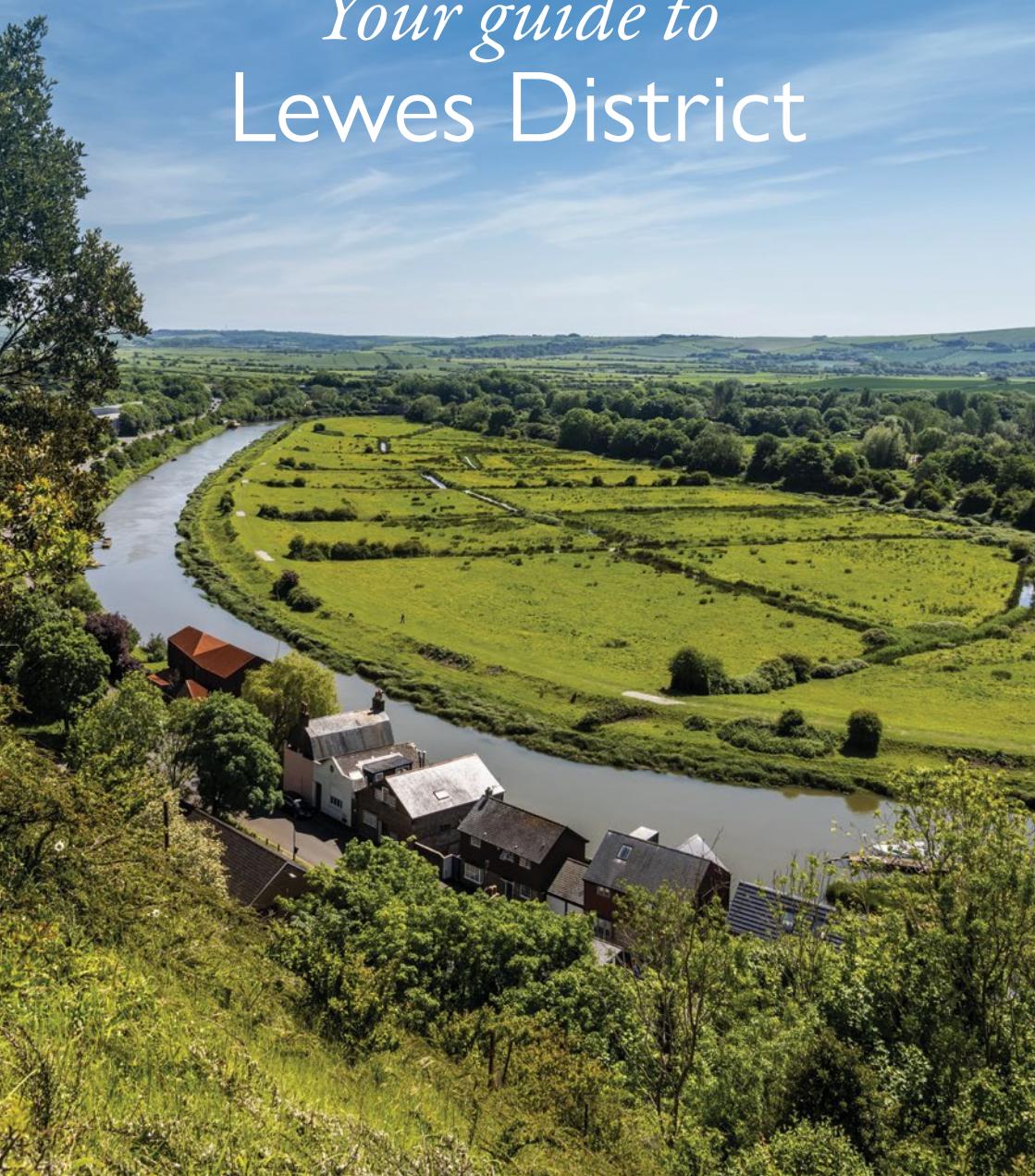




# *Your guide to* Lewes District



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## WELCOME TO LEWES DISTRICT

*'The Downs...too much for one pair of eyes,  
enough to float a whole population in happiness'*

VIRGINIA WOOLF

This is our special part of South East England, rich in nature, culture and history. Much of it lies in the South Downs National Park, with rolling hills, ancient woodland, River Ouse, and miles of beautiful coastline.

This guide showcases our best coast and country, from our world-renowned attractions to hidden wonders. We will take you to our historic county town of Lewes, the charming coastal town of Seaford, and our regenerated working port of Newhaven. We are surrounded by idyllic villages and country estates, home to famous creatives past and

present, plus vineyards which produce outstanding sparkling wines. In Lewes District you can enjoy some of England's finest wines, beer and even world-class gin, crafted by award-winning producers.

Explore [visitlewes.co.uk](http://visitlewes.co.uk) for places to stay, eat and drink, walk and cycle. Sign up for our monthly newsletter to find out what's on during your visit, or call in to see us at our Tourist Information Centres.

We look forward to welcoming you to our beloved district, and seeing your highlights on social media using the hashtag #visitlewes.



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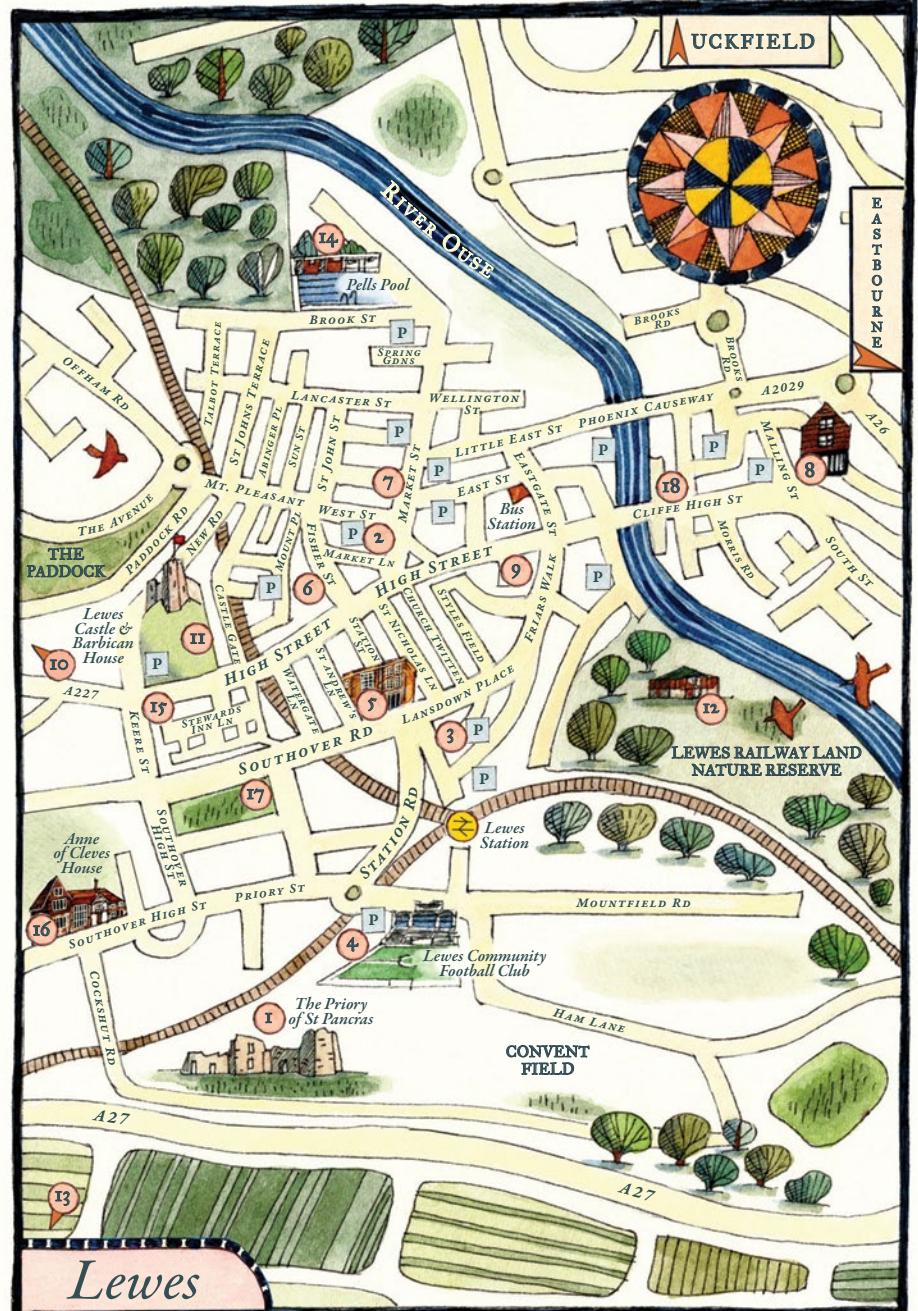
# LEWES

Lewes town is 13km north of Newhaven, 17km north of Seaford and 12km north-west of Brighton

Just over an hour away from London and 17 minutes from Brighton by train, Lewes is the county town of East Sussex and the largest town in the South Downs National Park, with a rich history and culture, infused with a spirit of independence and creativity.

