

Seahaven Coastal Trail



Saltdean



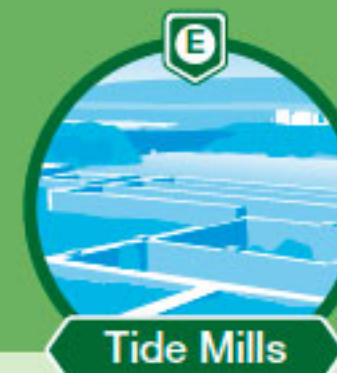
Telscombe



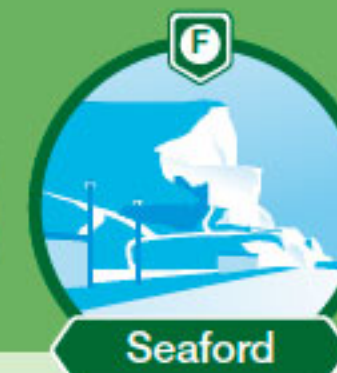
Peacehaven



Newhaven



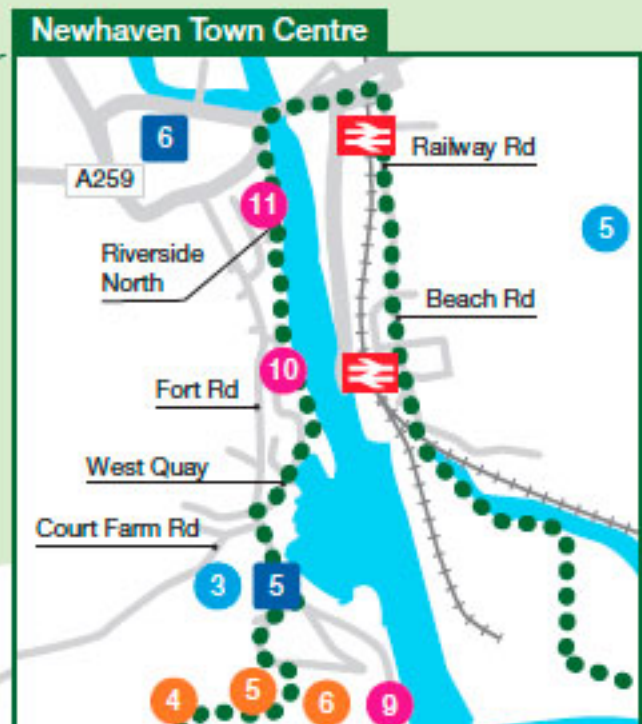
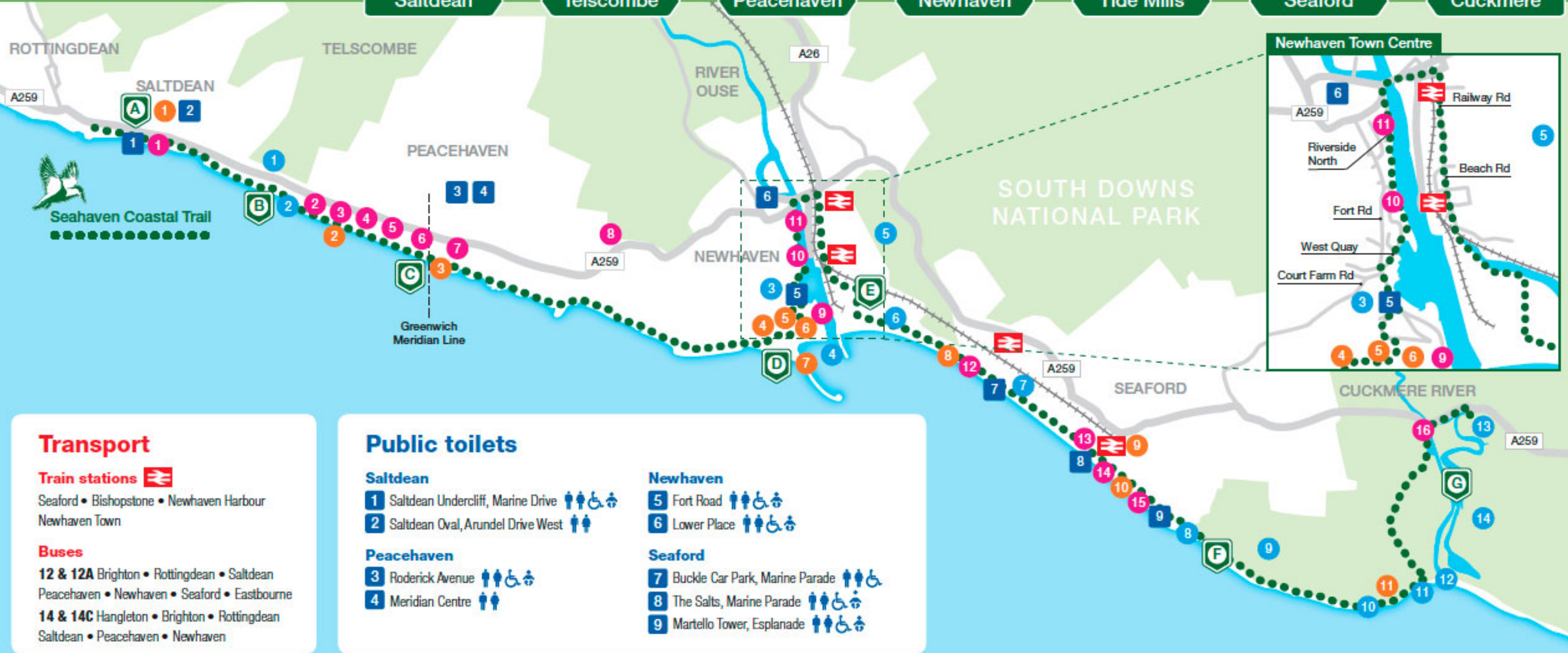
Tide Mills



