

# LET'S GO with the CHILDREN

## Sussex

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*KEY: Prices given are for a family of four (2 adults, 2 children)*

Let's GO  
with the  
Children | Mini  
Book



## ANIMALS & NATURE

### **ALFRISTON** Drusillas Park

**a:** just off A27, BN26 5QS **t:** 01323 874100 **w:** [www.drusillas.co.uk](http://www.drusillas.co.uk)

A fun family day out with lots of animals in a child-friendly environment, as well as Go Wild and Go Bananas play areas, Be a Keeper for the Day and Thomas Day everyday! Please visit the website for full pricing details. Open daily, 10am-6pm, (5pm, winter). **Pay as you go**

### **ARDINGLY** Wakehurst Place

**a:** on the B2028, RH17 6TN **t:** 01444 894066 **w:** [www.kew.org](http://www.kew.org)

Beautiful walled and water gardens and woodlands. Children will love the pond lake and wetland areas with resident wildfowl. Open daily, Mar-Oct, 10am-6pm; Nov-Feb, 10am-4.30pm. **Cost is up to £20**

### **ARUNDEL** Arundel Park

**a:** Mill Road, BN18 9PA

Explore this peaceful place on the Sussex Downland, home to many species of waterfowl. Hire rowing boats in summer on Swanbourne Lake. **Free entrance**

### **ARUNDEL WWT** Arundel Wetland Centre

**a:** Mill Road, BN18 9PB **t:** 01903 883355 **w:** [www.wwt.org.uk/arundel](http://www.wwt.org.uk/arundel)

This is a 65-acre reserve in an idyllic setting, nestled at the base of the South Downs National Park. Gliding through the reed beds in silent electric boats is a great opportunity to glimpse a rare water vole or see vividly-coloured kingfishers. Another prized resident is the nene, the goose saved from extinction by WWT founder Sir Peter Scott and still one of the world's rarest water-birds. Springtime fills the valley with wildflowers and warbler songs; summer brings exciting pond-dipping discoveries; as winter starts, Bewick's swans return and water rails emerge. Families enjoy the year-round attractions like the pond skaters adventure, a tree creeper play area and daily hand-feeding of the many birds. Visit the website for a full listing of all the exciting, seasonal events. Open daily, 9.30am-5pm. **Cost is up to £30**

### **BEXHILL-ON-SEA** Broad Oak Park

**a:** Broad Oak Lane, TN39 4HE **t:** 01424 787532 **w:** [www.rother.gov.uk](http://www.rother.gov.uk)

Ideal for walks, this park has a trim trail and the adjacent recreation ground includes play area, tennis courts and football pitches. **Free entrance**

### **BEXHILL-ON-SEA** Egerton Park

**a:** Egerton Road, TN39 3HJ **t:** 01424 787532 **w:** [www.rother.gov.uk](http://www.rother.gov.uk)

Near Bexhill town centre, find an outdoor adventure playground here, tennis courts, boating lake and outdoor bowls. **Free entrance**

### **BIRDHAM** Earnley Butterflies and Gardens

**a:** 133 Almodington Lane, Earnley, PO20 7JR **t:** 01243 512637 **w:** [www.earnleybutterfliesandgardens.co.uk](http://www.earnleybutterfliesandgardens.co.uk)

See exotic birds and butterflies, themed gardens, a nostalgia museum, also crazy golf. Visit Noah's Ark Animal and Reptile Rescue Centre. Open daily, 21 March-Oct, 10am-6pm. (Noah's Ark open all year.) **Cost is up to £30**

### **BRIGHTON** Preston Park

**a:** Preston Road, BN1 6SD **t:** 01273 293080 **w:** [www.brighton-hove.gov.uk](http://www.brighton-hove.gov.uk)

This 63-acre park has wall, rock and rose gardens, a playground with play equipment, tennis courts and cycle velodrome. **Free entrance**

### **BRIGHTON** Sea Life Centre

**a:** Marine Parade, BN2 1TB **t:** 01273 604234 **w:** [www.sealifeeurope.com](http://www.sealifeeurope.com)

A great family day out, with over 150 species to see and 57 displays. There is an underwater tunnel and a tropical reef. Look out for the Haunted Aquarium in October! Reduced ticket prices if booked on the Internet. Open daily, 10am-5pm. **Cost is up to £50**



### **BURGESS HILL** Bedelands Farm Nature Reserve

**a:** via Maple Drive Car Park, RH15 8AW

See a variety of wildlife in this area of ancient meadows, woodland, hedgerows and ponds using the marked, circular walks. Events programme. **Free entrance**

### **CHICHESTER** Chichester Harbour Conservancy

**a:** Itchnor, PO20 7AW **t:** 01243 512301 **w:** [www.conservancy.co.uk](http://www.conservancy.co.uk)

An Area of Outstanding Natural Beauty famous for its birds. Explore tidal creeks and inlets, spot wildfowl and waders on the salt marshes. There are lots of family events on offer. Check out the website for times of events. **Free entrance**

### **CHICHESTER** West Dean Gardens

**a:** West Dean, PO18 0RX **t:** 01243 818210 **w:** [www.westdean.org.uk](http://www.westdean.org.uk)

A circular parkland walk and 49-acre arboretum. Gardens include a Victorian kitchen garden with 13 glasshouses. Visitor centre and events programme. Open daily, Mar-Oct, 10.30am-5pm; Nov-Feb, 4pm. Arboretum closed Tues and Sat. **Cost is up to £20**

### **CRAWLEY** Buchan Country Park

**a:** Horsham Road, RH11 9HQ **t:** 01293 542088

Consisting of wood and heathland with a lake and network of paths, there are picnic areas, guided walks and family events. Countryside Centre open Sun & Bank Hols, 2-5pm or as staffing permits. **Free entrance**

### **CRAWLEY** Tilgate Park and Nature Centre

**a:** Titmus Drive, Tilgate, RH10 5PQ **t:** 01293 521168 **w:** [www.crawley.gov.uk](http://www.crawley.gov.uk)

Good for a family day out, there is lots here for the kids to do and see. This Green Flag award park has lakes, way-marked walks, picnic areas, playground, maze, walled gardens and nature centre. Centre open end Mar-late Oct, 10am-6pm; end Oct-late Mar, 10am-4pm. **Free entrance**

### **CRAWLEY** Worth Way

**a:** Three Bridges, RH10

Following the disused railway line, this 7-mile route to East Grinstead via Crawley Down is excellent for walking, cycling or riding. **Free entrance**

### **DITCHLING** Stoneywish Nature Reserve

**a:** Spatham Lane, BN6 8XH **t:** 01273 843498 **w:** [www.stoneywish.co.uk](http://www.stoneywish.co.uk)

50-acre nature reserve offering walks, the chance to see birds, free-range farm animals, play/picnic area and Shaker-style herb garden. Open daily, Mar-Oct, 10am-last admission, 4pm. **Cost is up to £20**

### **EAST DEAN** Seven Sisters Sheep Centre

**a:** Gilberts Drive, BN20 0AA **t:** 01323 423302 **w:** [www.sheepcentre.co.uk](http://www.sheepcentre.co.uk)

See different breeds of sheep with demonstrations on lambing; shearing, milking and bottle feeding lambs. Phone about mobile farm unit, Terry's Ark. Open early Mar-early Sept, (restricted opening in May and Jun), Mon-Fri, 2-5pm, Sat-Sun, Bank Hols and school hols, 11am-5pm. **Cost is up to £20**

### **EAST GRINSTEAD** East Court

**a:** College Lane, RH19 3LX

Situated in the heart of the town, with lovely views and walks, a large play area and playing fields. **Free entrance**

### **EAST GRINSTEAD** Mount Noddy Recreation Ground

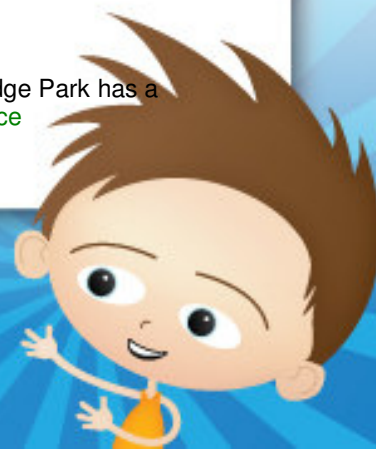
**a:** St John's Road, RH19 3LG **t:** 01444 477439 **w:** [www.midsussex.gov.uk](http://www.midsussex.gov.uk)

Floodlit tennis courts, children's play area, bowling green and attractive gardens. **Free entrance**

### **EASTBOURNE** Manor Gardens and Gildredge Park

**a:** High Street, BN21 1HE **t:** 01323 415 465

Manor Gardens boast herbaceous borders and sunken paths. While adjacent, Gildredge Park has a grassy sports area and play area. Open Mon-Fri, 7.30am; Sat-Sun, 8am. **Free entrance**



### **EASTBOURNE South Downs Way**

**a:** between Winchester and Eastbourne, BN20 7SX **t:** 01243 558716 **w:** [www.nationaltrail.co.uk/southdowns](http://www.nationaltrail.co.uk/southdowns)  
A 160km bridleway for walkers, cyclists and horseriders, along the chalk escarpment and ridges of the South Downs from Winchester to Eastbourne. Free leaflets for family walks and cycle trails are available via the website. **Free entrance**

### **FIRLE Middle Farm**

**a:** on the A27, BN8 6LJ **t:** 01323 811411 **w:** [www.middlefarm.com](http://www.middlefarm.com)  
Watch the milking of Jersey cows at this working farm. Daily timed events in the school hols, a hay play barn and nature trail. Open daily, 9.30am-5.30pm. **Cost is up to £20**

### **FOREST ROW Ashdown Forest**

**a:** Wych Cross, RH18 5JP **t:** 01342 823583 **w:** [www.ashdownforest.org](http://www.ashdownforest.org)  
Known as the home of 'Winnie the Pooh', explore Ashdown Forest's acres of heath and woodland with its footpaths and viewpoints. Information Centre open Apr-Sept, Mon-Fri, 2-5pm, Sat-Sun, 11am-5pm; Oct-Mar, Sat-Sun, 11am-dusk. **Free entrance**

### **FOREST ROW Forest Way Country Park**

**a:** RH18 5JP  
Part of the High Weald Area of Outstanding Natural Beauty. A ten-mile track runs to Groombridge and there are four circular walks. **Free entrance**

### **FOREST ROW Ashdown Forest Llama Park**

**a:** Wych Cross, RH18 5JN **t:** 01825 712040 **w:** [www.llamapark.co.uk](http://www.llamapark.co.uk)  
See over 100 llamas and alpacas in this lovely large park, with a farm trail, adventure play area, a museum and picnic areas. It is also possible to take a Llama for a walk, for an additional fee which includes admission to the park. Open daily, 10am-5pm, with seasonal variations. **Cost is up to £30**

### **HADLOW DOWN Wilderness Wood**

**a:** on the A272, near Uckfield, TN22 4HJ **t:** 01825 830509 **w:** [www.wildernesswood.co.uk](http://www.wildernesswood.co.uk)  
Visit a working woodland park, with woodland trail and adventure play area. Special events throughout the year and children's holiday activities. Open daily, 10am-5.30pm or dusk if earlier. **Cost is up to £10**

### **HALLAND Bentley Wildfowl & Motor Museum**

**a:** off B2192, near Lewes, BN8 5AF **t:** 01825 840573 **w:** [www.bentley.org.uk](http://www.bentley.org.uk)  
Don't miss over 1,000 swans, geese and ducks, gardens divided into a series of 'rooms', motor museum, miniature railway and adventure playground. Open daily, 16 Mar-Oct, 10.30am-5.30pm; Nov-Mar, Sat-Sun & school hols, 10.30am-4pm. House open daily, Apr-Oct, 12noon-5pm. **Cost is up to £30**

### **HANDCROSS High Beeches Gardens**

**a:** High Beeches Lane, RH17 6HQ **t:** 01444 400589 **w:** [www.highbeeches.com](http://www.highbeeches.com)  
A beautiful, landscaped, 27-acre woodland garden with Tree Trail and home to a natural acid wildflower meadow. Special events in summer. Open 21 Mar-Oct, Thurs-Tues, 1-5pm. **Cost is up to £20**

### **HANDCROSS Nymans**

**a:** near Haywards Heath, RH17 6EB **t:** 01444 405250 **w:** [www.nationaltrust.org.uk](http://www.nationaltrust.org.uk)  
Beautiful gardens with rare plants and woodland walks. The house, mainly a ruin, has several rooms open to visitors. Events programme. Open Feb-Oct, Wed-Sun and Bank Hol Mons, 10am-5pm, (Nov-Jan, 4pm), House open 11 Mar-1 Nov, 11am-4pm. **Cost is up to £30**

### **HARTFIELD Pooh Trail**

**a:** off the B2026, TN7  
Visit the forest playground of Christopher Robin and Winnie the Pooh and explore The Hundred Acre Wood - Ashdown Forest. **Free entrance**



### **HASLEMERE Black Down Hill**

**w:** [www.nationaltrust.org.uk](http://www.nationaltrust.org.uk)

Visit the highest point in Sussex with stunning views and explore the many paths through the mixed wood and heathland. **Free entrance**

### **HASTINGS Hastings Country Park**

**a:** via Fairlight Road, TN35 4AD **t:** 01424 813225 **w:** [www.wildhastings.org.uk](http://www.wildhastings.org.uk)

Over 600 acres of beautiful coastal scenery and a rich variety of wildlife in different habitats. A nature reserve of international importance. Open access to the park. Visitor Centre staffed by volunteers (01424 812140). Phone for opening times. **Free entrance**

### **HASTINGS Blue Reef Aquarium**

**a:** Rock-a-Nore Road, TN34 3DW **t:** 01424 718776 **w:** [www.blureefaquarium.co.uk](http://www.blureefaquarium.co.uk)

Seahorses, sharks, giant crabs, stingrays and hundreds of other aquatic creatures to view. Talks and feeding displays throughout the day. Open daily, 10am-5pm. **Cost is up to £30**

### **HAYWARDS HEATH Borde Hill Garden, Park and Playground**

**a:** Balcombe Road, RH16 1XP **t:** 01444 450326 **w:** [www.bordehill.co.uk](http://www.bordehill.co.uk)

Set within 150 acres, this garden has a series of 'living garden rooms' to discover. Adventure playground and special children's events. Open daily, 20 Mar-13 Sept, 24 Oct-1 Nov, 10am-6pm (or dusk). **Cost is up to £30**

### **HENFIELD Woods Mill Nature Reserve**

**a:** Shoreham Road, BN5 9SD **t:** 01273 492630 **w:** [www.sussexwt.org.uk](http://www.sussexwt.org.uk)

HQ of the Sussex Wildlife Trust, spot nightingales, woodpeckers, dragonflies and other species on nature trails through woodland and wetland. Family events. Centre open Mon-Fri, 9am-5pm. Reserve - open access. **Free entrance**

### **HORSHAM Horsham Park**

**a:** North Street, RH12 1RL **t:** 01403 215285

An extensive play area, tennis and basketball courts, skate park, maze, scented garden and pond-side walk. Free children's entertainment in summer hols. **Free entrance**

### **HORSHAM Leechpool and Owlbeech Woods**

**a:** Harwood Road, RH13

There are self-guided trails and a surfaced path throughout the combined 85 acres of ancient woodland, conifers and heathland. Open access. **Free entrance**

