

Useful Telephone Numbers

CONTACT: Your emergency contact is the person who checks you in

TAXI:

Angmering Station Taxis	01903 773366
Andy	07523 578064
Castle Cars Arundel	01903 884444
Black-tie Limos	01903 505636

NEAREST HOSPITAL: Diall 999 in an emergency.

Worthing	01903 205111
Chichester	01243 788122

DOCTOR:

Willow Green Surgery	01903 785152
The Copice Surgery	01903 783178

DENTIST:

Sea Road Dental Practice	01903 782884
East Preston Dental Clinic	01903 782372

PHARMACY:

Sainsburys, Rustington	01903 541700
Asda, Ferring	01903 540100
Lloyds Pharmacy	01903 782092
Kamsons Pharmacy	01903 783965
Tesco Pharmacy	01903 311035

VET:

Petcare Veterinary	01903 782387
Fitzalan House Veterinary	01903 782652

BUTCHER:

Meat in the Square, Angmering	01903 771771
Nick Colmers, Ferring	01903 504327

FLORIST:

Buds n Blooms (Julie)	01903 850143
-----------------------	--------------

DOG GROOMING:

Canine Design Dog Grooming (Sarah)

01903 778771

SPORT**BOAT HIRE:**

Littlehampton Marina

01903 713553

GOLF:

Rustington Golf Centre, Golfers Lane, Rustington

01903 850790

Ham Manor Golf Club, West Drive, Angmering

01903 783288

Worthing Golf Club – two 18-hole Links courses

01903 260801

Littlehampton Golf Club, Links course

01903 717170

Goodwood Golf Club, Downland course

01243 755144

West Sussex Golf Club, Pulborough, Heathfield course

01798 872426

HORSE RACING:

Goodwood Racecourse

01243 755022

Fontwell - see www.fontwellpark.co.uk/racing/fixtures

01243 543335

HORSE RIDING

Arundel Riding Centre, Park Place, Arundel

01903 882061

Hangleton Farm Equestrian Centre, Hangleton Lane, Ferring

01903 240352

POLO:Cowdray Park, Easebourne, Midhurst www.cowdraypolo.co.uk 01730 812423**POINT TO POINT RACES:**Crawley & Horsham: www.crawleyandhorshampoint2point.co.ukChiddingfold, Leconfield & Cowdray: www.clandchunt.co.uk

Parham, Storrington: March and April

SHOWJUMPING:

Hickstead - (several events throughout the summer)

01273 834315

SWIMMING POOLS - Indoor

Wave, Sea Road, Littlehampton

01903 725451

Lanes, Golfers Lane, Angmering

01903 859777

David Lloyd Centre, Romany Road, Worthing 01903 266263
Splashpoint Leisure, Brighton Road, Worthing 01903 231797

SWIMMING POOLS - Outdoor

Arundel Lido. Open May- September 01903 884772

WATER SPORTS:

Hove Lagoon, Kingsway, Hove. www.hovelagoon.co.uk 01273 424842
Yachting, power boating, Zap cats
Swanbourne Lake, Arundel. 01903 884293
Outdoor Lido, Arundel 01903 884772
Chichester Lake watersports Aqua Park 01243 776439
Fluid Adventures - Canoe and Kayak River Trips 01243 942777

KITE SURFING/WIND SURFING, PADDLEBOARDING

Loop Watersport - Littlehampton 07445 359359
Paddleboard hire and tuition (SUP)
Tuition in kitesurfing, wing surf/foil
Wetsuit hire
Bodyboard, Skimboard and kyak hire

SAILING:

Bosham Sailing Club www.boshamsailingclub.co.uk 01243 572341
Arun Yacht Club, Littlehampton 01903 716016
AYAC, Littlehampton (behind Inspire Leisure Centre) 01903 714753
Sussex Yacht Club, Shoreham-by-Sea 01273 464868
Chichester Yacht Club 01243 512918
Worthing Sailing Club 01903 249956

TENNIS:

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

HEALTH AND BEAUTY

BEAUTICIANS:

Emily Belbin (nails, massage, tint, waxing, facials) in house	07968 204781
Something for the Weekend Beauty Salon (Tanya)	01903 784040
Body Sense, Rustington	01903 850680

GYMS:

Lanes Health Club, Golfers Lane, Angmering	01903 859777
David Lloyd Centre, Worthing	01903 266263
Inspire Leisure, Littlehampton	01903 725451

HAIR SALONS:

Shortcuts Barbers & Hair Dresser, 142 Sea Road, East Preston	01903 785111
Steph, Home Visits	07890 180843
Ciceros, 1 Sea Road, East Preston	01903 859194
Waves, 31 Sea Road, East Preston	01903 850420
Aaron Blair, 43 Sea Road	01903 776000

MANICURES/PEDICURES:

Emily Belbin – elbelbin@yahoo.co.uk – mobile service	07968 204781
Abs Fabs Nails and Beauty	07752 582521

SPAS:

Bailiffscourt, Climping www.hshotels.co.uk/bailiffs/baliffscourt 01903 723511 Beautiful Spa, a true sanctuary (more adult than children).
Need to book in advance, a pampering day out.

ARTS & MUSEUMS

CINEMAS:

Chichester Cineworld multiscreen cinema	0871 220 8000
Worthing Dome, Marine Parade	01903 823112
Worthing Connaught cinema/theatre, Union Place	01903 206206
Littlehampton Windmill Entertainment, Coastguard Road	01903 722224

Brighton Odeon multiscreen cinema 0871 2244007
Brighton Cineworld multiscreen cinema 0871 2002000

THEATRES:

Chichester Festival Theatre www.cft.org.uk 01243 784437
Worthing Pavilion Theatre, Marine Parade, Worthing 01903 221141
Worthing Connaught Theatre, Union Place 01903 206206
Brighton Theatre Royal, New Road 08700 606650
Brighton Dome 01273 709709
Ropetackle Arts Centre, Shoreham by sea 01273 464440

ARUNDEL FESTIVAL:

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

MUSEUMS

- Littlehampton Museum <http://www.littlehamptonmuseum.co.uk/>
- Arundel Museum <http://www.arundelmuseum.org>
- Worthing Museum & Art Gallery <https://worthingmuseum.co.uk/>
- Tangmere Military Aviation Museum <http://www.tangmere-museum.org.uk>
- Amberley Museum & Heritage Centre <http://www.amberleymuseum.co.uk/>
-

FOOD & WINE

FOOD SUPPLIERS, SHOPS & SUPERMARKETS

FARMERS MARKETS:

Arundel: 3rd Saturday every month
Shoreham: 2nd Saturday every month
Chichester: 1st and 3rd Friday every month

FRESH FISH:

Browns Seafoods, Riverside Industrial Estate, Littlehampton	01903 723582
La Poissonnerie, Fishermans wharf, Shoreham by Sea	07843 429198

WINE AND SPIRIT SPECIALIST

Partners in Wine – Goring-by-Sea	01903 505029
Pallant Wine – Arundel	01903 882288

SUPERMARKETS:

ASDA - Ferring, on the A259 towards Worthing. Has a pharmacy.	01903 540100
Sainsburys - Rustington, on the A259 towards Littlehampton Has a pharmacy.	01903 850476
Morrisons – Littlehampton, follow directions to Sainsburys above carry on along the A259 towards Littlehampton	01903 716818
Tesco – Durrington, New Road, West Durrington	0845 026 9574
Waitrose – Rustington	01903 778772

All do on-line deliveries to the beach houses

The nearest food shop is 5-minute walk in East Preston

Seaview Stores & Off Licence in East Preston has everything you might need, along with newspapers. They also deliver to your Beach House.