Lewes is proud of its history which dates back to Saxon times. Its 11th century Cluniac Priory was once one of the most powerful monasteries in England. The Norman castle which presides over the town saw the Battle of Lewes where Simon de Montfort fought the royal army of King Henry III for democratic rights in 1264. In the 18th century, revolutionary thinker and writer Thomas Paine, developed his ideas of

active citizenship here at Bull House. Lewes is also famed for its unique bonfire celebrations on the 5th November, the biggest and most spectacular of all traditional bonfire festivities. Experience this at home by watching the Rocket FM Lewes livestream on YouTube. Lewes has thriving arts, culture and music scenes, plus a state-of-the art independent cinema. It's a great place to shop, with many independent antique shops and galleries, markets and fairs, while foodies will love the cool cafés, historic pubs and breweries. Cradled by the hills of the South Downs, with the River Ouse meandering through, the countryside can be enjoyed by walkers and cyclists too.



## 1 The Priory of St Pancras

For 500 years the Priory was one of the largest and most influential monasteries in England. Founded in the 11th century by one of William the Conqueror's loyal barons, it was the first Cluniac priory in England, originating from Burgundy in France. Wander through its evocative ruins. Here, information panels help bring history to life, and be sure to pick up the Priory History Trail guide, a circular walk visiting associated historic sites, from Lewes Tourist Information Centre. **Priory Park, Cockshut Road BN7 1HP** [lewespriory.org.uk](http://lewespriory.org.uk)

Needlemakers  
on Market Lane



## 2 Needlemakers

Meander through this warren of independent shops in a former surgical needle factory. Browse hand-made products and collectables, jewellery, art, books and clothes, before heading to popular brick-walled Italian Café, Squisito, which makes a great dirty martini. **West Street BN7 2NZ** [needlemakers.co.uk](http://needlemakers.co.uk)

Age-old English traditions  
are alive in Lewes



Catch film screenings  
at Depot



## 3 Depot

This award-winning, three-screen cinema in the former Harvey's Brewery depot by Lewes train station has an independent film programme (often with Q&As), and monthly themed film festivals. The contemporary café/bar hosts live music, plus alfresco DJ nights. **Pinwell Road BN7 2JS** [lewesdepot.org](http://lewesdepot.org)

## 4 Lewes Community Football Club

Formed back in 1885, Lewes Football Club is community-owned, and forward thinking in keeping with the independent spirit of Lewes. It was the first ever club to launch Equality FC, in 2017, treating its women players the same as men. Known for its warm welcome, innovative match posters and loyal fans, you can watch the football from a beach hut VIP box, and get to the heart of what makes this town so individual.

**The Dripping Pan, Mountfield Rd BN7 2XA** [lewesfc.com](http://lewesfc.com)

*Lewes Community FC  
gets to the heart of what  
makes Lewes so individual'*

# LEWES ART GALLERIES

## 5 Charleston in Lewes

In the early 20th century, the radical creatives known as the Bloomsbury Group moved to Lewes. This new cultural centre explores their legacy. **Southover Road BN7 1FB** [charleston.org.uk](http://charleston.org.uk) @charlestontrust

## 6 The Star Brewery Gallery

Diverse exhibitions by both established and up-and-coming artists and makers. **Castle Ditch Lane off Fisher St BN7 1YJ** [starbrewerygallery.com](http://starbrewerygallery.com)

## 7 Chalk Gallery

An artist-run, co-operative gallery showcasing affordable fine art. **4 North Street BN7 2PA** [chalkgallerylewes.co.uk](http://chalkgallerylewes.co.uk)

## 8 Meiklejohn Gallery

Meiklejohn Gallery shows work by contemporary crafters, printers, sculptors and painters. **1 Malling Street BN7 2RA** [meiklejohngallery.co.uk](http://meiklejohngallery.co.uk)

## 9 Continuum Studio

Exhibitions, popups and workshops for experimental and non-commercial art. **Fullers Passage, 19 High Street BN7 2LN** [continuumstudio.uk](http://continuumstudio.uk)

## 10 Natasha O'Kane

Showing and selling the finest contemporary Sussex art. **10 Windover Crescent BN7 1DP** [natashaokane.art](http://natashaokane.art)

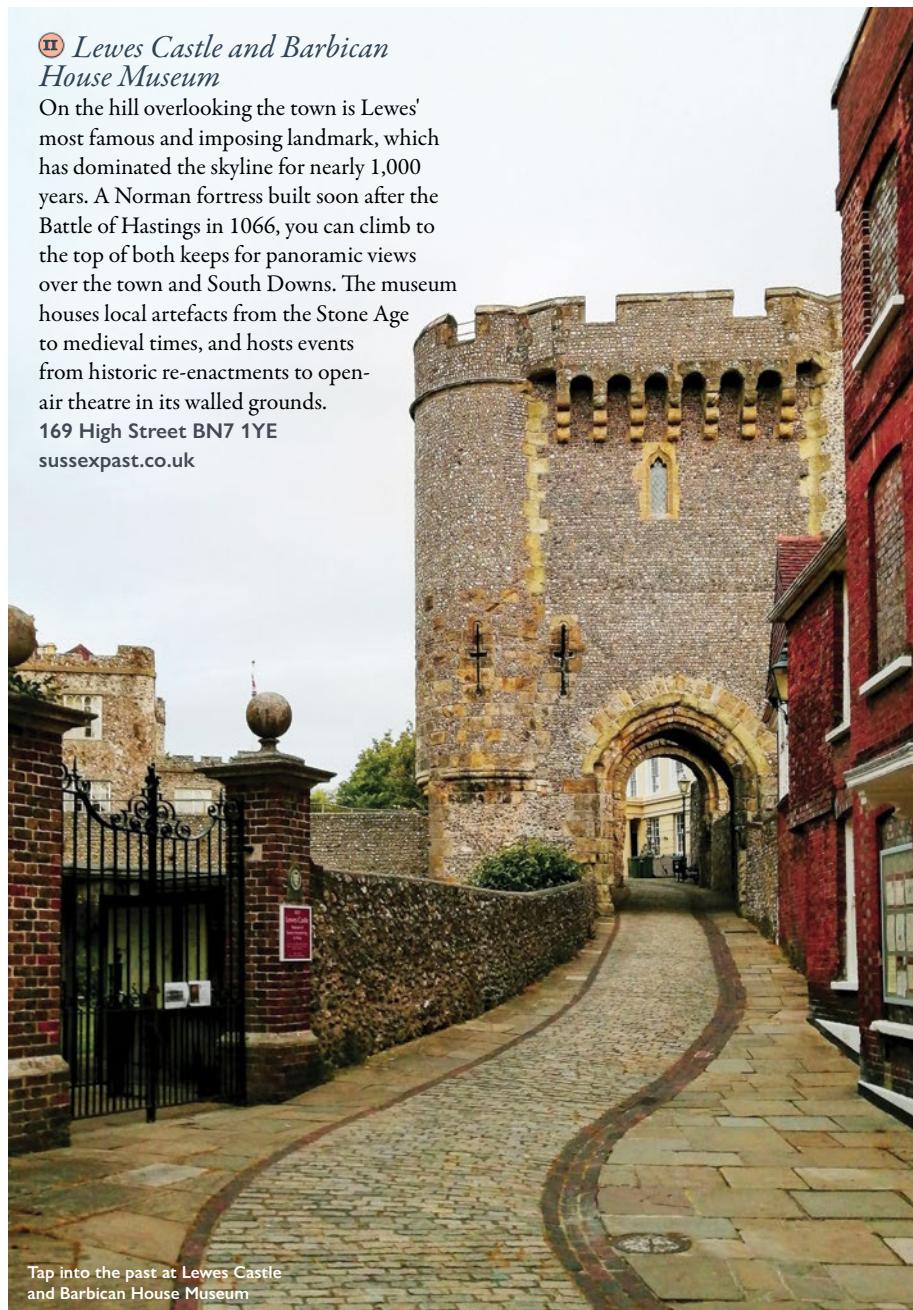
**11 Lewes Castle and Barbican House Museum**

On the hill overlooking the town is Lewes' most famous and imposing landmark, which has dominated the skyline for nearly 1,000 years. A Norman fortress built soon after the Battle of Hastings in 1066, you can climb to the top of both keeps for panoramic views over the town and South Downs. The museum houses local artefacts from the Stone Age to medieval times, and hosts events from historic re-enactments to open-air theatre in its walled grounds.

169 High Street BN7 1YE

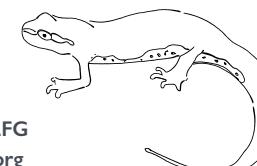
[sussexpast.co.uk](http://sussexpast.co.uk)

Tap into the past at Lewes Castle and Barbican House Museum



**12 Lewes Railway Land Nature Reserve**

This wild place by the River Ouse was once a railway marshalling yard, saved from alternative development. A network of paths run through its 25-acres of wetlands with singing reed warblers in summer, ponds with newts and exotic trees. Free hosted activities range from bat watching to Nature Wanders walks. Linklater Pavilion, Railway Lane BN7 2FG [railwaylandproject.org](http://railwaylandproject.org)



**13 Cockshut Stream Wetlands**

Take a circular walk around this peaceful, restored wetlands and spot kingfishers, grebe, snipe, egret, goldfinch, heron and ducks galore, plus dragonflies patrolling the meadow. Breathe in the fresh air and enjoy magnificent views of Lewes Castle too. Kingston Road BN7 3NB [cockshutstream.org](http://cockshutstream.org)



Cockshut Stream Wetlands  
capture Sussex nature at its best



**14 Pells Pool**

Go swimming at Pells Pool, the oldest freshwater (spring-fed) lido in the UK, and arguably one of the friendliest. It's the size of a football field, with a paddling pool, sauna and a tree-lined lawn, perfect for summer picnics and post-swim lolling. A kiosk sells drinks, snacks and local ice cream. Book sessions via the website. Open May to October. Brook Street BN7 2BA [pellspool.org.uk](http://pellspool.org.uk)

*'Pells Pool is the oldest freshwater (spring-fed) lido in the UK'*

**15 Bull House**

Revolutionary thinker Thomas Paine lodged at this distinctive timber-framed house from 1768 to 1774, while working as a customs officer, before emigrating to America. Learn about his extraordinary life and legacy, including the desk where he wrote his first political pamphlet. His later treatise, *The Rights of Man*, helped inspire the American War of Independence and fuel the French Revolution.