### **HORSHAM Southwater Country Park**

**a:** Cripplegate Lane, Southwater, RH13 7UN **t:** 01403 731218 **w:** [www.horshamdistrictcountryside.org](http://www.horshamdistrictcountryside.org)

Family-friendly country park with level-surfaced paths. Adventure-style play area, orienteering course, watersports tuition and a wildlife area, 'The Quarry'. Park open daily, from dawn to dusk, Visitor Centre and café open Sat-Sun and usually daily in school hols, limited opening in winter. **Free entrance**

### **HORSHAM Warnham Nature Reserve & Visitor Centre**

**a:** Warnham Road, on the B2237, RH12 2RA **t:** 01403 256890 **w:** [www.horshamdistrictcountryside.org](http://www.horshamdistrictcountryside.org)

This tranquil 92-acre site includes a millpond nature trail, extensive boardwalks through reedbeds and woodlands, birdhides and bird-feeding station. Events and activities. Open daily, 10am-6pm. **Cost is up to £10**

### **HORSHAM Huxley's Birds of Prey Centre & Garden**

**a:** Hillier Garden Centre, Brighton Road, RH13 6QA **t:** 01403 273458 **w:** [www.flyingfalcons.co.uk](http://www.flyingfalcons.co.uk)

Birds of prey can be viewed at close quarters in large aviaries, typical of their natural habitat. Regular flying displays. Open Apr-Oct, Wed-Sun and Bank Hols, 11am-5pm (also open Mon during summer hols); Nov-Mar, Sun, 11am-4.30pm. **Cost is up to £20**



### **HORSHAM** Holmbush Farm World

**a:** *Crawley Road, RH12 4SE t: 01293 851110 w: [www.holmbushfarm.co.uk](http://www.holmbushfarm.co.uk)*

A mix of animals, rheas and ferrets, also traditional farm animals. Bale maze, indoor and outdoor play areas. School hol events. Open daily, 12 Feb-1 Nov, 10am-5.30pm. **Cost is up to £30**

### **HURSTPIERPOINT** Washbrooks Farm

**a:** *Brighton Road, BN6 9EF t: 01273 832201 w: [www.washbrooksfamilyfarm.co.uk](http://www.washbrooksfamilyfarm.co.uk)*

A family farm where you can meet all your favourite farm animals. Play in the extensive indoor and outdoor play areas and enjoy great food in the tearoom. Tractor and trailer rides are available. Open daily, 9.30am-5pm. **Cost is up to £20**

### **LAMBERHURST** Bewl Water

**a:** *TN3 8JH t: 01892 890661 w: [www.bewl.co.uk](http://www.bewl.co.uk)*

Walk or ride the 'Round Reservoir Route', cruise aboard The Swallow or enjoy the watersports and playground. Special events throughout the year. Reservoir open daily, 9am-dusk, (some facilities closed Nov-Apr, so phone for availability, charges and times). **Pay as you go**

### **LANCING** Coombes Farm Experience

**a:** *Church Farm, BN15 0RS t: 01273 452028 w: [www.coombes.co.uk](http://www.coombes.co.uk)*

Learn about this working farm as it offers enjoyable and educational tours by tractor and trailer across the South Downs. Open 14 Mar-Oct. Lambing yard open to visitors 14 Mar-19 Apr. Check website for details of other events. **Cost is up to £20**

### **LEWES** Spring Barn Farm Park

**a:** *Kingston Road, BN7 3ND t: 01273 488450 w: [www.springbarnfarmpark.co.uk](http://www.springbarnfarmpark.co.uk)*

Set in the spectacular South Downs National Park, this is a perfect family day out. There are jumping pillows, indoor and outdoor play areas, tractor and trailer rides and lots of animals to meet. Look out for a giant maize maze from mid-July. There is something for everyone all year round. Open daily, 9.30am-5.30pm, 5.00pm in winter. **Cost is up to £30**

### **LOWER BEEDING** Leonardslee Lakes & Gardens

**a:** *RH13 6PP t: 01403 891212 w: [www.leonardsleegardens.com](http://www.leonardsleegardens.com)*

The gardens, lakes and woodland are home to deer, wildfowl and wallabies. Dolls' House exhibition in 1/12th scale, Victorian motorcar collection. Open daily, Apr-Oct, 9.30am-last admission 4.30pm. **Cost is up to £30**

### **NEWHAVEN** Paradise Park

**a:** *Avis Road, BN9 0DH t: 01273 512123 (24hr l w: [www.paradisepark.co.uk](http://www.paradisepark.co.uk)*

Take the kids to see gardens from all over the world, pop into the Museum of Life, or go on a Dinosaur Safari in the Dinosaur Park. There is also a fun trail, and adventure play area and crazy golf. The Maritime Museum is on site and can be visited on open days. Open daily, 9am-6pm. **Cost is up to £30**

### **PEVENSEY** 1066 Country Walk

**a:** *between Pevensey and Rye, BN24 t: w: [www.1066country.com](http://www.1066country.com)*

A 50km walk through wonderful countryside, ancient towns and villages, between Pevensey and Battle via Rye. Head southwards to Bexhill-on-Sea and Hastings. **Free entrance**

### **POLEGATE TO HEATHFIELD** Cuckoo Trail

**a:** *BN26 t: 01273 481637*

Running along the route of a former railway, there is an 11-mile all-weather path for walkers and cyclists and horseriders. **Free entrance**

### **POYNINGS** Devil's Dyke

**a:** *BN1 8YJ t: 01273 857712 w: [www.nationaltrust.org.uk](http://www.nationaltrust.org.uk)*

A natural, chalkland dry valley, with dramatic views north towards the Weald and south over the sea. Great for kite flying. Events. **Free entrance**



### **PULBOROUGH** Pulborough Brooks Nature Reserve

**a:** Wiggonholt, RH20 2EL **t:** 01798 875851 **w:** [www.rspb.org.uk](http://www.rspb.org.uk)

Watch birds and wildlife and explore the 2-mile circular trail. Adventure play area with wooden sculptures and regular programme of events. Visitor Centre open daily, 9.30am-5pm, Reserve open daily, dawn to dusk. **Cost is up to £10**

### **RINGMER** The Raystede Centre for Animal Welfare

**a:** The Broyle, BN8 5AJ **t:** 01825 840252 **w:** [www.raystede.org](http://www.raystede.org)

Domestic pets, birds and exotic animals are cared for and there is also a wildlife sanctuary. Parking charge and entry by donation. Open daily, 10am-4pm. **Cost is up to £10**

### **ROBERTSBRIDGE** Sedlescombe Organic Vineyard

**a:** Cripp's Corner, TN32 5SA **t:** 01580 830715 **w:** [www.englishorganicwine.co.uk](http://www.englishorganicwine.co.uk)

Follow the nature trail through vineyards and woodland using the guide and numbered points. Children can taste and learn about organic fruit juices. Open daily, Easter-Dec, 10am-6pm; Jan-Easter, Sat-Sun only, 12noon-dusk. **Cost is up to £10**

### **RYE** Rye Harbour Nature Reserve

**a:** Rye Harbour, TN31 7TU **t:** 01797 227784 **w:** [www.wildrye.info](http://www.wildrye.info)

Get out into nature with the family to this amazing reserve with a host of birds, vertebrates, invertebrates and plants. There are three circular walks, or the Camber Castle Walk, bird-watching hides, a small un-manned Information Centre and regular family events. Open daylight hours. **Free entrance**

### **RYE** Town Salts

**a:** Fishmarket Road, TN31 7HN **t:** 01424 787532 **w:** [www.rother.gov.uk](http://www.rother.gov.uk)

Find public bowling greens, putting green, skate park and children's playground. The Salts also plays host to fairs, festivals and local events. **Free entrance**

### **SEAFORD** Seven Sisters Country Park

**a:** Exceat, BN25 4AD **t:** 01323 870280 **w:** [www.sevensisters.org.uk](http://www.sevensisters.org.uk)

Covering 700 acres and part of the white cliffs, it provides a habitat for a wide variety of natural life. There are opportunities for walking, cycling, birdwatching and canoeing. Look out for fascinating shipwrecks and historical pill boxes. There is an easy access trail and a visitor centre. Visitor Centre open daily, Easter-Oct, 10.30am-4.30pm; Nov-Mar, Sat-Sun, 11am-4pm. **Free entrance**

### **SIDLESHAM** Pagham Harbour Local Nature Reserve & Visitor Centre

**a:** Selsey Road, PO20 7NE **t:** 01243 641508 **w:** [www.westsussex.gov.uk](http://www.westsussex.gov.uk)

An SSSI, this is a natural harbour, a peaceful haven for plants, insects and especially birds. Nature trails and events programme. Centre open daily, 10am-4pm (volunteer dependent). Open access to Reserve. **Free entrance**

### **UCKFIELD** Sheffield Park Garden

**a:** Sheffield Park, TN22 3QX **t:** 01825 790231 **w:** [www.nationaltrust.org.uk/southeast](http://www.nationaltrust.org.uk/southeast)

Explore the acres of landscaped garden, look for the reflections in the lakes and see the gushing waterfalls laid out by Capability Brown. Stomp through the carpet of crimson and gold leaves in autumn or take in the glorious azaleas and rhododendron in late spring. For opening times and prices check out the website. **Cost is up to £30**

### **UCKFIELD** Heaven Farm

**a:** Furners Green, TN22 3RG **t:** 01825 790226 **w:** [www.heavenfarm.co.uk](http://www.heavenfarm.co.uk)

A Victorian farm with woodland and waterside nature trail. See poultry, a bird aviary, wallabies, oast house and small farming museum. Open daily, Mar-Oct, 10am-5pm, (museum, 11am-5pm). **Pay as you go**

### **WHITESMITH** Blackberry Farm

**a:** on the A22, near Lewes, BN8 6JD **t:** 01825 872912 **w:** [www.blackberry-farm.co.uk](http://www.blackberry-farm.co.uk)

Explore 18-acres of farmyard fun and meet over 180 animals and wildfowl. Enjoy tractor rides, pony rides and hands-on animal encounters. Have fun in the extensive outdoor play area and indoor adventure play barn -



there is always plenty to do, rain or shine. Food is served all day and gifts and souvenirs can be found in the gift shop. Open daily, 9am-6pm in summer, 10am-4pm in winter. [Cost is up to £30](#)

#### **WISBOROUGH GREEN Fishers Farm Park**

**a:** Newpound Lane, RH14 0EG **t:** 01403 700063 **w:** [www.fishersfarmpark.co.uk](http://www.fishersfarmpark.co.uk)

A combination of farmyard and adventure play - meet animals in the farm theatre, go for pony, tractor and combine harvester rides. Open daily, 10am-5pm. [Cost is up to £50](#)

#### **WORTHING Highdown Gardens**

**a:** Littlehampton Road, BN12 6PG **w:** [www.highdowngardens.co.uk](http://www.highdowngardens.co.uk)

Green Flag awarded gardens linked by small paths and fun to explore with views to the South Downs and the sea. Open daily, Apr-Sept, 10am-6pm; Oct-Nov, Feb-Mar, Mon-Fri, 10am-4.30pm; Dec-Jan, Mon-Fri, 10am-4pm. [Free entrance](#)

## **HISTORY, ART & SCIENCE**

#### **ALFRISTON Alfriston Clergy House**

**a:** The Tye, BN26 5TL **t:** 01323 870001

This 14th century thatched Wealden 'hall house' has a chalk and sour milk floor. Children's quiz, trail and special events during school hols. Open 28 Feb-20 Dec, Wed-Thurs, Sat-Mon, 10am-5pm, (winter, 11am-4pm). [Cost is up to £20](#)

#### **AMBERLEY Amberley Museum and Heritage Centre**

**a:** on the B2139 road, BN18 9LT **t:** 01798 831370 **w:** [www.amberleymuseum.co.uk](http://www.amberleymuseum.co.uk)

Set in a former quarry, observe different crafts, ride on a workman's train or vintage open-top bus and enjoy the nature trail. Open 14 Feb-1 Nov, Tues-Sun, 10am-5.30pm. [Cost is up to £30](#)

#### **ARUNDEL Arundel Castle**

**a:** BN18 9AB **t:** 01903 882173 **w:** [www.arundelcastle.org](http://www.arundelcastle.org)

Set high on a hill in West Sussex this great castle commands the landscape with magnificent views across the South Downs and the River Arun. Built at the end of the 11th Century it has been the home of the Dukes of Norfolk and their ancestors for nearly 1,000 years. Many of the original features such as the Crenellated Norman Keep, Gatehouse, Barbican and the lower part of the Bevis Tower survive. Between the 1870's and 1890's the house was almost completely rebuilt and the magnificent architecture in Gothic style is considered to be one of the great works of Victorian England. With finely preserved interiors, fascinating furniture, tapestries, rare art collections by renowned artists and beautiful well-stocked gardens – Arundel Castle provides the perfect day out. The latest attraction, The Earls Garden, was opened by HRH The Prince of Wales. Open 1st April-31st Oct, Tues-Sun and Bank Hols and Mons in Aug. Please visit the website for opening times. [Pay as you go](#)

#### **BATTLE Battle Abbey**

**a:** TN33 0AD **t:** 01424 775705

The gatehouse and parts of the original buildings remain. Discovery Centre for schools/families. Re-enactment of the Battle of Hastings, 10-11 Oct. Open daily, Apr-Sept, 10am-6pm, Oct-Mar, 10am-4pm. [Cost is up to £20](#)

#### **BATTLE Yesterday's World**

**a:** 89-90 High Street, TN33 0AQ **t:** 01424 777226 **w:** [www.yesterdaysworld.co.uk](http://www.yesterdaysworld.co.uk)

Learn about the Victorian era to the 1970s at this social history museum, enjoy the miniature play village and seasonal family events. Open daily, from 9.30am. [Cost is up to £20](#)

#### **BEXHILL-ON-SEA Bexhill Museum**

**a:** Egerton Road, TN39 3HL **t:** 01424 787950 **w:** [www.bexhill-museum.co.uk](http://www.bexhill-museum.co.uk)

Don't miss the motoring heritage and technology gallery with interactive displays, collection of mid 18th-century costumes and dinosaur fossils. Open May-Dec, Tues-Fri, 10am-5pm, Sat-Sun and Bank Hols, 11am-5pm. [Cost is up to £10](#)





### **BRIGHTON Brighton Fishing Museum**

**a:** 201 King's Road Arches, BN1 1NB **t:** 01273 723064

Set in the fishing quarter where fishermen still mend nets and sell fish, see videos, memorabilia and a traditional Sussex fishing boat. Open daily, 10am-5pm. [Free entrance](#)

### **BRIGHTON Brighton Museum & Art Gallery**

**a:** Royal Pavilion Gardens, BN1 1EE **t:** 01273 290900 **w:** [www.brighton.virtualmuseum.info](http://www.brighton.virtualmuseum.info)

A variety of exhibits and galleries, including a Hindu shrine in the World Art Gallery. New Ancient Egypt Galleries. Interactive displays throughout. Open Tues, 10am-7pm, Wed-Sat, Bank Hol Mons, 10am-5pm, Sun, 2-5pm. [Free entrance](#)

### **BRIGHTON Maritime Heritage Trail**

**w:** [www.maritimeheritagetrail.co.uk](http://www.maritimeheritagetrail.co.uk)

Walk or cycle the trail between Kent, the coastal areas of East Sussex, Brighton and Hove, and the Nord-Pas de Calais. For brochures of the trail and information on all the events, please visit the website. [Free entrance](#)

### **BRIGHTON The Booth Museum of Natural History**

**a:** 194 Dyke Road, BN1 5AA **t:** 01273 292777 **w:** [www.booth.virtualmuseum.info](http://www.booth.virtualmuseum.info)

