

"Once a year go some place you've never been before. "

Dalai Lama

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Welcome to 'The Best of the English South Coast, the latest travel guide in Best of England's travel guide collection.

We hope that this book inspires you to discover some of the best places England's South Coast and its surrounding area has to offer.

Our passionate team have travelled from Kent to Cornwall to feature some of our favourite destinations, with a few hidden gems along the way. For those of you prepared to swing off the coastal road, there are few suggestions that we didn't want to leave out if you are in this part of the country, perhaps the odd beautiful vineyard or an enchanting castle.

Whether you use this book to discover somewhere new or to rediscover an old favourite, we are certain that this book will remind you just how beautiful the South Coast of England is.

Enjoy this book and happy travels.





Simon Ridgwell Editor | Best of England

Cover photo - Kynance Cove taken by Natalie Wilkins



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Whitstable

SEE P25 | WHITSTABLE | CT5 1AJ

Whitstable is renowned for its culinary excellence and pretty seaside charm. This seaside retreat is popular due to its sophisticated and contemporary approach to food and its attractive aesthetic. The town has been celebrated for its seafood since Roman times.

Dungeness SEE P38 | DUNGENESS | TN29 9NE

Dungeness is unique. This desolate landscape is home to wooden houses, a nuclear power station, lighthouses, a narrow-gauge railway, nature and bird reserves, the RNLI, expansive gravel pits, and the ruins of many boats and shacks.

Broadstairs SEE P16 | BROADSTAIRS | CT10 1JB

Broadstairs is an historic seaside resort town located on the Isle of Thanet in Kent, with a variety of beautiful sandy beaches including Viking Bay, Louisa Bay, Stone Bay, Kingsgate Bay, Botany Bay and Joss Bay.

Gusbourne SEE P37 | APPLEDORE | TN26 2BE

With a pursuit of creating world-class wines of uncompromising quality, Gusbourne is a stunning English wine estate consisting of 61 hectares in Kent and a further 32 in West Sussex situated near Goodwood Estate. The first vines were planted in 2004 by Andrew Weeber.



Rye

SEE P47 | RYE | TN31 7JF

The medieval town of Rye looks almost like a film set in parts with lengthy cobbled streets and narrow passages. Overlooking Romney Marsh, this hillperched ancient town was originally located on a huge embayment of the English Channel and served as one of the fine Cinque Ports.



The New Forest

SEE P127 | LYNDHURST | SO43 7BD

The New Forest is best known for its heathland, forest trails and native wild ponies. The name comes from the Latin "nova foresta", which translates literally as 'new hunting ground'. Today deer, ponies and cattle roam free in its ancient heaths and woodland.



Bosham

SEE P89 | BOSHAM | PO18

The quaint attractive town of Bosham is well worth a visit. Nestled against the water's edge at the eastern end of Chichester Harbour it's a haven for wildlife and sailing. The small village has an ancient church dating back to the 800's and the small pretty lanes are full of attractive buildings, flowers and character.



Hamble Le Rice

Hamble-le-Rice or 'Hamble' as it is known locally, is situated in idyllic surroundings on the River Hamble estuary. This small yet characterful postcard village is renowned for its yachting and boatbuilding industry as well as for hosting a vital aircraft training centre during WWII.



Lewes

SEE P71 | LEWES | BN7 2DE

Lewes is certainly one of Sussex's most attractive market towns and an ideal visitor destination. It is relatively small, yet filled with historic buildings such as Lewes Castle and the Anne of Cleves House. It's also home to Harvey's Brewery and a handful of their pubs.



Lyndhurst SEE P125 | LYNDHURST | SO43 7BG

Lyme Regis, an ancient town often described as the Pearl of Dorset, sits at the epicenter of the Jurassic Coast World Heritage Site. Surrounded by fossilrich cliffs, this town justly celebrates its most famous citizen, Mary Anning. At the age of 12, she discovered England's first complete ichthyosaur fossil.



Petworth

SEE P81 | PETWORTH | GU28 OAU

Petworth is a small, attractive market town set in the heart of the South Down's National Park. Known as a centre for arts and culture and home to more antique shops than any other in the South of England. Perfect for neophiles and traditionalists.