92 High Street BN7 1XH  
[thomaspainelegacy.org](http://thomaspainelegacy.org)



Its reputation may have started with Bloomsbury and Ravilious, but our patch of **Sussex** continues to be a hotbed of creativity.

With over 500 local makers and artists listed on **The Makers Directory** our mission is to celebrate, promote and share their work – a Little Black Book for lovers of art and craft.

@themakersdirectory  
themakersdirectory.co.uk



## DITCHLING MUSEUM OF ART+CRAFT



Discover groundbreaking work by 20th century makers at the home of craft in Sussex

Open Wednesday – Sunday  
(and bank holidays)  
10:30am – 5pm  
[ditchlingmuseumartcraft.org.uk](http://ditchlingmuseumartcraft.org.uk)



The atmospheric streets of Lewes have many tales to tell

### 16 Anne of Cleves House

This incredibly well preserved medieval, timber-framed house was originally a guest house for the Priory. After the dissolution of the monasteries, Henry VIII gave it to his fourth wife Anne of Cleves as part of her divorce settlement, hence it bears her name although she never lived here. Wander through the original kitchen, an authentically-furnished bedroom with four-poster bed and kids' dressing up box, and the pretty Tudor garden for an insight into how wealthy families lived in the 15th century. A small café with a walled garden serves delicious homemade food, and year-round events range from medieval re-enactments to chamber music recitals.

52 Southover High Street BN7 1JA  
[sussexpast.co.uk](http://sussexpast.co.uk)

*'Anne of Cleves House shows how wealthy families lived in the 15th century'*

### 17 Southover Grange Gardens

This 16th century walled garden has stone arches, flower-lined paths and ancient trees. Known as 'The Grange' by locals, it was once the grounds of the Elizabethan manor built from reclaimed stone from the ruined Priory. It has a Sussex Guild shop and gallery for locally-made crafts and The Hatch café for sandwiches and real-fruit lollies on the lawn, but guard your picnic from the resident seagull, Dave. No dogs allowed.  
Southover Road BN7 1TP

## LEWES BREWERIES & TAPROOMS

Breweries benefit from the special East Sussex landscape, home to one of the largest chalk aquifers in the country, storing gallons of fresh water to make exceptional beers.

Lewes is a centuries-old brewing town. The Medieval monks in the Priory brewed beer to serve to travellers, and independent breweries arrived in the 1800s. Lewes had seven breweries and 70 pubs at the turn of the 19th century.

### 18 Harveys Brewery

This Georgian brewery irreverently nicknamed the 'Lewes Cathedral', is the oldest in Sussex. Built by John Harvey in 1881, and run by his descendants, its exceptional cask beer is brewed the traditional way, using spring water from its well on the South Downs. Take the brewery tour and tasting.

4 Cliffe High Street BN7 2AH  
[harveys.org.uk](http://harveys.org.uk)



## THE LEWES BEER MILE

Follow the Lewes Beer Mile map, between these taprooms (to collect stamps and a tote bag), [onlywithlove.co/pages/lewes-beer-mile](http://onlywithlove.co/pages/lewes-beer-mile)

### Abyss Brewery + Tap

A modern brewery in an old Maltings building, Abyss Brewery + Tap serves 12 ABYSS beers and a selection of sought-after guest cask beers with DJs and rotating street food trucks.

Unit 3, The Malthouse, Davey's Lane  
 BN7 2BF [abyssbrewing.co.uk](http://abyssbrewing.co.uk)

### The John Harvey Tavern

Close to the brewery, The John Harvey Tavern serves the biggest selection of Harvey's beer in Sussex, plus hearty pub food. Go for cask beers and seasonal selections.

Cliffe High Street BN7 2AN  
[johnharveytavern.co.uk](http://johnharveytavern.co.uk)

### Beak Brewery taproom

Run by food and drink writer Daniel Tapper, the award-winning Beak Brewery taproom is best known for its hop-forward IPAs. It has 15 keg lines of freshly-brewed beer, guest beers and street food.

Unit 14, Cliffe Industrial Estate BN8 6JL

### Only with Love

Award-winning Only with Love craft beers from guest community chefs are sold at The Lewes Brewcafé and go to fund the national revival of public spaces into community hangouts.

Malling Community Centre, Spences Ln  
 BN7 2HQ [onlywithlove.co](http://onlywithlove.co)

## Depot

Cinema • Restaurant • Venue  
 Cocktail Bar • Garden



Independent three-screen cinema, and café-restaurant with garden terrace in the heart of Lewes, just opposite the train station.

Book your tickets and reserve a table at  
**lewesdepot.org**

01273 525354 BN7 2JS



# SEAFORD

*Seaford is 15km west of Eastbourne, 6km east of Newhaven and 17km south of Lewes town*

This genteel seaside town presides over a lovely two-mile sweep of shingle beach, and the chalk cliffs at Seaford Head, offering views of the mighty Seven Sisters Cliffs. It was this landscape that inspired acclaimed colour woodcut artist, Eric Slater, who lived here in the 1930s.

Seaford was a respected Cinque Port in medieval times, and the 18th century Martello Tower on the seafront, now housing the Seaford Museum, was built to defend the town against a Napoleonic invasion. A Heritage Trail reveals tales of

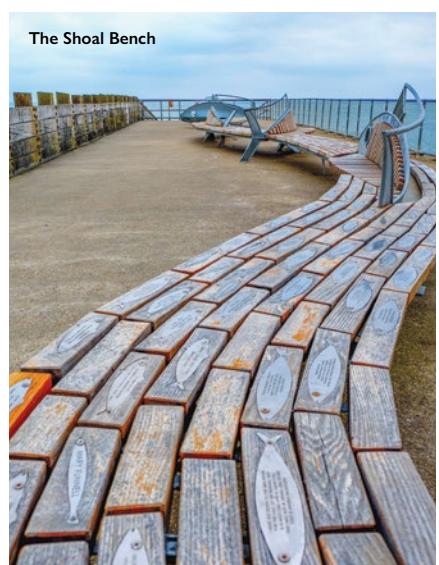
smuggling and fascinating political intrigue.

With its wide 19th century promenade, brightly-painted beach huts, striped deck chairs and exceptional homemade ice cream, the seafront has an old-fashioned charm. The beach is relatively quiet, and the town centre, with independent cafés, restaurants, pubs, galleries and shops, is less than a five-minute walk away. Seaford Head connects to the South Downs Way across the Seven Sisters to Eastbourne. The Avenue Verte cycle route connecting London and Paris also runs through the town.



**① Seaford Head Nature Reserve and the Seven Sisters**

Seaford Head is rich in history with traces of an iron age hillfort and a Roman burial ground, and in nature, with beautiful flowers and butterflies on the chalk grassland in summer. You can grab a coffee and a bite to eat at Cadence Clubhouse at South Hill Barn car park before heading to one of the most famous views in the country - the Seven Sisters, an undulating line of chalk cliffs, and the 200-year-old Coastguard's Cottages at Cuckmere Haven, a muse for artists. This area is a SSSI and needs careful management. Do your bit to keep it clean by taking your litter home. Please note that parking is very limited.  
South Hill Barn BN25 4JQ  
[sussexwildlifetrust.org.uk](http://sussexwildlifetrust.org.uk)



**② The Crouch Gardens**

This pretty walled garden on the site of a medieval market in the town centre known locally as 'The Crouch', has wildflowers around its stone arches and a manicured lawn. A tiny flower-filled peace garden is a space for contemplation, there's a playground for children under the ancient trees and views of Seaford Head from the bowling green. Simple East Sussex pleasures.

East Street BN25 1PX  
[seafordtowncouncil.gov.uk/crouch-gardens](http://seafordtowncouncil.gov.uk/crouch-gardens)



**③ The Shoal Bench & Splash Point**  
Known as 'The Shoal' to locals, this community-funded seating, is the place to relax and admire Seaford's dramatic cliffs and sweeping bay. It was created by local sculptor Christian Funnell, to represent a meandering stream along the length of the breakwater, with galvanised steel fish swimming in it. The fish-shaped plaques give a personal snapshot of local life. Walk to Splash Point to spot the mewing colony of kittiwakes nesting in the cliffs, and take a seat.

Splash Point BN25 1BW  
[theshoalseaford.com](http://theshoalseaford.com)

**④ The Barn Theatre**

The Seaford Musical Theatre nursed this once derelict barn back to life and created a performance space for their three annual productions. The space is shared with Seaford Community Cinema.

