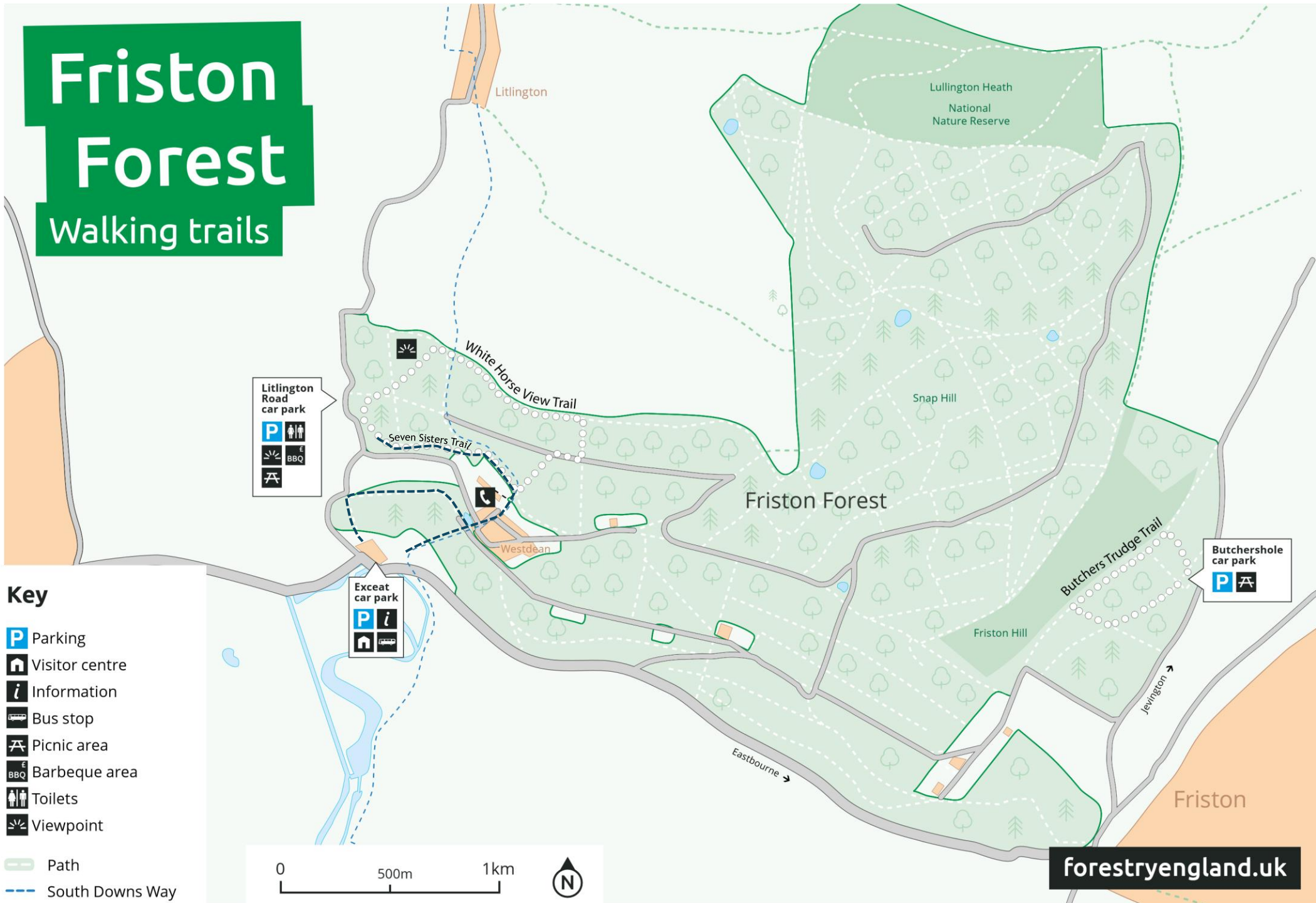


# Friston Forest

## Walking trails



### Key

- Parking
- Visitor centre
- Information
- Bus stop
- Picnic area
- Barbeque area
- Toilets
- Viewpoint
- Path
- South Downs Way



Forestry England

## Walking trails at

# Friston Forest

### Trail information

#### White Horse View

Trail ○○○

2.5km (1.6 miles)

Start at Litlington Car Park. A moderate picturesque walk along the forest edge overlooking the adjoining downland. Look back at the view of the white horse carved into the hillside.

#### Butchers Trudge

Trail ○○○

1.2 km (0.7 miles)

Start at Butchershole Car Park. A beautiful easy stroll among beech trees.

#### Seven Sisters Country Park Trail — — —

1.8 km (1.1 miles)

Start at Litlington Car Park. The safest route to the Seven Sisters Country Park



### Emergency info

#### Name of key locations:

- Butchershole  
**Grid ref:** TV555 994  
**Postcode:** BN20 0AT  
**Nearest access road:** off Jevington Road
- Litlington road car park  
**Grid ref:** TQ518 002  
**Postcode:** BN 25 4AJ  
**Nearest access road:** off Litlington Road

**In case of an emergency, call 999**  
Inform Forestry England on 0300 067 4500

**Nearest public phone:**  
At West Dean or Seven Sisters Country Park

**Hospital with A&E unit:**  
Eastbourne District General Hospital, BN21 2UD  
T: 01323 417400

### The forest code

- Protect and respect wildlife, plants and trees.
- Guard against all risks of fire.
- Keep dogs under control.
- Take your litter home.
- Make no unnecessary noise.
- Take only memories away.
- The forest is for everyone. Please be aware of other visitors.

## Join today

As a member you'll be supporting Friston Forest and get free onsite parking, forest updates and discounts.

[forestryengland.uk/membership](https://forestryengland.uk/membership)