

Eating, activities and attractions

Eating in and eating out

Food shopping in Crowborough

There are two main supermarkets, Sainsbury and Waitrose. Both have a range of organic food. Waitrose has the widest organic range.

Waitrose: Croft Road, Crowborough, 01892 662864.
Mon/Tues: 8:30 - 19:00. Wed/Thurs/Fri: 8:30 - 20:00.
Sat: 8:30 - 18:00. Sun: 10:00 - 16:00.

Sainsbury: Fernbank Shopping Centre, Crowborough, 01892 654390
Mon - Fri: 8:00 - 21:00. Sat: 8:00 - 20:00. Sun: 10:00 - 16:00

The town also has a wide range of other shops including newsagents. Note, local newsagents may be only open until 12 noon on Sundays.

Local farmers' markets

At farmers' markets, farmers, growers and producers from the local area sell their own produce direct to the public.

All of the following farmers' markets are local to Crowborough. On the 4th Saturday of each month there is one in Crowborough itself.

They all are open from 9am to 1pm.

Uckfield Farmers Produce Market - 1st Saturday of the month
Main car park off High Street. More info on 01892 664064.

Hailsham Farmers Produce Market - 2nd Saturday of the month.
Hailsham Cattle Market. More info on 01323 833359.

Heathfield Farmers Produce Market - 3rd Saturday of the month.
Co-Op car park. More info on 01435 862798.

Crowborough Farmers Produce Market - 4th Saturday of the month.
Pine Grove car park. More info on 01892 664064.

Pubs, restaurants and takeaways

Crowborough has a number of Chinese and Indian restaurants that also provide takeaway food. Tunbridge Wells also has a large selection of places to eat. Food is also available from the pubs in the local area.



Do you know what makes the pond in a Sussex pond pudding?



All products sold have been grown, reared, caught, brewed, pickled, baked, smoked or processed by the stallholder!

Local pubs:

- **Crow and Gate** – Poundgate, near Crowborough on the Uckfield Rd (A26). 01892 603461. This pub has a good reputation for food.
- **The Boars Head Inn** – Boarshead, Just north of Crowborough on the road to Tunbridge Wells. 01892 652412. Located in the attractive village of Boarshead The Boars Head Inn is a quintessential English country pub that dates back to the 17th century. Good home made food and dining area.
- **White Hart** – Chapel Green, Crowborough town Centre. Excellent beer, one of the better pubs in Crowborough. Also does food.
- **Foresters Arms** – Fairwarp, Ashdown Forest. The village of Fairwarp is just off the A26 to Uckfield. 01825 712808. Originally four cottages and a blacksmiths, the pub is situated just across from the village green and surrounded by award-winning gardens. Real ale and home cooked food.
- **Star Inn** - Church Street, Old Heathfield. 01435 863570. Located in the original village of Heathfield, this is an ancient pub which serves excellent food. A huge garden.
- **Rose & Crown Inn** - Fletching Street, Mayfield, TN20 6TE. 01435 872200. Mayfield has a number of good pubs and is worth a visit in its own right. Mayfield is 4 miles south-east of Crowborough.
- **Other good Mayfield pubs** - The Carpenters' Arms, The Middle House Hotel.
- **Griffin Inn** – Fletching, just west of Uckfield. 01825 722890. Well worth a visit, 2 acres of gardens with beautiful views over Sussex. The food here is excellent - but not cheap!
- **Warbill in Tun Inn** - Church Hill, Warbleton. 01435 830636. Despite its name, this serves excellent food in another tiny village. It is opposite the Church which is also worth a visit. Warbleton is about 15 miles south-east from Crowborough.

The **Sussex Pond pudding** consists of a steaming suet crust, encasing a whole lemon with golden buttery sugar syrup.

It is this syrup that oozes out to form the 'pond'.

Did you know?



Banoffi Pie was invented in the Hungry Monk Restaurant in the Sussex village of Jevington in 1972.

Pubs near the coast and the South Downs:

- **The Giants Rest** – Wilmington. 01323 870207. Located at the junction of the A27 and Wilmington village, you can combine a trip to the Long Man and the Downs and then dine in this award winning pub.
- **The Eight Bells** - Jevington. Again located in a downland village, this pub serves well cooked food of good value.
- **Beachy Head Inn** - Beachy Head Road, Eastbourne. 01323 728060. Located at Beachy Head, this is a family venue with a good reputation.
- **The Cricketers Inn** - Berwick Village, Nr.Polegate. 01323 870469. This pub is located in the original village of Berwick - the other side of the A27 to the Berwick Station village. Combine lunch here with a visit to the Church, famous for its murals by the Charleston set.

- **The Tudor House** - High Street, Alfriston, 01323 870891. Morning coffee, lunch, afternoon tea, dinner, functions. 14th Century Restaurant. Open seven days a week, and evenings Wednesday to Saturday. East meets west in a fusion of taste ranging from unique to contemporary home-cooked foods.
- **The Star Inn** - Normans Bay, Pevensey 01323 762648. A family friendly pub with a children's playground.
- **Coopers** - Hailsham Road, Stone Cross, Pevensey, Eastbourne, BN24 5BU. 01323 763212. Again a restaurant/pub popular with families.
- **Rose Cottage** – Alciston, Polegate. 01323 870377. A very nice pub.

Sweet Sussex recipes

If you have a sweet tooth then you will enjoy these classic Sussex recipes. Try them at the cottage or when you get home.

Sussex Pond Pudding

A Sussex Pond pudding has a steaming suet crust which encases a whole lemon with golden buttery sugar syrup. This syrup oozes onto the dish to form the 'pond'.