Saxon Lane BN25 1QL  
[seafordmusicaltheatre.co.uk](http://seafordmusicaltheatre.co.uk)  
[seafordcinema.org](http://seafordcinema.org)



## SEAFORD ART GALLERIES

### 5 SCIP Crypt

This contemporary art gallery (above) in the oldest secular building in Seaford is run by SCIP, a charity that offers free art workshops for children.

23 Church Street BN25 1HD

[thecryptgallery.com](http://thecryptgallery.com), [wearescip.co.uk](http://wearescip.co.uk)

### 6 Gallery Uno

Gallery Uno exhibits affordable, original fine art and crafts from members of the Sussex Art Collective.

14 High Street BN25 1PG

[galleryuno.uk](http://galleryuno.uk)

### 7 Sussex Art Prints

The artworks in this smart gallery showcase the spectacular local landscape of East Sussex, enhanced with digital technology.

18b Church Street, BN25 1HG

[sussexartprints.co.uk](http://sussexartprints.co.uk)

### 8 Seaford Museum

Artist, Grayson Perry's 'favourite museum' is housed in a characterful Martello Tower, used in both world wars, on Seaford's seafront. It charts the town's rich history, from prehistoric times to the present day, with displays from an axe-hoard buried under the High Street to a Victorian bathing machine.

Martello Tower No. 74, The Esplanade BN25 9BH

[seafordmuseum.co.uk](http://seafordmuseum.co.uk)

### 9 West View Beach Huts

Eight brightly-painted wooden beach huts on Seaford seafront can be hired through Seaford Tourist Information Centre for the day or week from May to September. Happily, they're close to Frankie's Beach Café (Esplanade, Seaford BN25 1JP) with free deckchairs and some of the best toasted sandwiches in town. Bring a reusable coffee cup!

Seaford TIC, 37 Church Street BN25 1HG  
[seafordtowncouncil.gov.uk/west-view-beach-huts](http://seafordtowncouncil.gov.uk/west-view-beach-huts)

West View Beach Huts



### 10 The Salts

Children can blow off steam at this sunken recreation ground right on the seafront (once part of the bed of the River Ouse). There's a large playground, along with tennis courts and a cool skate park. Fitness fans will appreciate the outdoor gym, plus there's a friendly café for everyone to refuel after all that healthy exertion. Public toilets are handy too.

Richmond Road BN25 1DR

[seafordtowncouncil.gov.uk/the-salts-recreation-ground/](http://seafordtowncouncil.gov.uk/the-salts-recreation-ground/)

### 11 Seaford Head Golf Course

This 19th century links course on undulating downland offers golf with breathtaking views over the bay and the Seven Sisters. It also has one of the largest drops from tee to pin in the South from the 18th hole, and gorgeous green-winged orchids beside the fairways in May. Pop into The View clubhouse restaurant and bar for a bite to eat and more panoramic views from the terrace.

Southdown Road BN25 4JS

[seafordheadgolfcourse.co.uk](http://seafordheadgolfcourse.co.uk), [the-view.co.uk](http://the-view.co.uk)



GALLERY HERITAGE SITE WORKSHOPS EVENTS

## Discover The Crypt, Seaford, BN25 1HD.

A stunning historic venue and gallery just moments from Seaford Station, town, and the beach. Explore an exhibition, take part in a workshop or hire our unique space for your next event.

[www.thecryptgallery.com](http://www.thecryptgallery.com)

*'Try fantastic flavours at Holy Cow! Ice Cream such as banoffie pie'*

### 12 *Holy Cow! Ice Cream*

Head to the bright pink beach hut near Splash Point for local artisanal Holy Cow! ice cream and sorbets in fantastic flavours such as banoffee pie or lemon and blueberry shortbread, or tried and tested concoctions such as mint and chocolate chip. Open from March to October. They also have an ice cream parlour in town where you're welcome to sit and savour all the flavours.

14 Sutton Road BN25 1RU; Esplanade BN25 1JP [holycowicecream.co.uk](http://holycowicecream.co.uk)



### 13 *Skipper Shack Café and Watersports*

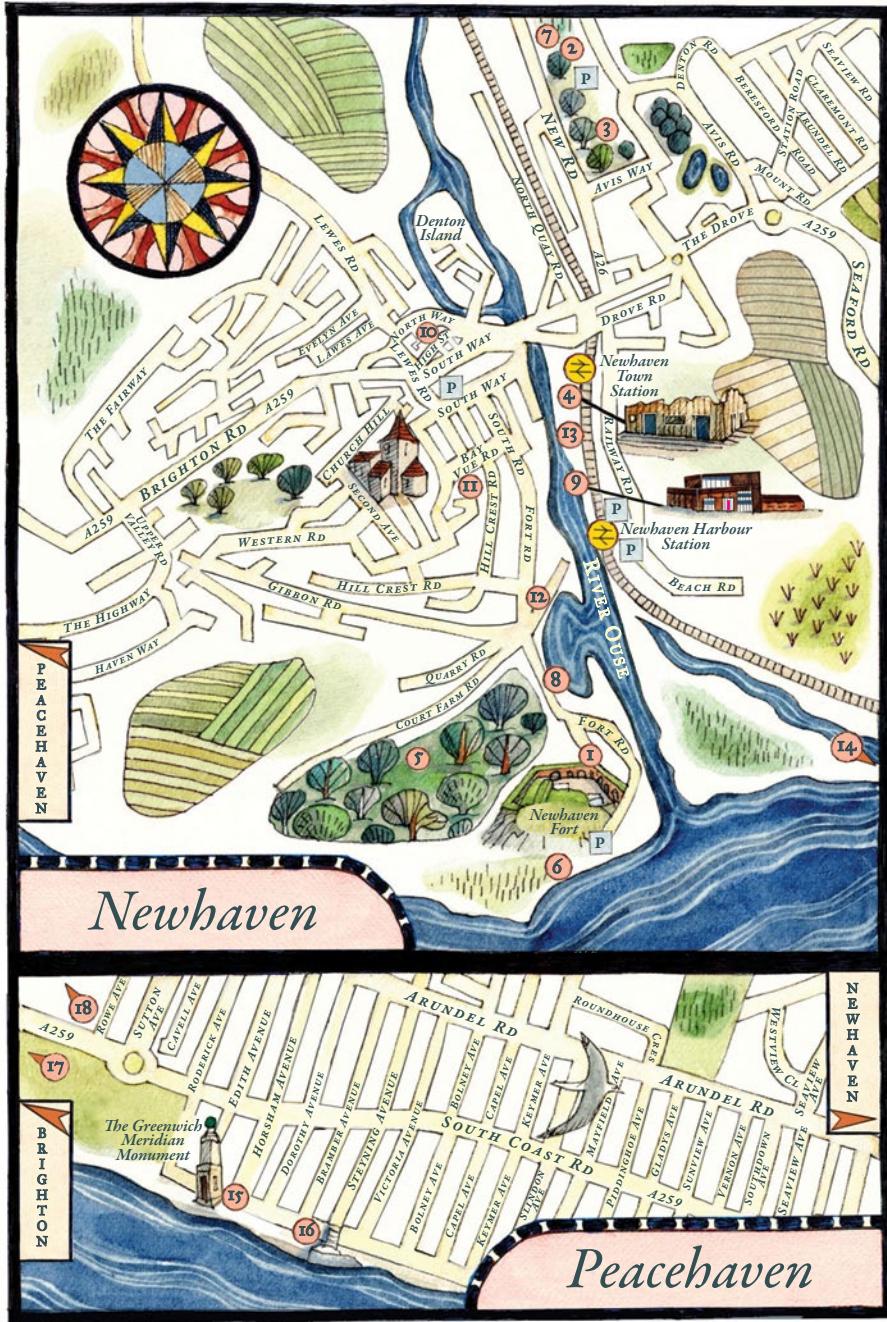
Take a taster session, lessons or hire equipment from watersports enthusiasts, Skipper and Tobias, who created this beach shack, with a café, in 2017. Choose from paddleboarding, kayaking, windsurfing, wakeboarding, foilboarding, kitesurfing and wing foiling, as well as banana boat and doughnut rides.

Seaford Beach, Marine Parade BN25 2PZ [skipperwatersports.com](http://skipperwatersports.com)



### 14 *The Nomadic Sauna*

For the perfect sweat and swim, check out Nomadic Saunas, set up by two sauna-loving UK couples who met by chance on a beach in Goa. These mobile saunas are handcrafted using second-hand and dead stock materials. You can find them in the most scenic of spots around Lewes District including beside Seaford Beach, Swanborough Lake and Pells Pool (seasonal). Once you've tried them, you'll never look back! Book online. [thenomadicsauna.co.uk](http://thenomadicsauna.co.uk)



# NEWHAVEN

*Newhaven is 6km west of Seaford, 13km south of Lewes town and 15km east of Brighton*

A vibrant river town with a proud working port set against rolling Downland and wild beaches, Newhaven is a rare combination of industry in a rural landscape.

Known as the fishing village of Meeching in Saxon times, and renamed New Haven when the River Ouse changed its course in the 16th century, it has a rich maritime and military history. As the gateway to Europe, Newhaven played a key role in defending Britain from invasion in the 19th century and in WWII. The town has long been popular with artists. It inspired the painter, Eric Ravilious, whose combination of landscapes and machinery was considered outlandish in the 1930s. The ferry link to France lured the Bloomsbury Group to set up country retreats including Charleston in Firle and Monk's House near Lewes.

