

ANGMERING ON SEA BEACH HOUSES - THINGS TO DO AND USEFUL NUMBERS

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ANGMERING ON SEA BEACH HOUSES - THINGS TO DO AND USEFUL NUMBERS

Useful Telephone Numbers

CONTACT: The member of our team who checked you in

TAXI:

- Angmering Station Taxis 01903 773366
- Andy 07523 578064
- Taxi Company 01903 717171
- Helens Airport Taxis 01903 719999
- Black-tie Limos 01903 505636

NEAREST HOSPITAL:

- Worthing 01903 205111 Lyndhurst Road (A&E department)
- Chichester 01243 788122 St Richards, Spitalfields Lane

DOCTOR:

- Willow Green Surgery 01903 785152 Station Road, East Preston
- The Copice Surgery 01903 783178

DENTIST:

- Sea Road Dental Practice 01903 782884 104 Sea Road, East Preston
- East Preston Dental Clinic 01903 782372 15 Sea Road, East Preston

PHARMACY:

- Sainsburys, Rustington 01903 541700 pharmacy open hours 7am-10pm
- Asda, Ferring 01903 540100 pharmacy open hours 7am-11pm
- Lloyds Pharmacy 01903 782092
- Kamsons Pharmacy 01903 783965
- Tesco Pharmacy 01903 311035

VET:

- Petcare Veterinary 01903 782387 (next door to Sainsburys)
- Fitzalan House Veterinary 01903 782652

BUTCHER & DELI:

- The Butcher and Deli 01903 785247 High Street Rustington
- East Preston Butcher 01903 366616 Free delivery with £50 min spend
- Burtenshaw 01903 785247 Rustington

FLORIST:

- Buds n Blooms 01903 850143 7 Sea Road, East Preston

GENERAL STORES AND OFF LICENCE:

- One Stop 01903 856374 137-141 North Lane, East Preston

DOG GROOMING:

- Canine Design Dog Grooming (Sarah) 01903 778771

ANGMERING ON SEA BEACH HOUSES - THINGS TO DO AND USEFUL NUMBERS

SPORT

AIR:

Virtual Aerospace Simulator & Flight Experiences 01604 211336
www.virtual-aerospace.com – Shoreham Airport

BOAT HIRE:

- Littlehampton Marina 01903 713553

CLAY PIGEON SHOOTING:

- West Sussex CPSA Premier Shooting Ground, Findon, Nr Worthing 01903 877555
Set in 1200 acres of the beautiful South Downs just north of Worthing on the A24. Host to numerous county and national championships

CYCLING:

- All the roads are flat and link into the different estates – it is ideal biking and very safe for children. Bikes are not provided and are not permitted on the Greensward.
- Ditchling Beacon & Steyning Bostal – two of the UKs steepest hill climbs
- Cycle Hire – Coastal Cycles – www.coastalcycles.co.uk 01903 730089
- Cycle Hire – Blazing Saddles, 50 The St, Rustington 01903 772294

GLIDING:

- Southdown Gliding Club, Parham Airfield, Cootham. 01903 742137

GO KARTING:

- Brighton and Worth (near Turners Hill) 0870 626 0798

GOLF:

- Rustington Golf Centre, Golfers Lane, Rustington 01903 850790
- Ham Manor Golf Club, West Drive, Angmering 01903 783288
- Worthing Golf Club – two 18-hole Links courses 01903 260801
- Littlehampton Golf Club, Links course 01903 717170
- Goodwood Golf Club, Downland course 01243 755144
- West Sussex Golf Club, Pulborough, Heathfield course 01798 872426
- Horsted Place, Little Horsted, Uckfield, East Sussex 01825 750581
(home to the East Sussex National Golf Club)

GREYHOUND RACING:

- Brighton & Hove Greyhound Stadium, Nevill Road, Hove, E Sussex 01273 204601

HORSE RACING:

- Goodwood - see www.goodwood.com for fixture details 01243 755022
Seasonal events eg. Glorious Goodwood and evening fixtures
- Fontwell - see www.fontwellpark.co.uk/racing/fixtures 01243 543335
- Brighton - see www.brighton-racecourse.co.uk for fixture details 01273 603580

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HORSE RIDING

- Arundel Riding Centre, Park Place, Arundel 01903 882061
- Hangleton Farm Equestrian Centre, Hangleton Lane, Ferring 01903 240352

GO APE:

- Adventure activities – treetop rope course, Crawley 0845 094 9327

JET SKIING:

- Mike 01903 249642

KITE SURFING/WIND SURFING, PADDLEBOARDING

- Baker Academy (www.bakeracademy.co.uk) 07595 8359878

MUSEUMS:

- Tangmere Military Aviation Museum 01243 790090
Home to impressive display of historic aircraft and unique collection of aviation memorabilia stretching from WW1 to the Cold War

POLO:

- Cowdray Park, Easebourne, Midhurst 01730 812423

POINT TO POINT RACES:

- Crawley & Horsham:
- Chiddingfold, Leconfield & Cowdray:
- Parham, Storrington: March and April

QUAD BIKING AND OTHER EXTREME SPORTS:

- Located on the Sussex/Surrey border 0845 094 3398

SHOWJUMPING:

- Hickstead - (several events throughout the summer) 01273 834315

SWIMMING POOLS - Indoor

- Inspire Leisure, Sea Road, Littlehampton 01903 725451
- Virgin Active, Golfers Lane, Angmering 01903 859777
- David Lloyd Centre, Romany Road, Worthing 01903 266263
- Triangle, Burgess Hill – large pool with slides 01444 876000
- Splashpoint Leisure, Brighton Road, Worthing 01903 231797

SWIMMING POOLS - Outdoor

- Arundel Lido. Open 25th May-8th September 01903 884772
25m pool with splash/paddling pool.