The lemon holds up the pudding and the lemon flavour filters into the sauce and the crust.

The following measures will serve 4-6:

250g self-raising flour
125g shredded beef suet or vegetable suet
150ml milk
300g unsalted butter, softened
200g soft light brown sugar
1 large lemon



You will need a 1½ litre pudding basin, some string and silver foil.

Mix the flour and suet together in a bowl. Mix into a dough with the milk. The dough should be soft but sufficiently firm to roll out into a circle large enough to line the pudding basin.

Cut a quarter segment out of the circle. This will mean that you can make a cone shape with the dough and it will fit more easily in the pudding basin. The leftover dough can be used for the lid. Put this slice of dough aside.

Butter the pudding basin well and drop the large piece of dough into it. Flatten it at the bottom, and join up the edges where the slice was taken out.

Mix the sugar and butter together and put it into the lined pudding basin.

Prick the lemon all over as much as you can with a roasting fork or skewer so that the juices can escape, then push it into the butter mixture.

Remould the pastry that was left for the lid and roll it out into a circle to fit the top of the pudding bowl. Lay it over the filling and press the edges of the dough together so that the filling is sealed in.

Take a piece of foil big enough to fit over the basin and with at least an extra 5cm all round. Make a pleat down the middle of the foil, place it over the top of the basin and tie in place with string round the top edge or like a parcel with a string handle so it can be lifted in and out of a saucepan.

Cooking with suet..

Beef suet currently has something of an image problem, and its use in pudding making is in danger of becoming a forgotten art.

In pastry, suet melts into the flour the way butter or lard does but it also adds a distinctive texture and flavour.

Vegetarian suet is fine for the Sussex pond pudding.

Bring a large pan half-filled with water to the boil and lower in the pudding. Cover and leave to simmer for 4 hours. Don't let the water stop boiling, and if the level drops lift up the basin and top up the pan with more boiling water.

To serve, lift out, remove the foil and loosen the sides with a small sharp knife. (It can be kept hot for another hour or so until it's needed.) Put a deep dish over the basin and quickly turn the whole thing upside down.

Watch the stream of fragrant, thick and golden liquid seep out of the pudding. Enjoy!

Ripe Tart

The name comes from the village of Ripe in the Sussex South Downs. In days gone by Ripe is where a pie feast was held to celebrate the cherry harvest.

The following measures will serve 8:

225g plain flour
25g cornflour
110g icing sugar plus 2 tsp
110g butter
1 egg yolk
450g cherries (stoned)
2 eggs
75g ground almonds
Almond essence - a few drops



Pre-heat oven to 200 °C / 400 °F / Gas 6.

Sift the flour, cornflour and 2 tsp icing sugar into a bowl.
Rub in the butter until the mixture resembles fine breadcrumbs.

Add the egg yolk and 2 tablespoons cold water and stir to bind together. Knead lightly on a floured surface and roll out.

Use to line a 23 cm (9 inch) fluted flan tin.

Bake blind for 10-15 minutes, until set. Reduce oven temperature to 170 °C / 325 °F / Gas 3.

Arrange the cherries in flan case. Mix 110g (4 oz) icing sugar, eggs, almonds and essence, pour over the cherries.

Bake for 50-60 minutes, until the top is firm and golden. Serve hot or cold.

Sussex Plum Duffs

A very quick and tasty recipe that you don't need plum's for!

55g lard
2 cups of flour
55g currants or sultanas
27g castor sugar
1 cup of milk (soured)
Lemon

Sour the milk by adding the juice of half a lemon.

Rub the lard into the flour, add the fruit and sugar, and then the milk. Work the mixture into a pastry.

Roll out and cut into rounds, brush with milk, bake in a moderate oven for 15 minutes.

English Wine

Sussex is particularly important growing area for English wines. There are many vineyards, and the quality of the wine is very good. Most of the vineyards are open to the public so that the visitor can find out about how wine is produced as well as tasting and purchasing some!

A 2000 year history

It is likely that wine production in England started during the Roman occupation. Before then the native Celts seem to have preferred beer and mead to wine.

When the Romans invaded Britain in AD43 wine drinking became more commonplace. During their digs archaeologists often find remains of drinking vessels from Roman villas and buildings. They have also uncovered deposits of grape vine pollen, suggesting that vineyards were established during the Roman occupation.

When the Romans began to leave at the end of the fourth century, Christianity, became more widespread and wine drinking, playing as it did an important part in Christian ceremonies, became more accepted. Wine growing also became more widespread due to the gradual warming up of the climate.

After the 13th Century the climate began to get wetter, with cooler summers and milder winters, leading to less ripe grapes and more fungal diseases. Coupled with the Dissolution of the Monasteries in the 14th Century and cheap imports wine growing went into a gradual decline.

For the next four hundred years up to the First World War, viticulture became very much an occupation for the enthusiast, the eccentric and the adventurous, rather than for the farmer seeking income from his land.

The revival in the industry began after the Second World War. This was due to a combination of new varieties, more suitable growing techniques, better disease control and an acceptance by the public of the style of wines that those varieties produced.

There are now in excess of 400 vineyards in England and Wales.

What's on the label

There are four different categories of still English Wine. You can identify which one of the categories a wine belongs to by reading the label on the bottle.

English Vineyards Quality Wine – made from one of the approved varieties and has passed the Quality Wine Scheme. Roughly a third of wine is classified as Quality Wine.

English Counties Regional Wine – essentially a table wine (like the French Vin de Pays), but has passed the Regional Wine Scheme and does not have to bear the 'Table Wine' label.



