian who will take full responsibility for their care and welfare throughout.

Health Issues

If you have health issues that you believe might affect your ability to complete the walk safely then please let the leaders know in advance.

Please let the leader know if you suffer from any allergies in particular allergic reactions to stinging nettles or bee / wasp stings.

Contact

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