Exhibits include birds, butterflies, skeletons, dinosaur bones, fossils and geology, with a variety of interactive displays in the hands-on gallery. Open Mon-Wed, Fri-Sat, 10am-5pm; Sun, 2-5pm. [Free entrance](#)

### **BRIGHTON Preston Manor**

**a:** Preston Drove, BN1 6SD **t:** 01273 292770 **w:** [www.virtualmuseum.info](http://www.virtualmuseum.info)

Explore beautifully furnished rooms above and below stairs in this Edwardian manor. Schools can go back in time with role-play. Open Apr-Sept, Tues-Sat, 10am-5pm, Sun, 2-5pm. [Cost is up to £20](#)

### **BRIGHTON The Brighton Toy and Model Museum**

**a:** 52-55 Trafalgar Street, BN1 4EB **t:** 01273 749494 **w:** [www.brightontoymuseum.co.uk](http://www.brightontoymuseum.co.uk)

Find this museum underneath the railway station, in the arches. Don't miss the priceless model train collection, puppets and a treasure trove of exhibits from yesteryear. Look out for the new exhibits and for the regular programme of family friendly events. Open Tues-Fri, 10am-5pm, Sat, 11am-5pm. [Cost is up to £20](#)

### **BRIGHTON The Royal Pavilion**

**a:** 4-5 Pavilion Buildings, BN1 1EE **t:** 01273 290900 **w:** [www.royalpavilion.org.uk](http://www.royalpavilion.org.uk)

Visit England's 'Taj Mahal', a mix of Asian style and English eccentricity and an interior adorned with gilded dragons and palm trees. A great family day out, with lots to see, such as the Great Kitchen, Military Hospital, Banqueting Room and much more. Open Apr-Sept, daily, 9.30am-5.45pm, Oct-Mar, 10am-5.15pm. [Cost is up to £30](#)

### **CHICHESTER Boxgrove Priory**

**a:** Boxgrove, PO18 0EE

See the guesthouse and other remains of a Benedictine priory built during the 12th century. Open daily, 7am-dusk. [Free entrance](#)

### **CHICHESTER Chichester Cathedral**

**a:** Cathedral Cloisters, PO19 1PX **t:** 01243 782595 **w:** [www.chichestercathedral.org.uk](http://www.chichestercathedral.org.uk)

Dating from Norman times, see outstanding architecture, stained glass, furniture and tapestries. Tours available or a roving guide can answer visitors' questions. Open daily, 7.15am-7pm, (winter, 6pm). Tours at 11.15am and 2.30pm. [Free entrance](#)

### **CHICHESTER Chichester District Museum**

**a:** 29 Little London, PO19 1PB **t:** 01243 784683

Although small you will find displays on local geology, social history, archaeology, and industry. Events are held throughout the year. Open Wed-Sat, 10am-5.30pm. [Free entrance](#)



### **CHICHESTER South Downs Planetarium and Science Centre**

**a:** Sir Patrick Moore Building, Kingsham Farm, Kingsham Road, PO19 8RP **t:** 01243 774400

**w:** [www.southdowns.org.uk](http://www.southdowns.org.uk)

Explore the Universe through presentations. 4,500 stars are projected onto the domed ceiling enabling you to view the night sky. See website for presentation times. **Cost is up to £20**

### **CHICHESTER Fishbourne Roman Palace**

**a:** Salthill Road, Fishbourne, PO19 3QR **t:** 01243 785859 **w:** [www.sussexpast.co.uk](http://www.sussexpast.co.uk)

Initially a military supply base established at the time of the Roman invasion, visitors can see many of the remains including twenty spectacular mosaic floors. The Roman garden has been replanted to its original plan and there is a Roman gardening museum. Please visit the website for full details of opening days and times. **Cost is up to £30**

### **DITCHLING Ditchling Museum**

**a:** Church Lane, BN6 8TB **t:** 01273 844744 **w:** [www.ditchling-museum.com](http://www.ditchling-museum.com)

Learn about the history of Ditchling and its community of 20th century artists and craftsmen. Workshops and Art Explorers Trail for children. Open mid Mar-mid Dec, Tues-Sat, Bank Hol Mons, 10.30am-5pm, Sun, 2-5pm. **Cost is up to £10**

### **EAST GRINSTEAD Hammerwood Park**

**a:** off A264, RH19 3QE **t:** 01342 850594 **w:** [www.hammerwoodpark.com](http://www.hammerwoodpark.com)

Built in Greek Revival style, providing an insight into Ancient Greece, the French Revolution and the Victorians. Children are actively involved in tours. Open Jun-Sept, Wed, Sat, Bank Hols, 2-5.30pm. **Cost is up to £20**

### **EAST GRINSTEAD Standen**

**a:** West Hoathly Road, RH19 4NE **t:** 01342 323029 **w:** [www.nationaltrust.org.uk](http://www.nationaltrust.org.uk)

This 1890s family home is a showpiece of the Arts & Crafts Movement, full of William Morris designs. Orchard, rhododendron and woodland walks. For opening dates and times, check out the website. **Cost is up to £20**

### **EASTBOURNE Eastbourne Lifeboat Museum**

**a:** RNLI Boathouse, King Edwards Parade, BN21 4BY **t:** 01323 730717

This museum displays models and pictures of the history of lifeboats in Eastbourne and has a souvenir shop. Open daily (volunteer dependent), Apr-Dec, 10am-5pm; Jan-Mar, Sat-Sun only. **Free entrance**

### **EASTBOURNE The Long Man of Wilmington**

**a:** Windover Hill, Wilmington, BN26 5SL **t:** 01273 487188 **w:** [www.sussexpast.co.uk](http://www.sussexpast.co.uk)

A Sussex Past property, the Long Man of Wilmington has been guardian of the South Downs for hundreds of years. Many Sussex people believe he is prehistoric or the work of an artistic monk from the nearby priory between the 11th and 15th centuries. **Free entrance**

### **EASTBOURNE Heritage Centre**

**a:** 2 Carlisle Road, BN21 4JJ **t:** 01323 411189 **w:** [www.eastbourneheritagecentre.co.uk](http://www.eastbourneheritagecentre.co.uk)

Enjoy looking at the history and development of Eastbourne which includes a video. Open daily, 11 Apr-4 Oct, 2-5pm. Groups by appointment all year. **Cost is up to £10**

### **EASTBOURNE How We Lived Then**

**a:** 20 Cornfield Terrace, BN21 4NS **t:** 01323 737143 **w:** [www.how-we-lived-then.co.uk](http://www.how-we-lived-then.co.uk)

A museum of shops and social history with Victorian-style shops. Find everything from sweets to musical instruments and toys. Open daily, 10am-5pm. **Cost is up to £20**

### **EASTBOURNE Military Museum of Sussex**

**a:** Redoubt Fortress, Royal Parade, BN22 7AQ **t:** 01323 410300 **w:** [www.eastbournemuseums.co.uk](http://www.eastbournemuseums.co.uk)

See uniforms, medals and documents from the Sussex Combined Services, Royal Sussex and Queen's Royal Irish Hussars Regiments in this circular fortress. Open 11 Apr-8 Nov, Tues-Sun, Bank Hol Mons, 10am-5pm. **Cost is up to £20**



### **ETCHINGHAM Bateman's**

**a:** Burwash, TN19 7DS **t:** 01435 882302 **w:** [www.nationaltrust.org.uk](http://www.nationaltrust.org.uk)

Once the home of Rudyard Kipling containing mementos and illustrations from his stories. See his Rolls Royce, the working watermill and gardens. For opening dates and times visit the website. [Cost is up to £20](#)

### **FIRLE Firle Place**

**a:** off the A27 Lewes to Eastbourne road, BN8 6LP **t:** 01273 858307 **w:** [www.firleplace.co.uk](http://www.firleplace.co.uk)

A beautiful house full of pictures and porcelain, in lovely grounds. Guided tours, more suitable for older children, free-flow on Sundays. Open Jun-Sept, Wed-Thurs, Sun, 2-4.15pm. Also Easter and Bank Hol Suns and Mons. [Cost is up to £20](#)

### **GOODWOOD Goodwood House**

**a:** PO18 0PX **t:** 01243 755040 **w:** [www.goodwood.co.uk](http://www.goodwood.co.uk)

This beautiful house on the Goodwood Estate has fine collections of paintings, furniture, porcelain and tapestry. Festival of Speed: 3-5 Jul. Open 22 Mar-12 Oct, most Sun-Mon, 1-5pm, (Sun-Thurs, Aug). Closes for special events, so please telephone before visiting. [Cost is up to £20](#)

### **HAILSHAM Michelham Priory**

**a:** Upper Dicker, BN27 3QS **t:** 01323 844224 **w:** [www.sussexpast.co.uk](http://www.sussexpast.co.uk)

This Sussex Past property has a medieval moat nearly a mile long and enclosed within it is part of a beautiful Augustinian priory incorporated into a Tudor mansion. Inside, there is a fascinating array of exhibits. Open Mar-Oct, Tues-Sun & Bank Hol Mons, (daily in Aug). Mar & Oct, 10.30am-4.30pm, Apr-Jul & Sept, 10.30am-5pm, Aug, 10.30am-5.30pm. [Cost is up to £20](#)

### **HAILSHAM Herstmonceux Castle**

**a:** BN27 1RN **t:** 01323 834444 **w:** [www.herstmonceux-castle.com](http://www.herstmonceux-castle.com)

Set in beautiful Elizabethan gardens and parkland, this wonderful moated castle has woodland trails, a play area, lily covered lakes and a 1930's folly. There is also the interesting hands-on Science Centre (separate entry fee). A whole day is required for visiting both the Castle and Science Centre and a joint ticket is available. Please visit the website for opening times of the castle (Apr-Oct) and the Science Centre (all year round). [Pay as you go](#)

### **HASSOCKS Clayton Windmills**

**a:** Mill Lane, Clayton, BN6 9PG **w:** [www.jillwindmill.org.uk](http://www.jillwindmill.org.uk)

This lovingly restored 19th-century corn windmill, Jill Mill, is open for tours. Jack Mill, nearby, is privately owned. Open May-Sept, most Suns and Bank Hol Mons, 2-5pm. [Free entrance](#)

### **HASTINGS Fisherman's Museum**

**a:** Rock-a-Nore Road, TN34 3DW **t:** 01424 461446

Explore this former fisherman's church built in 1854, with the lugger 'Enterprise', models, horse capstans, nets, ropes and other fishing memorabilia. Open daily, Apr-Oct, 10am-5pm; Nov-Mar, 11am-4pm. [Free entrance](#)

### **HASTINGS RNLi Lifeboat Station**

**a:** The Stade, TN34 3AR **t:** 01424 425502 **w:** [www.hastingslifeboat.org.uk](http://www.hastingslifeboat.org.uk)

Experience a conducted tour from the Visitor Centre. See the all-weather lifeboat, the inshore inflatable lifeboat and latest launching tractor. Open daily generally, 10am-4.30pm, (pre-bookings only); Jan-Feb, Sat-Sun only. [Free entrance](#)

### **HASTINGS The Shipwreck and Coastal Heritage Centre**

**a:** Rock-a-Nore Road, TN34 3DW **t:** 01424 437452 **w:** [www.shipwreck-heritage.org.uk](http://www.shipwreck-heritage.org.uk)

A fascinating museum documenting the maritime history of Hastings, with shipwrecks, shipping paraphernalia, stories, as well as an audio visual show presented in the theatre. Outside lies the Primrose, the last Rye Barge dating from the 1880's. Open daily, Easter-Oct, 10.00am-5pm; Nov-Mar, Sat-Sun, 11am-4pm. [Free entrance](#)



### **HASTINGS Hastings Castle and the '1066 Story'**

**a:** Castle Hill Road, TN34 3RD **t:** 01424 781112 **w:** [www.discoverhastings.co.uk](http://www.discoverhastings.co.uk)

Enjoy a family day out at Britain's first Norman castle and learn about life under siege. Although a ruin, parts of the walls and gatehouse remain, with mysterious dungeons. The '1066 Story' is told through an audiovisual show. Open daily, Easter-Oct, 10am-5pm, Oct-Nov, 10am-4pm. Closed Nov-Feb, weekend opening Feb-Easter. [Cost is up to £20](#)

### **HASTINGS Smugglers Adventure**

**a:** St Clements Caves, West Hill, TN34 3HY **t:** 01424 422964 **w:** [www.smugglersadventure.co.uk](http://www.smugglersadventure.co.uk)

Discover the exciting story of 18th century smugglers, bootleggers and warring gangs. Explore the underground passages with Hairy Jack! Open daily, Easter-Oct, 10am-5pm; Nov-Easter, 10am-4pm. [Cost is up to £30](#)

### **HERSTMONCEUX The Observatory Science Centre**

**a:** Jct Wartling and Halley Road, BN27 1RN **t:** 01323 832731 **w:** [www.the-observatory.org](http://www.the-observatory.org)

Hands-on science and discovery among the domes and telescopes of a world-famous astronomical observatory. All ages and abilities will find something to entertain and educate, from the wide range of fun hands-on exhibits indoors, giant-sized exhibits outdoors in the Discovery Park, tours of the historic telescopes, and the exhibition 'Domes of Discovery', as well as amazing interactive science shows! Science learning is not just for the young, but also for the young at heart – the aim to put the 'fun' back into 'science' for everyone! Set amid beautiful Sussex countryside, the Observatory Science Centre provides a unique environment and is an ideal venue for a 'Family Fun' day out. There is a café, a gift shop, picnic areas and ample free parking. Special events and activities are held throughout the year. Open daily, 10am-5pm, 6pm Apr-Sept. [Cost is up to £30](#)

### **HORSHAM Horsham Museum**

**a:** 9 The Causeway, RH12 1HE **t:** 01403 254959 **w:** [www.horshammuseum.org](http://www.horshammuseum.org)

Children will love the History of Childhood gallery, Cabinet of Curiosity, dinosaur and fossils collection. Creative workshops and activities in summer holidays. Open Mon-Sat, 10am-5pm. Closed Sun and Bank Hols. [Free entrance](#)

### **HOVE Hove Museum & Art Gallery**

**a:** 19 New Church Road, BN3 4AB **t:** 01273 290200 **w:** [www.hove.virtualmuseum.info](http://www.hove.virtualmuseum.info)

Galleries include the interactive Toy Gallery, a magical Wizard's Attic, with toys and games from around the world and the Film Gallery! Open Tues-Sat, 10am-5pm, Sun, 2-5pm. [Free entrance](#)

### **HOVE West Blatchington Windmill**

**a:** Holmes Avenue, BN3 7LA **t:** 01273 776017 **w:** [www.sussexmillsgroup.org.uk](http://www.sussexmillsgroup.org.uk)

Learn about this restored mill and history of milling. Scale models of Shipley Smock and Nutley Post Mills and education room. Open May-Sept, Sun and Bank Hols, 2.30-5pm. [Cost is up to £10](#)

### **LAMBERHURST Bayham Old Abbey**

**a:** off the B2169, TN3 8DE **t:** 01892 890381

Built from local sandstone, the ruins of this French abbey date back to 1208. Exhibition and picnic area. Open daily, 21 Mar-Sept, 11am-5pm. [Cost is up to £20](#)