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SAILING:

- Bosham Sailing Club 01243 572341
 - Arun Yacht Club, Littlehampton 01903 716016
 - AYAC, Littlehampton (behind Inspire Leisure Centre) 01903 714753
 - Sussex Yacht Club, Shoreham-by-Sea 01273 464868
 - Chichester Yacht Club 01243 512918
 - Worthing Sailing Club 01903 249956
- Most of these, if not all, run courses for beginners

TENNIS:

- Angmering-on-Sea Lawn Tennis Club, Homelands Avenue, East Preston 01903 770173
- David Lloyd Centre, Romany Road, Worthing 01903 266263
- West Worthing Tennis Club, Titnore Way, West Worthing 01903 247270
- Howard Lawn Tennis club, St Flores Road Littlehampton 01903 718725

WATER SPORTS:

- Littlehampton Marina – speed power boat hire with driver
20 minutes for approx. £80.
Followed by fish and chips in the Boat House Café 01903 297656
- Harbour Park Littlehampton – rides & attractions
www.harbourpark.com/rides-and-attractions 01903 721200
- Sussex Watersports, based in Goring by Sea 01903 249642
- Hove Lagoon, Kingsway, Hove. 01273 424842
Yachting, power boating, Zap cats and other lagoon water sports
- Mewsbrook Park, Littlehampton. Boating lake with pedalos, kayaks,
miniature railway, childrens quiz trail and café.
- Swanbourne Lake, Arundel. Relaxing row boats curving through beautiful
surroundings of Arundel Park. The Lodge does very good cream teas. 01903 884293
- Outdoor Lido, Arundel 01903 884772
- Sailing at Itchenor, near Chichester 01243 512400
- Shoreham Coastal Rowing – Kingston Beach
- Chichester Lake – watersports 01243 776439
- Worthing Beach – wakeboards, waterskiing and knee boards 01903 200703
- Arundel Kayak River Trips 01272 273510
- Goring by Sea Stand up Paddle boarding 07843 120801
- Kite Surfing Worthing Beach 01273 410580
- Kite Surfing / Experience Days – Jamie Hawkins 07818 451305

CASINO:

- Fortunes Fun Casino Company – www.funcasinosussex.co.uk

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WALKING IN WEST SUSSEX:

- The South Downs Way stretches from Eastbourne to Winchester. Shoreham by Sea heading North.
- Kingley Vale, Chichester – spectacular 3.5 miles of walking – take a Picnic/drink while enjoying the view at the top
- Chanctonbury and Cissbury Rings, Findon
- Beach walking. You can walk all the way along the beach to Littlehampton, Climping, Worthing, & Rustington – see map in house.
- West Wittering, south of Chichester, has fabulous sandy beaches with dunes
- Highdown Hill, near Ferring. A superb example of a hill fort with extensive ramparts
- Legendary Devil's Dyke, South Downs Way (just north of Brighton). This walk will take you along the crest of the Downs passing ancient burial sites
- 700 acre Petworth Park
- Centurion Way – Chichester to West Dean
- Bignor Hill
- Salterns Way – Chichester to the sea

Annual Events

There are also numerous annual events on our door step such as **The Goodwood Festival of Speed** , **Glorious Goodwood** and the **Goodwood Revival** ; **Cowes week** on the Isle of Wight; The Gold cup at **Cowdray Park & Shoreham Air Show** to name but a few.

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HEALTH AND BEAUTY

**PLEASE NOTE THAT ALL TREATMENTS/ACTIVITIES SHOULD TAKE PLACE IN THE HOUSES
AND NOT OUTSIDE ON THE DECKS**

ACUPUNCTURIST:

- Physioactive, East Preston Clinic, Sea Road, East Preston 01903 787300
- Sally Kenward 01903 872748

BEAUTICIANS:

- Emily Belbin (nails, massage, tint, waxing, facials) in house 07968 204781
- Lucie Purdy 07800 648970
- Beauty First 01903 245030
- Make Believe Beauty Treatments & Pamper Parties (Mel) 07811 322427
- Serenity Beauty (Mobile) – Ellen 07815 747584
- The Bowen Natural Therapy Clinic (Kim) 07979 492851
- Sassy Chic Permanent Makeup (Natalie) 07761 457334
- Something for the Weekend Beauty Salon (Tanya) 01903 784040

CHIROPRACTORS:

- The Worthing Chiropractic Clinic, 25 Shakespeare Road, Worthing 01903 210536
- Cleverley and Olsen, Parkview Clinic, 35 Chesswood Road, Worthing 01903 230066
- Richmond Chiropractic Clinic, 62 Richmond Road, Worthing 01903 210175

GYMS:

- Virgin Active Club, Golfers Lane, Angmering 01903 859777
25m swimming pool and invigorating spa.
- David Lloyd Centre, Worthing 01903 266263
- Inspire Leisure, Littlehampton 01903 725451

HAIR SALONS:

- Shortcuts Barbers & Hair Dresser, 142 Sea Road, East Preston 01903 785111
- Steph, Home Visits 07890 180843
- Briony Pickard, Home Visits – briony.pickard@hotmail.co.uk 07795 488428
- Ciceros, 1 Sea Road, East Preston 01903 859194
- Waves, 31 Sea Road, East Preston 01903 850420
- The Cutting Crew, Rustington 01903 786677

MANICURES/PEDICURES:

- Emily Belbin – elbelbin@yahoo.co.uk – mobile service 07968 204781
- Fabulous Fingers and Faces – Nicola Kenny mobile service 07765 952587

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MASSAGE:

- Relaxing Massage - Laura Billups, Sole-to-Soul 07739 395521
- Ian (will come to the house) 07762 268411
- Sports Massage and active isolated stretching - Simone Craddock 01903 774961
- Massage therapy/relaxation/health/sport – Toni James 01903 771504 / 07761 142665
- Holistic & Indian Head Massage - Becki, Physio active & Home visits 01903 787300
- CS Sports Massage & Soft Tissue Therapy (Claire) 07866 460099
- Christine – organic massage – will come to the houses 07941 142352

OSTEOPATHS:

- Deborah Stackwood, 25 Torton Hill Road, Arundel 01903 883757 / 07801 978414
- Broadwater Osteopathic Practice, 2 Sompting Road, Worthing 01903 820206
- Dr Theodore Peters, 100 Fitzalan Avenue, Arundel 01903 883032

PERSONAL RUNNING INSTRUCTORS:

- The Gingerbread Man – Lee 07948 415982
- Simone Craddock, 1 The Crescent, Rustington 01903 774961
- Personal trainer, Dan Forster, East Preston 07570 703948

PHYSIOTHERAPISTS:

- Physioactive, East Preston Clinic, Sea Road, East Preston 01903 787300
- Sarah Jeremy, Virgin Active, Angmering 01903 774333
- Falkland Physiotherapy & Sports Injury Practice, 51 Falkland Avenue, Littlehampton 01903 715739

PILATES:

- Deborah Stackwood, 25 Torton Hill Road, Arundel 01903 883757
- One to one instruction in Arundel. 07801 978414

SPAS:

- Bailiffscourt, Climping www.hshotels.co.uk/bailiffs/bailiffscourt 01903 723511
Beautiful Spa, a true sanctuary (more adult than children).
Need to book in advance, a pampering day out.
- The Spread Eagle Hotel and Health Spa, South Street, Midhurst 01730 816911
- Chichester Park Hotel, Madgwick Lane, Westhampnett 01243 817400
www.chichesterparkhotel.com/pamper
- Goodwood Health Club – 01243 520114
Luxury treatments and pamper days

SPRAY TANS:

- Spray Tan (10% discount for 2 or more people) Home visits 01903 776727
- Mobile Spray Tanning - Steph 07525 636946
- Escape Beauty, Durrington 01903 830333
- Lucie Purdy 07800 648970

YOGA:

- Private yoga instructor. Home Visits. Jane Stirzaker-Evans 07905 113415

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BOTOX, FILLERS AND FACIAL PLASTIC SURGERY CONSULTATIONS:

- Mr Simon Watts FRCS -ORL; AAFPRS, East Preston Clinic, Sea Road
East Preston, www.simon-watts.co.uk email: swatts@doctors.org.uk
Ms Debbie Wakeling (secretary)

01243 855169

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ARTS

FERRIS WHEEL:

- Worthing Observation Wheel – Marine Parade Worthing 01903 221366

CINEMAS:

- Chichester Cineworld multiscreen cinema 0871 220 8000
Chichester Gate, Chichester PO19 8EL
- Worthing Dome, Marine Parade 01903 823112
- Worthing Connaught cinema/theatre, Union Place 01903 206206
- Littlehampton Windmill Entertainment, Coastguard Road 01903 722224
- Brighton Odeon multiscreen cinema 0871 2244007
Kingswest, West Street, Brighton
- Brighton Cineworld multiscreen cinema 0871 2002000
Brighton Marina Village

THEATRES:

- Chichester Festival Theatre 01243 784 437
Oaklands Park, Chichester
- Worthing Pavilion Theatre, Marine Parade, Worthing 01903 221141
- Worthing Connaught Theatre, Union Place 01903 206206
- Brighton Theatre Royal, New Road 08700 606650
- Brighton Dome 01273 709709
29 New Road, Brighton
- Ropetackle Arts Centre, Shoreham by sea 01273 464440
The Adur Business Centre, Little High Street, Shoreham

ARUNDEL FESTIVAL:

- Open-air concerts held in the grounds below Arundel Castle:
Arundel hosts many various events during the year to see
Whats on visit www.arundel.org.uk/whatson

GLYNDEBOURNE OPERA HOUSE

- In the world of opera, Glyndebourne is truly unique and is 01273 812321
recognised globally as one of great opera houses. Although
remaining quintessentially English it attracts artists and
audiences from all around the world
See website for details



ANGMERING ON SEA BEACH HOUSES - THINGS TO DO AND USEFUL NUMBERS

FOOD & WINE FOOD SUPPLIERS, SHOPS & SUPERMARKETS

FARMERS MARKETS:

- Arundel: 3rd Saturday every month
- Shoreham: 2nd Saturday every month, 9am-1pm.
2 times winners of the prestigious Best Farmers Market in Sussex
www.adur-worthing.gov.uk/markets
- Chichester: 1st and 3rd Friday every month
- Lewes: 1st Saturday every month
- Worthing: General Market every Wednesday

FARM SHOP:

- Roundstone Farm shop and Garden Centre 01903 783817

BUTCHER:

- The Butcher and Deli, The Street, Rustington 01903 785247
- East Preston Butcher 01903 366616
- Peckhams, Findon Butcher 01903 873202

FRESH FISH:

- Aglaia, Riverside Industrial Estate, Littlehampton 01903 715544
- Gilbert & Bashford, Seafood platter delivered to your door 01903 232854

DRINK:

- Hennings – Goring-by-Sea 01903 700224
- Wiston Wines (local – in the Sussex Downs, award winning) 01903 877845

SUPERMARKETS:

- **ASDA** - Ferring, on the A259 towards Worthing. Has a pharmacy.
- **Sainsburys** - Rustington, on the A259 towards Littlehampton 01903 850476
Has a pharmacy.
- **Morrisons** – Littlehampton, follow directions to Sainsburys above
carry on along the A259 towards Littlehampton
- **Tesco** – Durrington, New Road, West Durrington 0845 026 9574
- **Waitrose** – Rustington (7.30am-8pm) 01903 778772

All do on-line deliveries to the beach houses

The nearest food shops are 5-minute walk in East Preston – convenience stores – perfect for your newspaper and milk top up; other shops a 2-minute drive: pharmacy, florist, gift shops, off licence.

ANGMERING ON SEA BEACH HOUSES - THINGS TO DO AND USEFUL NUMBERS

PUBS / RESTAURANTS / CAFES

We have a fabulous choice of pubs in the vicinity and whether your preference is by the sea, on the riverbanks or nestled in heart of the South Downs there is something for all tastes. Here are just a few of our recommendations; **RED = WALKING DISTANCE**

CLOSE TO HOME

- **Grub & Gumption - brunch or light snack –in the village** **01903 782244**
Order delicious bread in advance to pick up next day
- The Lamb, Angmering High Street (5-minute drive) **01903 774300**
Gastropub in the heart of Angmering Village
- **Seahorse Café in the village** **01903 773359**
- **Bluebird Café – 20 min walk along the beach** **01903 503033**
- **The Clockhouse, East Preston.** **01903 788367**
Thurs-Sat nights 5pm-10pm – need to book
- Pitch, Worthing – Masterchef winner Kenny Tutt’s Restaurant – 16 Warwick Street **01903 952460**
- CrabShack – Marine Parade, Worthing - seafood **01903 215070**
- Andalucia – Spanish Tapas bar in 60 Ferring Street **01903 502605**
- Worlds End pub, Arundel Road, Patching **01903 871346**
Traditional good pub food welcomes families
- **Seaview Pub, East Preston** **01903 773988**
Good pub food at reasonable prices
- Swallows Return, Littlehampton Road, Goring-by-Sea **01903 506346**
Good family pub restaurant in a beautiful barn setting
- The Gun Inn, Findon **01903 873206**
Horse racing themed pub serving good pub food
- The Tudor Close, Ferring **01903 243155**
Situated in the next village east, includes the Gallery & Conservatory restaurants which can be booked for private groups

FURTHER AFIELD

- The George, Burpham. **01903 883131**
AA Rosette country pub / restaurant near Arundel
- The George & Dragon, Houghton **01798 831559**
One of the oldest pubs in Sussex with Stunning views over the Arun
- The Richmond Arms, West Ashling **01243 519444**
(run by the chef who used to work for the Spice Girls’ Manager)
- The White Horse, Chilgrove **01243 519444**
- The George at Eartham **01243 814340**
- The Victoria Arms, West Marden, Chichester **023 9263 1330**
- The Partridge, Singleton **01243 811251**

ANGMERING ON SEA BEACH HOUSES - THINGS TO DO AND USEFUL NUMBERS

- The Black Rabbit, Arundel 01903 882828
Dine on the banks of the River Arun with views of Arundel Castle
- The Frankland Arms, Washington 01903 892220
- The Bridge Inn, Amberley 01798 831619
Traditional English country pub, good selection of real ale & good wines
- The Black Horse, Findon Village 01903 872301
Traditional alpine décor and roaring fires. Has a traditional skittle alley
- Fox Goes Free Pub, Charlton near Goodwood 01243 811461
Beautiful 400-year-old country pub serving exceptional pub food
- Royal Oak Pub, East Lavant, near Goodwood 01243 527434
Very good country gastro pub serving food sourced from local produce
- Star & Garter, East Dean near Chichester 01243 811318
Fabulous food & wine located in this charming Downland village

