



NEWHAVEN TO SEAFORD WALK

Sussex abounds in scenic walks, but also has some irresistibly odd ones, especially along the coast. Newhaven is connoisseur's odd country, a bewildering mix of the industrial, the derelict and the eerily beautiful, with a mountain of scrap iron forming a highly individual summit and vestiges of a military railway at the back of the beach. A spectacularly contrasting route of the unobvious variety is to walk the coast from Newhaven Harbour station to Seaford Head, then return by train (from Seaford itself; 6.5 miles in all). From Newhaven Harbour station, walk off the platform past a huge rusty anchor, turn right onto the road and right again to pick up signs for the Vanguard Way – over a bridge where you look down on the apparently dead station at the end of the line – this is Newhaven Marine, less dead than it looks, for it's never been officially closed, and bizarrely has a weekly train scheduled that no one is allowed to join. Avoid the next bridge but keep along Mill Creek on the Vanguard Way, through the strangely monastic-looking remains of the once vast Tide Mills. Carry on along the vast shingle beach to Seaford, with its Martello tower and cheerily painted beach huts to Seaford Head, one of my favourite Sussex vantage points. At the top is the tea-towel view of the Seven Sisters, different in every type of light; retrace your steps past the Martello tower, then go inland to Seaford station. More details of this and other Slow pleasures in Tim Locke's *Slow Sussex*, Guide Book of the Year Finalist in British Press Awards (£14.99 from Skylark, Lewes Tourist Information Centre and Barbican House). Visit facebook.com/slowsussex for details of walks he's doing.