**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: Dial 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

Beach Town Blooms – beachtownblooms@gmail.com

M&S Online Flower Orders

**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](http://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](http://www.cowdraypolo.co.uk/) 01730 812423

**POINT TO POINT RACES:**

Crawley & Horsham: [www.crawleyandhorshampoint2point.co.uk](http://www.crawleyandhorshampoint2point.co.uk/)

Chiddingfold, Leconfield & Cowdray: [www.clandchunt.co.uk](http://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](http://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](http://www.boshamsailingclub.co.uk/) 01243 572341

Arun Yacht Club, Littlehampton 01903 716016

AYAC, Litlehampton (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](http://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](http://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](http://www.arundelfestival.co.uk/) Arundel hosts many various events during the year to see whats on visit [www.arundel.org.uk/whatson](http://www.arundel.org.uk/whatson)

**MUSEUMS**

* Littlehampton Museum <http://www.littlehamptonmuseum.co.uk/>
* Arundel Museum [http://www.arundelmuseum.org](http://www.arundelmuseum.org/)
* Worthing Museum & Art Gallery <https://worthingmuseum.co.uk/>
* Tangmere Military Aviation Museum [http://www.tangmere-museum.org.uk](http://www.tangmere-museum.org.uk/)
* Amberly 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

Wiston Estate – award-winning wines

Tours & Tasting, Cellar Door shop [www.wistonestate.com](http://www.wistonestate.com)

Hennings Wine – online orders delivered

**SUPERMARKETS:**

**ASDA -** Ferring, on the A259 towards Worthing. Has a pharmacy. 01903 540100

**Sainsburys** - Rustington, on the A259 towards Littlehampton 01903 850476

Has a pharmacy.

**Morrisons** – Littlehampton, follow directions to Sainsburys above 01903 716818

carry on along the A259 towards Littlehampton

**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 riverbanks or nestled in heart of the South Downs there is something for all tastes. Here are just a few of our recommendations; **RED = WALKING DISTANCE**

**CLOSE TO HOME**

The Lamb, Angmering High Street (5-minute drive) 01903 774300

Gastropub in the heart of Angmering Village

Andalucia – Spanish Tapas bar at 60 Ferring Street 01903 502605

Worlds End pub, Arundel Road, Patching 01903 871346

Traditional good pub food welcomes families

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

**Wiston Estate**: Winery & Vineyard, Restaurant, Tours &

Tastings, Picnics, Cellar Door Shop, Estate Walks

CHALK (on the A24 opposite Windlesham House School)

Restaurant provides honest & delicious food that celebrates

the produce of this land. Menu is lead by diverse natural larder

that the seasons and local farmers provide, enjoyed alongside

Wiston Estate’s award-wining wines. [www.wistonestate.com](http://www.wistonestate.com) 01903 877845

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

Thai Time, High Street, Arundel – excellent Thai cuisine (eat in or

takeaway) 01444 523424

Curds & Whey, Cases cheese & charcuterie wine bar in Worthing

(eat In or takeaway)

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 01903 503033

Seaside café in **walking distance** along the beach

East Beach Café, The Promenade, Sea Road, Littlehampton 01903 731903

10 min. drive or 45 min. **walking distance** along the beach.

West Beach Café, Rope Walk, Littlehampton 01903 718153

Sea Horse Café, 110 Sea Road, East Preston 01903 773359

**In the village**, 2 min. walking distance. Very good food

Grub & Grumption Deli & Restaurant, 126 Sea Road, East Preston 01903 782244

**In the village**, 2 min. walking distance. Very good food

Highdown Tea Rooms (**DOG FRIENDLY**) 01903 246984

Popcorn, Doggie Ice Creams etc

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** 01243 811301 [www.westdean.org/garden](http://www.westdean.org/garden) Open March-December

**Arundel Castle** 01903 882173

Open Apr-Oct. [www.arundelcastle.org](http://www.arundelcastle.org/)

**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](http://www.bordehill.co.uk/) 01444 450326

**Highdown Garden** [http://www.highdowngardens.co.uk](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](http://www.angmeringvillage.co.uk/)

**RUSTINGTON**

Rustington is approximately 3 miles west and adjoins East Preston.

[http://rustingtonvillage.co.uk](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](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](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** 01903 721200

Fairground rides, water chutes, amusement arcade, great family day out

**The Flying Fortress,** Ford, near Littlehampton 01903 733550

Soft play on a grand scale, in the shape of an old bi-plane. Bouncy castle,

colouring and painting sessions, interactive story telling sessions.

**Fishers Farm Park**, WisboroughGreen 01403 700063

**Brighton Sea Life Centre** 01273 604234

**Bluebell Railway,** Sheffield Park, near Haywards Heath 01825 720825

100% steam hauled passenger trains. Special Santa events

**South Downs Planetarium and Science Centre,** Chichester 01243 774400

**Amberley Museum,** Amberley, Near Arundel 01798 831370

Exciting, working museum on 36-acre site, featuring craftsmen at work,

vintage bus rides, narrow-gauge railway, electricity hall, nature trails, and

many other fascinating displays.

**Fishbourne Roman Palace,** Fishbourne, Chichester, 01243 785859

Remains of the largest known Roman domestic residence in Britain

**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