Seaford



Cuckmere



Transport

Train stations

Seaford • Bishopstone • Newhaven Harbour
Newhaven Town

Buses

12 & 12A Brighton • Rottingdean • Saltdean
Peacehaven • Newhaven • Seaford • Eastbourne

14 & 14C Hangleton • Brighton • Rottingdean
Saltdean • Peacehaven • Newhaven

Public toilets

<p>Saltdean</p> <p>1 Saltdean Undercliff, Marine Drive </p> <p>2 Saltdean Oval, Arundel Drive West </p>	<p>Newhaven</p> <p>5 Fort Road </p> <p>6 Lower Place </p>
<p>Peacehaven</p> <p>3 Roderick Avenue </p> <p>4 Meridian Centre </p>	<p>Seaford</p> <p>7 Buckle Car Park, Marine Parade </p> <p>8 The Salts, Marine Parade </p> <p>9 Martello Tower, Esplanade </p>

Places to stay and eat

<p>1 Whitecliffs</p> <p>2 Smugglers Rest</p> <p>3 Telscombe Tavern</p> <p>4 Thai Elephant Restaurant</p> <p>5 The Peacehaven – Crown Carveries</p> <p>6 Coffee Haven</p> <p>7 Pantry Cafe</p> <p>8 Peacehaven Golf Club</p>	<p>9 Hope Inn</p> <p>10 West Quay Bakers and Cafe</p> <p>11 The Ark</p> <p>12 Shore Break</p> <p>13 The Salts Park & Café</p> <p>14 Frankie's Café</p> <p>15 The Snack Shack, Martello Kiosk</p> <p>16 Cuckmere Inn</p>
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Wildlife and natural history

<p>1 Telscombe Tye</p> <p>2 Telscombe Cliffs</p> <p>3 Castle Hill Local Nature Reserve</p> <p>4 Newhaven Harbour Seal Spotting</p> <p>5 Ouse Estuary Local Nature Reserve</p> <p>6 Tide Mills Vegetated Shingle</p> <p>7 The Old Brickfield</p>	<p>8 Splash Point – RSPB Kittiwake viewing</p> <p>9 Seaford Head Local Nature Reserve</p> <p>10 Steps to Hope Gap</p> <p>11 Wave cut platform Exceat</p> <p>12 Cuckmere Haven</p> <p>13 Seven Sisters Country Park</p> <p>14 Seaford – Beach Head SSSI</p>
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Culture

<p>1 Saltdean Lido</p> <p>2 Telscombe Cliffs Smugglers 1700's</p> <p>3 Peacehaven Meridian Monument</p> <p>4 Bronze Age Hill Fort</p> <p>5 Coast Guard Watch Tower</p> <p>6 Newhaven Fort and Gun Emplacements</p>	<p>7 Newhaven Harbour</p> <p>8 Tide Mills</p> <p>9 Arts@theCrypt</p> <p>10 Martello Tower and Seaford Museum</p> <p>11 Memorial Cairn Seaford Head</p>
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