### **LEWES Anne of Cleves House**

**a:** 52 Southover High St, BN7 1JA **t:** 01273 474610 **w:** [www.sussexpast.co.uk](http://www.sussexpast.co.uk)

This Sussex Past property is an historic house which formed part of Anne's divorce settlement from Henry VIII in 1541. The 15th century timber-framed Wealden hall-house contains wide-ranging collections of Sussex interest. Furnished rooms give an impression of life in the 17th and 18th centuries. Exhibits include artefacts from nearby Lewes Priory, Sussex pottery and Wealden ironwork. The house and museum provide a superb focus for Tudor and Victorian studies and in addition to school parties, the education department arranges a varied programme of holiday activities. March-October: Sunday-Monday 11-5 and Tuesday-Thursday 10-5. [Cost is up to £20](#)



### **LEWES Lewes Castle & Barbican House Museum**

**a:** 169 High Street, BN7 1YE **t:** 01273 486290 **w:** [www.sussexpast.co.uk](http://www.sussexpast.co.uk)

The distinctive octagonal towers of Lewes' imposing Norman Castle provide an invigorating climb rewarded by magnificent views of the county town. Across the road is Barbican House where fascinating displays follow the progress of Sussex people from their earliest beginnings. Open Tues-Sat, 10am-5.30pm, Mon, Sun & Bank Hols, 11am-5.30pm. Closed Mons in Jan. [Cost is up to £20](#)

### **LITTLEHAMPTON Littlehampton Museum**

**a:** Manor House, Church Street, BN17 5EW **t:** 01903 738100 **w:** [www.littlehampton-tc.gov.uk](http://www.littlehampton-tc.gov.uk)

Five permanent galleries, including 'The Littlehampton Story - BC to CD', the Maritime Gallery with over 200 ship models and the 'Lens Room'. [Free entrance](#)

### **LITTLEHAMPTON Look & Sea! Visitor Centre**

**a:** 63-65 Surrey Street, BN17 5AW **t:** 01903 718984 **w:** [www.lookandsea.co.uk](http://www.lookandsea.co.uk)

Learn about the seaside and harbour history of Littlehampton, touch fossils, play computer games and visit the Viewing Tower. Open daily, 9am-5pm. [Cost is up to £10](#)

### **MIDHURST Cowdray**

**a:** Cowdray Park, GU29 9AL **t:** 01730 810781 **w:** [www.cowdray.org.uk](http://www.cowdray.org.uk)

Cowdray was an early Tudor courtier's house enjoying royal visitors. Explore the kitchens and gatehouse. Visitor Centre and audio-tour guides. Open 18 Mar-1 Nov, Wed-Sun and Bank Hol Mons, 10.30am-5pm. [Cost is up to £20](#)

### **NEWHAVEN Newhaven Fort**

**a:** on the A259 coast road, BN9 9DS **t:** 01273 517622 **w:** [www.newhavenfort.org.uk](http://www.newhavenfort.org.uk)

At this coastal fortress, journey from Napoleon's time to World War II through a maze of exhibitions, underground tunnels and cliff-top ramparts. Open daily, Mar-Oct, 10.30am-6pm. [Cost is up to £20](#)

### **PETERSFIELD Uppark House and Garden**

**a:** South Harting, GU31 5QR **t:** 01730 825415 **w:** [www.nationaltrust.org.uk](http://www.nationaltrust.org.uk)

A fine 17th century house, high on the South Downs, containing an 18th century dolls' house. See website for holiday/special events. For opening dates and times, check out the website. [Cost is up to £20](#)

### **PETWORTH Petworth Cottage Museum**

**a:** 346 High Street, GU28 0AU **t:** 01798 342100 **w:** [www.petworthcottageuseum.co.uk](http://www.petworthcottageuseum.co.uk)

A delightful 17th century estate worker's cottage restored to how it might have been in 1910, with rooms and a cottage garden to view. A leaflet can be downloaded from the website. Open Apr-Oct, Tues-Sat, Bank Hols, 2-4.30pm. It is also open on Easter Sun, and Bank Hols. [Cost is up to £10](#)

### **PETWORTH Petworth House**

**a:** Church Street, GU28 0AE **t:** 01798 342207 **w:** [www.nationaltrust.org.uk](http://www.nationaltrust.org.uk)

If you are looking for a fun family day out this summer, then Petworth House has plenty to offer. This magnificent late 17th century house is set in a beautiful 700-acre park, which is ideal for relaxing, cycling, watching deer grazing on a hillside, or just running around to let off steam! Special summer events include Witches and Wizards Workshops on 25 July and 22 August, Petworth Pirates on 26 July, Young Explorer Day on 23 August and Family Bat Detectives on 27 August. There's an exciting programme of events and activities planned throughout the year, so why not make a day of it? It will be time well spent. Open daily, Mar-Nov, 11am-5pm. [Cost is up to £30](#)

### **PEVENSEY Pevensey Castle**

**a:** off the A259, BN24 5LE **t:** 01323 762604

One of Britain's oldest and most important strongholds, there are ruins to see and events staged. Audio tours available. Open daily, 21 Mar-Sept, 10am-6pm; Oct, 4pm; Nov-Mar, Sat-Sun, 10am-4pm. [Cost is up to £20](#)



### **POLEGATE Windmill and Milling Museum**

**a:** Park Croft, BN26 5LB **t:** 01323 734496 **w:** [www.sussexmillsgroup.org.uk](http://www.sussexmillsgroup.org.uk)

This tower mill, built in 1817, has been restored and the original machinery and other milling by-gones can still be seen. Open Easter-Oct, Sun, Bank Hols, 2-5pm. Also Weds in Aug when children's activities take place. (Group bookings all year, 01323 644727.) **Cost is up to £10**

### **PORTSLADE Foredown Tower Countryside Centre**

**a:** Foredown Road, BN41 2EW **t:** 01273 292092 **w:** [www.foredown.virtualmuseum.info](http://www.foredown.virtualmuseum.info)

A nature and astronomy centre with a camera obscura at the top. Regular demonstrations and events held during school hols. Open Mar-Oct, Sat-Sun, Bank Hol Mons, 10am-5pm, (Aug, Thurs-Sun). **Cost is up to £10**

### **PULBOROUGH Bignor Roman Villa**

**a:** Bignor, RH20 1PH **t:** 01798 869259 **w:** [www.bignorromanvilla.co.uk](http://www.bignorromanvilla.co.uk)

See sections of this large 4-acre Roman home and farm, with mosaics in their original location and under cover. Children's activities. Open 28 Feb-Oct: Feb-Apr, Tues-Sun & Bank Hols, 10am-5pm; daily, May-Jul, 10am-5pm; Aug-Sept, 9.30am-6pm; Oct, 9.30am-4.30pm. **Cost is up to £20**

### **PULBOROUGH Parham House and Gardens**

**a:** Storrington, RH20 4HS **t:** 01903 744888 **w:** [www.parhaminsussex.co.uk](http://www.parhaminsussex.co.uk)

An Elizabethan manor house with a collection of furniture, paintings and textiles. 4-acre walled garden with Wendy house, swings, maze and lake. Open 12 Apr-Sept, Wed-Thurs, Sun, Bank Hol Mons, (Aug, also Tues & Fri; Oct, Sun only). House, 2-5.30pm. Gardens, 12noon-5.30pm. **Cost is up to £30**

### **ROBERTSBRIDGE Bodiam Castle**

**a:** Bodiam, TN32 5UA **t:** 01580 830436 **w:** [www.nationaltrust.org.uk](http://www.nationaltrust.org.uk)

There are lots of fun activities on offer at Bodiam Castle. Become a knight or princess for the day; explore the medieval battlements and ramparts and try on medieval clothes or armour. Follow the castle trails with the popular discovery packs to learn all about its history. For opening times and prices check out the website. **Cost is up to £20**

### **ROWLANDS CASTLE Stansted Park**

**a:** off the A3, PO9 6DX **t:** 023 9241 2265 **w:** [www.stanstedpark.co.uk](http://www.stanstedpark.co.uk)

Once a hunting lodge, see the 'below stairs' area, the servants' quarters and ancient chapel. Playground, walled garden and light railway. Open 12 Apr-28 Sept, Sun-Mon, 1-4pm, (Jul-Aug, Sun-Wed). Grounds open daily. **Cost is up to £20**

### **RYE Camber Castle**

**a:** Rye Harbour, TN31 7RS **t:** 01797 223862 **w:** [www.english-heritage.org.uk](http://www.english-heritage.org.uk)

Discover the ruins of an artillery fort built by Henry VIII for the protection of the port of Rye. Access on foot only. Open Jul-Sept, Sat-Sun, 2-5pm and Bank Hol weekends between Apr-Oct. **Cost is up to £10**

### **RYE Heritage Centre & Rye Town Model**

**a:** Rye Strand Quay, TN31 7AY **t:** 01797 226696 **w:** [www.visitrye.co.uk](http://www.visitrye.co.uk)

Learn about this historic town steeped in myths, ghosts and smugglers as tales are told with light and sound effects. Open daily, Mar-Oct, 10am-5pm; Nov-Feb, 10am-3/4pm. **Cost is up to £10**

### **RYE Rye Castle Museum**

**a:** East Street, TN31 7JY **t:** 01797 226728 **w:** [www.ryemuseum.co.uk](http://www.ryemuseum.co.uk)

The Ypres Tower (off Church Square) and East Street include items from Rye's past, local wartime memorabilia and old fire engine! Open Easter-Oct, Thurs-Mon, 10.30am-1pm, 2-5pm. Ypres Tower only, Nov-Mar, Sat-Sun, 10.30am-3.30pm. **Cost is up to £10**



### **SEAFORD** Seaford Museum

**a:** The Esplanade, BN25 1JJ **t:** 01323 898222 **w:** [www.seafordmuseum.co.uk](http://www.seafordmuseum.co.uk)

Learn about Seaford's Cinque Port history, with displays of shops, Victorian schoolroom and kitchen, and working model of Seaford's Railway Station in 1926. Open Easter-late Oct, Wed, Sat, 2.30-4.30pm, Sun, Bank Hols, 11am-1pm, 2.30-4.30pm; late Oct-Easter, Sun, Bank Hols, 11am-1pm, 2-4pm. **Cost is up to £10**

### **SELSEY** Selsey Lifeboat Station and Museum

**a:** The Boathouse, Kingsway, PO20 0DL **w:** [www.selseylifeboats.co.uk](http://www.selseylifeboats.co.uk)

Learn about the history of the RNLI's lifeboats and their crew, and the amazing work they do in keeping our shores safe. Life Boat Week is from 25th July-1st Aug. Boat House open daily, 10am-5pm, Museum open Easter-Oct, 10am-4pm, but may close during lunch hours. **Free entrance**

### **SHOREHAM-BY-SEA** Marlipins Museum

**a:** High Street, BN43 5DA **t:** 01273 462994 **w:** [www.sussexpast.co.uk](http://www.sussexpast.co.uk)

A Sussex Past property. This chequerboard façade fronts an important historic Norman building, now used as a museum holding superb maritime models, fine paintings and exhibits of local history; from archaeology, including examples from local Roman sites up to the present day activities, such as Shoreham Airport, its silent film industry and life in the town during the war years. In the upper gallery there is a series of changing exhibitions throughout the year. Open May-Oct, Tues-Sat, 10.30am-4.30pm. **Cost is up to £10**

### **SINGLETON** Weald and Downland Open Air Museum

**a:** Town Lane, PO18 0EU **t:** 01243 811363 **w:** [www.wealddown.co.uk](http://www.wealddown.co.uk)

Set in 50 acres of beautiful Sussex countryside, you can wander amongst a fascinating collection of nearly 50 historic buildings dating from the 13th to the 19th century, many with period gardens. There are daily activities, farm animals, woodland walks, a picturesque lake and places to picnic. Open throughout the year, but times vary. Please visit the website for details. **Cost is up to £30**

### **TANGMERE** Tangmere Military Aviation Museum

**a:** Tangmere Road, PO20 2ES **t:** 01243 775223 **w:** [www.tangmere-museum.org.uk](http://www.tangmere-museum.org.uk)

View historic aircraft, with emphasis on the air war over southern England in WW2. Sit in a jet fighter cockpit or fly a flight simulator. Open daily, Mar-Oct, 10am-5.30pm; Feb, Nov, 10am-4.30pm. **Cost is up to £20**

### **WEST HOATHLY** The Priest House

**a:** North Lane, RH19 4PP **t:** 01342 810479 **w:** [www.sussexpast.co.uk](http://www.sussexpast.co.uk)

A Sussex Past property. Standing in the beautiful surroundings of a traditional cottage garden on the edge of Ashdown Forest, The Priest House is an early 15th century timber-framed hall-house. In Elizabethan times it was modernised into a substantial Yeomen's dwelling and is now a folk museum containing country furniture, kitchen equipment, needlework and household items. Outside there is a small formal herb garden and the property is a popular destination for local schools studying Tudor times and village life. Open Mar-1 Nov, Tues-Sat (daily in Aug) and Bank Hol Mons, 10.30am-5.30pm, Sun, 12noon-5.30pm. **Cost is up to £10**

### **WORTHING** Worthing Museum and Art Gallery

**a:** Chapel Road, BN11 1HP **t:** 01903 221067 **w:** [www.worthing.gov.uk](http://www.worthing.gov.uk)

Looking for somewhere that appeals to children of all ages? Everybody loves the archaeology and costume galleries, Victorian nursery, the dolls' house and displays of toys, dolls and bears. Explore the three exhibition galleries and a sculpture garden. The ground and first floors are fully accessible to visitors with pushchairs and wheelchairs. Facilities include toilets, lift, and baby changing room. Events for children include art and craft workshops during school holidays. Shop sells inexpensive items that link with school projects, especially Romans and Victorians. Next to the Town Hall on Chapel Road, easily reached by train or bus. Open Tues-Sat, 10am-5pm. Closed Suns, Mons & Bank Hols. **Free entrance**



## TRIPS & TRANSPORT

### **BILLINGSHURST** Wey and Arun Canal Trust

**a:** Loxwood, RH14 0RH **t:** 01403 752403 **w:** [www.weyandarun.co.uk](http://www.weyandarun.co.uk)

Take a narrow boat trip along London's Lost Route to the sea. Usually departs from the jetty behind the Onslow Arms. Operates Apr-Oct, Sat-Sun, long and short trips available, telephone for details. **Pay as you go**

### **BODIAM** Bodiam Ferry Company

**a:** Newenden Bridge, Rye Road, Newenden, TN18 5PP **t:** 01797 253838 **w:** [www.bodiam-ferry.co.uk](http://www.bodiam-ferry.co.uk)

Take a 90-minute return trip on the River Rother between Bodiam Castle and Newenden. See website for timetable. **Cost is up to £30**

### **BOGNOR REGIS** Hotham Park Miniature Railway

**a:** Hotham Park, Upper Bognor Road, PO21 1JF **t:** 01638 669123 **w:** [www.hothamparkrailway.co.uk](http://www.hothamparkrailway.co.uk)

Enjoy a trip on the train and see the sights of this lovely big park. Operates Apr-Oct, weekends, school hols and bank hols, weather permitting. **Cost is up to £10**

### **Bognor Regis** Land Train

**a:** Regis Centre, PO21 1NL **t:** 07989 444305

Runs from Butlins to the Regis Centre. 'Christmas special' runs week preceding Christmas. Also from Bognor Pier to Marine Park Gardens. Runs daily, Easter-Oct, from 10am, weather permitting. From Bognor Pier, summer hols and weekends, weather permitting. **Cost is up to £10**

### **BRIGHTON** Volk's Railway

**a:** Madeira Drive, BN2 1EN **t:** 01273 292718 **w:** [www.volkselectricrailway.co.uk](http://www.volkselectricrailway.co.uk)