Beaulieu

SEE P122 | BROCKENHURST | SO42 7YA

Beaulieu is a small village on the South-Eastern edge of the New Forest and at the head of the Beaulieu River. The name is French for "beautiful place", the village dates back to the 13th century and is centred around the abbey which was founded in 1204 by Cistercian monks.



Ventnor Town

SEE P104 | VENTNOR | P038 1EJ

Ventnor was a popular Victorian seaside and health resort in the late 19th-century, thanks to its southfacing position and famous microclimate. Botanists and ecologists have long visited here to observe the rare species of flora and fauna.



Weymouth

SEE P157 | WEYMOUTH | DT4 7AN

Weymouth is a seaside town in Dorset located at the mouth of the River Wey. The Esplanade is composed of an attractive arc of terraces. Much of the architecture was constructed in the Georgian and Regency periods between 1770 and 1855 and commissioned by wealthy businessmen.



Steephill Cove

Tucked away at the western end of Ventnor Undercliff, Steephill Cove is arguably one of the quirkiest places on the Island. Sheltering at the base of this cove you'll find a tiny cluster of cottages and cafes fronted by a sandy beach. No road access means that the beach is safe, quiet and pollution-free.



Durdle Door

SEE P155 | WEST LULWORTH | BH20 5PU

The magnificent geological wonder, Durdle Door is a limestone arch along the Jurassic Coast rising out of the aquamarine water at 200ft high. Within the World Heritage Site, the arch is also part of the Lulworth Estate and a short walk from Lulworth Cove.



Cowes

SEE P113 | COWES | PO31 7QT

Cowes is located on the West bank of the River Medina with the smaller town of East Cowes situated on the Eastern side. The two towns are connected by a chain ferry called the Cowes Floating Bridge. In the 13th century, King Henry VIII built castles on both banks to guard the river, although the 'East Cowe' is now gone.



Corfe Castle see p146 | wareham | bH20 5EJ

For more than 1,000 years, Corfe Castle and Castle Town have shared an eventful history. Overlooked by the castle's dramatic silhouette, Castle Town seems cut from the same fabric of grey Purbeck limestone as the Castle.



Shanklin Beach

SEE P101 | SHANKLIN | PO37 6BJ

With its waters awarded a Blue Flag for cleanliness, golden sands and a range of children's attractions, Shanklin Beach makes a perfect location for families, sunbathers and swimmers. Dunnose Point shelters the beach from harsh winds and also serves as a beautiful backdrop.



Hengistbury Head

A tranquil stretch of land protruding into the English Channel, Hengistbury Head is a patchwork of heathland, wetland, and grassland, providing a wonderful setting for coastal walks or observing nature. Binoculars and/or a camera are indispensable equipment as you explore the many hundreds of plant and animal varieties.



Ilfracombe

SEE P192 | ILFRACOMBE | EX34 9BZ

This North Devon town has rejuvenated its image as an English seaside destination and home to the awardwinning Landmark Theatre and Tunnels beaches. The scenic National Cycle Network Route to Woolacombe and The South West Coast Path from Minehead to Poole, pass through Ilfracombe.



Tintagel

SEE P240 | TINTAGEL | PL34 ODB

The alleged haven to renowned medieval British leader King Arthur, Tintagel offers stunning coastal views with a dash of historical intrigue and mystery. The ruins of Tintagel Castle perch atop a jagged headland reaching out into the rough Atlantic.



Woolacombe

SEE P193 | WOOLACOMBE | EX34 7DL

Woolacombe Beach is a three-mile stretch of beautiful golden sand and it receives some of the best Atlantic breakers in this part of the world, attracting surfers from far and wide. Although it is a family favourite during the summer, its vastness means that it rarely feels overcrowded.



Port Isaac SEE P239 | PORT ISAAC | PL29 35G

The word picturesque could have been coined for Port Isaac. The narrow winding streets are lined with whitewashed cottages, many of which are now listed due to their historical importance and pleasing aesthetic.



