

# 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](http://www.brighton-hove.gov.uk/healthwalks)  
or call 01273 292564

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