

# Newhaven / Heathfield

## The Avenue Verte London <-> Paris



**Départ**  
Newhaven

**Arrivée**  
Heathfield

**Durée**  
2 h 53 min

**Distance**  
43,31 Km

This first stage over the Channel is very striking! Soon the tall cliffs, the pretty port-side houses and the coastal landscape give way to the impressive Seven Sisters Country Park. The green of the meadows, the blue of the seas and the white of the chalk create a harmonious ensemble. But civilisation isn't far away in charming little towns through which we pass on our way.

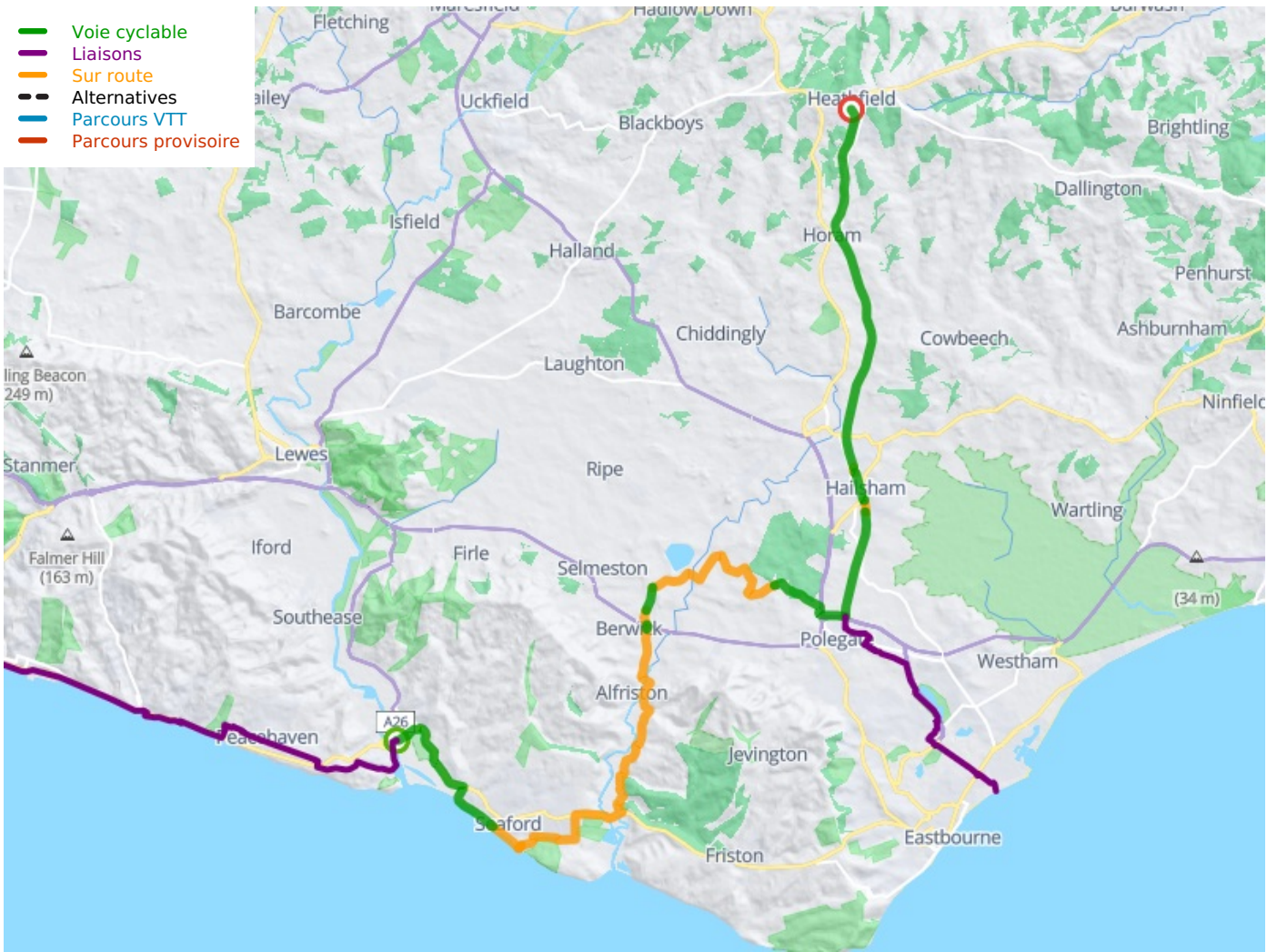
### The cycle route

Bicycle path along the A 259 to Seaford. Be careful, short, very tricky temporary passage on this undeveloped road between the Seaford exit and Westdean (not suitable for families). From Westdean to Polegate, mainly on roads, in relatively busy places. Short uncoated passage through the woods before arriving at Polegate. This short stage is not recommended for inexperienced cyclists. Almost continuous green lane from Polegate to Heathfield, the "Cuckoo Trail". Stabilized type coating, provide good tires. Connection A well-marked cycle path connects the Eastbourne waterfront (Sovereign Center) to Polegate (NCN 21).

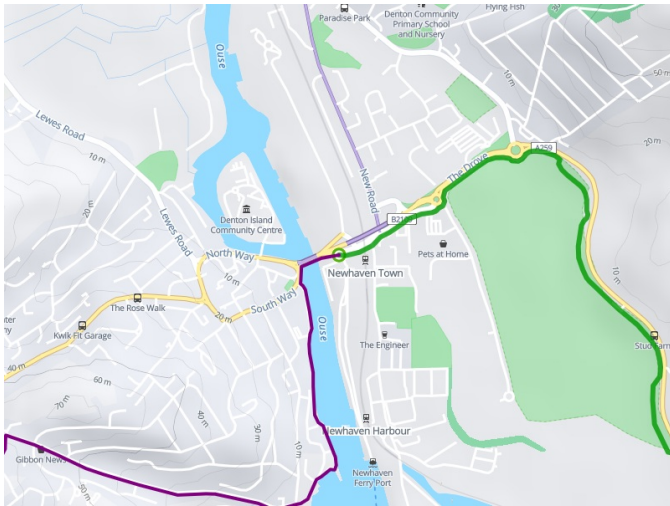
### Train Stations

- Newhaven - Brighton and Newhaven - Polegate via Lewes every 30' bike accepted between Newhaven and London Victoria: 1h30

- Voie cyclable
- Liaisons
- Sur route
- Alternatives
- Parcours VTT
- Parcours provisoire



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