Lynmouth

SEE P191 | LYNMOUTH | EX35 6HW

Located within the rugged confines of Exmoor National Park, the coastal village of Lynmouth inhabits a spectacular landscape where rivers, cliffs and woodlands join the sea. With its whitewashed mix of fishing cottages and small shops, this picturesque town is an important hub for exploring North Devon





Carbis Bay is one of Cornwall's most scenic beaches. The clarity of the water (Blue Flag 2019) and the sweeping soft golden sand, make this one of the best beaches in Britain. Approximately one mile from popular St.lves, the beach is owned by the beautiful award-winning Carbis Bay Hotel.



Dartmouth

SEE P177 | DARTMOUTH | TQ6 9YY

Dartmouth is set on the western bank of the estuary of the River Dart, which is a long narrow tidal river that runs inland as far as Totnes. Historic streets sit alongside the scenic riverbank and combine to make this one of Devon's most attractive towns.



Porthgwarra SEE P219 | PENZANCE | TR19 6JR

Close to Porthcurno, this small secluded beach was once a thriving fishing cove but today is more famous for its film location status. The sparkling clear turquoise water on sunnier days makes this a pretty spot to visit.





Kingsgate and Botany Bay

Marine Drive, Kingsgate, CT10 3LG

Kingsgate and Botany Bay are fantastic sandy coves located just out of Broadstairs and Margate. Natural arches, white cliffs and deep caves make this a natural, hidden corner. The clean, clear waters are great for swimming and the rock pools and possible fossil finds can keep families busy for hours.

The ends of both beaches get cut off at high tide and Botany Bay, like many popular beaches, has a dog ban in place from the 1st May until 30th September between 10am and 6pm when the beach is at its busiest.

Broadstairs

High Street, Broadstairs, CT10 17B

Broadstairs is an historic seaside resort town located on the Isle of Thanet in Kent, with a variety of beautiful sandy beaches including Viking Bay, Louisa Bay, Stone Bay, Kingsgate Bay, Botany Bay and Joss Bay. With imposing chalk cliffs, a Victorian seafront and a pretty promenade, this glorious sweep of bays offer great fossil hunting and rock-pooling opportunities for families.

The slightly more secluded Botany Bay offers stunning views of the white cliffs and its own dramatic white chalk stacks. In the town of Broadstairs itself, you will find fishermen's cottages, clifftop walks and boutiques lining the characterful streets.



Wyatt and Jones

23 - 27 Harbour Street, CT10 1EU

At Wyatt and Jones, menus change with the seasons and their produce is sourced locally. They have an extensive list of Kentish drinks and wines and only use local fishermen and butchers. Lobster, when in season, is caught half a mile away and delivered straight from the boat to their door.

The locality of ingredients is a priority with Kentish beer and local fish featuring prominently including Monkfish and Roasted Red Pepper Ceviche and Anchovy Toast. Great for their sea views and child friendly too, this is a welcoming and popular Kent gem.

The Harbour Café

10 The Parade, CT9 1EZ

The Harbour Café in Margate is directly on the seafront with tremendous views over the water. High ceilings, brick walls, stripped back floors, large light-filled windows and tables embellished with fresh flowers, make this café the perfect place to watch life on the seafront with a coffee.

The Harbour Café is located close to the Turner Gallery, making it a popular choice with those visiting the contemporary space. The feature of the interior is their interesting long counter, clad with mosaic tiles, to a backdrop of their wines and coffee beans.



Sandwich

Guildhall, Cattle Market, Sandwich, CT13 9AH

Sandwich is situated on the River Stour. This small medieval town and its historic centre have been well preserved and Sandwich Bay, a sweeping inlet of sea, is considered an area of high ecological importance, with areas of conservation and bird protection. The town is where the bread snack originated.

Sandwich is one of the Cinque Port Towns, formed for trade and military purposes from around the 11th century however due to the disappearance of the Wantsum Channel, it is now approximately two miles from the sea. The surrounding area is believed to be the landing place for the Roman invasion of Britain in AD43.

Deal

Town Hall, High Street, Deal, CT14 6TR

On a clear day, you can see France on the horizon from the town of Deal which is situated just 25 miles from the mainland. Deal was formally a fishing, mining and garrison town and its position on the English Channel made it a significant and extremely busy port.

Today, Deal is a seaside resort with charming Georgian architecture and a wide stretch of beach. Deal's winding pedestrianised high street is lined with an array of innovative independent cafés and restaurants. Its Tudor castle, built to prevent French invasion, has a fascinating history.

