

Beat the Street Family Walks



A selection of short walks in a
variety of locations across
Eastbourne, Hailsham and Seaford



#KeepActiveES



During Beat the Street people told us how much they enjoyed getting out so we've created these maps to help you explore your area.



The routes are based on some of the most popular Beat Boxes used during the game. They're all less than an hour and give you an excuse to get out and about. Enjoy!



Whether you took part in Beat the Street or not, we hope you enjoy these walks and they help you find something new or interesting in your local area!



#KeepActiveES



Route Name: Eastbourne Wish Tower Walk

Minutes

25



Point Descriptions:

- A. Point A – RNLI Building
- B. Point B – Path entrance on right
- C. Point C – Carlisle Road
- D. Point D – RNLI Building

Directions:

Start facing the sea standing with your back to the RNLI Building (A). From here there will be a footpath in front of you going along the seafront.

Walk along South Downs Way for 550m until you come to a path on your right by the park entrance (B), take the path and it will take you onto the main footpath.

Once on the main path you should be able to see the green in front of you, walk towards the green then walk up onto the main road, the green should now be on your right. You will soon have a large white building sitting on a T-junction, take the left hand turn here. Walk down Silverdale Road for 100m then turn left at the end to stay on Silverdale Road for another 400m.

You will see a red postbox on your left; turn right here. You will now be walking down Granville Road. Walk along here for 200m, when you get to the crossroads you will be able to see a black lamp post in front of you and slightly to the right. Turn right down this road.

You are now on Carlisle Road (C); you will walk along here for 600m. You will have an opening on your left and should be able to see “Congress Suite” and “Winter Garden” Buildings. Turn left and go up this road, you will reach the top and come out onto Compton Road.

Once on Compton Road there will be an island in front of you, use this to cross the road going over to Carlisle Road. Once you reach the end of Carlisle Road, turn right onto King Edward’s Parade. From here you should be able to see the RNLI Building in front of you (D).

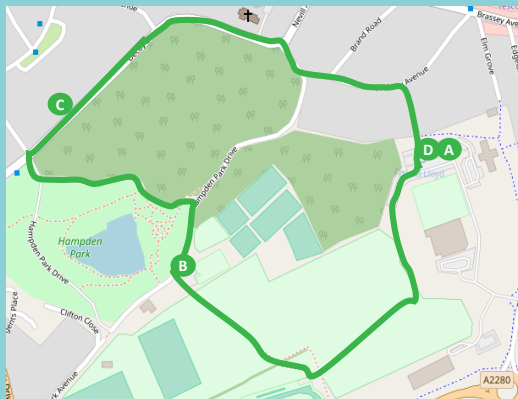
You have reached your final destination! You have travelled 2km!



Route Name: Eastbourne Hampden Park Walk

Minutes

25



Point Descriptions:

- A. Point A – Roseberry Avenue
- B. Point B – Hampden Park Drive
- C. Point C – Lamp Post 13, Decoy Drive
- D. Point D – Roseberry Avenue



Directions:

Start your walk from Roseberry Avenue (A). Follow the brown signs to Hampden Park past Roseberry House on your left and onto the footpath as you enter the park.

As you enter the park onto Hampden Park Drive you will see the tennis court and a bowling green to your left (B).

Walk about 100m. On your left you will see a children's playground and on your right you will see a small memorial with a path leading up to it. Take the path to the memorial and follow the sign to the "Sensory Garden".

The sign will point you to a small footbridge. Walk across the bridge, turn left and walk along the path that frames the small garden and exit left of the second path. There will be a small bridge on your right.

Head towards the bench ahead of you and turn right at the top of the path.

You will now see a signpost in front of you to "Decoy Drive" (C). Follow the direction of the sign to the left. Keep walking along the path until you see a bridge on your left and the duck's entrance to the lake!

Walk over the Bridge and ahead of you, you will see the a tea chalet. Follow the path that frames the lake to the left until you reach the wooden map.

The playground will now be on your right. Walk back past the playground which will take you back towards you start point (D).

You have reached your final destination!
You have walked 2km!

Eastbourne Princes Park Walk



Point Descriptions:

- A. Point A – Sovereign Centre
- B. Point B – Buzz Active
- C. Point C – Princes Park Lake
- D. Point D – Sovereign Centre

Directions:

Start your walk outside the Sovereign Centre (A). If you are standing facing the front of the building, you will see the road lead down along the left hand side. Follow this road and you will soon see a path right in front of you.