Over 90% of English wine is white wine. This is mainly from Germanic vines.

Typically it has a floral bouquet, and is high in acids and fruity flavours.

This style is distinct from that of any other wine producing country.

English Table Wine – made from one of the approved varieties but is not a Regional Wine or a Quality Wine.

UK Table Wine - made from UK grown grapes where the grape variety used is not an approved one.



Success of English Sparkling wine

English sparkling wine, most of it made by the proper Champagne method, has a very good reputation. One theory is that this is because much of southern England is in the same chalk basin as Champagne. There is similar soil, climate and with increasingly good winemakers English Sparkling Wine can give Champagne a very good run for its money.

Some English wines have actually beaten great French champagnes in blind tastings!

Vineyards in Sussex

The English Wine Centre

The English Wine Centre was established in 1972 to provide visitors with the opportunity to taste a range of English wine from different vineyards and winemakers. Set in the Cuckmere Valley between Eastbourne and Lewes the Centre houses the English Wine Museum as well as an extensive wine tasting and shop area.

Alfriston Roundabout, East Sussex BN26 5QS, Tel: 01323 870164

Vineyards in Sussex – ring for more information

Arundel Vineyards – The Vineyard, Church Lane, Lyminster, West Sussex.
A vineyard trail, collection of agricultural equipment and picnic area plus wine tasting in a fifteenth-century Sussex Barn.
Tel: (01903) 883393, Tue-Thu plus Sat, Sun and bank holiday Mon, Apr–Oct.

Barkham Manor Vineyards - Piltdown, Uckfield, East Sussex.
Guided tours, vineyard trail, shop, and picnic area are available.
Tel: (01825) 722103, Daily Apr-Sep.

Barnsgate Manor Vineyard - Herons Ghyll, Uckfield, East Sussex.
Vineyard walks, donkeys, llamas, tea room and restaurant as well as a gift shop where the Barnsgate wines can be tasted and purchased.
Tel: (01825) 713366, Daily 10.00-17.00 or dusk if earlier.

Bookers Vineyard - Foxhole Lane, Bolney, East Sussex.
A vineyard trail takes you through 5 acres (2 hectares) of countryside. Guided tours can also be arranged.
Tel: (01444) 881575, Tue-Sun.

Breaky Bottom Vineyard - Rodmell, Lewes, East Sussex.
Specialising in French-style wines, this vineyard is situated in the beautiful Ouse Valley.
Tel: (01273) 476427, Daily.

Carr Taylor Vineyards - Yew Tree Farm, Wheel Lane, Westfield, Nr Hastings, East Sussex.

Bubbly, hampers, wines, gifts, preserves, teas, coffees, cakes and more are available at the shop.

Tel: (01424) 752501, Daily 10.00-17.00.

Davenport Vineyards - Limney Farm, Castle Hill, Rotherfield, East Sussex.

Produces dry whites, sparkling wine and red wine.

Tel: (01892) 852380.

Hidden Spring Vineyard & Orchard - Vines Cross Road, Horam, East Sussex.

A wine trail takes you across 9 acres (3.6 hectares) of vines. Guided tour available on request.

Tel: (01435) 812640, Daily.

Leeford Vineyards - Whatlington, Battle, East Sussex.

Lurgashall Winery - Windfallwood, Dial Green, Nr Petworth, West Sussex.

The Winery, housed in converted 17th and 19th century farm buildings nestles beneath Blackdown, the highest point in West Sussex. Wine Shop has a selection of food, cider, glasses, honey, mead mustard, fudge, chocolates and of course wine for sale.

Tel: (01428) 707292, Daily Mon-Sat 9.00-17.00, Sun 11.00-17.00, except 25-26 Dec and 1 Jan.

Nyetimber Vineyard - An award winning vineyard amidst lakes, llamas and a visitor centre housed in an historic windmill.

Gay Street, Nr Pulborough, West Sussex.

Tel: (01798) 815196, Daily May-Oct 14.00-17.00 (opens 11.00 Sat-Sun).

Sedlescombe Vineyard - Cripps Corner, Sedlescombe, Nr Robertsbridge, East Sussex.

Established in 1979, you are able to sample wines, bubbly organic fruit juices, ciders, picnic amongst the vines and browse their range of crafts, wholefoods and organic wines.

Tel: (01580) 830715, Daily 10.00-18.00.

St George's Vineyard - Cross Farm, Waldron, Nr Heathfield, East Sussex.

Adopt a wine and receive a bottle with your own label. Stroll around the vines, visit the winery, or eat and shop in a seventeenth-century barn.

Tel: (01435) 812156, weekends only Mar; Tue-Sun Apr-June and Sep-Oct; daily July, Aug and Dec.

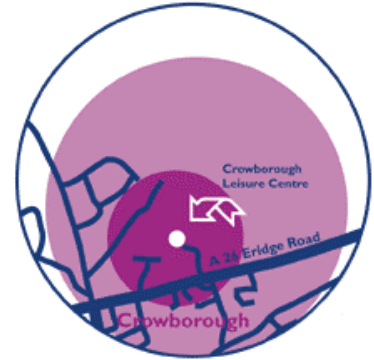
Sport and entertainment

Leisure Centre and Swimming Pool

Goldsmiths Leisure Centre is located in Crowborough off the A26 Eridge road.

The Centre has comprehensive facilities including a gym, sports hall and a 25m swimming pool. It is open until 10:30pm on weekdays and 8pm Saturday and Sunday.

Tel: 01892 665488/9.