RESTAURANTS

FINE DINING

- The Tapestry Restaurant, Bailiffscourt Hotel, Climping 01903 723511
Beautiful classic manor house set in 30 acres of parkland governed by a family of peacocks.
Bailiffscourt also has a first-class spa, a great pampering place to go.
- The Millstream Hotel, Bosham 01243 573234
- The Kennels, Goodwood 01243 755132
Fine dining located in the heart of the Goodwood estate.
(not really suitable for children)
- Farmer Butcher Chef, Goodwood Park Hotel 01243 755070
- Amberley Castle, Amberley near Arundel 01798 831 992
This fabulous castle boasts two stunning dining rooms, the Queen's Room dating back to the 12th century and the Great Room, both serving spectacular cuisine
- Arundel House, Fine dining in Arundel 01903 882136
A Charming 19th century townhouse in the heart of Arundel. A perfect Sanctuary for those looking for something a little more 'special'.
- Sylvan Oak, The Square, Findon village 01903 873385
Award Winning 'West Sussex Restaurant of the Year'.
French cuisine with European, Middle Eastern and Asian influences.
- Camellia Restaurant, South Lodge Hotel, Lower Beeding 01403 891711
The food is "magnificent" and the setting very "Gosford Park" in this 2 AA Rosette elegant country house restaurant
- The Set, 33 Regency Square Brighton 01243 855572
- 47 Mussel Row, Littlehampton (seafood restaurant) 01903 715966
- The Salt Room, Brighton 01273 929488

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- The Coal Shed, Brighton 01273 322998
- Hotel du Vin Bistro, Brighton 01273 855221
- Riddle & Finns, Brighton – seafood 01273 721667
- The Highdown Hotel – excellent cuisine 01903 924670

LOCAL RESTAURANTS (see above too)

- The Lamb, The Square, Angmering. 01903 774300
Highly recommended
- **Bluebird Café** – open daily and available to hire in the evenings
for private dinner or party 01903 503033
- The Lemongrass, The Street Rustington 01903 787004
Thai restaurant boasting a certificate of excellence
- Angmering Manor Hotel, Restaurant & Bar, High Street, Angmering 01903 859849
A la carte menu and an award-winning chef.
- The Rustington Manor Hotel & Restaurant, Broadmark Lane, Rustington 01903 788782
Excellent choice of good food in the stylish Lodwick restaurant
- The Fish Factory, East Street, Littlehampton 01903 715000
Certificate of Excellence award winning Seafood restaurant.
also at 51-53 Brighton Road, Worthing 01903 207123
- Pitch – Kenny Hutt – former Masterchef winner – Worthing 01903 952460
- **The Reema, 130 Sea Road, East Preston 01903 783398**
Very good local Indian Restaurant. Walking distance
- Mussel Row, Littlehampton 01903 715966
A little English seaside gem nestling by the mouth of the River Arun

FURTHER AFIELD

- Food Restaurant, 6 New Street Worthing 01903 227780
Art Deco surroundings, delicious food with jazz in the background.
- The Coal Shed, 8 Boyce's Street, Brighton 01903 322998
Serves best grilled meat and fish on the South Coast
- The Richmond Arms, Goodwood Hotel 01243 775537
- The Bay Tree, Tarrant Street, Arundel 01903 883679
Contemporary European menu in a 16th century town house
- Tajdar, Bangladeshi & Indian Cuisine, The Square, Findon 01903 872225
- The Village House, The Square, Findon 01903 873350
Good basic food
- The Imperial Chinese Restaurant, Wordsworth Road, Worthing 01903 820208
Excellent Chinese menu just off Worthing seafront
- The River Kwai, 16 Ambrose Place, Worthing 01903 21511
Very Good Thai food
- The Ardington Hotel. 30 Steyne Gardens, Worthing 01903 230451
Traditional English and Mediterranean food off Worthing seafront
- China Palace, 67 High Street, Arundel 01903 883702
Stylish Chinese restaurant, open until midnight
- Pappardelle, High Street, Arundel 01903 882024
Intimate, family-run Italian serving good basic dishes

ANGMERING ON SEA BEACH HOUSES - THINGS TO DO AND USEFUL NUMBERS

- India Gate, Arundel - smart Indian restaurant, open until 11pm 01903 882140
- Town House, High Street, Arundel 01903 883847
Relatively fine dining overlooking Arundel Castle
- Hotel du Vin, Ship Street, Brighton 01273 718588
French styled Bistro in the heart of Brighton. Elegant yet informal

CAFES

- Grub & Gumption 01903 782244
- The Blue Bird Café, The Strand, Ferring 01903 503033
Seaside café in **walking distance** along the beach
Open from 8 - 5.30 & great for breakfast
- East Beach Café, The Promenade, Sea Road, Littlehampton 01903 731903
10 min. drive or 45 min. **walking distance** along the beach.
Very popular definitely book
- West Beach Café, Rope Walk, Littlehampton 01903 718153
More informal than the East Beach Café. Good for snacks
- Sea Horse Café, 110 Sea Road, East Preston 01903 773359
In the village, 2 min. walking distance. Very good food
- The Boat House, Littlehampton Marina Café 01903 297656
- Highdown Tea Rooms (**DOG FRIENDLY**) 01903 246984
Popcorn, Doggie Ice Creams etc

For your convenience, we have also provided take away menus and cards from other local restaurants, patisseries & other food outlets on the notice board in the kitchen.