Walmer Castle

Kingsdown Road, Walmer, CT14 7LJ

Escape the vagaries of modern life at this unique coastal fortress in Kent. Built by Henry VIII in 1540, it became the rural retreat for the Lord Warden of the Cinque Ports and has played host to the Duke of Wellington, Winston Churchill and the Queen Mother.

There's plenty of military might in evidence at Walmer Castle, with gun ports and heavy cannons lined up on the bastions aimed out towards the continent. Don't miss Wellington's bedroom including his original Wellington boots, the camp bed from which he planned vital campaigns, and the armchair in which he died.



Duke of William

The Street, Ickham, CT3 1QP

Situated just ten minutes outside of the historic City of Canterbury, the Duke of William is a contemporary and stylish pub. With a roaring fire during the winter months, the idyllic garden is full of hanging baskets, potted plants, an olive tree and herb boxes during the summer.

The menu is built around the best local produce and suppliers the surrounding countryside and coastline have to offer. Seasonality is key, which is why their menus are constantly evolving. Guest rooms are softly decorated in Farrow and Ball shades, with vibrant pops of colour on contemporary furnishings.



Rocksalt

4-5 Fish Market, Folkestone, CT19 6AA

On a sunny afternoon, finer views are hard to find in Folkestone than those to be had from Rocksalt. This modern restaurant overlooks the busy little harbour and specialises in the day's catch by local fishermen wherever possible.

Run by Mark Sargeant, one-time head chef at Claridge's, the sleek glass structure is cantilevered off the harbour wall and provides a sophisticated addition to this seaside town. Dishes include Lobster & Salmon Pasty, Cucumber Cured Mackerel and Potted Dungeness Shrimps.

The Goods Shed

Station Road, Canterbury, CT2 8AN

The Goods Shed is a daily farmers' market, providing the best from Kent's 'Garden of England'. The on-site restaurant with its open kitchen serves distinctive dishes created from ingredients sourced from the market. Candlelit in the evening or suffused by sunlight, the restaurant is full of ambience.

The characterful station building highlights its Victorian features from rustic brick walls to dramatic arched windows. Naturally, seasonal produce ranges from pressed juices and organic vegetables to fish and charcuteries. The finest local suppliers showcase their ingredients here.



Whitstable

34, Harbour Street, Whitstable, CT5 1A7

Whitstable is renowned for its culinary excellence and pretty seaside charm. This seaside retreat is popular due to its sophisticated and contemporary approach to food and its attractive aesthetic. The town has been celebrated for its seafood since Roman times.

Situated on the North East Kent coast, Whitstable is close to the city of Canterbury and has a strong art culture. The harbour has a popular fish market, with the daily catch showcased on ice. Its multitude of excellent eateries from Wheelers to The Sportsman are regularly featured in the national media.

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Wheelers Oyster Bar

8 High Street, Whitstable, CT5 1BH

Wheelers Oyster Bar is the oldest and perhaps the smallest restaurant in Whitstable. People come from far and wide to sample their small, seasonal, seafood menu with ingredients sourced locally. The dining room seats twelve at most which only adds to its unique ambience.

The sourcing of their ingredients is of paramount importance, even to the point where they have developed their own local organic garden, producing salad, herbs and fresh fruit. Local fishermen work very hard to get them the best produce they can. No alcohol is served, so bring your own.



Pearson's Arms

Horsebridge Road, Whitstable, CT5 1BT

Pearson's Arms in Whitstable is a traditional pub downstairs with a restaurant upstairs serving modern, wholesome, British cuisine, with a local and seasonal focus, created by chef Richard Phillips.

There is an open fire downstairs and the window tables upstairs offer exceptional views over the sea. Sun-bleached wood-clad walls and sky blue pendant lighting subtly reflect the natural environment of Whitstable. The ambience is relaxed and comfortable.

The Sportsman

Faversham Road, Whitstable, CT5 4BP

The Sportsman in Seasalter is an unlikely spot for a gastronomic delight but their reputation for fresh, quality fish is superb. The kitchen is run by Stephen Harris who has earned a Michelin star whilst cooking here. Stephen sources many quality ingredients from the local Monks Hill Farm.