Take the path; this will lead you onto the beach front. Once you reach the beach front take a right turn.

There's a good chance you will see some seagulls on this walk. Did you know seagulls can fly at speeds of up to 45kph? This means they could fly the length of this walk in less than three minutes!

You will walk along here for 500m before reaching Buzz Active (B). Walk a little further and follow the path round to the right and it will bring you back onto the Royal Parade. Once here you should be able to see the sign for Princes Park ahead of you.

Enter Princes Park, past the first play area and take the first and then second fork left. Then, at the bridge, turn right.

Follow the path that frames the lake (C) all the way round. Stop at the park to play if you like! Cross the footbridge, walk up the path and fork left.

Walk past the café and continue through the opening to the green space.

You will see your start point ahead of you (D)!

You have reached your final destination! You have walked 2km!



Route Name: Seaford Walk

Minutes

45



- Point Descriptions:**
- A. Point A – Post Box opp. Crossway Church
 - B. Point B – Mini Roundabout
 - C. Point C – The entrance to Salt Recreation
 - D. Point D – Post Box opp. Crossway Church



Directions:
Start at the post box opposite Cross Way Church (A). Use the island in the road to cross and then take the one way road called Church Street, which is to your left once you have crossed the road.

Once you reach the T-junction turn left to continue along Church Street. When you reach the Post Office cross over and keep walking up Church Street until you reach the roundabout. You should see a mini roundabout sign on the path to the left hand side.

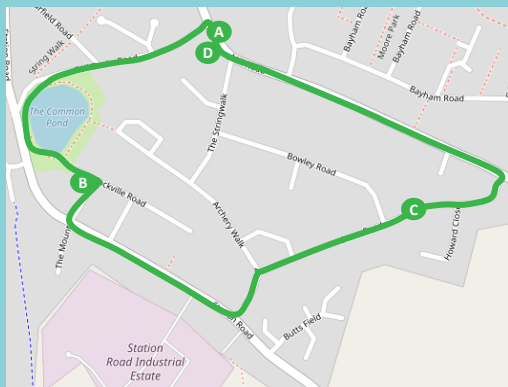
Take the first exit at the roundabout (B), taking you along Station Approach turning into Claremont Road. With the train tracks on your left hand side keep walking for about 650m. You should then bear left when you get to the Claremont Road shopping parade. Walk past the parade and turn left down a wide alleyway onto Edinburgh Road. Take in the view of the sea!

Once at the end of Edinburgh Road turn left onto Marine Parade. Cross over the road onto the promenade.

Extra stretch: You could divert left (across the road) when you the entrance to Salts Recreation Ground (C) and use the outdoor gym.

Walk along the seafront for 880m until you see house number 15 The Esplanade, where you can turn left up The Causeway to get back to your start point (D).

You have reached your final destination! You have walked 3km!



Point Descriptions:

- A. Point A – Mill Road/Bell Banks Road
- B. Point B – Compton Terrace
- C. Point C – Silver/Grey Garages
- D. Point D – Mill Road/Bell Banks Road



Directions:

Start at the junction of Bell Banks Road and Mill Road (A). Turn left down Bell Banks Road.

Walk down here for 150m then branch off left to walk around Common Pond. Walk round in a crescent shape and use the path to walk out past the green gates.

Walk along and then take the first road on your right which will take you onto Compton Terrace (B).

Walk along Compton terrace for 100m then turn left onto Station Road. Walk along Station Road for 300m then turn left onto Swan Road.

Walk along Swan Road for 500m before you reach the end you will pass some silver/grey garages on your left (C).

When you reach the T-junction take a left to bring you back on to Mill Road. Walk for 300m and you will arrive back at the start point (D).

You have reached your final destination!
You have walked 2km!

This walk is 2km. If you walk it 3 times you will have travelled 6km, which is equivalent to the height of Mount Kilimanjaro! This walk is slightly less steep though!



Safety advice

- All children should be accompanied by a responsible adult on these walks.
- Wherever possible try to cross the road at a pedestrian crossing and always follow the Green Cross Code.
- Ensure you are dressed and prepared for the weather conditions. For example, take sunscreen and bottled water in hot weather or wrap up warm in cold weather.
- Some of these walks have stairs, steep inclines and uneven surfaces so they may not be suitable for all walkers. Please check the walk instructions before you start out.

