



Bishopstone Walk

A walk on the edge of the South Downs passing through the Ouse Estuary Nature Reserve and Tide Mills, to follow the beach to Seaford.



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Local Information

The ruins of the village of Tide Mills are located on the shoreline between Newhaven and Seaford. Originally tidal flour mills were built on the site following permission granted by an Act of Parliament in 1761. By the mid 19th Century, the great mills, powered by the tide, had given rise to a sizable population. The village was served by its own railway halt and a rail spur ran from the mill through the village to the mainline. By the end of the 19th century the mill was in decline, due to the infilling of the estuary, repeal of the corn laws and cheap rail transport. Today the ruins of the mills and village provide only a reminder of the settlement that used to be on this site.

Essential Information

Distance: 5 miles/8km
Walk grade: Easy
Maps: OS Explorer 123
 OS Landranger 198

Start/Finish: Bishopstone Railway Station
Post Code: BN25 2RB
Grid Ref: TV 469999

Route Description

- 1) Starting from Bishopstone Station, leave the station via the exit at the western end of the platform, and descend the steps to Marine Road. Cross the road and turn right to go under the railway bridge before turning left onto the signposted footpath. Follow the path across the area of scrubland to reach the main A259, Coast Road.
- 2) Cross the road, turn right and follow for a short distance before turning left onto the footpath signposted to Bishopstone. Cross the stile at the bottom of the steps and follow the footpath along the foot of the slope. On reaching a flint wall, cross by means of the tree stump steps, and then continue across the next field in the direction indicated to the field corner and Bishopstone Road.
- 3) Turn left and follow the road, passing the first footpath junction, before turning right at the second footpath signpost indicating Denton 1 1/4 mile. Follow the path along the edge of the wooded area (The Rookery), and continue along the wide path, straight ahead, at the footpath junction sign. The path now heads uphill, and after a kissing gate, the route reaches open downland, with views back to Bishopstone, and across to Newhaven and Seaford Bay.
- 4) Continue to follow the line of the route straight ahead over the open downland, to reach a junction of five paths. Turn left and cross the two stiles before then heading downhill, in the direction waymarked, towards the farm. From the next stile, follow the main track passing the rear of the farmyard. Beyond the next stile cross the field using the uncropped path. At the bottom of the hill, turn left at the signpost, and follow the track beside the old yard to reach the main road.
- 5) Cross the road and follow the signposted footpath into the Ouse Estuary Nature Reserve. Continue straight ahead for a short distance, along the surfaced path, before following the signposted, grass path, through the Nature Reserve. At the far side of the Reserve, the route continues close to the warehouse, and then on the signposted path through a wooded area. Turn left at the path junction on the edge of the recreation ground, and follow the well defined path. The route continues, passing some allotments and then to the rear of factory units, before rejoining the Ouse Estuary Nature Reserve. Follow the path along the banktop to reach the main road.
- 6) Turn right and follow the main road for a distance of approximately 400 metres (440 yards) before turning right onto the signposted footpath. Follow the concrete track to the railway crossing, and then beyond, through the ruins of the Tide Mills. Continue straight ahead at the first footpath junction sign to reach the beach. At the signpost on the edge of the beach, turn left and follow the surfaced path towards Seaford, with Seaford Head visible in the distance. On reaching the road, just past the sailing club, turn left and follow for a short distance back to the entrance to Bishopstone Station, and the end of the walk.



The Tide Mill Ruins