

Writing Our Legacy Maisha Stories: No Place Like Home at Seven Sisters Country Park

Key Information – Address, contact details, travel

Date: Sunday 28 September 2025

Times: 12pm - 3pm

Venue: Seven Sisters Country Park, Exceat, near Seaford, East Sussex, BN25 4AD in the Pump Barn (next to the Visitor Centre)

Contact details

Producers: Tony - 07796 796449

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****The internet is spotty at the location, so it's better to use our phone numbers if you need to contact us.***

Venue details:

The exact location is the Pump Barn, which is next to the Visitor Centre. See photos below.



Visitor Centre



Tuck shop, with pump barn to the left

We will be pointing people in the right direction, but if you have any doubts, head to the Visitor Centre where they will be able to guide you.

Transport and parking

Seven Sisters Country Park is situated at Exceat, near Seaford, East Sussex, BN25 4AD.

Please use public transport or car-share where possible as the Seven Sisters Country Park car park fills up fast. You can find more information on how to plan your journey here: sevensisters.org.uk/plan-your-visit/getting-here.

Seven Sisters Country Park is well served by buses from Brighton/Seaford/Eastbourne, and from further along the coast. All buses stop at the Park entrance. There are regular rail services from London to Brighton, Seaford and Eastbourne. See bus stops and a map of the place here <https://www.sevensisters.org.uk/plan-your-visit/explore-by-map/>

Transport to Pump Barn, Seven Sisters Country Park

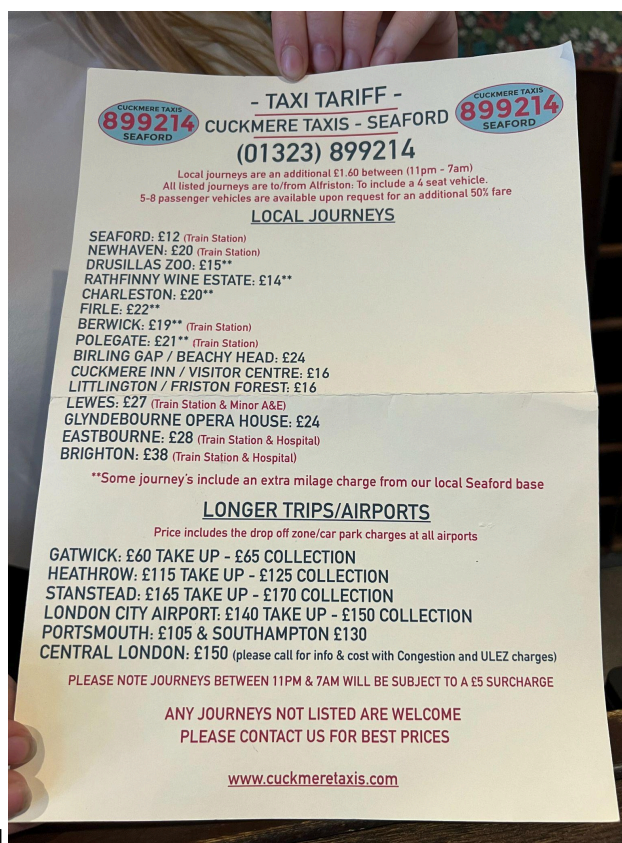
- By bus from 12, 12A, 12X Brighton to Eastbourne or vice versa to Seven Sisters Park Centre stop
- From Lewes: By train or to Seaford, then 4 minute walk to Seaford Library and then bus 12, 12A, 12X towards Eastbourne to Seven Sisters Park Centre stop
- It's the bus stop closest to the "Brighton this way sign", on the corner.

View the timetable for the [Coaster 12, 12A and 12X services](#).



Parking

Seven Sisters and the Sussex Heritage Coast are popular destinations with local communities and tourists alike. In good weather, car parking is quickly full. Please note that parking is charged (£3 for up to 2 hours or £4 for a full day). There are two pay and display car parks.



Maps

Navigation - There is a new, free route finder on the appstore produced by the South Downs National Park - called View Ranger. There is wireless at the Hall but none in the Seven Sisters CP area.

Here is a downloadable leaflet of transport/ walks on the South Downs Way, including our area.

Here is a downloadable leaflet /maps/info on the Sussex Heritage Coast, our area.

PRACTICAL INFORMATION

Accessibility

- The walks will require a certain level of physical fitness. However, there will be opportunities to stop and take a breather along the way to enjoy the views, as well as hear from the writers about the landscape. Part of the route is accessible to all-terrain mobility scooters, if people attending have their own and would like to use it to access the trail.
- There is an Easy Access Trail at Seven Sisters Country Park suitable for people with impaired mobility, wheelchairs, mobility scooters and push chairs and it's great for walking or cycling. The trail follows the valley floor down to the shingle beach and the mouth of the River Cuckmere which is approximately 2km (4km return). It takes in spectacular views of the valley and Seaford Head.

- You can find an Accessibility Guide to Seven Sisters Country Park here: <https://www.accessibilityguides.org/content/seven-sisters-country-park>.
- There is a Changing Places facility next to the Visitor Centre. The car park also has designated disabled parking bays.

Weather

Due to the weather forecast, we probably won't do the walking part of the workshop unless the conditions improve on the day.

Equipment / clothing

You do not need any specialist clothing, but sturdy walking footwear should be worn to enable you to maintain a grip on sometimes slippery and muddy tracks (there is nothing quite like the wet chalky clay of the South Downs!) It's a good idea to bring a waterproof jacket too, even if the weather looks good. Please bring a bottle of water and a snack.