The oldest operating electric railway in the world. Travel just over a mile along Brighton's seafront, journey time 12 mins one way. Open daily, Easter-mid Sept from 11am. See website for details. **Cost is up to £10**

### **BRIGHTON** City Sightseeing

**a:** Grand Junction Road, BN1 1PN **t:** 0871 666 0000 **w:** [www.city-sightseeing.com](http://www.city-sightseeing.com)

Look out for the antique shops of The Lanes, the Royal Pavilion, the Seafront and the Pier. Operates 2 May-20 Sept. **Cost is up to £20**

### **BRIGHTON** Watertours

**a:** Pontoon 5, Brighton Marina BN2 5UP **t:** 07958 246414/ 078362 **w:** [www.watertours.co.uk](http://www.watertours.co.uk)

Regular harbour tours, sea and fishing trips leave from the Marina with views of Brighton and the piers. There are also 25 minute power boat rides. Please visit the website for all sailing times. **Pay as you go**

### **CHICHESTER** Chichester Canal Trading Company

**a:** Canal Basin, Canal Wharf, PO19 8PD **t:** 01243 771363 **w:** [www.chichestercanal.org.uk](http://www.chichestercanal.org.uk)

These hour long return cruises on the Egremont and the Richmond run from the canal basin to Donnington. Easter and Christmas trips. Rowing boats for hire. Egremont Trips run daily at 10.30am, 12noon, 2 and 3.30pm. **Cost is up to £20**

### **EASTBOURNE** Allchorn Pleasure Boats

**a:** The Pier, BN22 7AA **t:** 01323 410606 **w:** [www.allchornpleasureboats.co.uk](http://www.allchornpleasureboats.co.uk)

45-minute return trips with views of the white cliffs and the 100-year-old lighthouse. Operates May-Oct, from 10.30am, weather permitting. **Cost is up to £30**

### **EASTBOURNE** Dotto Trains

**a:** Prince William Parade, BN23 6LW **t:** 01323 416416 **w:** [www.eastbournebuses.co.uk/dotto](http://www.eastbournebuses.co.uk/dotto)

These trains run along the full length of the promenade, stopping at many of Eastbourne's attractions. They operate regularly, Apr-late Oct, from 10.20am. **Pay as you go**

### **EASTBOURNE AND BEACHY HEAD** City Sightseeing





**a:** Eastbourne Pier, BN21 3EL **t:** 0871 666 0000 **w:** [www.city-sightseeing.com](http://www.city-sightseeing.com)

Don't miss the Victorian pier, the bandstand, the Redoubt Fortress Military Museum and Beachy Head, the highest chalk cliff in Britain. Operates 14 Mar-25 Oct. **Cost is up to £20**

#### **HASTINGS West Hill Cliff Railway**

**a:** George Street, TN34 3EG **t:** 01424 781030

The West Hill Railway links the castle and caves to the old town shopping area and seafront. Open Easter-Sept, daily, 10am-5.30pm, Oct-Easter, 11am-4pm. **Pay as you go**

#### **ISFIELD Lavender Line**

**a:** Isfield Station, off A26 S of Uckfield, TN22 5XB **t:** 01825 750515 **w:** [www.lavender-line.co.uk](http://www.lavender-line.co.uk)

Enjoy an interesting and fun day out at this lovely railway and you can even operate the signal box! There is an exhibition coach, a model railway, a play area, the restored station and great train trips. Look out for special events. Visit the website for train running times. **Pay as you go**

#### **ITCHENOR Chichester Harbour Water Tours**

**a:** A286 to Itchenor, PO20 **t:** 01243 670504 **w:** [www.chichesterharbourwatertours.co.uk](http://www.chichesterharbourwatertours.co.uk)

Five public trips per day allow visitors to see the coast from a different angle - from Sandy Point, Hayling Island, and East Head in Sussex to Emsworth, Thorny Island Channels, Bosham, and Dell Quay. See sand dunes, mudflats, shingle banks and woodlands as well as sea birds and other interesting wildlife. Visit the website for up to date sailing times. **Cost is up to £30**

#### **LAMBERHURST Bewl Cruises**

**a:** Bewl Water, TN3 8JH **t:** 01892 890171/890661 **w:** [www.bewl.co.uk](http://www.bewl.co.uk)

See Bewl Water from The Swallow passenger ferry operating from the jetty near the Visitor Centre. Fishing boats can also be hired. Operates daily, Easter-Sept, weekends in Oct, from 11am, weather permitting. **Cost is up to £20**

#### **LITTLEHAMPTON Land Train**

**a:** Harbour Park, BN17 5LL **t:** 07989 444305

It runs from Harbour Park to Norfolk Gardens. Daily, Easter-Sept, from 10am, weather permitting. **Cost is up to £10**

#### **NEWHAVEN LD Lines**

**a:** Newhaven Ferry Port, Railway Approach, BN9 0DF **t:** 0844 576 8836 **w:** [www.ldlines.co.uk](http://www.ldlines.co.uk)

LD Lines Network now offers even more ferry crossings to and from France than before! LD Lines already offer surprisingly low-cost ferry crossings but as a member you can take advantage of an additional 5% discount on all routes. You can choose from either Portsmouth–Le Havre, Newhaven–Dieppe, or Rosslare–Le Havre; plus from February 2009 a new route between Dover–Dieppe and from July 2009 Dover–Bologne. So, enjoy all the advantages of travelling by ferry with your family and car on the LD Lines Network, visiting some of the best French countryside that's just across the channel. **Cost is over £75**

#### **NEWHAVEN Transmanche Ferries**

**a:** Newhaven Harbour, BN9 0BG **t:** 0800 9171201 **w:** [www.transmanche ferries.co.uk](http://www.transmanche ferries.co.uk)

With regular ferry services from Newhaven to Dieppe, you could be in France about four hours later. Daily service, but ring to check as it is subject to weather conditions. **Pay as you go**

#### **SHEFFIELD PARK The Bluebell Railway**

**a:** Sheffield Park Station, TN22 3QL **t:** 01825 722370/01825 7 **w:** [www.bluebell-railway.co.uk](http://www.bluebell-railway.co.uk)

Enjoy wonderful steam train trips on an award-winning period railway, boarding at Sheffield Park and Horsted Keynes. There is also a small museum and model railway. Look out for special events. Check website or telephone for running times. **Pay as you go**

#### **TENTERDEN Kent and East Sussex Railway**

**a:** Tenterden Town Station, Station Road, TN30 6HE **t:** 01580 765155 **w:** [www.kesr.org.uk](http://www.kesr.org.uk)

The railway runs from Tenterden, via Northiam, to Bodiam Castle and back. Special children's events throughout the year. Railway Museum. Visit website for details of running times. **Cost is up to £40**



## FUN & PLAY

### **ARUNDEL The Flying Fortress**

**a:** Northern Grainstore, Ford Airfield, Ford BN18 0HY **t:** 01903 733550 **w:** [www.flying-fortress.co.uk](http://www.flying-fortress.co.uk)  
Have fun at this family entertainment centre, where you must always expect the unexpected! Activities include a Mirror Maze, a Giant Play Frame, a Giant Slide, Trampolines, Go-Karts, Pool Tables and a separate toddler and baby arena. Hot & cold food is served at the Café, with seating for 300 people. Children's parties are held on Wednesdays through to Sundays. (There are also discos and quiz nights for Mums and Dads, which are held most months.) Ages catered for are 0-2's - £3.50, 3-4's - £4.50 and 5-13's - £5.50. Join in all the family fun!! Open Mon-Fri, 9.30am-6pm, Sat-Sun, 10am-6pm. **Cost is up to £20**

### **BEXHILL-ON-SEA Bexhill Leisure Pool**

**a:** Ravenside Retail Park, TN40 2JS **t:** 01424 731508 **w:** [www.freedom-leisure.co.uk](http://www.freedom-leisure.co.uk)  
Have fun at the 'beach area' with the wave machine and enjoy a ride on the flume. Open daily but check for wave pool times. **Cost is up to £10**

### **BOGNOR REGIS Hotham Park**

**a:** Upper Bognor Rd, PO21 1JF  
A woodland park for all seasons, with a play area for young children, crazy golf, putting green, tennis court and miniature train. Golf activities seasonal: Open daily, Apr, end May-early Sept; May and Sept, weekends and Bank Hols only, from 10am. **Free entrance**

### **BOGNOR REGIS Butlins**

**a:** Upper Bognor Road, PO21 1JJ **t:** 01243 822445 **w:** [www.butlinsonline.co.uk](http://www.butlinsonline.co.uk)  
A large holiday complex with accommodation and lots of indoor and outdoor activities for all ages. It is possible to visit just for the day at different times throughout the year. Please phone or visit the website for day-visitor opening days. **Pay as you go**

### **BRIGHTON Funplex**

**a:** Unit 2B, Hyde Business Park, Auckland Drive, Bevendean, BN2 4JE **t:** 01273 690888 **w:** [www.funplex.co.uk](http://www.funplex.co.uk)  
Indoor play centre for under 11s with three main areas including a toddler area, 4-lane astra slide and softball cannon arena. Open daily, 10am-6pm. **Cost is up to £10**

### **BRIGHTON Brighton Pier**

**a:** Madeira Drive, BN2 1TW **t:** 01273 609361 **w:** [www.brightonpier.co.uk](http://www.brightonpier.co.uk)  
There's something for everyone, from side stalls, arcades, a funfair and special rides for the smaller visitors. Open daily, from 10am, rides start 11am. **Pay as you go**

### **BURGESS HILL Marle Place**

**a:** Upper St John's Road, RH15  
A lovely children's play area, sensory garden and large multi-use area for games. **Free entrance**

### **BURGESS HILL St John's Park**

**a:** off London Road, RH15  
There is space for games, a large well-equipped play area with separate toddler area, tennis courts and excellent skate park. **Free entrance**

### **BURGESS HILL Fun Pools at Olympos**

**a:** Burgess Hill, Triangle Way, RH15 8WA **t:** 01444 876000 **w:** [www.olymposcentres.com](http://www.olymposcentres.com)  
A sub-tropical pool area with water sprays, waterfalls, rapids and a beach area with a pirate ship. The outdoor heated pool is open in the summer months. There is also a learner area for the littlest swimmers. Please telephone or visit the website for swimming times. **Cost is up to £10**



### **BURGESS HILL CJ's Playland**

**a:** Braybon Business Park, Consort Way, RH15 9ND **t:** 01444 239991 **w:** [www.cjsplayland.co.uk](http://www.cjsplayland.co.uk)  
Playland is a multi-level soft play area with mazes, ropes and v-bridges, pull swings, log climbs, slides and toddler area. Phone for details, laser games need to be prebooked. **Cost is up to £20**

### **CUCKFIELD Cuckfield Recreation Ground**

**a:** High Street, RH17 5EL **w:** [www.midsussex.gov.uk](http://www.midsussex.gov.uk)  
A fenced and gated children's playground with a paddling pool, popular in summer, tennis courts, football pitches and grassy areas. **Free entrance**

### **EAST GRINSTEAD Playworld at Olympos**

**a:** Olympos Leisure Centre, Moat Road, RH19 3LN **t:** 01342 328616 **w:** [www.olymposcentres.com](http://www.olymposcentres.com)  
A great play centre for the under 8s, with three levels of fun, including ball ponds, slide, tunnels and climbing rope. There is a separate toddler area for the under 3s. Parental supervision is required. Please telephone or visit the website for opening details. **Cost is up to £10**

### **EAST WITTERING Bracklesham Bay Beach**

**a:** Bracklesham, PO20  
A pretty location great for fossil hunting. At low tide the gently sloping, sandy beach is ideal for young children. **Free entrance**

### **EASTBOURNE Beachy Head**

**a:** BN20 **t:** 01323 737273 **w:** [www.beachyhead.org.uk](http://www.beachyhead.org.uk)  
The Visitor Centre has information on Beachy Head and the surrounding Downland, as well as details on guided walks. Centre open summer, daily, 10am-4pm; winter, Sat-Sun, 10am-3.30pm. **Free entrance**

### **EASTBOURNE Birling Gap Beach**

**a:** off the A259, BN20  
A steep climb down cliff steps leads to this sheltered cove, which is set against a backdrop of white cliffs. **Free entrance**

### **EASTBOURNE Princes Park**

**a:** Royal Parade, BN22 7LU  
Near the seafront and great for kite flying, find playing fields, scenic lake, miniature golf, two children's playgrounds and toddler paddling pool. **Free entrance**

### **EASTBOURNE Shinewater Park**

**a:** Larkspur Drive, BN23 8BS **w:** [www.eastbourne.gov.uk](http://www.eastbourne.gov.uk)  
Perfect for picnics and countryside walks, there are two lakes, a children's playground, dedicated BMX track and skate area and all-weather court. Open access. **Free entrance**

### **EASTBOURNE The Pier**

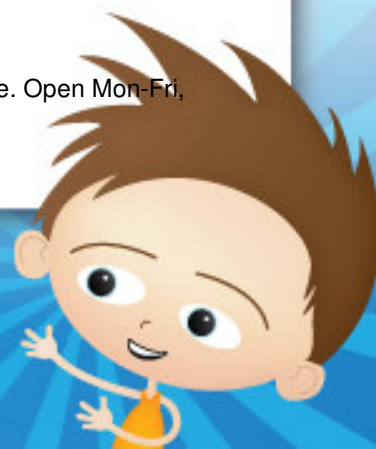
**a:** Grand Parade, BN21 3EL **t:** 01323 410466 **w:** [www.eastbourne.org](http://www.eastbourne.org)  
Originally built in the 1870s, the pier has an amusement arcade, shops, restaurants, glass studio and original Victorian Camera Obscura. Open daily, 8.30am, closing times vary. (Camera Obscura, late May-early Sept and weather permitting, 12noon-5pm. Phone to check if operating.) **Free entrance**

### **EASTBOURNE Eastbourne Miniature Steam Railway Adventure Park**

**a:** Lottbridge Drove, BN23 6NS **t:** 01323 520229 **w:** [www.emsr.co.uk](http://www.emsr.co.uk)  
Go for a walk along the nature trail or take a ride on the miniature steam locomotive. There is a large adventure playground and tot's village. Open daily, 4 Apr-27 Sept, 10am-5pm; Oct, Sat-Sun. **Cost is up to £20**

### **EASTBOURNE The Sovereign Centre**

**a:** Royal Parade, BN22 7LQ **t:** 01323 738822 **w:** [www.sovereigncentre.org](http://www.sovereigncentre.org)  
Have a fun time here in the pool with the water cannon, wave machine and water slide. Open Mon-Fri, from 10.30am, Sat-Sun, from 9.30am. See website for details. **Cost is up to £20**



### **EASTBOURNE Fort Fun Family Fun Park and Rocky's Adventure Land**

**a:** Royal Parade, BN22 7LQ **t:** 01323 642833 **w:** [www.fortfun.co.uk](http://www.fortfun.co.uk)

An amusement park with dodgems, carousels and a water flume ride outdoors and Rocky's Adventure Land for indoor soft play. Rocky's open daily, 10am-6pm ( Price A). Fun Park open Feb half-term-Sept, Sat-Sun, (daily, school hols & Jul-Aug), 10am-6pm. **Pay as you go**

### **EASTBOURNE Laser Quest**

**a:** Lloyds Lanes, Broadwater Way, Hampden Park, BN22 9PZ **t:** 01323 509999 **w:** [www.laserquest.co.uk](http://www.laserquest.co.uk)