With a £37 million regeneration project to

transform the town, Newhaven is now emerging as a seaside hot spot. The renovation of its iconic Victorian fort has been a resounding success. The reinvigoration of its arts scene in partnership with Towner Eastbourne has created new harbourside galleries with an outdoor events space. Blank walls and neglected streets have been transformed into vibrant spaces, and a permanent mural trail now winds through the heart of the town. Historic pubs have been brought back to life, including The Bridge Inn, a Georgian residence which sheltered a fleeing King Louis Philippe during the 1848 revolution. Local businesses such as Mamoosh Riverside, offering quayside dining, are creating a buzz. And in 2026, a brand-new restaurant will be built at West Beach, which was listed on The Times' UK's 50 best beaches for 2025. Time to go see for yourself.



### 1 Newhaven Fort

This striking Victorian fort dug into the hillside is the largest defence structure in Sussex, and played an important role in both World War I and II. A £7.5 million award-winning restoration in 2025 revamped its vaults and added immersive exhibitions including Women at War and The Blitz Experience, and opened the Battery Observation Post. Dressing up zones for children, an adventure playground and café, and imaginative events programming makes it a family favourite. There's also a 1970s-themed escape room, adding to the breadth of the transformation of this historic site.

Fort Road BN9 9DS

[newhavenfort.org.uk](http://newhavenfort.org.uk)

[newhaven.pierpressure.co.uk](http://newhaven.pierpressure.co.uk)

*'Newhaven Fort has added immersive exhibitions such as Women at War'*

### 2 Paradise Park & Gardens

At this popular family attraction set in coastal and water gardens, families go back in time at the Planet Earth Museum with its fossils, dinosaur and neanderthals zones. Visitors can also explore Sussex on a Heritage Trail, or ride the miniature railway.

Avis Road BN9 0DH  
[paradisepark.co.uk](http://paradisepark.co.uk)

### 3 L'Isola Buona

If you're looking for a place for a bite nearby, authentic Sardinian deli, L'Isola Buona serves drinks and lunches.

2 Bridge Industrial Estate, New Road BN9 0ES  
[isolabuona.co.uk](http://isolabuona.co.uk)

### 4 The Sidings

This riverside outdoor events space managed by Towner Eastbourne features live music and DJs, alfresco cinema, and events in summer, with pop-ups such as beer & pizza from Abyss Brewery.

Railway Approach BN9 0DF  
[newhavenenterprisezone.com/the-sidings](http://newhavenenterprisezone.com/the-sidings)



### 5 Castle Hill Nature Reserve

Meander through maritime chalk grassland onto this ancient hilltop beside the Fort for glorious views over the Downs, Seaford Bay and the River Ouse. Glades of wildflowers can be seen in Spring and native and migrating birds among the gorse and scrub. An accessible path leads up from the car park.

Fort Road BN9 9DS

### 6 West Beach

West Beach is enclosed by the harbour arm with its pretty lighthouse, and set against creamy cliffs with nesting fulmars. Although the beach is closed to the public, a brand new restaurant with a playground and outdoor gym will open there in 2026.

### 7 Newhaven Museum

The eclectic Newhaven Museum next to Paradise Park, provides a window into the town's past as a bustling port, through maritime exhibits and artefacts, stories and over 20,000 photographs, some dating from 1860, all for the price of an ice cream.

Avis Road BN9 0DH  
[newhavenhistoricalsociety.org.uk](http://newhavenhistoricalsociety.org.uk)

### 8 The West Quay Promenade

Breathe in the maritime atmosphere along the West Quay Promenade where you may spot oyster catchers, egrets and cormorants or watch the ferry come in from Dieppe. Pop into family-run West Quay Fisheries for fresh, local fish or call into The Hope Inn, where the famous 1930s artist Eric Ravilious (see artwork below) stayed and painted.

West Quay BN9 9BP



### 9 Marine Workshops

This new space offers contemporary art exhibitions, workshops and events. The BN9 Studio on the top floor, with birds-eye views, has featured established artists including Bruce Asbestos, as well as local creative talent. Mamoosh Riverside café-deli offers Middle Eastern-inspired delights on the quayside.

Railway Approach, East Quay BN9 0ER  
[newhavenenterprisezone.com/marine-workshops](http://newhavenenterprisezone.com/marine-workshops), [mamooshbakery.co.uk](http://mamooshbakery.co.uk)

# NEWHAVEN ART GALLERIES

## 10 Newhaven Art Space

This artist-led gallery showing contemporary art on the High Street, brings critically acclaimed artists – such as Jeremy Moon and Turner prize nominated Karla Black - to the town, and hosts free exhibitions, workshops and events.

## Look Again Newhaven Mural Trail

Follow this trail past 13 murals from well-known artists, each depicting Newhaven's community, landscape, nature and history. Use the Go Yamo app [gowithyamo.com](http://gowithyamo.com) or download a map for more information from: [lookagainnewhaven.co.uk/mural-trail](http://lookagainnewhaven.co.uk/mural-trail)



## 11 Hillcrest Centre

Creative activities at this community-run converted Edwardian school near the town centre include affordable craft workshops and working artists' studios. At its heart is an award-winning, friendly café serving homecooked food.

Bay Vue Road BN9 9LH

[hillcrestcentre.co.uk](http://hillcrestcentre.co.uk)

## 12 Newhaven Marina

See the Seven Sisters from the sea on a family-friendly RIB ride from Newhaven Marina, spotting dolphins, porpoises and seals in summer. It's included on a popular trip to Beachy Head with award-winning Sussex Boat Trips, while Maverick Boat Adventures combine the voyage with wild swimming, and offer a Jet Ski Safari for adults.

**The Yacht Harbour, Fort Road BN9 9BY**

[sussexboattrips.com](http://sussexboattrips.com)

[maverickboatadventures.com](http://maverickboatadventures.com)

## 13 A trip to France

From steam liners to today's modern car ferries, the cross Channel link to France celebrated 200 years of operation in 2025. DFDS provides the multiple daily service between Newhaven (the closest ferry port to London in the UK) and Dieppe in Normandy (the nearest for journeys to Paris).

**Newhaven Ferry Port, Rail Approach BN9 0DF** [dfds.com](http://dfds.com)



## 14 Tide Mills

This now derelict coastal village was centred around the largest working tide mill in Europe. The history of its rise and fall is detailed in the Seaford Museum. It's an atmospheric, windswept place to wander. **On A259 between Newhaven and Seaford** [tidemillsproject.uk](http://tidemillsproject.uk)

# PEACEHAVEN

Peacehaven, Telscombe and East Saltdean all lie between the South Downs National Park and the sea. Perched atop the chalk cliffs overlooking the English Channel, Peacehaven's American grid-like layout gives it a unique feel. Originally called New Anzac-on-Sea, it was re-named Peacehaven in 1917 offering plots and fresh sea air for returning WW1 servicemen.



Meridian Monument

## 15 Meridian Monument

A monument on the clifftop at Peacehaven marks the spot where the Greenwich Meridian line crosses the coast, and the start of the long distance Greenwich Meridian trail to East Yorkshire. [greenwichmeridiantrail.co.uk](http://greenwichmeridiantrail.co.uk)

## 16 Bastion Steps and undercliff path

The coastline and clifftop between East Saltdean and Newhaven is a Marine Conservation Area and lies within the Living Coast UNESCO world biosphere area and the Brighton to Newhaven Cliffs is a Site of Special Scientific Interest (SSSI), home to peregrines and kittiwakes and famous amongst fossil hunters. The Bastion Steps lead to shingle beaches along the undercliff, by a renowned spot to find late cretaceous flint echinoids (fossilized sea urchins) at low tide.

# EAST SALTDEAN

## 17 Saltdean Lido

This beautifully restored Art Deco icon is the only grade II listed coastal lido in the country. The 40m heated crescent-shaped pool, also has a children's splash pool beside a grassy area with a sauna, yoga and music evenings. An elegant café and restaurant lie in the Rotunda, plus there's an open-air terrace bar.

**Saltdean Park Road, Saltdean BN2 8SP** [saltdeanlido.co.uk](http://saltdeanlido.co.uk)



Saltdean Lido

# TELSCOMBE

## 18 Telscombe Village

With around 30 houses (half of them listed) clustered around the Saxon church of St Laurence, ancient Telscombe Village is one of the prettiest villages in Sussex. Its most famous resident was Ambrose Graham, a prominent horse trainer. Although less than three miles from the coast, the village can be reached from the sea on foot or bike via the pretty bridleways of Telscombe Tye.



Telscombe Village

# THE RURAL DISTRICT

*Lewes town is located in the South Downs National Park and is on the Greenwich Meridian. It is 13km north of Newhaven, 17km north of Seaford and 12km north-west of Brighton*

Our district is scattered with sleepy villages and sheep-grazed downland with wild orchids, butterflies such as the Chalkhill Blue, and skylarks singing overhead.

This rural idyll also has a rich artistic heritage, as home to leading figures of the Bloomsbury Group in the early 20th century. The influential novelist Virginia Woolf lived in Monk's House in Rodmell, her sister, the groundbreaking artist Vanessa Bell resided with Duncan Grant in Charleston Farmhouse in Firle, and surrealists Lee Miller and Roland Penrose lived just down the road at Farleys House.

Then there's Ditchling village, a magnet for artists and makers, reflected in the internationally important collection of artworks at the award-winning Ditchling Museum of Art + Craft.

The district boasts the stunning estates of Firle featuring Firle House, and Glynde with its Glyndebourne Opera House.