PUBS/RESTAURANTS

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

CLOSE TO HOME

The Lamb, Angmering High Street (5-minute drive) Gastropub in the heart of Angmering Village	01903 774300
Andalucia – Spanish Tapas bar at 60 Ferring Street	01903 502605
Worlds End pub, Arundel Road, Patching Traditional good pub food welcomes families	01903 871346

Seaview Pub, East Preston. **Walking distance** 01903 773988

The Clockhouse, East Preston 01903 788367

The Tudor Tavern, East Preston 01903 770078

The Standard P, new micro pub, East Preston 07922 166998

Swallows Return, Littlehampton Road, Goring-by-Sea 01903 506346

Pitch Restaurant, Masterchef winner 2018, Kenny TutT
16 Warwick Street, Worthing 01903 952460

The Gun Inn, Findon 01903 873206

The Village House Coaching Inn, Findon 01903 873350

The Tudor Close, Ferring 01903 243155

La Cucina, Italian, pizza, Mediterranean, Rustington 01903 783121

The Spotted Cow pub Angmering 01903 783919

Establo Lounge Café/bar, Rustington 07500 530215

FURTHER AFIELD

The George, Burpham. 01903 883131

The George & Dragon, Houghton 01798 831559

The Richmond Arms, West Ashling 01243 519444

The White Horse, Chilgrove 01243 519444

The George at Eartham 01243 814340

The Victoria Arms, West Marden, Chichester 023 9263 1330

The Partridge, Singleton 01243 811251

The Black Rabbit, Arundel 01903 882828

The Frankland Arms, Washington 01903 892220

The Bridge Inn, Amberley	01798 831619
The Black Horse, Findon Village	01903 872301
Fox Goes Free Pub, Charlton near Goodwood	01243 811461
Royal Oak Pub, East Lavant, near Goodwood	01243 527434
Star & Garter, East Dean near Chichester	01243 811318

FINE DINING RESTAURANTS

The Tapestry Restaurant, Bailiffscourt Hotel, Climping	01903 723511
The Millstream Hotel, Bosham	01243 573234
The Kennels, Goodwood	01243 755132
Farmer Butcher Chef, Goodwood Park Hotel	01243 755070
Amberley Castle, Amberley near Arundel	01798 831 992
Sylvan Oak, The Square, Findon village	01903 873385
The Pass Restaurant 5star, South Lodge Hotel, Lower Beeding	01403 891711
The Salt Room, Brighton	01273 929488
The Coal Shed, Brighton	01273 322998
Riddle & Finns, Brighton – seafood	01273 721667

LOCAL RESTAURANTS

The Lamb, The Square, Angmering.	01903 774300
The Lemongrass, The Street Rustington	01903 787004
Angmering Manor Hotel, Restaurant & Bar, High Street, Angmering	01903 859849
Mussel Row, Littlehampton	01903 715966

FURTHER AFIELD

The Coal Shed, 8 Boyce's Street, Brighton	01903 322998
The Richmond Arms, Goodwood Hotel	01243 775537
Tajdar, Bangladeshi & Indian Cuisine, The Square, Findon	01903 872225
The Village House, The Square, Findon	01903 873350
The Imperial Chinese Restaurant, Wordsworth Road, Worthing	01903 820208
The Ardington Hotel. Indigo Restaurant 30 Steyne Gardens, Worthing	01903 230451
China Palace, 67 High Street, Arundel	01903 883702
Pappardelle, High Street, Arundel	01903 882024
India Gate, Arundel	01903 882140
Town House, High Street, Arundel	01903 883847
The Parson Table 2&8 Castle Mews, Tarrant Street, Arundel	01903 883477
Butlers Restaurant and Bar, 25 Tarrant Street, Arundel	01903 882222

CAFES

The Blue Bird Café, The Strand, Ferring Seaside café in walking distance along the beach	01903 503033
East Beach Café, The Promenade, Sea Road, Littlehampton 10 min. drive or 45 min. walking distance along the beach.	01903 731903
West Beach Café, Rope Walk, Littlehampton	01903 718153
Sea Horse Café, 110 Sea Road, East Preston In the village , 2 min. walking distance. Very good food	01903 773359
Grub & Grumpton Deli & Restaurant, 126 Sea Road, East Preston In the village , 2 min. walking distance. Very good food	01903 782244
Highdown Tea Rooms (DOG FRIENDLY) Popcorn, Doggie Ice Creams etc	01903 246984

Due to covid some opening times and booking details may differ. We recommend you check on web sites or telephone for latest information.