Zap your opponents before they can zap you! Open daily, 9.30am-10pm. **Pay as you go**

### **EASTBOURNE Mr & Mrs Doak's Bumper Bookshop for Boys and Girls**

**a:** 35 Grove Road, BN21 4TT **t:** 01323 737110 **w:** [www.bumperbookshop.org.uk](http://www.bumperbookshop.org.uk)

Traditional bookshop, with storytelling every Saturday at 3pm and Thursdays at 10.30am. Look out for holiday activities and special occasion parties. Open Mon-Sat, 9.30am-5.30pm. **Pay as you go**

### **EASTBOURNE Treasure Island**

**a:** Royal Parade, BN22 7AA **t:** 01323 411077 **w:** [www.treasure-island.info](http://www.treasure-island.info)

Take the kids on a day out to this great indoor and outdoor pirate-themed adventure park. Situated next to the seafront, there's lots to do, with Little Buccaneers, Long John's Shipwreck, adventure golf, Splash Lagoon and lots more. Open daily, 10am-6pm. Some attractions are seasonal. **Pay as you go**

### **HAILSHAM Freedom Leisure Hailsham Leisure Centre**

**a:** Vicarage Lane, BN27 2AX **t:** 0845 803 5515 **w:** [www.freedom-leisure.co.uk](http://www.freedom-leisure.co.uk)

Leisure facilities for the family that include a fun pool with flume and toddler area, ten-pin bowling, a children's soft play centre and a special junior gym. Phone or see website for opening details. **Pay as you go**

### **HAILSHAM Knockhatch Adventure Park**

**a:** Hailsham Bypass, BN27 3PR **t:** 01323 442051 **w:** [www.knockhatch.com](http://www.knockhatch.com)

Fun and Adventure for all the Family! There's plenty to see and do for everyone, from a large adventure playground, a children's farm, go-karts, birds of prey, crazy golf, bungee trampolines, quadapillar rides, sandpits, a boating lake and more...New for 2010! Have fun in Froggies, the all new massive indoor soft play area, for lots of fun no matter what the weather. Situated off the A22, just west of Hailsham, about 9 miles north of Eastbourne. Visit the website for all opening days and times. **Pay as you go**

### **HASTINGS Alexandra Park**

**a:** Lower Park Road, TN34 2LD

See restored buildings and beautiful gardens with almost 400 different types of tree, boating lake, bandstand, children's adventure playground and tennis court. **Free entrance**

### **HASTINGS Clambers Play Centre**

**a:** White Rock Gardens, TN34 1LD **t:** 01424 423778 **w:** [www.clambers.co.uk](http://www.clambers.co.uk)

Indoor and outdoor play centre with super slide, Tarzan ropes, scramble nets, a separate area for under 6s and themed parties. Open daily, 9.30am-5.30pm. **Cost is up to £20**

### **HASTINGS The Flamingo Family Fun Park**

**a:** The Stade, East Beach, TN34 3AR **t:** 01424 715133

A family amusement park offering a variety of rides, such as a ghost train, dodgems, a carousel and rollercoaster. Open Feb-Nov, Sat-Sun, from 11am, (school hols, daily, 10am-late), weather permitting. **Pay as you go**

### **HAYWARDS HEATH Beech Hurst Gardens**

**a:** Butler's Green Road, RH16 4BB **t:** 01444 457337 **w:** [www.midsussex.gov.uk](http://www.midsussex.gov.uk)

A good playground for younger children, with tennis courts, a pitch and putt course and a popular miniature steam railway. **Free entrance**



### **HAYWARDS HEATH Victoria Park**

**a:** South Road, RH16 4LJ **w:** [www.midsussex.gov.uk](http://www.midsussex.gov.uk)

Beautiful views to the South Downs and a safe enclosed play area with paddling pool, football pitches, tennis courts and a skate park. **Free entrance**

### **HORSHAM The Pavilions In The Park**

**a:** Hurst Road, RH12 2DF **t:** 01403 219200 **w:** [www.thepavilionsinthepark.co.uk](http://www.thepavilionsinthepark.co.uk)

In the centre of Horsham, The Pavilions In The Park has everything for a full day of entertainment for all the family. The Leisure Waters provide a fun environment for children and adults of all ages. Features include a heated outdoor pool with underwater lighting, lazy river, bubble beds, waterfall, geysers and a full height corkscrew flume. A toddler water confidence area makes the pool suitable for all ages. Slide into the ball pond and make your way through the tiger rollers in our Jungle Adventure soft play zone, which is suitable for 2 – 11 year olds. This is sure to burn off the excess energy! If the weather is nice relax in the surrounds of Horsham Park whilst the children play in the outdoor playground. Mon–Fri, 10am–8pm, Sat & Sun, 9am–6pm **Pay as you go**

### **HOVE Hove Lagoon**

**a:** Kingsway, BN3 4LX **t:** 01273 293080 **w:** [www.brighton-hove.gov.uk](http://www.brighton-hove.gov.uk)

An area popular for watersports. There is a children's playground, paddling pool, boating lake, and a petanque terrain nearby. **Free entrance**

### **HOVE Hove Park**

**a:** Old Shoreham Road, BN3 6HN **t:** 01273 293080 **w:** [www.brighton-hove.gov.uk](http://www.brighton-hove.gov.uk)

Plenty of space with basketball and tennis courts for older children, a climbing rock and a miniature steam railway. **Free entrance**

### **HOVE St Ann's Well Gardens**

**a:** Nizells Avenue, BN3 1RJ **t:** 01273 293080 **w:** [www.brighton-hove.gov.uk](http://www.brighton-hove.gov.uk)

Green Flag park, fish pond, sensory garden and tennis courts. The playground is fenced and split for older and younger children. **Free entrance**

### **HOVE Westows Play & Football**

**a:** School Road, BN3 5HX **t:** 01273 711944 **w:** [www.westows.com](http://www.westows.com)

Football coaching and soft play with slides, tunnels and bouncy castle for under 11s. Play area open daily, 10am–6pm. Coaching, Mon–Thurs, 3.45–4.45pm, 5–6pm, (one hour coaching + half hour play, Price A). **Cost is up to £10**

### **LEWES Ocean Adventure**

**a:** Lewes Leisure Centre, Mountfield Road, BN7 2XG **t:** 01273 486000 **w:** [www.waveleisure.co.uk](http://www.waveleisure.co.uk)

Ocean-themed soft play area over three levels for under 8s, with interactive sounds, dedicated area for toddlers. Phone or see website for opening details. **Cost is up to £10**

### **LEWES Monkey Bizness**

**a:** Unit 27, Cliffe Industrial Estate, BN8 6JL **t:** 08458 739645 **w:** [www.monkey-bizness.co.uk](http://www.monkey-bizness.co.uk)

This indoor multi-activity centre has three play frames that are designed for 0–2s, 2–5s and 5–12s, it has a climbing wall and an educational play area, so there is plenty to keep children of all ages entertained. Open Sun–Thurs, 9.30am–6pm, Fri–Sat, 9.30am–9pm **Pay as you go**

### **LITTLEHAMPTON Harbour Park**

**a:** Sea Front, BN17 5LL **t:** 01903 721200 **w:** [www.harbourpark.com](http://www.harbourpark.com)

Harbour Park is an amusement park on the beach, which operates on a token system. Enjoy great child friendly rides such as the Caterpillar Coaster, Hic-cup, and the Water Chute. There is also Pan for Gold, Crazy Bikes, an indoor play area and Adventure Golf. Telephone for opening times or visit the website. **Pay as you go**



### **LITTLEHAMPTON Norfolk Gardens**

**a:** Sea Road, BN16 2NA **t:** 01903 722466 **w:** [www.inspireleisure.co.uk](http://www.inspireleisure.co.uk)

Tennis courts with equipment to hire, bowling green, pitch and putt and adventure golf. Miniature railway runs to Mewsbrook Park. Open daily, Apr-Sept, from 9am; Oct-Mar, from 10am. Subject to weather. **Pay as you go**

### **RYE Camber Sands**

**a:** Lydd Road, TN31 7RS

A lovely beach for paddling and sandcastles as the golden sands go out for half a mile at low tide. **Free entrance**

### **SEAFORD Salts Recreation Ground**

**a:** Richmond Road, BN25 1DR

This has a well-equipped children's play area for toddlers to teens, skate park, pitch and putt and tennis courts. **Free entrance**

### **SEAFORD PlayZone**

**a:** Downs Leisure Centre, Sutton Road, BN25 4QW **t:** 01323 490011 **w:** [www.waveleisure.co.uk](http://www.waveleisure.co.uk)

A soft play centre for under 9s with a bouncy castle, lots of soft shapes, and mini football pitch. Phone or see website for daily opening details. **Cost is up to £10**

### **TURNERS HILL Tulleys Farm**

**a:** nr Crawley, RH10 4PE **t:** 01342 718472 **w:** [www.tulleysfarm.com](http://www.tulleysfarm.com)

Discover the summer giant maize maze, funyard packed with puzzles, games, rides and activities and animal patch. Special seasonal events. See website or phone for opening details. **Cost is up to £30**

### **WEST WITTERING West Wittering Beach**

**a:** PO20 **w:** [www.westwitteringbeach.co.uk](http://www.westwitteringbeach.co.uk)

A Blue Flag Beach and area recognised for its natural beauty and wildlife. Close by is East Head, a sand dune spit. **Free entrance**

### **WORTHING Amazon Adventure**

**a:** Worthing Leisure Centre, Shaftesbury Ave BN12 4ET **t:** 01903 502237 **w:** [www.worthing.gov.uk](http://www.worthing.gov.uk)

A great soft play centre the kids will love, with a giant snake slide, aerial walkway, ball pool and toddler ball area. Open Mon-Fri, 9.30am-12noon, 1.30-5pm, Sat-Sun, 9am-12noon, 2-4pm. **Cost is up to £10**

### **WORTHING Peter Pan's Playground**

**a:** Beach House Park, Brighton Road, BN11 2EJ **t:** 07808 100396

A themed adventure playground with play areas for tots to under 11s. In summer there are water play areas to splash in. Open Easter-May half term, Sat-Sun, 10.15am-5.30pm; daily, May half term-mid Sept. **Cost is up to £20**

### **WORTHING Brooklands Pleasure Park**

**a:** Brighton Road, BN11 2HP **t:** 01903 755257 **w:** [www.visitworthing.co.uk](http://www.visitworthing.co.uk)

There's lots of fun to be had here, with pony rides, a paddling pool in summer, trampolines, bouncy castles, a play park, a large inside ball pool, pirate motor boats and the opportunity to ride on Diddly's miniature train. A great day out for all the family. Some facilities are seasonal and weather permitting. Open all year **Pay as you go**

### **WORTHING The Lido**

**a:** Marine Parade, BN11 3PX **t:** 01903 213486

A variety of amusements offering fun and entertainment for all the family. Rides for children and an ice-cream parlour. Open daily, Easter-Sept and school hols, 10am-dusk; Sat-Sun only in winter. **Pay as you go**

### **WORTHING The Worthing Lido**

**a:** Marine Parade BN11 3PX **t:** 01273 706 773 **w:** [www.theworthinglido.co.uk](http://www.theworthinglido.co.uk)

Take the family down to the seaside and enjoy a traditional amusement arcade, fun children's rides, as well as remote control cars and the popular water gun. There is also an ice-cream parlour and live entertainment on most weekends in the summer. See the website for details. Open daily. **Pay as you go**



## ACTIVITIES

### **ALBOURNE Q Leisure**

**a:** London Rd, BN6 9BQ **t:** 01273 834403 *pre-book only* **w:** [www.qleisure.co.uk](http://www.qleisure.co.uk)

Karting, quad biking.

### **ARDINGLY Activity Centre**

**a:** Ardingly Reservoir, RH17 6SQ **t:** 01444 892549 **w:** [www.ardinglyactivitycentre.co.uk](http://www.ardinglyactivitycentre.co.uk)

Canoeing, dinghy sailing, rafting, windsurfing.

### **ARDINGLY Ardingly Reservoir and Ardingly Activity Centre**

**a:** RH17 6SQ **t:** 01444 892549 **w:** [www.ardinglyactivitycentre.co.uk](http://www.ardinglyactivitycentre.co.uk)

Get out into the country to this lovely area which is great for walks and nature study. There is also an activity centre, where there are junior windsurfing and sailing courses on offer, as well as many other activities, including fishing.

### **ARUNDEL Mill Road Leisure**

**a:** Mill Rd, BN18 9PA **t:** 01903 884424

Take the kids to try out their golfing skills! A great outdoor space with an 18 hole putting green, 2 tennis courts and a tearoom for refreshments after the game. Open daily, Apr-Oct, 10am-5/6pm. **Cost is up to £10**

### **ARUNDEL Arundel Lido**

**a:** Queen St, BN18 9JG **t:** 01903 882404 **w:** [www.arundel-lido.com](http://www.arundel-lido.com)

Swimming pools (outdoor) and paddling pool. Open late May-to mid Sept, 12noon-7pm, Mon-Fr, weekends and school hols, 10am-7pm. (Adults only, Mon-Fri, 6-7pm.)

### **BEXHILL-ON-SEA Freedom Leisure Bexhill**

**a:** Down Rd, TN39 4HS **t:** 0845 3374040 **w:** [www.freedom-leisure.co.uk](http://www.freedom-leisure.co.uk)

Soft play area, badminton, squash, climbing wall, trampolining, basketball, table tennis.

### **BEXHILL-ON-SEA Metropole Lawn**

**a:** De La Warr Pavilion Marina, TN40 1DP

Putting.

### **BEXHILL-ON-SEA Ocean Bowling**

**a:** Ravenside Retail Pk, TN40 2JS **t:** 01424 730014

### **BEXHILL-ON-SEA Seafont**

**a:** De La Warr Parade, TN40 1PJ

Crazy golf.

### **BOGNOR REGIS Marine Park Gardens**

**a:** Marine Drive West, PO21 2QA **t:** 01243 820245 **w:** [www.inspireleisure.co.uk](http://www.inspireleisure.co.uk)

Putting. Open daily, Apr-Sept, from 10am. **Cost is up to £10**

### **BOGNOR REGIS Arun LC\***

**a:** Felpham Way, PO22 8ED **t:** 01243 826612 **w:** [www.inspireleisure.co.uk](http://www.inspireleisure.co.uk)

\* Centre has swimming pool. Toddler gym, tennis, badminton, trampolining, roller skating, squash, badminton, table tennis, hockey, football, soft play area.

### **BRIGHTON Brighton Bowlplex**

**a:** Marina Village, BN2 5UT **t:** 01273 818180 **w:** [www.bowlplex.co.uk](http://www.bowlplex.co.uk)

### **BRIGHTON Demolition Paintball**

**a:** Henfield Rd, BN6 9EA **t:** 01273 418263 **w:** [www.demolitionpaintball.co.uk](http://www.demolitionpaintball.co.uk)

### **BRIGHTON East of Palace Pier**

**a:** Lower Promenade, Madeira Dri, BN2 1TW

Crazy golf.

### **BRIGHTON Hands-On Pottery**

**a:** 8 Lustrells Cresc, Saltdean, BN2 8AR **t:** 01273 300198

An informal garden studio with excellent facilities. Emphasis is on the making of pottery pieces, and bookings are essential prior to visiting. By appointment only.

### **BRIGHTON Mini Golf Course**

**a:** 8 Marine Drive, Rottingdean, BN2 7HE **t:** 01273 302127

Pitch & Putt.