Country walks are a given and the area is criss-crossed with scenic walking trails. Also on offer are tea rooms, traditional country pubs serving local food and drink, and a chilled glass of sparkling wine awaits at top-notch Sussex vineyards.



*The South Downs Way is a much treasured walking spot*



**1 Firle Place**

This fine Georgian House with a Tudor heart, has been home to the Gage family for 500 years, and presides over an impressive 7,000-acre estate. A fascinating guided tour (or freeflow visit) reveals paintings from the great masters including Gainsborough, Reynolds and Van Dyck, Chippendale cabinets and hand-painted Sevres porcelain. Jane Austen's Emma (2020) was filmed here, and the pretty tearoom terrace overlooks the park where Mr Knightley proposed to Emma under a horse chestnut tree in bloom. The house is open for the summer season from May onwards.

Firle BN8 6LP

[firle.com](http://firle.com)

**2 Firle Village**

Firle comes from the Anglo-Saxon word 'Fierol' or oak-covered land, and this 7,000-acre estate includes the quintessentially English Firle Village, which has been described as 'frozen in time', with many historic buildings intact. The Ram Inn is the only pub in the village, but a gem, serving delicious food. Nestled in the lee of Firle Beacon, with the ancient South Downs Way along the ridge above, Firle is within walking distance of Charleston Farmhouse. Vanessa Bell and Duncan Grant are buried at the 13th century St Peter's Church. Pop in to see the beautiful memorial window, designed by painter and graphic artist, John Piper.



St Peter's Church, Firle

**3 Charleston in Firle**

The former home of the artists Vanessa Bell and Duncan Grant, this farmhouse was the gathering point for some of the 20th century's most radical creatives, known as the Bloomsbury Group. Every inch is hand-painted, from the walls to the handcrafted furniture, and the magical Mediterranean-style walled garden is a canvas of colour in summer. Take a guided tour (or download an audio guide) for an insight into the colourful lives of its artistic residents and their contemporaries, and don't miss the impressive art gallery with paintings by Picasso, Renoir and Degas. Charleston has a year-round programme of exhibitions, festivals and events, plus a threshing barn café and shop.

Firle BN8 6LL

[charleston.org.uk](http://charleston.org.uk)



*'Charleston House was the gathering point for radical creatives'*

**4 Hunter Gather Cook**

Hunter Gather Cook was founded by chef Nick Weston and offers 21st century hunter-gatherer experiences such as butchering and feasting upon a deer in his lofty barn.

Shepherds Barn, Firle Estate BN8 6LL  
[huntergathercook.com](http://huntergathercook.com)

**5 Middle Farm**

This large family farm at the foot of Firle Beacon, is a paradise for small children. Clean and well-run, the open farm has pigs, llamas, goats and other animals and activities range from watching sheep-shearing to feeding the piglets, plus a farm shop, tearoom and cider and perry tastings.

West Firle BN8 6JL

[middlefarm.com](http://middlefarm.com)

**6 Plumpton Racecourse**

This independently-owned National Hunt racecourse is one of England's smallest, with a circuit of just over a mile (1.6km). Over the last 150 or so years it has seen royal visits, record-breaking rides and legendary horses. On race days, it offers entertainment for children including a thrilling wall trampoline stunt show and Zorb Balls, plus bars and restaurants with views over the South Downs. Race meets run from September to May.

Plumpton BN7 3AL

[plumptonracecourse.co.uk](http://plumptonracecourse.co.uk)

*'Plumpton Racecourse is one of England's smallest at just over a mile long'*

# FIRLE PLACE

Visit this magnificent Georgian country home with a Tudor past, housing its collection of old master paintings including Van Dyck, Reynolds and Gainsborough



See website for further information: [www.firle.com](http://www.firle.com). Contact: [events@firle.com](mailto:events@firle.com)

**7 Glyndebourne Opera House**

Glyndebourne is recognised globally as one of the world's great opera houses, and a must for lovers of classical music. It was founded in the 1930s by John Christie and his wife Audrey Mildmay, and is now run by their grandson Gus. The occasion requires dressing up and bringing a posh picnic to enjoy in the glorious gardens, or dine at its restaurants.

Glynde BN8 5UU

[glyndebourne.com](http://glyndebourne.com)

**8 Glynde Place**

This Elizabethan country house built from local flint and Caen stone has been in the family for 500 years. It presides over the 6,000-acre Glynde Estate, which includes the village and 1,000 acres of woodland, and hosts the annual Love Supreme Jazz Festival. It is open for monthly specialised tours of the art collection and house. Garden tours and workshops are also available.

Glynde Estates BN8 6SX

[glynde.co.uk](http://glynde.co.uk)



Glynde Place  
Clock Tower

**9 Sheffield Park Station and Bluebell Railway**

This 11-mile (17.7 km) heritage line was the first preserved steam-operated passenger railway in England, with pretty stations featured in Downton Abbey. A steam train plies the scenic route from Sheffield Park Station, recreated in the style of the Brighton era in the 1880s (including the uniformed staff), to East Grinstead. On the platform is a museum and locomotive shed with steam engines. Steam trains run regularly, but not daily, so check the website for the timetable and events, from silver service dining to a beer festival. Go in Spring to see the woods carpeted with bluebells.

Sheffield Park Station, Uckfield TN22 3QL  
[bluebell-railway.com](http://bluebell-railway.com)

**10 McBean's Orchids**

Mr McBean came down from Scotland looking for a favourable climate to grow exotic plants. The first orchid appeared amongst the ferns, and it was the beginning of a lifelong passion for his son, Albert, who created this collection of the oldest historic orchids in the world. They have won over 70 gold medals at The Chelsea Flower Show. Wander through the greenhouse to see orchids in bloom between December and May, with the knowledgeable owners to hand.

Resting Oak Hill, Cooksbridge BN8 4PR  
[mcbeansorchids.com](http://mcbeansorchids.com)

**11 Monk's House**

This delightful 17th century weather-boarded cottage was Virginia and Leonard Woolf's country retreat, full of art and treasures. They bought it for the 'shape and fertility and wildness of the garden'. You can wander through it and peek inside

the writing lodge where Virginia wrote her novels, with her glasses still on the desk. Plans are afoot to restore Virginia's embroidered shawl which once hung over the chair in her downstairs bedroom.

Rodmell BN7 3HF

[nationaltrust.org.uk](http://nationaltrust.org.uk)



**12 Ditchling village**

The ancient village of Ditchling, at the foot of the Downs, was a creative hub for artists and craftspeople in the 20th century. Walking guides from The Ditchling Museum of Art + Craft can help you to explore the artists and makers homes, and appreciate the craftsmanship in the 13th century church, St Margaret's of Antioch.

For refreshments, there's the rustic Green Welly Café, The Bull on the High Street with leather sofas and posh pub grub, or the independently-run village pub, The White Horse, with a walled courtyard garden, all offering the best of the Downs hospitality.

[thegreenwellycafe.com](http://thegreenwellycafe.com)  
[thebullditchling.com](http://thebullditchling.com)  
[whitehorseditchling.com](http://whitehorseditchling.com)  
[visitditchling.co.uk](http://visitditchling.co.uk)

**13 Ditchling Museum of Art + Craft**

This contemporary museum has a remarkable collection of over 20,000 artworks produced by renowned artists and makers drawn to Ditchling village, as well as special exhibitions and workshops. Visitors can explore a dye garden and try their hand at weaving. It also has a small café and shop selling art, crafts and cards, and it offers visitors a picnic blanket to take onto the green in summer.

Lodge Hill Lane BN6 8SP  
[ditchlingmuseumartcraft.org.uk](http://ditchlingmuseumartcraft.org.uk)

*Ditchling village has long been a creative hub for artists and craftspeople'*

**LOVE OUR OUSE**

Lewes District Council became the first council in England to support the Rights of the River Charter in 2025, following a campaign by Love Our Ouse. It is a pledge

to protect the River Ouse from current threats such as pollution, development and climate change.  
[loveourouse.org](http://loveourouse.org)

**WALKING**

*Walking is one of the greatest pleasures of visiting Lewes District*

Most of our district is in The South Downs National Park, a walking wonderland with rolling hills, picturesque villages, ancient woodland, clear rivers and a breathtaking seascapes. Over 3,300km of footpaths, bridleways and byways head in every direction, from gentle riverside strolls along the River Ouse to more challenging hikes

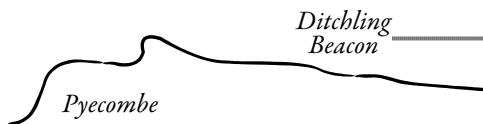
over the undulating chalk hills.

Whether you're looking for a family-friendly nature ramble, spectacular coastal scenery an exploration of history or art, or to take a trail to a rural pub or vineyard, call into one of our Tourist Information Centres (p46) to pick up handy maps, free walking guides and get advice on suitable routes.



