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| Country | United Kingdom |
| Region/Province/ or State | England |
| Web Address | https://www.thelivingcoast.org.uk |
| Date Founded | 2014 |
| Size (hectares) | 29,514 |
| Distinguishing Features | centered on the Brighton chalk block that lies between the River Adur in the west and the River Ouse in the east |
| Main Industries (in terms of employment) | agriculture, silviculture, fishery, industry, stock-breeding, tourism |

The Living Coast includes both the land and sea, bringing together our three local environments:

- Countryside - part of the South Downs National Park
- City & Towns - including Brighton & Hove, Lewes, Newhaven and Shoreham, Southwick and Telscombe
- Coast - including the Marine Conservation Zone chalk reef

Based upon the chalk block of the South Downs, between the River Adur in the west and the River Ouse to the east, the Brighton & Lewes Downs Biosphere Region covers approximately 390 Km² - an area just larger than the nearby Isle of Wight.

The Living Coast is home to more than a third of a million people, and provides our water, local food, open space for recreation and natural inspiration.

We share our Biosphere with a wealth of wildlife, which includes rare species like the beautiful Adonis Blue butterfly and the Short-snouted Seahorse.

These natural assets, combined with a strong cultural offer, have helped to create a thriving visitor economy that forms a significant part of our local economy.