**BRIGHTON Moulsecoomb Community LC**

*a: Moulsecoomb Way, BN2 4PB t: 01273 622266 w: www.dcleisurecentres.co.uk*

Football, trampolining, badminton, climbing, table tennis, toddler gym, netball, soft play area.

**BRIGHTON Paint Pots**

*a: 39 Trafalgar St, BN1 4ED t: 01273 696682*

**BRIGHTON Prince Regent Swimming Complex**

*a: Church St, BN1 1YA t: 01273 685692 w: www.dcleisurecentres.co.uk*

**BRIGHTON Saltdean Lido**

*a: Saltdean Park Rd, BN2 8SP t: 01273 888308*

Swimming Pools (outdoor). Open late May-mid Sept.

**BRIGHTON Stanley Deason LC**

*a: Wilson Ave, BN2 5PB t: 01273 694281 w: www.dcleisurecentres.co.uk*

Football, trampolining, martial arts, climbing, table tennis, badminton, squash, hockey, tennis, netball, basketball.

**BRIGHTON The Painting Pottery Cafe**

*a: 31 North Rd, BN1 1YB t: 01273 628952 w: www.paintingpotterycafe.co.uk*

**BRIGHTON Withdean SC**

*a: Tongdean La, BN1 5JD t: 01273 542100 w: www.dcleisurecentres.co.uk*

Tennis, table tennis, squash.

**BURGESS HILL Olympos Burgess Hill LC**

*a: Triangle Way, RH15 8WA t: 01444 876000 w: www.olymposcentres.com*

Centre has swimming pool. Badminton, football, toddler gym, martial arts, trampolining, squash, table tennis, tennis, squash, volleyball, cricket, basketball, hockey, netball. Outdoor pool.

**CHARLWOOD Muddy Trax Racing**

*a: Waggoners Farm, Russ Hill, RH6 5QL t: 07747 747593 w: www.muddytrax.co.uk*

Quad biking. Open daily from 10am.

**CHICHESTER Chichester College Sports Centre**

*a: Westgate Fields, PO19 1SB t: 01243 812936 w: www.chichester.ac.uk*

Climbing wall, sports facilities.

**CHICHESTER Chichester Golf Club**

*a: Hunston Village, PO20 1AX t: 01243 533833 w: www.chichestergolf.com*

Crazy golf, Pitch & putt, putting.

**CHICHESTER Cobnor Activities Centre**

*a: Cobnor Point, PO18 8TE t: 01243 572791 w: www.cobnor.com*

Canoeing, rafting, sailing, climbing, archery, mountain biking.

**CHICHESTER Lakeside Superbowl**

*a: Chichester Gate Leisure Pk, Terminus Rd, PO19 8EL t: 01243 776633 w: www.lakeside-superbowl.co.uk*

**CHICHESTER Westgate LC\***

*a: Via Ravenna, PO19 1RJ t: 01243 785651 w: www.chichester.gov.uk*

\* Centre has swimming pool. Badminton, volleyball, football, hockey, tennis, squash, toddler gym, martial arts, table tennis, trampolining.

**COOLHAM Have-A-Go**

*a: Hillside Farm, Billingshurst Rd, RH13 8QN t: 01403 741121 w: www.have-a-go.co.uk*

Pottery painting.

**CRAWLEY Goffs Park**

*a: Horsham Rd, Southgate, RH11 8PG*

Pitch & Putt.

**CRAWLEY High Sports Climbing**

*a: K2 Leisure Centre, Pease Pottage Hill, RH11 9BQ t: 0845 363 1177 w: www.high-sports.co.uk*

Climbing is great for a family day out. This site has a full junior programme available, as well as family taster sessions. Mon-Frid, 12noon-10pm, Sat and Bank Hols, 9am-6pm, Sun, 9am-7.30pm

**CRAWLEY Hollywood Bowl**

*a: Crawley Leisure Pk, London Rd, RH10 8LR t: 01293 521999 w: www.hollywoodbowl.co.uk*

**CRAWLEY K2\***

*a: Pease Pottage Hill, RH11 9BQ t: 01293 585300 w: www.k2crawley.com*

\* Centre has swimming pool. Badminton, squash, athletics, football, netball, hockey, tennis, cricket, table tennis, trampolining.





**CRAWLEY TeamSport Indoor Karting**

*a: Canada House, Crawley Goods Yard, Gatwic RH10 9RE t: 0844 410 9109 w: www.team-sport.co.uk*  
This flagship karting track is fast, challenging and designed over two floors.

**CRAWLEY Tilgate Forest Golf Centre**

*a: Titmus Dr, RH10 5EU t: 01293 530103*

**CROWBOROUGH Bowles**

*a: Sandhill La, Eridge Green, TN3 9LW t: 01892 665665 w: www.bowles.ac*

Rock climbing, canoeing, skiing, snowboarding, sledging, abseiling, ropes, zip wire, initiative exercises, orienteering, mountain biking, canoeing, rafting.

**CROWBOROUGH Evolution Indoor Climbing**

*a: Lye Green, TN6 1UX t: 01892 862924 w: www.evolutionindoorclimbing.co.uk*

Open daily, till late.

**CROWBOROUGH Freedom Leisure Crowborough\***

*a: Eridge Rd, TN6 2TN t: 01892 665488 w: www.freedom-leisure.co.uk*

\* Centre has swimming pool. Badminton, football, toddler gym, martial arts, trampolining, squash, table tennis.

**EAST GRINSTEAD Olympos Kings LC\***

*a: Moat Rd, RH19 3LN t: 01342 328616 w: www.olymposcentres.com*

\* Centre has swimming pool. Badminton, football, toddler gym, martial arts, trampolining, squash, table tennis, tennis, squash, volleyball, cricket, basketball, hockey, netball.

**EAST GRINSTEAD Young Drive**

*a: Blackland Farm, Grinstead Lane, RH19 4HP t: 01342 822257 w: www.youngdrive.co.uk*

Quad biking, karting, archery, multi-activity. Events by booking only.

**EASTBOURNE Cavendish SC**

*a: Eldon Rd, BN21 1UE t: 01323 647683 w: www.eastbourne.gov.uk*

Football, netball, basketball, cricket, hockey, rounders, martial arts, badminton, volleyball, roller skating.

**EASTBOURNE Hampden Park SC**

*a: Brodrick Rd, BN22 9RQ t: 01323 509859 w: www.eastbourne.gov.uk*

Football, tennis, cricket, netball, basketball, table tennis, badminton, squash, volleyball, martial arts, trampolining.

**EASTBOURNE Helen Gardens**

*a: King Edwards Pde, BN20 7XB*

Putting.

**EASTBOURNE Lloyds Lanes Ten-Pin Bowling**

*a: Broadwater Way, Hampden Park, BN22 9PZ t: 01323 509999 w: www.lloydslanes.co.uk*

Open from 9.30am.

**EASTBOURNE Motcombe Pool**

*a: Motcombe Rd, Old Town, BN21 1PU t: 01323 410748*

**EASTBOURNE Shinewater Sports and Community Centre**

*a: Milfoil Dri, BN23 8ED t: 01323 768614 w: www.eastbourne.gov.uk*

Netball, basketball, football, toddler gym, martial arts, table tennis, badminton, trampolining.

**EASTBOURNE Shootout Paintball**

*a: Cinderford La, Hellingly, BN27 4HL t: 0845 3386225 w: www.scpaintball.co.uk*

**EASTBOURNE Sovereign Centre\***

*a: Royal Parade, BN22 7LQ t: 01323 738822 w: www.sovereigncentre.org*

Active fun for the family at this Centre which has a fun pool with waves and flume, a 25m gala swimming pool, diving pool, training pool, gym, sauna and steam room, soft play, badminton, football and cafe.

**EASTBOURNE Sports Park**

*a: Cross Levels Way, BN21 2UF t: 01323 649214 w: www.eastbourne.gov.uk*

Football, athletics, tennis, hockey, rugby, rounders, volleyball, basketball, netball.

**EASTBOURNE Spray Water Sports Centre**

*a: Royal Pde, BN22 7LD t: 01323 417023 w: www.eastsussex.gov*

Body boarding, canoeing, power boating, sailing, windsurfing.

**EASTBOURNE Trax Indoor Karting**

*a: 46 Brampton Rd, Hampden Pk Ind Est, BN22 9AJ t: 01323 521133*

Open Tues-Sun, 10am-5pm.



**FLIMWELL Arena Pursuits**

*a: Rosemary La, TN5 7PT t: 01580 879614 w: www.arenapursuits.com*

Archery, driving, paintballing, outdoor pursuits, team building.

**FOREST ROW FutureCycles**

*a: Lower Square, Lewes Rd, RH18 5HD t: 01342 822847 w: www.futurecycles.org*

Cycle Hire. Open Mon-Tues, Thurs-Fri, 9am-5.30pm, Wed, 9am-1pm, Sun, 10am-4pm.

**FOREST ROW SphereMania**

*a: Brambletye Pk, Brambletye La, RN18 5EH t: 0844 800 3045 w: www.spheremania.com*

Sphering. Apr-Sept.

**HASTINGS Freedom Leisure Helenswood**

*a: The Ridge, TN37 7PS t: 0845 3374040 w: www.freedom-leisure.co.uk*

Badminton, squash, football, tennis, table tennis, trampolining, martial arts, hockey, netball.

**HASTINGS Freedom Leisure Hillcrest**

*a: Rye Rd, TN35 5DD t: 0845 3374040 w: www.freedom-leisure.co.uk*

Badminton, football, tennis, table tennis, basketball.

**HASTINGS Freedom Leisure Summerfields\***

*a: Bohemia Rd, TN34 1ET t: 0845 3374040 w: www.freedom-leisure.co.uk*

\* Centre has swimming pool. Trampoline, badminton, football, toddler gym, squash, table tennis, basketball, volleyball.

**HASTINGS Hastings Adventure & Crazy Golf**

*a: Sturdee Pl, TN34 3AJ t: 01424 437227*

**HASTINGS White Rock Gardens**

*a: Falaise Rd, TN34 1EU*

**HAYWARDS HEATH Fun Pots**

*a: 16 Sussex Rd, RH16 4EA t: 01444 414234 w: www.funpots.co.uk*

**HAYWARDS HEATH Olympos Dolphin LC\***

*a: Pasture Hill Rd, RH16 1LY t: 01444 457337 w: www.olymposcentres.com*

\* Centre has swimming pool. Badminton, football, toddler gym, martial arts, trampolining, squash, table tennis, tennis, squash, volleyball, cricket, basketball, hockey, netball.

**HEATHFIELD Freedom Leisure Heathfield**

*a: Cade St, Old Heathfield, TN21 8RJ t: 01435 868824 w: www.freedom-leisure.co.uk*

Badminton, football, trampolining, soft play area, roller skating.

**HENFIELD Henfield LC**

*a: The Kingsfield, BN5 9QB t: 01273 494984 w: www.henfieldleisurecentre.co.uk*

Trampoline, football, squash, table tennis, basketball, badminton, tennis, cricket, martial arts, toddler gym.

**HORSHAM A Day Out in the Horsham District**

*a: RH12 1RL t: 01403 215263 w: www.horsham.gov.uk*

Whether you are looking for excitement, entertainment, or just plain fun with the family, there is plenty on offer in the Horsham District whatever the weather. Why not enjoy the outdoor waters, flume rides and bubble jets of The Pavilions In the Park, followed by an afternoon in the Capitol cinema or theatre? You could try your hand at canoeing and windsurfing at Southwater Country Park followed by a picnic by the lake, or surprise yourself with the eclectic exhibitions at Horsham Museum followed by an afternoon of exploration at Warnham Nature Reserve. Contact the Tourist Information Centre on 01403 211661 for more details.

**HORSHAM Broadbridge Heath LC**

*a: Wickhurst La, RH12 3YS t: 01403 211311 w: www.dcleisurecentres.co.uk*

Athletics, football, badminton, hockey, soft play area, trampolining, netball, tennis, cricket, basketball.

**HORSHAM Holmbush Paintball**

*a: Crawley Rd, Faygate, RH12 4SE t: 0800 279 2525 w: www.holmbushpaintball.co.uk*

**HORSHAM Rookwood Golf Course**

*a: Robin Hood La, Warnham, RH12 3RR t: 01403 252123 w: www.rookwoodgolfcourse.co.uk*

Pitch & Putt. Open daily, from 10am to dusk.

**HORSHAM Southwater Cycles**

*a: Station Rd, Southwater, RH13 9LA t: 01403 732561 w: www.southwatercycles.com*

Cycle hire. Open Wed-Sat, 9am-5.30pm, Sun, 10am-4pm.



**HORSHAM Southwater Watersports Centre**

*a: Southwater Country Pk, Cripplegate La, RH13 9UN t: 01403 734424 w: www.southwatersports.co.uk*  
Canoeing, dinghy sailing, kayaking, rafting, windsurfing, team building.

**HORSHAM Superbowl**

*a: Horsham Leisure Complex, Albion Way, RH12 1AH t: 01403 274642*

**HORSHAM Sussex Quads**

*a: Lower Pond Farm, Nuthurst Rd, Nuthurst, RH14 9BE t: 07930 314053 w: www.sussexquads.co.uk*  
Quad biking, archery, paintballing. Prebooking essential.

**HOVE King Alfred LC\***

*a: Kingsway, BN3 2WW t: 01273 290290 w: www.kingalfredleisure.co.uk*

\* Centre has swimming pool. Football, trampolining, soft play area, table tennis, tennis, badminton, toddler gym, netball.

**HOVE Lagoon Watersports**

*a: Kingsway, BN3 4LX t: 01273 424842 w: www.lagoon.co.uk*

Dinghy sailing, power boating, windsurfing, yacht sailing.

**HOVE The Pottery House Cafe**

*a: 175 Portland Rd, BN3 5QJ t: 01273 773697 w: www.thepotteryhousecafe.co.uk*

Mon-Sat from 8.30am.

**HOVE Western Lawns**

*a: near Hove Lagoon, BN3 4SA*

Pitch & Putt.

**LAMBERHURST Bewl Water Outdoor Centre**

*a: Bewl Water, TN3 8JH t: 01892 890716 w: www.bewlwater.org*

Canoeing, kayaking, sailing, power boating, climbing.

**LAMBERHURST Bewl Windsurfing**

*a: Bewl Water, TN3 8JH t: 01892 891000 w: www.bewlwindsurfing.co.uk*

**LANCING Lancing Manor LC**

*a: Manor Rd, BN15 0PH t: 01903 524624 w: www.impulseleisure.co.uk*

Football, netball, squash, badminton, soft play area, table tennis, tennis.

**LEWES Lewes LC\***

*a: Mountfield Rd, BN7 2XG t: 01273 486000 w: www.waveleisure.co.uk*

\* Centre has swimming pool. Climbing, athletics, trampolining, football, basketball, roller skating, soft play area, badminton, tennis, toddler gym.

**LEWES Pells Swimming Pool**

*a: Brook St, BN7 2BA t: 01273 472334 w: www.pellspool.org.uk*

Open late May-mid Sept.