Cinemas

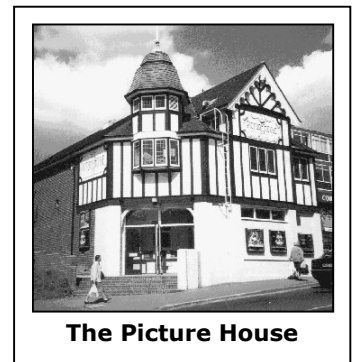
Crowborough does not have a cinema, but there are some very interesting cinemas nearby:

The Picture House, Uckfield

The Picture House dates from 1916 and is one of Britain's oldest surviving cinemas.

To save the cinema from closure the original single screen auditorium has been divided into two screens, both with state of the art sound.

Box Office: 01825 764909. 24hr programme info: 01825 763822.



The Picture House

Odeon Cinema, Tunbridge Wells

Unit 1/Knights Way, Tunbridge Wells, TN2 3UW. Box Office: 0870-505 0007.

This large multi screen cinema is located on Knight's Park on the northern outskirts of Tunbridge Wells within the North Farm industrial estate, just off the A21.

Trinity Theatre, Tunbridge Wells

There is also a world cinema in the Trinity Theatre complex. See the listings under Theatres.

Hailsham Pavilion

Hailsham has a restored Art Deco cinema in George Street which shows a range of the latest films. This cinema, called Hailsham Pavilion, is a small community supported project which has been beautifully restored to its original Art Deco style. **Box Office:** 01323 841 414.

Well worth a visit if you are driving back from the coast. Hailsham is about 15 miles south of Crowborough.



Hailsham Pavilion, 1921

Theatres

Tunbridge Wells

Assembly Hall Theatre, Crescent Rd, Tunbridge Wells
Tel: 01892 554162

Trinity Theatre, Church Road Tunbridge Wells.
Ticket Office 01892 678 678
A multi arts venue in a converted church.

Eastbourne

Eastbourne has four theatres. Each theatre has its own character and style, from the purpose built Congress Theatre to the Victorian Devonshire Park Theatre. There is a 'what's on' leaflet in the leaflet pack. For information on all four theatres ring: 01323 412000.

Brighton

Theatre Royal
Box Office: 01273 328488.

Bexhill-on-Sea

De La Warr Pavilion. This is an Art Deco building that is currently being restored (although it is open for business).
Information: 01424 787900.

Art Galleries

Tunbridge Wells Museum & Art Gallery

Civic Centre/Mount Pleasant Rd, Tunbridge Wells.
Tel: 01892 554171

Trinity Theatre, Tunbridge Wells

This theatre also presents visual arts exhibitions (see details in the theatre section).



A Sussex Sport - Stoolball

The game of stoolball, more than 500 years old, is the forerunner of the modern game of cricket.

The common lore is that it began when a milk maid removed the legs from her milking stool and used it as a bat. Another stool was used as a wicket.

Although once popular, stoolball had largely died out by the early 1900's. In 1917 a local Major resurrected the game in Sussex and it has been played ever since.

Today it is played almost exclusively in Sussex and is enjoyed by many teams across the county.

The wickets are wooden boards on stakes and the ball, aimed at the wicket, does not pitch. The bat is the shape of a table tennis bat, made of willow with a long, sprung and spliced handle. Teams consist of 11 players either Ladies or Mixed.



Ladies stoolball team 1920

Places of interest to visit

The following pages give information on various places of interest in the area. For more information on activities and attractions contact details of local Tourist Information Offices are given below.

Sussex Country (North) Information Centre
Ashdown Forest Llama Park, Wych Cross, Forest Row RH18 5JN
Tel: 01825 713862

Sussex Country (South) Information Centre
Boship Roundabout, Lower Dicker, Hailsham BN27 4DP
Tel: 01323 442667

Royal Tunbridge Wells Tourist Information Centre,
The Pantiles, Royal Tunbridge Wells.
01892 515675

Cuckfield Information Centre
Church Street, Cuckfield, Haywards Heath, West Sussex RH175JZ
Tel: 01444456900

Lewes Information Centre
187 High Street, Lewes BN7 2DE
Tel: 01273 483448

Eastbourne Information Centre
Cornfield Road, Eastbourne BN21 4QL
Tel: 01323 411400

Wealden also has various fully serviced literature racks, located throughout the district. These are regularly stocked with leaflets on Wealden's attractions. The racks are located at the following sites:

Crowborough Town Hall
Crowborough Council Offices
Hailsham
Mayfield
Heathfield
Uckfield
Forest Row
Horam

Castles, Stately Homes and interesting Houses

MICHELHAM PRIORY, Upper Dicker, Hailsham

Tel: 01323 844224

Michelham is set on an island in the beautiful Cuckmere Valley and is surrounded by the longest medieval moat in England. Enclosed by tranquil gardens, the historic buildings include part of an Augustinian Priory that evolved into a splendid country house, a 14th Century gatehouse, watermill and a stunning Elizabethan Barn. Exhibitions include; smithy, rope museum, physic herb garden, licensed restaurant and tearooms, and a picnic and play area.

Open: Tues-Sun - Mar to Oct and open daily in August & on Bank Holiday Mondays.

BODIAM CASTLE, Nr Robertsbridge

Tel: 01580 830436

Soak up the wonderful atmosphere of this magnificent medieval castle. With its spiral staircases, battlements and drawbridge, history really comes alive. Enjoy a picnic on the banks of the ancient moat.

PEVENSEY CASTLE, Pevensey

Tel: 01323 762604

Step back in time into the shoes of William the Conqueror at this ancient and historic castle, dominating the mysterious marsh landscape. It is from here that William marched on Hastings and Battle.

BATEMANS, Burwash.