GARDENS & HISTORIC HOUSES

West Dean Gardens www.westdean.org/garden Open March-December	01243 811301
Arundel Castle Open Apr-Oct. www.arundelcastle.org	01903 882173
Nymans Handcross https://www.nationaltrust.org.uk/nymans	01444 405250
Wakehurst Place https://www.nationaltrust.org.uk/wakehurst	01444 894000
Sheffield Park https://www.nationaltrust.org.uk/sheffield-park-and-garden	01825 790231
Borde Hill Gardens www.bordehill.co.uk	01444 450326
Highdown Garden http://www.highdowngardens.co.uk	01903 501054
Denmans https://www.gardenvisit.com/gardens/denmans_garden	01243 542808
Parham House and Garden https://www.parhaminsussex.co.uk/	01903 742021

GARDEN CENTRES

Haskins - on the A259 The largest in the area.	01903 776481
Highdown Garden Centre - Littlehampton Road, Angmering	01903 242003
Squires Garden Centre - A24 North or Washington	01903 892408

LOCAL VILLAGES, TOWNS & CITIES

ANGMERING

Angmering Village is approximately a 5-minute drive north of East Preston.
<http://www.angmeringvillage.co.uk>

RUSTINGTON

Rustington is approximately 3 miles west and adjoins East Preston.

<http://rustingtonvillage.co.uk>

FERRING

Ferring is approximately 3 miles east of East Preston.

<https://www.ferringvillage.co.uk/places-to-see>

FINDON

Findon is approximately a 10-minute drive north of East Preston.

<http://www.findonvillage.org/>

LITTLEHAMPTON

Littlehampton is approximately 10 minutes by car to the West of East Preston.

<http://www.visitlittlehampton.co.uk/things-to-do/>

ARUNDEL

Arundel is simply the 'jewel in the crown' of the immediate area and lies approximately 15 minutes by car to the north west of East Preston.

<http://www.arundel.org.uk>

WORTHING

Worthing is approximately 10-15 minutes to the east of East Preston and is the largest local seaside town.

<https://discoverworthing.uk>

BRIGHTON & HOVE

The City of Brighton & Hove is approximately 30-40 minutes by car to the east of East Preston and also has good train access from Angmering station.

<https://www.visitbrighton.com/>

PETWORTH

a beautiful village approximately 45 minutes by car north west of East Preston.

<http://discoverpetworth.uk/>

CHICHESTER

Chichester is approximately 30 minutes by car from East Preston.

<https://www.visitchichester.org/>

ACTIVITIES FOR CHILDREN

Out of Bounds, Rustington: Ten pin bowling, chip and climb arena, soft play structure for juniors and toddlers, Laser Tag, Pizza Oven/coffee bar 18 hole crazy golf with waterfalls

01903 788588

Littlehampton Harbour Park Fairground rides, water chutes, amusement arcade, great family day out	01903 721200
The Flying Fortress , Ford, near Littlehampton Soft play on a grand scale, in the shape of an old bi-plane. Bouncy castle, colouring and painting sessions, interactive story telling sessions.	01903 733550
Fishers Farm Park , Wisborough_Green	01403 700063
Brighton Sea Life Centre	01273 604234
Bluebell Railway , Sheffield Park, near Haywards Heath 100% steam hauled passenger trains. Special Santa events	01825 720825
South Downs Planetarium and Science Centre , Chichester	01243 774400
Amberley Museum , Amberley, Near Arundel working museum on 36-acre site, featuring craftsmen at work, vintage bus rides, narrow-gauge railway, electricity hall, nature trails, and many other fascinating displays.	01798 831370 Exciting,
Fishbourne Roman Palace , Fishbourne, Chichester, of the largest known Roman domestic residence in Britain	01243 785859 Remains

PLACES OF WORSHIP

Arundel Cathedral, Parsons Hill, Arundel	01903 882297
Findon Valley Free Church (non-denomination), Worthing	01903 873790
Catholic Church of Our Lady Star of the Sea, East Preston,	01903 785091
St Mary's, C of E, Vicarage Lane, East Preston	01903 783318