The atmosphere is relaxed with well-worn decor throughout, the energy here is focused entirely on the food they serve. The tasting menu is legendary, allow 3+ hours to work through the 10 courses. If you are a foodie then The Sportsman should be high up on your bucket list.

"There is a forgotten, nay almost forbidden word, which means more to me than any other. That word is England."

W. Churchill

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Macknade Fine Foods

16

Selling Road, Faversham, ME13 8XF

Macknade Fine Foods is one of the largest food halls in the South East having been set up as a family business in 1979. It continues to be run by the same family who aims to provide the "best food and drink shopping experience" possible.

Judging by their popularity and their Retailer of the Year award at the Taste of Kent Awards 2017, they are certainly doing something right. There is a deli, butcher and coffee shop on site and have been granted an extended licence, so keep an eye out for supper clubs and wine tasting evenings.



Perry Court Farm

Canterbury Road, Ashford, TN25 4ES

Perry Court Farm has been growing wonderful fruit and vegetables in a responsible and environmentally friendly way for three generations. The farm now produces over 200 varieties of English crops, the majority of which they supply direct to the consumer through their farmer's markets and their farm shop.

The farm shop and café are located in the Stour Valley, surrounded by traditional apple and pear orchards, fields of fresh vegetables and summer fruits, all of which are available in the farm shop. There is freshly baked bread every morning and a Cheese Room boasting over 100 varieties of English cheeses.

The Secret Garden

Hythe Road, Mersham, TN25 6NH

As the name suggests, the Secret Garden has just that - a beautiful walled garden to admire whilst enjoying brunch, afternoon tea, or an evening meal. The unique Pudding night - held once a month, has been created for those with a sweet tooth with an array of puddings and custards to try on the night, and also including a pudding focused quiz.

Open for breakfast, lunch and dinner and late for cocktails.



Folkestone

The Stade, Folkestone, CT19 6AB

Folkestone Harbour has undergone dramatic changes and the remainder of the seafront is currently being developed as part of the town's regeneration process. The history of the harbour is extensive with King Henry visiting in 1542 before his planned war against France.

The Harbour makes a good spot for a stroll along the water's edge to see what the local fishermen have caught that morning. A short walk further and you will come across the popular Sunny Sands Beach. Expect a big change in this part of England as 1,000 homes and 10,000 sqm of retail space are planned in the near future.

Woolpack Inn

THE R. O. LOW.

Church Lane, Warehorne, TN26 2LL

The Woolpack Inn is an exceptional pub in the depths of Kent offering top-notch pub grub, a friendly welcome as well as five beautiful and uniquely decorated rooms. Dishes include Fish Pie, Salt Marsh Beef Steak and Boozy Banana Split.

This pub is the third of a family of nearby public houses, each of which has its own quirky style. Fires and wood burners are throughout, dogs are welcome and breakfast is served daily.



Gusbourne

Kenardington Road, Appledore, Ashford, Kent, TN26 2BE

With a pursuit of creating world-class wines of uncompromising quality, Gusbourne is a stunning English wine estate consisting of 61 hectares in Kent and a further 32 in West Sussex situated near Goodwood Estate. The first vines were planted in 2004 by Andrew Weeber who saw the potential of the existing farmland and the Kent climate.

All of their wine is created from their own harvest and the grapes planted are made up of the classic varieties of Chardonnay, Pinot Noir and Pinot Meunier. Gusbourne is the only three-time winner of the IWSC English Wine Producer of the Year. The vineyard embraces tradition but readily challenges convention with a focus on creating the exceptional.

Dungeness

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Dungeness Road, TN29 9NE

Dungeness is unique. This desolate landscape is home to wooden houses, a nuclear power station, lighthouses, a narrow-gauge railway, nature and bird reserves, the RNLI, expansive gravel pits and the ruins of many boats and shacks.

It possesses rich and diverse wildlife within the National Nature Reserve in one of the largest shingle landscapes in the world, and has been used in countless films and music videos. A selection of pubs specialising in local fish and a traditional fish smokery also form part of the local attractions.

Camber Sands

Old Lydd Road, Camber, Rye, TN31 7RH

Close to the historic town of Rye, Camber Sands boasts an impressive 5-miles of glorious golden sand and windswept dunes, a rarity amongst the pebble beaches of East Sussex. With sky and sea as far as you can see, this expansive beach is one of the most beautiful in this part of England.