Tel: 01435 882302

Rudyard Kipling lived at Batemans for 34 years. His rooms and study have been preserved exactly as they were when the writer was alive and they still give the impression that he has just left the room! This lovely old house is set in gardens that Kipling designed himself, and include a recently restored working watermill.

Close to Crowborough.

LEWES CASTLE & BARBICAN HOUSE MUSEUM, Lewes

Tel: 01273 486290

The imposing castle and barbican at Lewes, built shortly after the Norman invasion of 1066, tower over the county town, offering spectacular views from the top. The museum houses an interactive touch-screen history of the area and 'The Story of Lewes Town'.

Open all year (closed Mondays in January and 24-26 December).

Tuesday to Saturday: 10am-5.30pm, Sunday, Monday and Bank Holidays: 11am-5.30pm (Lewes Castle closes at dusk in winter).

Churches

MAYFIELD CHURCH, Mayfield

Tel: 01435 873484

St. Dunstan's is located next to the remains of the Arch Bishops of Canterbury's Palace in the attractive High Weald village of Mayfield. The church was founded by St. Dunstan, who is said to have attacked the Devil that was trying to tempt him whilst disguised as a woman! Now a grade I listed building, the present church was built between 1410 and 1420, with parts of the original stone building still visible. Situated in the tower is a ring of eight bells, the oldest dating from 1602.

The church is open between 9.00am and 5.00pm daily.

Close to Crowborough.

ROTHERFIELD CHURCH, Rotherfield

Tel: 01892 852391

Founded over 1200 years ago, St Deny's church is one of the oldest in Sussex. The present building dates from around 1060AD, and has a wealth of interesting features such as the medieval wall paintings in the chancel arch and Nevill Chapel, early box pews and the late Norman octagonal stone font whose cover was made locally in 1533. Tours of the church can be booked for individuals and groups.

The church is usually open between 9.00am and 5.00pm.

Close to Crowborough.

WADHURST CHURCH, Wadhurst

Tel: 01892 782083

Showing a strong link to the ancient Wealden Iron Industry. St Peter & St Paul's church has the largest collection of iron memorial tablets in the country. Made by illiterate craftsmen, there are many spelling mistakes on these high status objects! The church also has some stained glass windows in the design of William Morris School.

The church is open between 8.00am and 5.00pm daily.

Close to Crowborough.

BERWICK CHURCH, Berwick

Tel: 01323 870512

The ancient village church of St Michael and All Angels was mentioned in the Domesday Book. Of particular interest are the Bloomsbury Murals painted by Vanessa Bell and Duncan Grant in the 2nd World War.

The church is open all day, every day.

Museums and similar

THE OBSERVATORY SCIENCE CENTRE, Herstmonceux

Tel: 01323 832731

Hands on science for all the family at the former home of the Royal Greenwich Observatory with a lovely rural setting. Experience the Discovery Park and the many experiments suitable for all ages. Cafe, gift shop, picnic area and free parking. Telescope Tours daily and Special Events throughout the year. Open 22 February - 2 March 10am - 5pm, 12 April - 2 November 10am - 6pm. Last admission 1 hour before closing.

See GARDENS & GROUNDS OF HERSTMONCEUX CASTLE below. It's at the same location and a joint ticket is available.

BENTLEY WILDFOWL & MOTOR MUSEUM, Halland, Nr Lewes

Tel: 01825 840573

Motor Museum with over 100 exhibits. Wildfowl over 130 different species. Craft workshops with demos. Adventure playground. Woodland activity trail. Tearooms serving lunches and cream teas. House and gardens. Minature steam railway (April - September weekends only).

Signposted off the A22, A26 and B2192, 7 miles North East of Lewes.

OPENS DAILY

Close to Crowborough.

FILCHING MANOR MOTOR MUSEUM, Polegate

Tel: 01323 487838

Home to some of the rarest racing machines in the world and set in 28 acres (11 hectares) of formal gardens, the exhibits in this fifteenth-century Wealden hall-house include a 1907 Corbin 'Vanderbilt Cup' racer, Sir Malcolm Campbell's 'Bluebird' speedboat, Alfa Romeos and Bugattis.

Open: Thu - Sun Easter to May + Oct, daily May - Sep, weekends only Nov - Easter

Gardens

SHEFFIELD PARK GARDEN, Nr Haywards Heath

Tel: 01825 790231.

Take time to explore this beautiful 18th century garden laid out by the famous landscape gardener Lancelot 'Capability' Brown. Admire colourful reflections in the four lakes. Savour a kaleidoscope of colours whatever the time of the year. Stunning displays of rhododendrons and the national collection of Ghent azaleas follows spring's glorious shows of daffodils and bluebells. Later in the year, the garden is dramatically transformed by a blaze of autumn hues.

Close to Crowborough.

WAKEHURST PLACE GARDENS, Ardingly

Tel: 01444 894000

'Kew Gardens in the country'. 170 acres of splendid woodland, wetland and ornamental gardens. Visit the heart of the £80m Millennium Seed Bank project. Gift-shop in 16thC mansion, restaurant and garden shop. Every season brings a new experience. Regular garden and themed tours. Guided walks of the Loder Valley Reserve. No dogs. Children under 17 admitted FREE.

Close to Crowborough.

GROOMBRIDGE PLACE GARDENS & THE ENCHANTED FOREST, Groombridge

Tel: 01892 863999. Ring for admission prices (around £8)

Extensive formal gardens and an enchanted forest walk.

Open 9am -6pm 1st April to 1st November.

Close to Crowborough.