ANGMERING ON SEA BEACH HOUSES - THINGS TO DO AND USEFUL NUMBERS

GARDENS & HISTORIC HOUSES

- **West Dean Gardens** 01243 811301
Situated six miles north of Chichester. Grade II listed 35 acre historic garden in tranquil downland setting. Edwardian period piece and extensive ornamental grounds with a fabulous kitchen garden. . Open March-December
- **Arundel Castle** 01903 882173
Ancient castle, stately home & gardens. Visit the Duke of Norfolk's Award-winning garden adjacent to the organic potager. Open Apr-Oct
- **Nymans** 01444 405250
Handcross, near Haywards Heath. One of the great gardens of the Sussex weald, with rare and beautiful plants, shrubs and trees from all over the world.
- **Wakehurst Place** 01444 894000
300 Near Ardingly. Acres of walled and water gardens, woodland and wetland conservation areas, plus the Millennium Seed Bank
- **Sheffield Park** 01825 790231
Uckfield. A magnificent 120 acre landscaped garden with 4 lakes.
- **Borde Hill Gardens** 01444 450326
Near Haywards Heath. Set within 20 acres of parkland garden. Planting ranges from the formality of the Italian garden to the lush and subtropical drama of the Round Dell –
- **Highdown Garden** 01903 501054
Local stunning gardens on downland countryside overlooking the sea with a footpath leading to Millers Tomb, a nearby Iron Age fort.
- **Denmans** 01243 542808
near Fontwell on the A27. Compact yet beautiful & open all year round
- **Parham House and Garden** 01903 742021
Storrington. Stately Home & magnificent gardens. Open April-September

GARDEN CENTRES

- Roundstone, Littlehampton Road, Ferring on the A259 01903 783817
- Squires Garden Centre, A24 North or Washington 01903 892408
Great activities for children of activities for children
- Haskins on the A259 01903 776481
The largest in the area

ANGMERING ON SEA BEACH HOUSES - THINGS TO DO AND USEFUL NUMBERS

WALKS

If you are keen walkers, we suggest you get an Ordnance Survey Map as there are many guides to walking in Sussex, walking on the South Downs and of course walking the South Downs Way.

- Immediately behind the north side of the A259 is Highdown Hill which affords panoramic views to the Isle of Wight and Brighton and beyond. Possible to walk from the beach houses. Quite a long walk, or you can drive to Angmering village and walk from there.
- Near Worthing is Chanctonbury Ring – two ancient hill forts linked, again with stunning views to Brighton/Chichester looking south and to the north you have panoramic views of Sussex & Surrey – a 20-minute drive.
- The South Downs Way has many points to start and finish and is very near – above Goodwood, Arundel & Chichester probably has the most interesting walks and views and the best range of pubs for refreshment – a 30-minute drive.
- Cissbury Ring, National Trust – a 20-minute drive

ANGMERING ON SEA BEACH HOUSES - THINGS TO DO AND USEFUL NUMBERS

LOCAL VILLAGES, TOWNS & CITIES

ANGMERING

Angmering Village is approximately a 5-minute drive north of East Preston. It has a small selection of shops including a mini-supermarket, & newsagent. It has 2 good pubs serving excellent traditional food, The Spotted Cow pub (01903 783919) and The Lamb (on our recommended list). Both pub restaurants are very popular so booking a table is advised. Angmering is home to Ham Manor Golf Club, an 18-hole parkland course, and although predominately a private members club, it does welcome day visitors (01903 783288).

RUSTINGTON

Rustington is approximately 3 miles west and adjoins East Preston. It has a packed high street with a wide range of shops and services, most essentials can be found here. There are also numerous cafés including a costa coffee, a good thai restaurant, Lemon Grass, an Italian restaurant, La Cucina, two Indian restaurants and a very good Chinese restaurant, Dragon. Most of the high street banks can be found here and all have cash point machines.

FERRING

Ferring is approximately 3 miles east of East Preston. It has a small selection of shops but the most notable 'treasures' are the Blue Bird café, the Tudor Close pub & restaurant (both on our recommended list) and The Andalucia tapas restaurant (01903 502605) which has a fabulous small courtyard for dining with an authentic feel of Spain. The bluebird café is a seaside café right on the beach (see photo), and a lovely walk of approximately 15 minutes from the Beach Houses. It is open from 8am - 5.30pm and is great for cooked breakfasts and fish & chips.

FINDON

Findon is approximately a 10-minute drive north of East Preston and is nestled in the heart of the South Downs. The small village has links to the horse racing community and many of its local eateries display this theme. Findon has a good number of excellent pubs & restaurants and is home to the award winning Sylvan Oak restaurant. Findon is also a great location for walking as part of the south down way can be accessed from here and notably there is fabulous walk to Chanctonbury Ring which is some 700 feet above sea level and has fantastic views across the surrounding countryside.

LITTLEHAMPTON

Littlehampton is approximately 10 minutes by car to the West of East Preston and is also a lovely walk along the beach. It has a good supply of high street shops, banks and supermarkets including Waitrose and Morrisons. As a seaside town it has a generous supply of locally caught fish cafés, restaurants and kiosks and the Fish Factory Restaurant is on our recommended list. The East Beach Café is definitely worth a visit. This highly awarded restaurant, well renowned for its fabulous food and its unusually unique architecture, sits right on the beach and offers stunning views all year round.

Littlehampton's **Harbour Amusement Park** is one of the most popular family attractions in the area. Owned by the Billy Smart family, it offers great favourites such as water chutes & fairground rides, adventure golf, panning for gold, dodgems, caterpillar ride, roller coasters etc.

ANGMERING ON SEA BEACH HOUSES - THINGS TO DO AND USEFUL NUMBERS

Littlehampton is a popular area for kite surfing with designated areas for surfers. Tuition is available for kite surfing and Junior sailing classes.