This is a popular wind and kitesurfing spot and there are plenty of opportunities to learn this skill through the shoreside wind and kitesurfing centres. The most popular section of Camber Sands is to the western end, by the mouth of the River Rother.



CHAPTER THREE

SUSSEX

BEST OF ENGLAND



Rye High Street, Rye, TN31 77F

The medieval town of Rye looks almost like a film set in parts with lengthy cobbled streets and narrow passages. Overlooking Romney Marsh, this hill-perched ancient town was originally located on a huge embayment of the English Channel and served as one of the fine Cinque Ports.

A fascinating history is evident on a visit to Rye. We recommend you walk up Mermaid St and around Church Square to the Ypres Tower for a glimpse of the town's past, followed by a hearty lunch in the Globe Inn Marsh or The Mermaid, and a trip to the coast at nearby Camber Sands or Dungeness. Failing that, explore the many antique shops.

Mermaid Street

Extensions

Mermaid Street in Rye is one of the most photogenic cobbled streets in England, with its rich history and characterful, flower embellished, listed buildings. Mermaid St, Rye, TN31 7EU

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Hastings Fishing Huts

RX74EDWARD MAI

11-20 Rock-a-Nore Rd, Hastings, TN34 3DW

The Hasting Fishing Huts are approximately 50 landmark seafront structures in Hastings Old Town. These tall black wooden sheds were originally used to house nets for catching mackerel and herring. Built to provide a weather-proof store for the fishing gear which was made from natural materials. These distinctive sheds have been awarded Grade II star listed status.

Originating from the 16th-century but restored and rebuilt a number of times, the fishing huts were intrinsic to Hastings' fishing fleet. Located in an area of the shingle beach called The Stade, fishermen have launched their boats from this part of the beach for centuries due to the lack of natural harbour in Hastings.



Hastings

Pelham Place, Hastings, TN34 3AA

Hastings is one of Sussex's finest seaside towns and is renowned for the famous 1066 Battle. Noteworthy attractions include the Jerwood Gallery, East Cliff Railway, spacious Pier and Source BMX Park. We suggest a visit to the Old Town for a rummage through the many antique shops, followed by a spot of lunch in The Crown.

You can easily fill a whole day with a visit to Hastings, our other recommendations include a walk along the promenade, risking some coppers in one of the brightly lit arcades and heading over to St Leonard's for a browse through one of the many art galleries.

De La Warr Pavilion

29

Marina, Bexhill-on-Sea, TN40 1DP

The De La Warr Pavilion in Bexhill-on-Sea has become a modernist icon on the South Coast and provides a fantastic programme of contemporary arts, live music and learning activities. The building was the result of an architectural competition held in 1934 and has similarities to an ocean liner.

As well as browsing through art or watching famous musicians, you can enjoy some delicious food in the stylish Café Bar that overlooks the beautiful coastline. A large veranda allows you to dine outside and get that real holiday feeling.



Battle

High Street, Battle, TN33 0AG

Battle is a historical town near Hastings that is home to Battle Abbey and the site on which the Battle of Hastings was fought in 1066. A number of Georgian properties make for an attractive High Street with buildings near to the Abbey dating back to the 1700s.

The battle was fought between Harold the Saxon king and William the Conqueror and changed the course of English history. King Harold was killed in battle (allegedly shot in the eye with an arrow) and so William became King William I. Battle Abbey was built as a commemoration and remains today.

Ashburnham Place

Ashburnham Place, Battle, TN33 9NF

Ashburnham Place is an English country house, located 5 miles from the town of Battle. It has beautiful grounds, which are great for long countryside walks, with plenty of wildlife and flowers. Ashburnham Place is run by the Christian Trust, however, everybody is welcome to visit and enjoy the 220 acres of nature and lakes.

There is a very popular tea room on site that is well worth a visit, before or after a stroll. If you're religious or would like a quiet space to reflect in, there are several different prayer rooms and areas where this is possible.



The Towner Gallery

College Road, Eastbourne, BN21 433

The Towner Art Gallery is an award-winning contemporary art gallery and museum in Eastbourne. Every summer, they present a major exhibition on an artist who has a strong connection with their collection or location with shows including Eric Ravilious, John Piper and Peggy Angus.

