



GLOBAL CAMINO CHALLENGE

ROBIN'S WAY DAY 3- BRIGHTON

Wednesday 07 October

Walk with Robin. Walk your own way. Walk for hope.

**WALK THE CAMINO.
JOIN THE MOVEMENT.**



GLOBAL CAMINO
CHALLENGE

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WALK WITH ROBIN DAY 3 - BRIGHTON



Wednesday 07 October 10:00-12:00



DAY 3: BRIGHTON

WEDNESDAY 07 OCTOBER 2026

LENGTH: 2.7 MILES (4.4 KM) ONE WAY

5.2 MILES (8.8KM) RETURN

DURATION: 1.5 TO 2.5 HOURS

DIFFICULTY: **VERY EASY**

START/END: BRIGHTON PALACE PIER FOR RETURN ROUTE

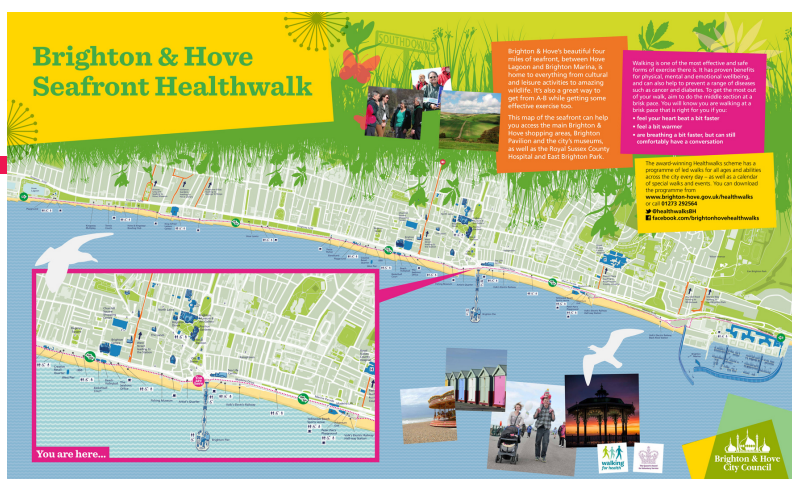
END: HOVE LAGOON (FOR ONE-WAY)

SUITABILITY: THIS WALK IS SUITABLE FOR **ALL** FITNESS & ABILITY LEVELS INCLUDING WHEELCHAIR, STROLLER, AND BUGGY USERS.

VERY EASY, FLAT AND EVEN PROMENADE

The [Signed Seafront Healthwalk Route](#) is a flat, 4-mile paved path stretching along the coast between Hove Lagoon and Brighton Marina. However, because it is a continuous linear path, many casual walkers choose to start at one of the key locations, in this instance at the iconic Brighton Pier which is easily reachable from Brighton station. This is a return walk.

Starting at the iconic Brighton Pier, the route heads west along the Kings Esplanade towards Hove Lawns and back the same way to the pier. It follows the iconic English Channel waterfront, offering vibrant coastal views, traditional beach huts, and iconic landmarks.



Download the walk map >>>



WALK WITH ROBIN BRIGHTON CONT'D



Wednesday 07 October 10:00-12:00

USEFUL INFORMATION

The esplanade is a nice easy walk for all fitness levels and abilities. All you'll need for this walk is:

- Comfortable trainers
- A waterproof jacket (in case of rain)

Transport: Mainline trains to Brighton. The distance from Brighton Station to Brighton Palace Pier is about 0.9 miles (1.5 kilometers). It is a very straightforward, downhill walk directly through the heart of the city down to the seafront.

- Walking: It takes about 20 minutes.
- By Bus: It takes about 10 minutes. Multiple frequent buses (like the No. 7, 12, or 14) run from the station down towards the clock tower and seafront.

Start / End: Brighton Palace Pier for return route

Amenities: Public restrooms, cafes, and refreshment stands are located frequently along the promenade.



Download the walk map



Brighton & Hove Seafront Healthwalk

Brighton & Hove's beautiful four miles of seafront, between Hove Lagoon and Brighton Marina, is home to everything from cultural and leisure activities to amazing wildlife. It's also a great way to get from A-B while getting some effective exercise too.

This map of the seafront can help you access the main Brighton & Hove shopping areas, Brighton Pavilion and the city's museums, as well as the Royal Sussex County Hospital and East Brighton Park.

Walking is one of the most effective and safe forms of exercise there is. It has proven benefits for physical, mental and emotional wellbeing, and can also help to prevent a range of diseases such as cancer and diabetes. To get the most out of your walk, aim to do the middle section at a brisk pace. You will know you are walking at a brisk pace that is right for you if you:

- feel your heart beat a bit faster
- feel a bit warmer
- are breathing a bit faster, but can still comfortably have a conversation

The award-winning Healthwalks scheme has a programme of led walks for all ages and abilities across the city every day – as well as a calendar of special walks and events. You can download the programme from www.brighton-hove.gov.uk/healthwalks or call 01273 292564

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