The River Arun flows into the English Channel at Littlehampton and has some great places to visit along its stretch, including **The Lifeboat Station**, home to the first Blue Peter lifeboat, where you can look over the boats and equipment. **The Belle Sussex River Cruises** offer passenger sailings between Littlehampton and the historic town of Arundel (01273 930030)

ARUNDEL

Arundel is simply the 'jewel in the crown' of the immediate area and lies approximately 15 minutes by car to the north west of East Preston. From its perfectly preserved and functioning 11th century Castle (**Arundel Castle** 01903 883136), stately home of the 18th Duke & Duchess of Norfolk, to its wonderful selection of unique and interesting shops including fabulous antique and bric a brac outlets, its wide and various choice of restaurants including fine dining and to its many entertainment facilities such as rowing on Swanbourne lake, horse riding, cricket (Arundel Castle Cricket Ground 01903 882462), fishing (Chalk Spring Trout Fishery 01903 883742) and swimming in the outdoor lido, Arundel truly has something for everyone's taste.

Arundel is also home to the **Wildfowl and Wetlands Trust Conservation Centre** (01903 883355), where there are over 60 acres of ponds, lakes and reed beds. It's a great place for children and adults alike to see, feed and learn about wetland birds.

You will be spoilt for choice with Restaurants and café's in Arundel and our favorites can be found on the recommended list. One addition is the Black Rabbit Pub at the end of Mill Lane which has the enviable location of being right on the banks of the River Arun with the views of the majestic Arundel Castle in the background. Perfect for those warm summer evenings.

WORTHING

Worthing is approximately 10-15 minutes to the east of East Preston and is the largest local seaside town. It has all the usual high street shops including M&S, Debenhams, H&M, TK Maxx, Top Shop, Monsoon, Boots, Next, Boots, etc. to name but a few. All the high street Banks and Building Societies can be found in Worthing.

Worthing has 2 cinemas, **The Dome Cinema** – one of the oldest working cinemas in England and the **Connaught Cinema**. It also has 2 theatres, the Connaught and Pavilion, which host good stage performances all year round and pantomime from December through January. It has a small **Museum and Art Gallery** displaying collections of art, costume, toys, archaeology and local history exhibits (01903 221448). There is also Ten Pin Bowling (01903 236383)

Splashpoint is Worthing's brand new leisure Centre, and apart from the fabulous new swimming pool which hosts pool parties, swimming & diving lessons and school holiday fun programs, it also has a well-equipped fitness and gym, sauna, steam room and heat beds. Beauty treatments and fitness classes are available and there is also a café onsite (01903 231797).

Worthing has huge selection of restaurants serving cuisine from all around the globe, our favorites can be found on our recommended list. It is also a great place for fish & chips on the beach with its five miles of palm lined promenade looking out onto Worthing's splendid art deco pier and fabulous views out to sea.

BRIGHTON & HOVE

The City of Brighton & Hove is approximately 30-40 minutes by car to the east of East Preston and also has good train access from Angmering station. Brighton, fondly nicknamed 'Little London' is a vibrant, diverse and upbeat seaside City.

ANGMERING ON SEA BEACH HOUSES - THINGS TO DO AND USEFUL NUMBERS

Brighton has a fabulously unique shopping experience where you can wander round the **17th Century Brighton Lanes** which host a vast array of individual and quirky shops & upmarket jewelry & designer clothe stores. For high street shopping visit Churchill Square Mall which has over 80 shops housed under a huge glass-domed roof (01273 327428).

One of Brighton's most famous landmarks is the **Pavilion**, the former seaside residence of King George VI. Originally a simple farmhouse, it was later transformed into its current breathtaking Indian style Regency Palace by John Nash between 1815 and 1822 (01273 290900).

The latest edition to Brightons attractions is **the Brighton Wheel** (a similar, if slightly smaller, experience to the London Eye). Set right on the promenade it offers stunning, panoramic views of the City's landmarks, coastline, pier and out to sea (for bookings 01273 722822). Twilight experience also available.

From its Sealife Centre (01273 604234), Amusement Pier, shopping & dining at the Marina, fabulous night life, museums, Multiplex cinemas, casinos, bowling alleys, theatres, Events, Festivals, top performing bands at the Brighton Centre and every type of Restaurant you could wish for, there is simply always something to find going on in Brighton & Hove - day or night.

PETWORTH

Petworth is a beautiful village approximately 45 minutes by car north west of East Preston. It has a great selection of 'one off' shops and boutiques and is well known for its fabulous antique shops. The village of Petworth is dominated by **Petworth House**, a magnificent stately home set in a stunning 700 acre deer park which is open daily from 8 am to dusk for a great walk. The house is open between April and October. Petworth House is home to the National Trust's finest art collection.

There are some good Pubs & Restaurants both in Petworth and the surrounding areas and we have included some additions to our recommended list; Badgers (01798 342651) country pub with good food in Coultershaw Bridge, Elsted Inn (01730 813662), country pub with good food in Elsted, Halfway Bridge (01798 861281), very good country gastro pub in Halfway Bridge & Soanes Restaurant (01798 343659).

CHICHESTER

Chichester is a cathedral city, the only city in West Sussex, and has a long history as a settlement dating back to times. It is the seat of a , with a 12th-century cathedral at its very heart, and is home to some of the oldest churches and buildings in Great Britain.

Chichester is a center for culture in the region, with a (Chichester Festival Theatre, 01243 784437), and two art galleries (Pallant House Gallery, 9 North Pallant houses one of the most impressive collections of art in the country in a Queen Anne townhouse.

