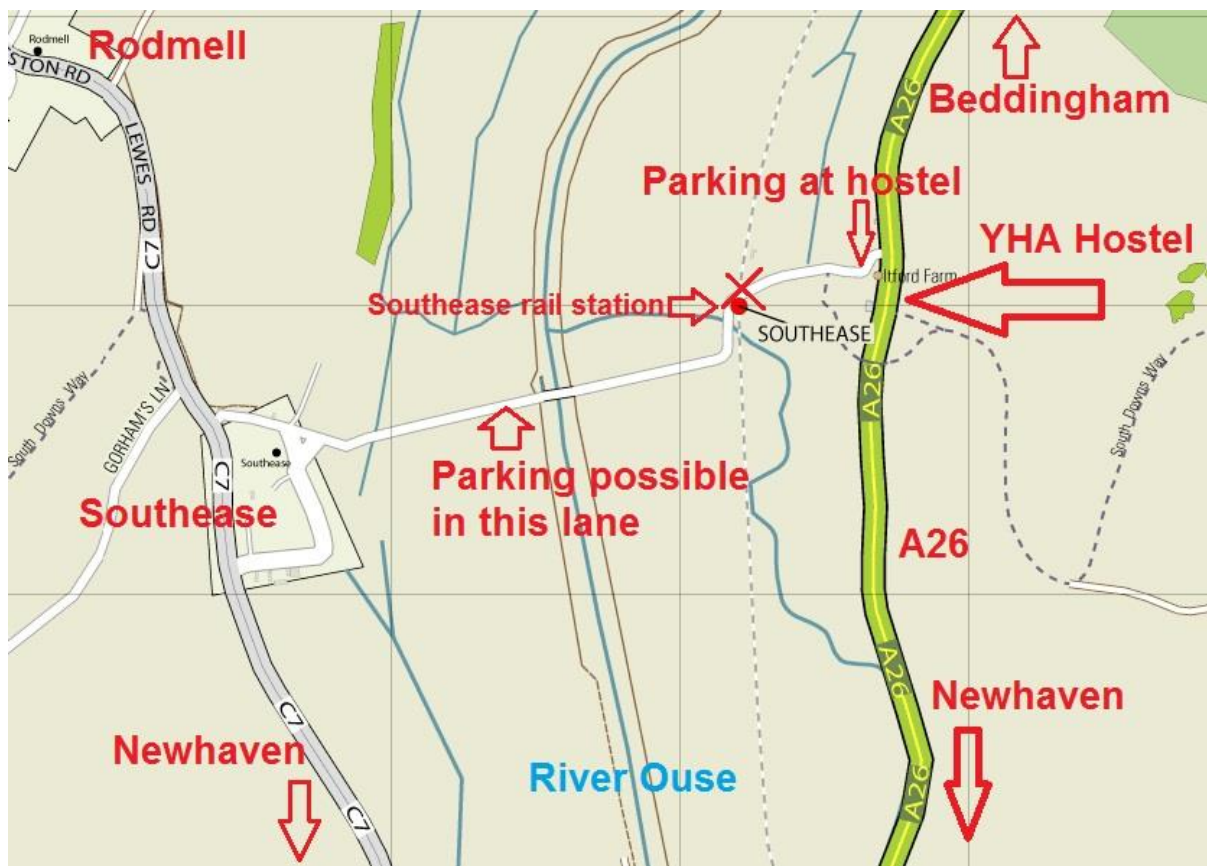


Walk 8 Transport: Southease to Exceat

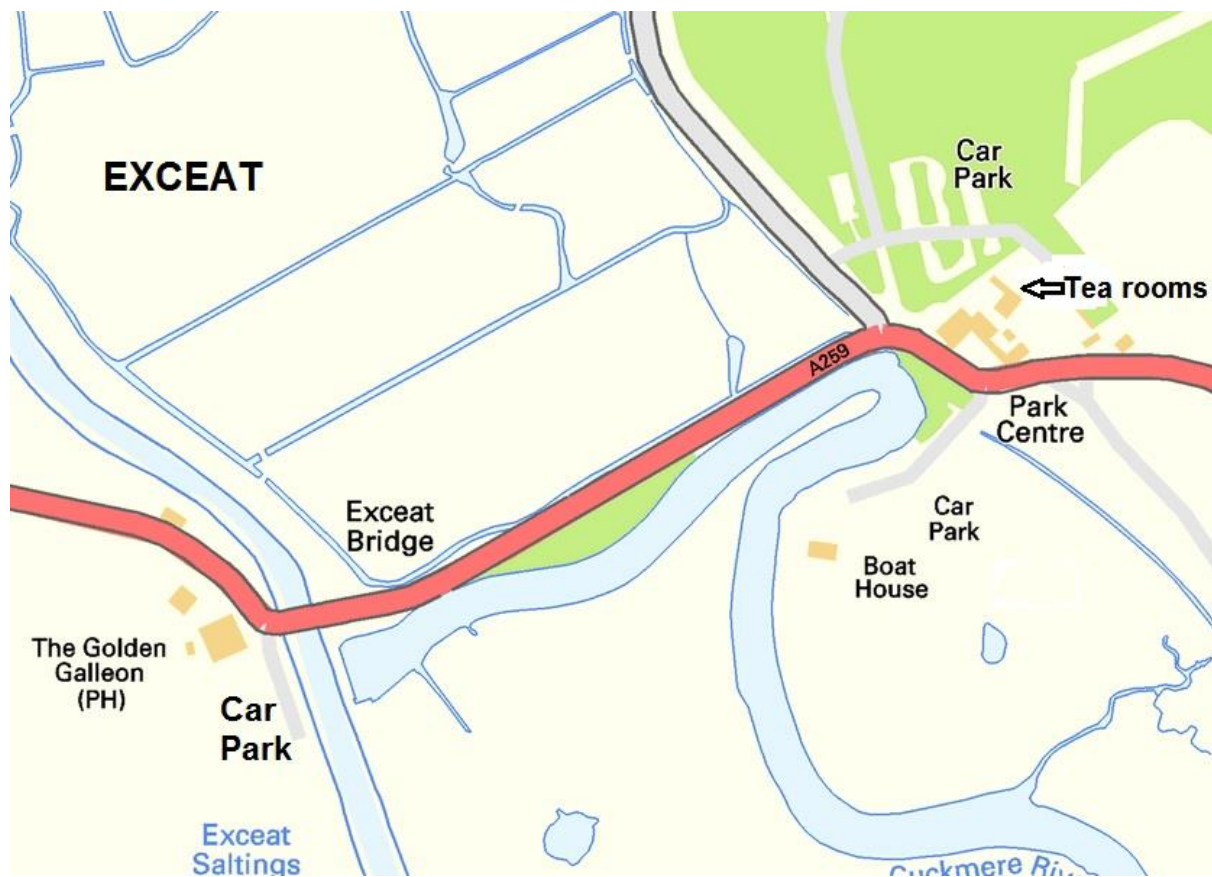
Parking at the Southease YHA hostel (Postcode: **BN8 6JS**) is accessible from the A26 Beddingham to Newhaven road. But it is also possible to park on the other side of the railway line in the lane that runs down from the Newhaven to Rodmell road and crosses the River Ouse by the swing bridge. Meals (including fantastic value breakfasts if pre-ordered) are available in the [YHA hostel café](#) at Itford Farm which recently underwent a £3million renovation.



It is also possible to travel to and from Southease by train via Lewes.

Parking at Exceat is available in three places, one of which is free. The car park beside the A259 opposite the [Seven Sisters Country Park](#) visitors centre is pay-and-display, as is the more secluded woodland car park behind the visitors centre (Postcode **BN25 4AD**).

The charges are £3.50 all day. The machines do not take notes or cards so bring change.



A little to the west, on the other side of the Cuckmere River over Exceat Bridge, is the free riverside car park adjacent to the [Golden Galleon restaurant](#). Drinks and light meals can also be had at the Farmhouse tea rooms behind the visitors centre, though we found it prone to closing early in bad weather if there was no custom. Shelter can be had inside the visitors centre if waiting for transport and there are toilets and regular buses towards Eastbourne and to Seaford and Brighton.

The route for driving between Southease and Exceat is straightforward, following the A26 and A259.