SCOTNEY CASTLE GARDEN, Lamberhurst

Tel: 01892 891081

On the A21, 5 miles south of Tunbridge Wells.

Owned by the National Trust, Scotney is surely one of the most romantic gardens in England with its spectacular displays of azaleas and rhododendrons surrounding the moated ruins of a 14th century castle. 770 acre estate of woodland open throughout the year.

Open: 22 March to 9 November 2003, Wed-Sun & Bank Holiday Mon, 11.00-18.00.

Castle open: May to 28 September 2003. Closed Good Friday.

Admission: adult £4.40, child £2.20, family £11.00. Disabled access.

8 miles south east of Royal Tunbridge Wells

BEDGEBURY NATIONAL PINETUM, near Goudhurst.

Tel: 01580 211044

Bedgebury Pinetum is home to the national conifer collection – the largest collection of evergreen conifers on one site in the world. The Pinetum occupies over 100 hectares, including streams and landscaped lakes.

Open: all year, daily from 10.00. Admission: adult £3.50, over 60s £3.00, child £1.50, family day ticket £9.00

13 miles east of Royal Tunbridge Wells.

PASHLEY MANOR GARDENS, nr Ticehurst

Tel: 01580 200888

Pashley Manor Gardens offer a sumptuous blend of romantic landscaping, imaginative plantings and fine old trees, fountains, springs and large ponds. This is a quintessentially English Garden of a very individual character, with exceptional views to the surrounding countryside.

Opens: 5th April-27th September, 11am - 5pm, Tuesday, Wednesday, Thursday, Saturday & Bank Holiday Mondays. **Situated on the B2099, between the A21 and Ticehurst.**

GARDENS & GROUNDS OF HERSTMONCEUX CASTLE, Herstmonceux, Hailsham, East Sussex

Tel: 01323 833816

This 15th Century moated castle is set in beautiful parkland and superb Elizabethan gardens. Visit the Gift Shop, Tea Room, Visitor's Centre, Children's Woodland Play Area and Nature Trail.

Opening times: Daily 18 April - 26 October 2003, 10am - 6pm (last admission 5pm) (closes 5pm during October). The castle is not open to the public. Guided tours are conducted from Sunday to Friday (extra charge), subject to availability and extra charge. The OBSERVATORY SCIENCE CENTRE is also located here.

BATEMANS, Burwash (see details in section on Castles, Stately Homes and interesting Houses).

Close to Crowborough.

Wildlife

WILDLIFE AND WETLANDS TRUST, Arundel

Tel: 01903 883355

The Wildfowl & Wetlands Trust is the largest international wetland conservation charity in the UK. The new visitor centre at Arundel is surrounded by ancient woodland and overlooked by the town's historic castle. The wetlands at Arundel are home to many rare species of wetland wildlife. This is complemented by the work on show in the new 'Eye of the Wind' wildlife art gallery.

Open daily 9.30 - to 5pm (4-30pm in winter) Closed Christmas Day.

Also this is a great opportunity to also visit other attractions in Arundel, including the Castle and Cathedral. Well worth a day trip!

BENTLEY WILDFOWL & MOTOR MUSEUM, Halland, Nr Lewes (see info in section above).

Close to Crowborough.

DRUSILLAS PARK, Alfriston just off the A27 near Eastbourne

Tel: 01323 874100

'The Best Small Zoo in England' with a wide selection of animals all in naturalistic settings. Exciting hands on activities throughout the park. Over an acre of playground with masses of swinging, jumping and climbing fun. Plus indoor Toddler Village, Train,

Zoolympics, Restaurant, Gardens. New in 2003 - Prairie Dogs. Fully accessible for wheelchairs.

Walks and water

WILDNERNESS WOOD, Uckfield

Tel: 01825 830509

Wilderness Wood is a unique family-run working woodland in the beautiful wooded hills of the Sussex High Weald Area of Outstanding Natural Beauty. There are 60 acres of varied woods to explore, with trails to suit all ages that explain how the wood is grown and used.

Harvested wood is made into garden furniture which can be bought direct from the on site workshop. Children's adventure play area, tea garden, picnic areas and barbecues. You can take your own food, purchase charcoal and have a barbecue. Good for families. Open daily all year from 10am-dusk. **Very good value.**

Close to Crowborough.

ARLINGTON RESERVOIR, Berwick

Tel: 01323 870810

Arlington Reservoir is an award winning conservation site, surrounded by beautiful Downland scenery. A newly waymarked pathway around the perimeter of the reservoir has been recently opened. Named 'The Osprey Nature Trail' after a frequent summer visitor, the trail and its accompanying information leaflet, enable visitors to learn more about the surrounding habitat and the use of various conservation techniques, and to easily locate the bird hide and sanctuary area. **FREE (but with pay parking).**

Situated approx. 1/2 of a mile off the A27 Lewes to Eastbourne Road, sign posted to Berwick.

ARDINGLY RESERVOIR

There is a road that sweeps across the northern end of the reservoir from Ardingly to Balcombe. At the Balcombe end of this road there is a nice wooded part of the reservoir bank with perfect spots for picnics.

Ardingly Reservoir is situated off the B2028, Haywards Heath to Ardingly Road. Follow the signs to the reservoir. **Close to Crowborough.**

BEWL WATER, The Estate Office, Bewl Water, Lamberhurst, Kent, TN3 8JH.

Tel: 01892 890661

Visitor Centre, Gift Shop, Waterwise exhibition, Self-Service restaurant, passenger boat trips, picnic areas, waterside walks, woodland playground, cycling, flyfishing, watersports.

Close to Crowborough.