**LITTLEHAMPTON Maltravers Park**

*a: Maltravers Dri, BN17 5EZ t: 01903 726005 w: www.inspireleisure.co.uk*

Putting. Open Easter-Sept, from 10am. **Cost is up to £10**

**LITTLEHAMPTON Western Putting**

*a: Banjo Rd, BN17 5NV t: 07920 283001*

Crazy golf, putting. Open daily, Apr, end May-early Sept; May and Sept, weekends and Bank Hols only, from 10am. **Cost is up to £10**

**LITTLEHAMPTON Ground Control Paintball**

*a: off A259 coast road at Climping, BN17 5RX t: 01903 722488 w: www.scpaintball.co.uk*

**LITTLEHAMPTON Littlehampton Swimming & SC\***

*a: Sea Rd, BN16 2NA t: 01903 725451 w: www.inspireleisure.co.uk*

\* Centre has swimming pool. Badminton, football, table tennis

**MIDHURST High Sports Climbing**

*a: Midhurst Rother College River Site Lam GU29 9DT t: 0845 363 1177 w: www.high-sports.co.uk*

A great place to let the kids try climbing. Junior programme and family taster sessions available.

Please visit the website for full opening details.

**MIDHURST The Grange LC**

*a: Bepton Rd, GU29 9HD t: 01730 816841 w: www.thegrange.org.uk*

Football, netball, basketball, tennis, hockey, cricket, martial arts, table tennis, roller skating, badminton, squash, soft play area.



**NEWHAVEN Seahaven Swim & Fitness Centre**

*a: Chapel St, BN9 9PN t: 01273 512498 w: www.waveleisure.co.uk*

**PEACEHAVEN Mosaic Mad Romans**

*a: BN10 8EG t: 01273 586181 w: www.mosaicmadromans.com*

Themed Mosaic birthday parties at your venue: create Edible Mosaics from sweets, biscuits and icing, then 2 mosaic projects to keep from beads, tiles, glass, coloured stones and feathers.

**PEACEHAVEN Peacehaven LC**

*a: Greenwich Way, BN10 8BB t: 01273 588858 w: www.waveleisure.co.uk*

Soft play area, trampolining, football, squash, badminton, table tennis, tennis.

**POLEGATE Campbell Circuit**

*a: Filching Manor, Jevington Rd, Filching, BN26 5QA t: 01323 487933 w: www.campbellcircuit.co.uk*  
Karting.

**PORTSLADE Portslade SC**

*a: Chalky Rd, BN41 2WS t: 01273 411100 w: www.portsladesportscentre.co.uk*

Football, basketball, badminton, netball, volleyball, trampolining, toddler gym, table tennis, squash.

**RINGMER Freedom Leisure Ringmer Swimming Pool**

*a: Lewes Rd, BN8 5RB t: 01273 813533 w: www.freedom-leisure.co.uk*

**RYE Freedom Leisure Rye\***

*a: The Grove, TN31 7ND t: 01797 224747 w: www.freedom-leisure.co.uk*

\* Centre has a swimming pool. Squash, badminton, football.

**RYE Rye Hire**

*a: Cyprus Pl, TN31 7DR t: 01797 223033*

Cycle Hire. Open Mon-Fri, 8am-5pm; Sat, 8am-1pm. Bikes must be prebooked.

**RYE Rye Watersports**

*a: North Point Water, New Lydd Rd, Camber, TN31 7QS t: 01797 225238 w: www.ryewatersports.co.uk*

Sailing, windsurfing, kitesurfing.

**SEAFORD Cuckmere Cycle Company**

*a: Seven Sisters Country Pk, BN25 4AD t: 01323 870310 w: www.cuckmere-cycle.co.uk*

**SEAFORD Downs LC**

*a: Sutton Rd, BN25 4QW t: 01323 490011 w: www.waveleisure.co.uk*

Cub karts, basketball, football, toddler gym, hockey, soft play area, table tennis, badminton.

**SEAFORD Seaford Head Pool**

*a: Sutton Ave, BN25 4LX t: 01323 897632 w: www.waveleisure.co.uk*

**SEAFORD Seven Sisters Canoe Centre**

*a: Seven Sisters Country Pk, Exceat, BN25 4AD t: 01323 491289 w: www.eastsussex.gov*

Canoeing, kayaking, rafting.

**SHOREHAM-BY-SEA Wadurs Community Pool**

*a: Kingston Broadway, BN43 6TE t: 01273 238000 w: www.impulseleisure.co.uk*

**SOUTHWATER Southwater LC**

*a: Pevensey Rd, RH13 9XZ t: 01403 733208 w: www.southwaterleisurecentre.co.uk*

Trampolining, football, martial arts, dancing, toddler gym, table tennis, badminton, cricket, basketball.

**SOUTHWICK Southwick LC**

*a: Old Barn Way, BN42 4NT t: 01273 238111 w: www.impulseleisure.co.uk*

Trampolining, soft play area, badminton, table tennis, roller skating, tennis, football.

**ST LEONARDS-ON-SEA West Marina Gardens**

*a: Sea Rd, TN38*

**STEYNING Steyning LC\***

*a: Horsham Rd, Southgate, BN44 3AA t: 01903 879666 w: www.steyningleisurecentre.co.uk*

\* Centre has swimming pool. Squash, tennis, badminton, table tennis, trampolining, football, basketball, hockey, cricket, martial arts.

**STORRINGTON Chanctonbury LC**

*a: Spierbridge Rd, RH20 4PG t: 01903 746070*

Netball, basketball, football, martial arts, trampolining, cricket, badminton.



**UCKFIELD Freedom Leisure Uckfield\***

**a:** Downsview Cresc, TN22 1UB **t:** 01825 761160 **w:** [www.freedom-leisure.co.uk](http://www.freedom-leisure.co.uk)

\* Centre has swimming pool. Football, badminton, squash, trampolining, soft play area, cricket, water polo, hockey, rounders, roller skating.

**WASHINGTON Mambo Jambos**

**a:** Shoots Garden Ctre, London Rd, RH20 3BP **t:** 01903 893353 **w:** [www.mambojambos.com](http://www.mambojambos.com)

Pottery painting.

**WHITESMITH MasterPiece Studio**

**a:** Unit 3 Holmes Hill Estate, BN8 6JA **t:** 01825 872225 **w:** [www.masterpiecestudio.co.uk](http://www.masterpiecestudio.co.uk)

Pottery painting. Open Wed-Mon, 10am-4/5pm.

**WORTHING AMF Bowling**

**a:** Marine Pde, BN11 3PZ **t:** 0844 826 3041 **w:** [www.amfbowling.co.uk](http://www.amfbowling.co.uk)

**WORTHING Brooklands Go Karts and Mini Moto Circuit**

**a:** Brighton Rd, BN11 2HP **t:** 07867 762106 **w:** [www.brooklandsgokarts.co.uk](http://www.brooklandsgokarts.co.uk)

There are two circuits and two kart sizes, so lots of fun for everyone! Check out the website for further details. Sat-Sun and school hols, weather permitting.

**WORTHING Davison LC**

**a:** Selborne Rd, BN11 2JX **t:** 01903 204668 **w:** [www.worthing.gov.uk](http://www.worthing.gov.uk)

Netball, football, basketball, hockey, cricket, martial arts, volleyball, table tennis, tennis, badminton, roller skating, trampolining.

**WORTHING Marine Gardens**

**a:** West Pde, BN11 5EF **w:** [www.marinegardens.co.uk](http://www.marinegardens.co.uk)

Putting, tennis, bowls.

**WORTHING M's Cycle Hire**

**a:** BN14 7EJ **t:** 07852 986165 **w:** [www.m-cyclehire.co.uk](http://www.m-cyclehire.co.uk)

Cycle hire, delivery and collection. Open daily.

**WORTHING Pottery Fun Factory**

**a:** 143 Broadwater St East, BN14 9AP **t:** 01903 211322 **w:** [www.potteryfunfactory.co.uk](http://www.potteryfunfactory.co.uk)

**WORTHING Worthing Aquarena**

**a:** Brighton Rd, BN11 2EN **t:** 01903 231797 **w:** [www.aquarena.co.uk](http://www.aquarena.co.uk)

Take the kids swimming! The main pool has a diving board, inflatables and a flume, and there is an outdoor paddling pool in the summer, which is open from 10am-6pm. There is also a playground, various sporting activities and a school holiday programme. Visit the website for opening and pricing details.

**WORTHING Worthing LC**

**a:** Shaftesbury Ave, Worthing-by-Sea, BN12 4ET **t:** 01903 502237 **w:** [www.worthing.gov.uk](http://www.worthing.gov.uk)

Soft play area, squash, football, badminton, basketball, toddler gym, trampolining, volleyball, bowls, hockey.

## ENTERTAINMENT

**BEXHILL-ON-SEA The De La Warr Pavilion**

**a:** Marina, TN40 1DP **t:** 01424 229111 **w:** [www.dlwp.com](http://www.dlwp.com)

An exciting venue for performing arts, events and shows, many suitable for children. It is situated close to the beach and there is an art gallery with free entry. Open daily, 10am-6pm. For show details and timings, please visit the website.

**BOGNOR REGIS The Picturedrome Cinema**

**a:** 51 Canada Gro, PO21 1DW **t:** 01243 823138

**BRIGHTON Brighton Centre**

**a:** Kings Rd, BN1 2GR **t:** 01273 290131 **w:** [www.brightoncentre.co.uk](http://www.brightoncentre.co.uk)

Theatre.

**BRIGHTON Brighton Dome**

**a:** 29 New Rd, BN1 1UG **t:** 01273 709709 **w:** [www.brightondome.org](http://www.brightondome.org)

Enjoy family fun at this great theatre in Brighton.



**BRIGHTON Cineworld**

*a: Marina Village, BN2 5UF t: 0871 200 2000 w: www.cineworld.co.uk*

This family friendly cinema is a great place to spend a wet afternoon. Visit the website for film listings and times.

**BRIGHTON Duke of York's Cinema**

*a: Preston Circus, BN1 4NA t: 0871 704 2056*

**BRIGHTON Komedia**

*a: 44-47 Gardner St, BN1 1UN t: 0845 293 8480 w: www.komedia.co.uk*

Look out for some great kids' shows, kids@komedia, at this well loved venue in Brighton.

**BRIGHTON New Venture Theatre**

*a: Bedford Pl, BN1 2PT t: 01273 746118 w: www.newventure.org.uk*

**BRIGHTON Odeon**

*a: Kingswest West St, BN1 2RE t: 0871 224 4007 w: www.odeon.co.uk*

**BRIGHTON Theatre Royal**

*a: New Rd, BN1 1SD t: 01273 328488 w: www.theambassadors.com*

**BURGESS HILL Martlets Hall**

*a: Civic Way, RH15 9NN t: 01444 242888 w: www.midsussex.gov.uk*

**BURGESS HILL Orion Cinema**

*a: Cyprus Rd, RH15 8DX t: 01444 243300 w: www.orioncinema.com*

**CHICHESTER Chichester Cinema**

*a: New Park Rd, PO19 7XY t: 01243 786650 w: www.chichestercinema.org*

**CHICHESTER Chichester Festival Theatre**

*a: Oaklands Pk, PO19 6AP t: 01243 784437 w: www.cft.org.uk*

Take the kids to the theatre! There are also holiday activities on offer for 2-11 year olds, Arts Xtra for 12-16 year olds, as well as summer schemes for 5-16 year olds.

**CHICHESTER Cineworld**

*a: Chichester Gate, PO19 8EL t: 0871 200 2000 w: www.cineworld.co.uk*

Take the kids to this family friendly cinema. Visit the website for film listings and times.

**CRAWLEY Cineworld**

*a: Unit 1 Crawley Leisure Pk, London Rd, RH10 2LR t: 0871 200 2000 w: www.cineworld.co.uk*

Take the family out to this great cinema in Crawley, for some family friendly films. Visit the website for film listings and times.

**CRAWLEY Ifield Barn Theatre**

*a: Rectory La, Ifield, RH11 0NN t: 01293 525030 w: www.ifieldbarn.co.uk*

**CRAWLEY The Hawth**

*a: Hawth Ave, RH10 6YZ t: 01293 553636 w: www.hawth.co.uk*

Cinema and theatre.

**EAST GRINSTEAD Atrium Cinema**

*a: King St, RH19 3DJ t: 01342 321666 w: www.scottcinemas.co.uk*

**EAST GRINSTEAD Chequer Mead Theatre & Arts Centre**

*a: De La Warr Rd, RH19 3BS t: 01342 302000 w: www.chequermead.org.uk*

**EASTBOURNE Cineworld**

*a: Sovereign Harbour Retail Pk, Pevensey Ba BN23 6JH t: 0871 200 2000 w: www.cineworld.co.uk*

This cinema has some great family friendly films on offer. Visit the website for film listings and times.

**EASTBOURNE Curzon Cinema**

*a: Langney Rd, BN21 3EU t: 01323 731441 w: www.eastbournecurzon.net*

**EASTBOURNE Devonshire Park Theatre**

*a: Compton St, BN21 4BP t: 01323 412000*

**EASTBOURNE Royal Hippodrome**

*a: 108-112 Seaside Rd, BN21 3PF t: 01323 412000*

**EASTBOURNE The Congress Theatre**

*a: 14 Compton St, BN21 4BP t: 01323 412000*

**EASTBOURNE Winter Garden**

*a: 14 Compton St, BN21 4BP t: 01323 412000*

**GORING-BY-SEA Northbrook Theatre**

*a: Littlehampton Rd, BN12 6NU t: 01903 606162 w: www.northbrooktheatre.co.uk*

**HAILSHAM Hailsham Pavilion**

*a: George St, BN27 1AE t: 01323 841414 w: www.hailshampavilion.co.uk*

Look out for family friendly theatre and film screenings at this popular venue in Hailsham.

**HASTINGS Odeon**

*a: Queens Rd, TN34 1QP t: 0871 224 4007 w: www.odeon.co.uk*

**HASTINGS Phoenix Arts Centre**

*a: Parkstone Rd, TN34 2NT t: 0870 164 8649 w: www.phoenixartscentre.co.uk*

Enjoy family time at the theatre. Look out for some great children's shows and events.

**HASTINGS The Stables Theatre and Arts Centre**

*a: The Bourne, TN34 3BD t: 01424 423221 w: www.stables-theatre.co.uk*

**HASTINGS White Rock Theatre**

*a: White Rock, TN34 1JX t: 0870 1451133*

**HAYWARDS HEATH Clair Hall**

*a: Perrymount Rd, RH16 3DN t: 01444 455440 w: www.olymposcenres.com*

Cinema and Theatre.

**HORSHAM Christ's Hospital Theatre**

*a: Christ's Hospital, RH13 0LJ t: 01403 247434 w: www.christs-hospital.org.uk*

**HORSHAM The Capitol**

*a: North St, RH12 1RG t: 01403 750220 w: www.thecapitolhorsham.com*

Cinema, children's theatre.

**LEWES Glyndebourne Festival Opera**

*a: Glyndebourne, BN8 5UU t: 01273 813813 w: www.glyndebourne.com*

Opera is becoming popular amongst the younger members of the family! Check out the website for details of the festival. Tickets can be bought online.

**LITTLEHAMPTON Windmill Entertainment Centre**

*a: The Green Windmill Rd, BN17 5LH t: 01903 722224 w: www.inspireleisure.co.uk*

Take the kids to the cinema in Littlehampton. This venue is currently considering plans to become a community based arts centre, so watch this space!

**UCKFIELD Picture House**

*a: High St, TN22 1AS t: 01825 764909 w: www.picturehouseuckfield.com*

Cinema.

**WORTHING The Connaught Theatre and Ritz**

*a: Union Pl, BN11 1LG t: 01903 206206 w: www.worthingtheatres.co.uk*

**WORTHING The Pavilion Theatre**

*a: Marine Pde, BN11 3PX t: 01903 206206 w: www.worthingtheatres.co.uk*

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