## NATIONAL TRAILS

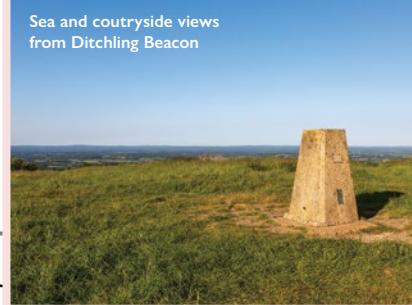
Lewes' most famous walk is the 100-mile (160km) South Downs Way, the only National Trail to lie entirely within a National Park, which follows ancient routes and droveways along chalk escarpment and



ridges from Winchester to Eastbourne. Visit [nationaltrail.co.uk](http://nationaltrail.co.uk) and [southdowns.gov.uk/walks](http://southdowns.gov.uk/walks) to download guides and maps. The South East section of the King Charles III England Coast Path from Brighton to Eastbourne [nationaltrail.co.uk](http://nationaltrail.co.uk) takes walkers from the city to where the South Downs meets the sea, heading along the coast to Peacehaven, Newhaven, Seaford and the Seven Sisters to Beachy Head.

The Greenwich Meridian trail [greenwichmeridiantrail.co.uk](http://greenwichmeridiantrail.co.uk), starts from the meridian monument in Peacehaven and travels through the South Downs, via Rodmell to Lewes.

*'South Downs National Park is an International Dark Sky Reserve'*



## RENATURING THE SOUTH DOWNS

With an astounding biodiversity, the ancient chalk grasslands of the South Downs are a Site of Special Scientific Interest. This rare and fragile landscape is endangered. The National Trust Changing Chalk Partnership

is working to restore and protect it. Stick to the paths, stay at least 10m away from the cliff edge, keep dogs on a lead and take any rubbish home.

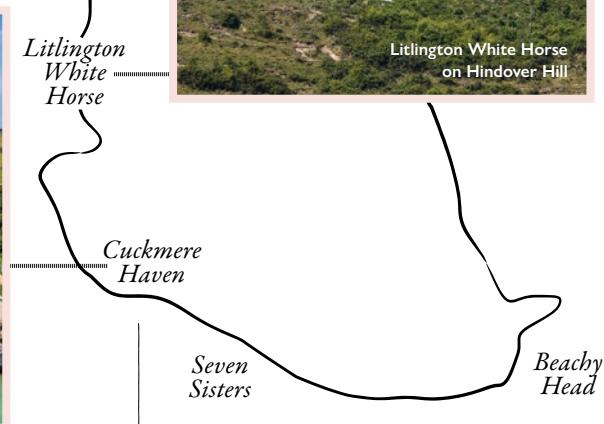
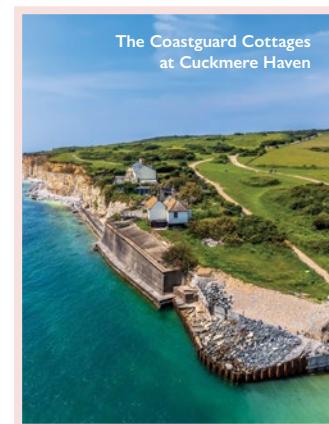
[nationaltrust.org.uk](http://nationaltrust.org.uk)

## SOUTH DOWNS WALKS

You can find a walk to suit everyone, from short strolls to long distance hikes at the South Downs Walking Hub [southdowns.gov.uk/get-active/south-downs-walks](http://southdowns.gov.uk/get-active/south-downs-walks). Popular family-friendly walks range from the much-loved circular walk from Ditchling Beacon, the highest point in East Sussex, with 360 views to the bridleways of Telscombe Tye, common land which links the coast to picturesque and isolated Telscombe Village with its 10th century church.

For culture vultures, In Their Footsteps app is a self-guided audio tour exploring the countryside that inspired the writers, artists, poets and musicians who lived here, with walks from Charleston Farmhouse, Monk's House and Ditchling Museum of Art + Craft.

Download free local walking maps from [walkingbritain.co.uk/South-Downs-walks](http://walkingbritain.co.uk/South-Downs-walks) for the best walks in the area, which includes



Southease to Firle Beacon. Another good selection of walks in the district, with maps and descriptions, can be downloaded from [walkinginengland.co.uk/sussex/lewes](http://walkinginengland.co.uk/sussex/lewes). Trail maps, directions and reviews of the best trails in East Sussex - long, short and everything in between are also found at [alltrails.com/east-sussex](http://alltrails.com/east-sussex)

Our Lewes Walks Town and Downs guide connects the town with the South Downs Way, including nearby Mount Caburn, the site of an iron age hillfort, and a favourite with paragliders (if you're brave enough, try it yourself with [flysussex.com](http://flysussex.com)).

For our pick of favourite walking routes across the District visit [visitlewes.co.uk/explore/countryside](http://visitlewes.co.uk/explore/countryside) and [visitlewes.co.uk/things-to-do/sport-and-leisure](http://visitlewes.co.uk/things-to-do/sport-and-leisure) which includes a walking trail around the Battle of Lewes, a key step towards parliamentary democracy.



# CYCLING

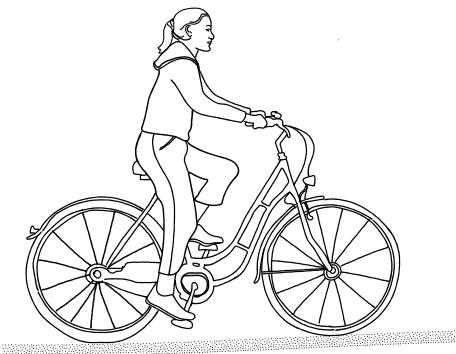
*Exploring by bike is one of the most rewarding ways of discovering Lewes District whether its coast, country or towns and villages you are traversing*

Our corner of East Sussex is a cyclist's paradise. A network of country lanes, and bridleways and traffic-free cycle paths can take you over the South Downs, along the River Ouse and the coast and up to the Weald, and to rural attractions.

Most trails are circular and suitable for everyone, with cafés, pubs and scenic picnic spots en route. Wildlife sightings include buzzards, mink, deer and kingfishers.

The National Cycle Network (NCN)'s South Coast Cycle Route 2 ([sustrans.org.uk](http://sustrans.org.uk)) takes in Newhaven and Peacehaven along the Avenue Verte from London to Paris.

Download local cycle routes, from vineyard-hopping to family trails and mountain biking along the South Downs Way, from [cyclelewes.org.uk](http://cyclelewes.org.uk), [thelivingcoastbybike.co.uk](http://thelivingcoastbybike.co.uk), [southdowns.gov.uk](http://southdowns.gov.uk) and [sdnpeast.bybikes.co.uk](http://sdnpeast.bybikes.co.uk) or call into a Tourist Information Centre (p46) to pick up the Cycle Lewes map, and advice on routes.



## HIRING A BIKE

### *Get Bikery*

This community initiative offers eCargo bike hire. Weekend Discovery Packages feature cooler box, a locally-sourced hamper and a guided river tour with a beer at Abyss Brewery. Station Street, Lewes BN7 2DA & The Sidings, Railway Approach, Newhaven BN9 0DF [getbikery.org](http://getbikery.org)



### *Sussex Bike Hire*

This family-run business hires e-bikes, mountain, road and children's bikes to cycle along Seaford seafront, Friston Forest, Seven Sisters and the Cuckmere River. 5 Park Road, Seaford BN25 2PG [sussexbikehire.com](http://sussexbikehire.com)

### *Cuckmere Cycle Company*

This cycle shop next to the Seven Sisters Visitors centre offers traffic-free cycling from its door, and a full range of bikes for hire, plus 'Ride and Dine' experiences via Marmalade MTB. East Dean Rd, Exceat, Seaford BN25 4AD [cuckmerecycle.co](http://cuckmerecycle.co)

RO  
SA

## ROSA Magazine

**Your guide to the best of Sussex arts and culture**



@therosamag  
[rosamagazine.co.uk](http://rosamagazine.co.uk)



### **Get Bikery offers eCargo bike hire**

Weekend Discovery Packages feature a cooler box, a locally-sourced hamper and guided river tour starting or finishing at Abyss Brewery. The tour starts from Lewes or Newhaven.

Go to [www.getbikery.org](http://www.getbikery.org) or email [info@getbikery.org](mailto:info@getbikery.org)



# VINEYARDS

*The vineyards and winemakers of the South Downs are recognised as some of the best in England, often on a par with the Champagne region*

The South Downs is England's fastest growing wine-making region. With chalky soils similar to Champagne, a maritime climate and south-facing slopes, it's perfect for producing high-quality sparkling wines. Breaky Bottom ([breakybottom.co.uk](http://breakybottom.co.uk)) in Rodmell, is the second oldest vineyard in Sussex, whilst Ridgeview Wine Estate ([ridgeview.co.uk](http://ridgeview.co.uk)) wines have been served at Buckingham Palace. Plumpton College Wine Centre ([plumpton.ac.uk](http://plumpton.ac.uk)) is Britain's top institution for a degree in viticulture where students come from far and wide to learn about this ancient craft which dates back to the Battle of Hastings. Call into a Tourist Information Centre (p46) for a map of the vineyards and details on Sussex wine tours.



A Ridgeview Wine Estate vintner

## *Artelium Wine Estate*

Artisanal wine makers, Mark and Jules, combine modern English wine with art appreciation at the region's newest vineyard, with pop-up shows, sculpture among the vines and wine labels designed by local artists. Take a vineyard tour and tasting, have a wine pairing lunch at its innovative restaurant or a glass of sparkling in the wine garden, overlooking the South Downs, with live music events, or around the firepit on Fridays.