ABBOTS WOOD,

Abbot's Wood is a mixed woodland of approximately 360 hectares, offering waymarked forest trails, an adventure play area and barbecue/picnic sites. **FREE (but with pay parking).**

Abbot's Wood is signposted off the A22 between Hailsham and Polegate. It is also signposted off the A27 at Wilmington (Abbots Wood is north of the A27).

FOREST WAY, East Grinstead to Groombridge

Tel: 01273 482670, Countryside Management Service

The Forest Way takes you deep into East Sussex countryside, the flat, tree-lined track winds through a peaceful, historic countryside of small fields and scattered farmsteads among wooded, rolling hills for mile after mile. It is particularly accessible for people with disabilities.

The Forest Way runs from East Grinstead to Groombridge passing through Forest Row, Hartfield and Withyham. **Close to Crowborough.**

HIGH ROCKS, nr. Royal Tunbridge Wells

Tel: 01892 515532

This ancient national monument dates back million of years. Impressive outcrops of sandstone rock are inter-linked by eleven bridges and provide scenic walks in a tranquil woodland setting covering several acres. **2 miles west of Royal Tunbridge Wells.**

Open: all year, 10.00 – dusk. Admission: adult £2.00, child £1.00.

Children

DRUSILLAS PARK, Alfriston (see section above on wildlife).

KNOCKHATCH ADVENTURE PARK, Hailsham

Tel: 01323 442051

Adventure Park with Playgrounds, Rowing Boats, Giant Sky Leap Slide, Birds of Prey, Reptiles and Animals, Dry Slope Toboggans, Crazy Golf, Inside Adventure Play, Trampolines, Play Barn, Nature Trail and lots more. At extra cost and weather permitting Go-Karts for all ages, Laser Adventure Game, Rodeo Bull. Tearoom, Burger Bar. Attractive 110m slope for skiing and boarding.

GROOMBRIDGE PLACE GARDENS & THE ENCHANTED FOREST, Groombridge.

(See section on gardens)

ASHDOWN FOREST LLAMA PARK, Wych Cross, Nr Forest Row, East Sussex

Tel: 01825 712040

Escape to the fascinating world of the llama in the heart of Ashdown Forest.

Beautiful countryside and walks. Llamas, alpacas, goats and sheep. Tearoom and picnic area

Museum. Gift and alpaca knitwear shop. Adventure play area

Open daily 10.00am - 5.00 pm

Location: on A22, four miles south of East Grinstead.

Close to Crowborough.

HEAVEN FARM, Furners Green, Uckfield, Sussex TN22 3RG

Tel: 01825 790226

170 years of farming life in the heart of the Sussex Weald

This is a unique place to visit, where you can walk along the bluebell nature trail through beautiful and peaceful Sussex woodland. Visit the craft shop and at weekends, the ancient farm museum. And then finish with a traditional Sussex cream tea in the stable tea rooms.

Close to Crowborough.

Star gazing

Try out some 'star gazing' on your break. Most of the stars mentioned in this guide can be seen by the naked eye. Use the star maps to identify the different constellations.

The moving sky

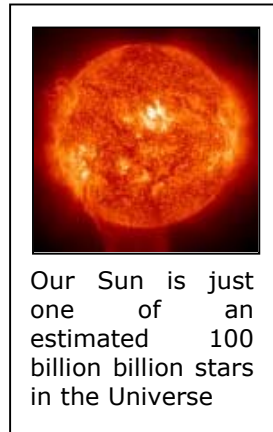
Because of the rotation of the earth, stars appear to move across the sky each night. This rotation gives the impression that they move in an anti-clockwise direction around a central point.

This central point is very close to a star called Polaris. In the British Isles Polaris always appears due north, midway between the zenith (directly overhead) and the northern horizon.

Polaris is marked on the 'Looking North' star map in this sheet. See if you can locate Polaris in the sky. The stars close to Polaris, such as those of Ursa Minor appear to move slowly across the night. Those further away will appear to move much faster.

It takes 23 hours and 56 minutes for a star to make a complete rotation around this central point. Because our 'solar' day is 24 hours long a star will be seen in the same location 4 minutes earlier each night.

This is why the night sky changes over the months and different groups of stars (constellations) become more visible at different times of the year.



Constellations

Ancient astronomers separated the stars into constellations. Each one represented a different mythological figure. You can spot the different constellations by using the star charts provided.

Milky Way

The Milky Way is an indistinct luminous band that stretches right across the night sky.

It is formed by concentrated light of countless stars that lie between the earth and the outer rim of the galaxy. It can be a good guide to locate stars that lie on or near it.

Planets

Planets are satellites of the sun and like the earth they depend on the sun for heat. They shine because they reflect the sun's light. They revolve in regular and clearly defined orbits but relative to the stars their motion is irregular.

Why do stars twinkle?

Stars twinkle because they are very far away, and so appear as tiny points of light in our night sky.

Some of this light is absorbed by moving air in the Earth's atmosphere, making the star appear to sparkle.

Planets, like Saturn or Jupiter, don't twinkle.