The Towner collection now numbers over 4,000 art objects including oil paintings, watercolours, works on paper, etchings, prints, sculpture, woodcuts and ceramic objects and is one of the most significant public art collections in the South East. Entry is free and they also have a café for light refreshments.



Grand Parade, Eastbourne, BN21 3YR

Fronted by three miles of shingle beach, Eastbourne is the quintessential, old-fashioned seaside resort with a seafront promenade and a much-loved bandstand. Its streets are lined with grand, Victorian buildings and Italianate architecture. The Towner Gallery, close to the seafront, is popular for its contemporary art exhibitions and its annual Air Show attracts thousands of visitors.

Eastbourne began to build its reputation as a seaside resort in the late 18th-century after Doctor Richard Russell extolled the medicinal benefits of the seaside in an acclaimed 1752 dissertation. Visit the steep white cliffs of nearby Beachy Head, an Area of Outstanding National Beauty within the South Downs National Park.



The Seven Sisters

S Downs Way, Eastbourne, BN20 0AZ

The Seven Sisters are a series of vibrant white chalk cliffs stretching from Cuckmere Haven to Birling Gap. Running along the English Channel, this is one of England's most iconic and striking landscapes. Topped with a carpet of lush green grass, these towering white cliffs plunge dramatically into the glittering sea.

The Seven Sister names are Haven Brow, Short Brow, Rough Brow, Brass Point, Flagstaff Brow, Bailey's Hill and Went Hill. The Seven Sisters walk is a 14-mile coastal trail from Seaford to Eastbourne. Breathe in the big skies and panoramic seascapes in this spectacular part of England.

Beachy Head

35

Beachy Head Road, Eastbourne, BN20 7YA

Famous for its dramatic 530 feet high cliffs, Beachy Head provides stunning panoramic views over Eastbourne and the English Channel. This is reportedly the highest chalk sea cliff in Britain and the contrast of the vibrant white cliffs against the cerulean waters below is simply magnificent on a sunny day. Its famous red and white striped lighthouse rises from the rocks below.

This is an Area of Outstanding Natural Beauty and along with the Seven Sisters, it is a haven for those who enjoy cycling or hiking. Thanks to its spectacular position, Beachy Head has also featured as a movie location and has featured in films including Harry Potter, James Bond and Robin Hood Prince of Thieves.

Birling Gap

Beachy Head Road, Eastbourne, BN20 0AB

Birling Gap is where the dramatic South Downs meet the sparkling sea, with impressive seascape views over to France (on a clear day). The vertiginous, dazzling white chalk cliffs of the Seven Sisters rise majestically from the pebbly beaches below and offer fantastic walking opportunities.

The area is managed by the National Trust and there is a cafe and shop just above the beach near the car park. The beach is popular with fossil hunting families and rock pooling is possible when the tide is out.

Firle Village

46

The Street, Firle, BN8 6NT

Firle Village sits at the bottom of the South Downs National Park close to the famous opera house of Glyndebourne. The village offers a variety of scenic routes and footpaths over the Downs to the sea and boasts a fantastic village pub. Firle Beacon is located at the top of the Downs and gives mesmerising panoramic views over the Sussex countryside on one side and the glistening sea on the other.

Firle Place Estate in the village is open to the public between June and September along with a tea room and impressive grounds. The house has an interesting history and well-known collections of art. Charleston Farmhouse, famous for The Bloomsbury Group, an influential group of artists and writers in the early 20th Century, sits at the centre of the estate.



Lewes

187 High Street, Lewes, BN7 2DE

Lewes is certainly one of Sussex's most attractive market towns and an ideal visitor destination. It is relatively small, yet filled with historic buildings such as Lewes Castle and the Anne of Cleves House. It's also home to Harvey's Brewery and a handful of their pubs.

Southover Grange Gardens is a must as well as a visit to the Needlemakers where a warren of individual and contemporary shops and cafés will keep you busy for an hour or two. The Friday Market offers excellent local produce and a dip in the oldest freshwater public swimming bath (Pells Pool) will put a spring in your step.



Best of the South Coast

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