Streat Lane, Streat BN6 8SA  
[artelium.com](http://artelium.com)

## *Court Garden Vineyard & Winery*

This established family-run, single estate vineyard and winery on a traditional farm in Ditchling produces award-winning sparkling and still wines using traditional grape varieties and bottle fermentation. Take a guided, or self-guided, vineyard tour with tasting, a wine and cheese tour with four cheeses to savour with your sparkling, or order a homemade picnic to enjoy among the vines, home to kestrels and barn owls.

Orchard Lane, Ditchling BN6 8TH  
[courtgarden.com](http://courtgarden.com)

*'The South Downs is England's fastest growing wine-making region, especially sparkling'*

## *Breaky Bottom Vineyard*

This small family-run estate started by pioneer Peter Hall has a farmhouse nestled in a secluded valley, six acres of vines and sheep grazing on the hillsides. It produces top-notch sparkling wines, with each vintage named in honour of friends and relatives. Visits to buy and collect from the cellar door are by appointment only.

Whiteway Lane, Rodmell, Lewes BN7 3EX  
[breakybottom.co.uk](http://breakybottom.co.uk)

Harvesting the grapes by hand at Breaky Bottom Vineyard



### Plumpton College Wine Centre

Plumpton College is Britain's Centre of Excellence in wine education, training and research. There's no cellar door, but wines can be bought by appointment. Their Dean Brut sparkling wines are award-winning and stocked in local Waitrose shops.

Plumpton College, Ditchling Road,  
Plumpton BN7 3AE [plumpton.ac.uk](http://plumpton.ac.uk)

### Everflyht Vineyard

Nestled at the foot of Ditchling Beacon, this family-run vineyard produces single estate English sparkling wines. It has only five seasonal tour and tasting days but offers experiences from wellness and wine, with pilates and breathwork to clear sky stargazing at twilight.

Beacon Rd, Ditchling, Hassocks BN6 8XB  
[everflyht.com](http://everflyht.com)

### East Sussex gin makers

If you love a good gin and tonic, Lewes District will not disappoint.

Inspired by the history of the local Arts and Crafts movement, and born from foraging on the South Downs, Ditchling Gin has a smooth, rich taste, with a subtle hint of sweet orange. Generation Distillers is proud of their flagship Sussex Dry Gin with eight botanicals. Bold juniper and fresh citrus are complemented by coriander, cardamom, pepper and lavender.

[ditchling-gin.com](http://ditchling-gin.com)  
[generationdistillers.co.uk](http://generationdistillers.co.uk)



# BEAK

Just a 10-minute stroll from central Lewes, Beak Taproom pours world-class beer from the source. Expect an ever-changing roster of street-food, DJs and live music - no two weekends the same.

Come for the beer. Stay for everything else.



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[rosamagazine.co.uk](http://rosamagazine.co.uk)



Proud Lewesians Alex Leith and Helen Browning-Smith talk local history, news and what's on in and around Lewes, with special guests

Episodes out on Thursdays

Watch the live Bonfire broadcast on November 5

# COUNTRY PUBS

*With beer gardens in summer and roaring fires in winter, you can't beat a pint here*

## *The Anchor Inn & Boating*

Hire a paddle boat to mess about on the River Ouse from this independently-owned 18th century summer pub.

Anchor Ln, Barcombe, Lewes BN8 5EA  
[anchorinnandboating.com](http://anchorinnandboating.com)

## *The Jolly Sportsman*

This cosy freehouse has a 'muddy boots' menu for walkers, and a circular six-mile walk which takes in the Bluebell Railway and Plumpton. Chapel Ln, East Chiltington, Lewes BN7 3BA  
[thejollysportsman.com](http://thejollysportsman.com)

## *The Juggs*

This country pub in a 14th century cottage serves modern British food to walkers and cyclists. Download its five-mile circular route.

The Street, Kingston BN7 3NT  
[thejuggs.co.uk](http://thejuggs.co.uk)

## GAME OF TOADS

This old Sussex pub game involves throwing brass coins onto a lead-topped table. It takes minutes to learn, but years to master. The World Championships are hosted in Lewes' Town Hall in April each year.



## *Abergavenny Arms*

A 16th-century traditional oak-beamed freehouse with a courtyard garden on the South Downs Way. They are the world champions at Toad in the Hole (see box). Newhaven Road, Rodmell BN7 3EZ  
[abergavennyarms.com](http://abergavennyarms.com)



## *The Ram Inn*

This 500-year-old coaching inn has smart charcoal-grey walls, heavy beams and top-notch food, fine wines and local ales.

The Street, Firle BN8 6NS  
[raminn.co.uk](http://raminn.co.uk)

## TEAROOMS

*'There are few hours in life more agreeable than the hour dedicated to the ceremony known as afternoon tea'*  
- American author, Henry James, who lived in East Sussex.

## *The Little Cottage Tea Room & Garden*

The garden of this cosy tearoom in a white clapperboard cottage is a place to linger over traditional afternoon tea, served on vintage china.

Ranscombe Lane, Glynde BN8 6ST  
[littlecottagetearooms.co.uk](http://littlecottagetearooms.co.uk)

## *The Nutmeg Tree*

British favourites, cakes and traditional afternoon teas (with loose leaf tea) are served by uniformed staff in this 1930s/40s style tearoom. Former resident, Dame

Vera Lynn was a regular, see the tribute room.



6-8 West Street Ditchling BN6 8TS  
[thenutmegtree.co.uk](http://thenutmegtree.co.uk)

## *Steamworks*

This Victorian Glynde railway station drinking hole, is cosy and characterful, with trains passing by outside, or head to its equally cute sister location at Seaford train station.

Railway Station, Glynde BN8 6SS  
2 Station Approach, Seaford BN25 2AR  
[steamworksbars.co.uk](http://steamworksbars.co.uk)

## *The Trevor Arms*

Built by John Harvey in 1845, this stylish yet snug freehouse features local art including Peggy Angus wallpaper. It offers local beers, wines and food by the chef from Rathfinny Wine Estate at reasonable prices.

The Street, Glynde BN8 6SS  
[thetrevor.co.uk](http://thetrevor.co.uk)

## *White Hart Inn*

Choose from Traditional Afternoon Tea, Sparkling, with a glass of prosecco or Bottomless, with unlimited prosecco, at this 16th century coaching inn on Lewes High Street, whose menus are designed by Raymond Blanc. Thomas Paine debated at its Headstrong Club.

55 High St, Lewes BN7 1XE  
[whitehorseinnmark.com](http://whitehorseinnmark.com)

## GETTING HERE

**By train:** Just an hour away from London, Lewes is linked by services from London Victoria and London Bridge, Ashford and Brighton with connecting services to London Gatwick and Newhaven Port [nationalrail.co.uk](http://nationalrail.co.uk). The fastest trains from Paris to Lewes take under 4 hours with **Eurostar** [eurostar.com](http://eurostar.com), via St Pancras International.

**By car:** From the north, the Lewes area connects to the M25/M23 and M26 with a journey time of approx an hour from London. From the west use the A27/A272, and from the east the A259 coast road, A27 or M20/M26.

**By bus:** National Express Coaches [nationalexpress.com](http://nationalexpress.com)

**By air:** London Gatwick Airport [gatwickairport.com](http://gatwickairport.com) to the north and Brighton City Airport [flybrighton.com](http://flybrighton.com)

**By sea:** DFDS [dfds.com](http://dfds.com) operates a multiple daily car ferry service from Dieppe in Northern France to Newhaven Port, which takes just four hours. It's a popular route for cyclists on the Avenue Verte.

## TOURIST INFORMATION CENTRES

### Lewes TIC

Lewes.TIC@lewes-eastbourne.gov.uk  
01273 085666

### Seaford TIC

seaford.TIC@lewes-eastbourne.gov.uk  
01323 897426

### Newhaven TIC

newhaven@lewes-eastbourne.gov.uk  
01273 085553

## GETTING THERE

**By train:** Daily direct trains operated by **southernrailway.com** ply the scenic route from Lewes to Seaford in less than 20 minutes, stopping at Southease, Bishopstone and Newhaven Town.

**By bus:** The **Coaster 12** [buses.co.uk/services/BH/12](http://buses.co.uk/services/BH/12) from Brighton to Eastbourne, via Newhaven and Seaford, is said to be 'the second most scenic bus route in the country', and **Brighton & Hove Breeze** up to the Downs bus services stop at Ditchling Beacon and Devil's Dyke year-round [brighton-hove.gov.uk/breezebuses](http://brighton-hove.gov.uk/breezebuses).

Community-based bus service, **Cuckmere Buses** [cuckmerebuses.org.uk](http://cuckmerebuses.org.uk), offer trips into the South Downs and **The Sussex Art Shuttle** [cuckmerebuses.org.uk/39.htm](http://cuckmerebuses.org.uk/39.htm) runs from Towner Gallery in Eastbourne to Charleston in Lewes, via Charleston in Firle at weekends.

**By foot/bike:** See the sections on Walking and Cycling above.

Plan your journey by bus, rail, coach and ferry using **Traveline** [traveline.info](http://traveline.info)

**Writer:** Nicki Gribault

**Designer and Illustrator:** Emma Kirkham

**Map Illustrator:** Helen Cann

**Editor:** Jane Anderson

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# ART ~~~~~ WAVE



The annual festival of free-to-visit exhibitions in artists' studios, makers' workshops, and other extraordinary venues across Lewes and the surrounding area. Brought to you every September by Visit Lewes.

[artwavefestival.org](http://artwavefestival.org)



Chris Lewis at South Heiton Pottery, photographed by Alun Callender