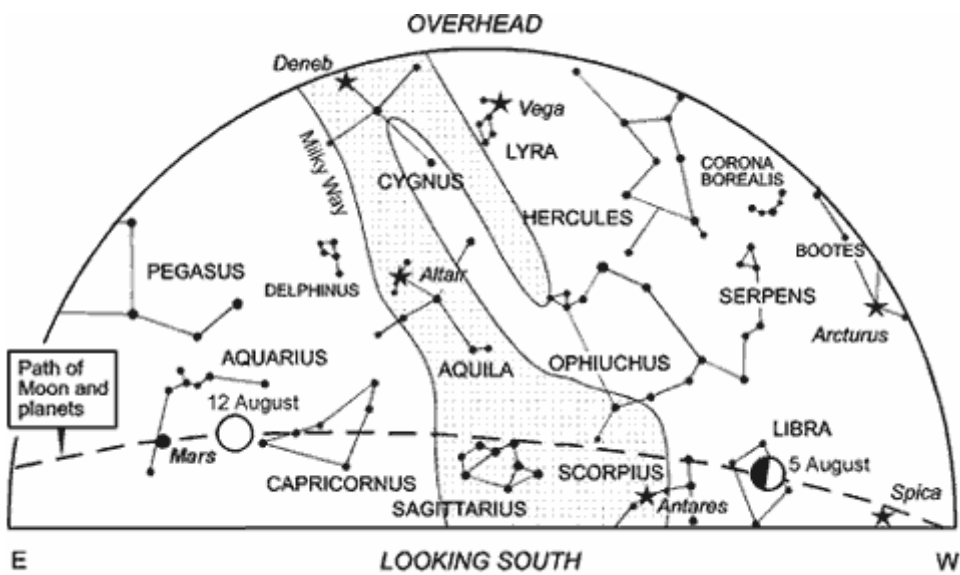
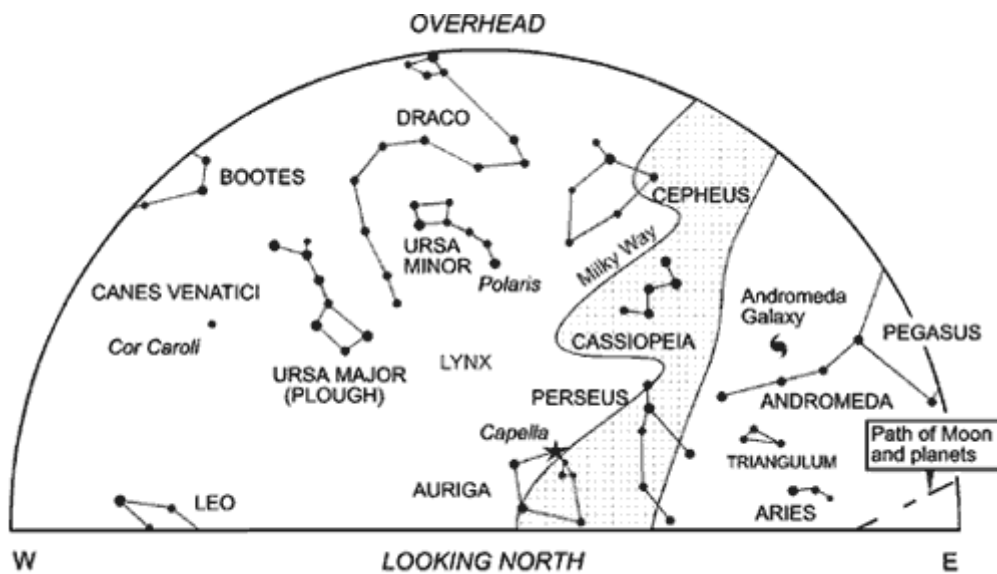
This is because they are a lot closer to the Earth and so they look bigger in our sky than stars.

The night sky

The sky charts below show the stars and constellations to look out for.

To get you started, there is an easy way to find out which way is north or south. At sunset, notice where the sun sets (but don't stare at the sun). This direction will be roughly west, and the opposite point on the horizon will be east.

When it's dark stand with your left side towards the west and your right towards the east. You'll be automatically facing north and can use the 'Looking North' map below. If you turn around and face the other way you can use the 'Looking South' map.



Constellations to look out for

Ursa Major, the plough, also known as the Great Bear.

Ursa Minor, the little bear, contains the Polaris star.

Draco, or the dragon, rears up above Ursa Minor.

Cygnus, the swan, in full flight soars downstream along the Milky Way.

Delphinus, the starry dolphin, is one of the smallest and most elegant of all constellations with its four brightest stars arranged in a tiny perfect diamond.

Aquila, the eagle, flies up from the South – its wings outspread over the milky path.

Lyra, the harp, was first named after a vulture, standing wings half-closed, on the western bank of the starry river. Lyra may have changed into a harp for King Arthur or the lyre of Orpheus in ancient Greece.

Legend has it that a different story surrounds the constellations of Aquila and Lyra

The story tells of a cowherd (Aquila) and a spinning maiden (Lyra) with whom he fell in love. The girl's father banished them to the sky, but they were allowed to meet once year if they could cross the river Milky Way.

Each year on the seventh night of the seventh moon, they were able to do this, thanks to their friends the magpies, who formed a feathered bridge for them to pass over.

The next day the magpies returned to earth.

Phases of the Moon



The moon always keeps the same face towards Earth. The changes in the moon's appearance are due to the changing relationship between the sun, moon and Earth. The moon shines by reflecting sunlight.

With the naked eye you should be able to see the Seas on the moon. These are large dark lava plains found in lowland areas and are for the most part located on the side of the moon facing earth.

First quarter: 2nd - Full Moon: 10th - Last quarter: 18th - New Moon: 25th

Herstmonceux Observatory Science Centre

Herstmonceux Observatory is located in the grounds of Herstmonceux Castle. In 1946 the Castle became the home of the Royal Greenwich Observatory.

They observed the night sky until the early 1970's when the Sir Isaac Newton 98 inch reflector telescope was moved to the Canary islands.

The Observatory is now a hands-on science centre with a Discovery park and various special events and tours of the remaining telescopes.



More details can be found in the section on 'places of interest to visit'.