

## 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
Turners Pies & Butchers Shop	01903 779444
Dukeshill Mail-order Meat/Pies/Charcuterie	0345 3700 129
Simply Oysters and Seafood Mail-order Fish	07806 773526

**FLORIST:**

Buds n Blooms (Julie)

01903 850143

Beach Town Blooms – [beachtownblooms@gmail.com](mailto: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

### BIKING:

There are several bike and mountain biking routes around East Preston:

<https://www.komoot.com/guide/746340/cycling-around-east-preston>

<https://www.komoot.com/guide/746339/road-cycling-routes-around-east-preston>

<https://www.komoot.com/guide/746338/mtb-trails-around-east-preston>

### 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 water sports 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 kayak hire

**SAILING:**

Bosham Sailing Club [www.boshamsailingclub.co.uk](http://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 & Hairdresser, 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 – <a href="mailto:elbelbin@yahoo.co.uk">elbelbin@yahoo.co.uk</a> – mobile service	07968 204781
Abs Fabs Nails and Beauty	07752 582521

### SPAS:

Bailiffscourt, Climping <a href="http://www.hshotels.co.uk/bailiffs/baliffscourt">www.hshotels.co.uk/bailiffs/baliffscourt</a> Beautiful Spa, a true sanctuary (more adult than children). Need to book in advance, a pampering day out.	01903 723511
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## 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 <a href="http://www.cft.org.uk">www.cft.org.uk</a>	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>
- Worthing Museum & Art Gallery <https://worthingmuseum.co.uk/>
- Tangmere Military Aviation Museum <http://www.tangmere-museum.org.uk>
- Amberly Museum & Heritage Centre <http://www.amberleymuseum.co.uk/>

## FOOD & WINE

### FOOD SUPPLIERS, SHOPS & SUPERMARKETS

#### FARMERS MARKETS:

Arundel: 3<sup>rd</sup> Saturday every month  
Shoreham: 2<sup>nd</sup> Saturday every month  
Chichester: 1<sup>st</sup> and 3<sup>rd</sup> 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	<a href="http://www.wistonestate.com">www.wistonestate.com</a>
Hennings Wine – online orders delivered	

#### SUPERMARKETS:

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

#### VINEYARDS / WINE TOURS:

Wiston – North Farm, Washington	01903 877845
Bolney – Haywards Heath	01444 881575
Nyetimber – Pulborough	01798 813989
Kinsbrook Vineyard – West Chiltington	01403 907800
Great British Wine Tours	01273 278474

## 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 Gastro Pub, East Preston. 5 mins walking 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 – 2 ROSETTES 01903 952460

Bayside Social (owned by Pitch) – on the beach, Worthing 01903 867050

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
The Horse & Groom, East Ashling, Chichester – 2 ROSETTES	01243 575339

## FINE DINING RESTAURANTS

The Tapestry Restaurant, Bailiffscourt Hotel, Climping	01903 723511
The Millstream Hotel, Bosham – Sea School Restaurant – 2 ROSETTES	01243 573234
The Kennels, Goodwood	01243 755132
Farmer Butcher Chef, Goodwood Park Hotel	01243 755537
Amberley Castle, Amberley near Arundel	01798 831 992
The Pig, Madehurst, Arundel – 2 ROSETTES	01243 974500
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
The Potager Restaurant, Chichester – 2 ROSETTES	01273 784995
The Earl of March, Goodwood – 1 ROSETTE	01243 533993
The Ship Restaurant, Chichester - 1 ROSETTE	01243 778000
The Indigo Seafood and Grill, Worthing – 1 ROSETTE	01903 230451

## 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
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 Parsons Table 2&8 Castle Mews, Tarrant Street, Arundel – 2 ROSETTES	01903 883477
Butlers Restaurant and Bar, 25 Tarrant Street, Arundel	01903 882222

## CAFES

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

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

## GARDENS & HISTORIC HOUSES

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

<http://discoverpetworth.uk/>

### CHICHESTER

Chichester is approximately 30 minutes by car from East Preston.

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

## ACTIVITIES FOR CHILDREN

<b>Out of Bounds, Rustington:</b> 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
<b>Littlehampton Harbour Park</b> Fairground rides, water chutes, amusement arcade, great family day out	01903 721200
<b>The Flying Fortress,</b> Ford, near Littlehampton Soft play on a grand scale, in the shape of an old biplane. Bouncy castle, colouring and painting sessions, interactive story telling sessions.	01903 733550
<b>Fishers Farm Park,</b> Wisborough_Green	01403 700063
<b>Brighton Sea Life Centre</b>	01273 604234
<b>Bluebell Railway,</b> Sheffield Park, near Haywards Heath 100% steam hauled passenger trains. Special Santa events	01825 720825
<b>South Downs Planetarium and Science Centre,</b> Chichester	01243 774400
<b>Amberley Museum,</b> Amberley, Near Arundel 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.	01798 831370
<b>Fishbourne Roman Palace,</b> Fishbourne, Chichester, Remains of the largest known Roman domestic residence in Britain	01243 785859

## 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