Chichester Cathedral, The Royal Chantry, is in the heart of the city and has been a centre of community life for 900 years, it is well worth a visit. **Chichester Harbour** offers river tours to the English Channel on a traditional passenger boat. The **South Downs Planetarium and Science Centre** has a magnificent star projector and allows visitors to explore the universe by traveling to worlds beyond our own. Chichester is great for shopping and hosts a good mixture of designer stores, unique 'one off' boutiques and high street shops. There is a multiplex cinema and bowling alley. It also has a fabulous choice of restaurants and we include some additions to our recommended list; Dining room at Purchases (01243 537352) English, in the Michelin Guide, India Gate (01243 787748) Smartish Indian open until 11.30pm, Jasmine (01243 532221) Smartish Chinese open late, Trents Wine bar (01243 773714) good food, Woodies (01243 779895) wine bar with good food.

ANGMERING ON SEA BEACH HOUSES - THINGS TO DO AND USEFUL NUMBERS

On the outskirts of Chichester is the **Goodwood Estate**, home to seasonal events including the Revival and the Festival of Speed also The magnificent Edwardian era Goodwood House, Goodwood race course, hotel and Golf & country club (01243 755048).

The **Weald & Downland open air museum** also lies on the outskirts of Chichester in the village of Singleton. It is one of the country's leading museums of historic buildings and rural life (01243 811363), home to over 45 original buildings which have been rescued from destruction and rebuilt in a beautiful 50 acre parkland setting. A great day out.

ANGMERING ON SEA BEACH HOUSES - THINGS TO DO AND USEFUL NUMBERS

ACTIVITIES FOR CHILDREN

- **Out of Bounds, Rustington:**
Ten pin bowling, chip and climb arena, soft play structure for juniors and toddlers, Laser Tag, Pizza Oven and Coastal Coffee in store (recommend booking). 18 hole crazy golf with waterfalls 01903 788588
- **Amazon Adventure,** Worthing Leisure Centre 01903 502237
Indoor soft play created to provide a challenging adventure experience for toddlers and children in a safe, supervised environment with giant ball pool and snake slide
- **Fun Junction / P.L.A.Y** 01903 231117
Worthing's biggest indoor adventure playground, with over 3000 sq feet of play equipment.
- **Littlehampton Harbour Park** 01903 721200
Fairground rides, water chutes, amusement archade, great family day out
- **The Flying Fortress,** Ford, near Littlehampton 01903 733550
Soft play on a grand scale, in the shape of an old bi-plane. Bouncy castle, colouring and painting sessions, interactive story telling sessions.
- **Fishers Farm Park,** Wisborough Green 01403 700063
Winner of the Farm Attraction of the Year (2004). All weather, all inclusive great family day out. A unique mixture of farmyard and dynamic adventure.
- **Drusillas Park,** Alfriston 01323 874100
Voted No. 1 attraction for Sussex for days out with the children. Just off the A27. The best small zoo in the country with hundreds of exotic animals.
- **Brighton Sea Life Centre** 01273 604234
- **Bluebell Railway,** Sheffield Park, near Haywards Heath 01825 720825
100% steam hauled passenger trains. Special Santa events
- **South Downs Planetarium and Science Centre,** Chichester 01243 774400
One of the largest planetariums in the country
- **Southwater Country Park,** near Horsham 01403 734424
Offers a selection of recreational activities including canoeing, sailing, kayaking, raft building and windsurfing
- **Shoots Garden Centre,** A24 North or Washington 01903 892006
Great seasonal activities for children
- **Amberley Museum,** Amberley, Near Arundel 01798 831370
Exciting, working museum on 36-acre site, featuring craftsmen at work, vintage bus rides, narrow-gauge railway, electricity hall, nature trails, and many other fascinating displays.
- **Fishbourne Roman Palace,** Fishbourne, Chichester, 01243 785859
Remains of the largest known Roman domestic residence in Britain
- **Butlins,** Bognor Regis 0845 070 4734
Splash Waterworld full of rides and slides, Skyline Pavilion with live show

Activities to book to come into the houses:

- Tom's Talking Reptiles 07715 348378
- Professor Twist Balloons 07813 138788

ANGMERING ON SEA BEACH HOUSES - THINGS TO DO AND USEFUL NUMBERS

PLACES OF WORSHIP

- Arundel Cathedral, Parsons Hill, Arundel 01903 882297
- Findon Valley Free Church (non-denomination), 1-11 Lime Tree Avenue, Findon Valley, Worthing 01903 873790
01903 873790
- Catholic Church of Our Lady Star of the Sea, Vermont Drive, East Preston, 01903 785091
- St Mary's, C of E, Vicarage Lane, East Preston 01903 783318
services are at 10am every Sunday and there is a Sunday Club for Children

CAR BOOT SALES:

- Roundstone Farm every Sunday
- Chichester – every Sunday from 11.30 – 4 pm
- Ford Airfield, Arundel – every Thursday and Saturday from 7.30am
- Brighton Railway Station Car Boot Sale – Sundays from 7 am
- Mega Car Boot Sale, Brighton (Poynings A281 Henfield), Sundays March – September from 9.30am
- Fontwell Racecourse – Sundays from 7am
- Hove Town Hall – 1st Sunday of every month
- Shoreham – flyover junction A283/A27 Sundays Spring-Autumn from 7.30am