

### Coastal Splendour

A visit to Enjoy Sussex would be incomplete without seeing the world-famous white cliffs of the Seven Sisters. The undulating landscape and dramatic cliff-tops offer breath-taking views, from the tranquil beauty of Cuckmere Haven and the meandering river valley of Birling Gap to the chalk grassland of the South Downs Way and spectacular views from Seaford Head. This dramatic coastline was voted one of 'Britain's Favourite Views' and includes the Port of Newhaven, with cross-channel ferry connections to the continent.

### Taste Sensations

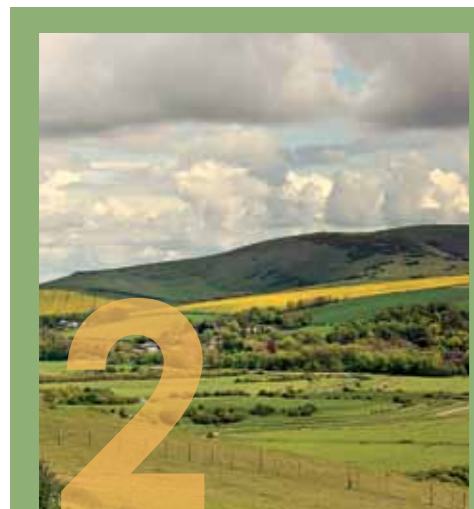
From local markets and food festivals to 3AA Rosette-awarded cuisine you'll be spoilt for choice when looking for a taste sensation. Enjoy a 'Sussex Breakfast' of delicious local produce before setting off to explore and sample award-winning wines from Sussex vineyards, and exemplary beers such as the unique Espresso, voted the World's Best Speciality Beer. Chocoholics should try Cocoa Loco, "The closest you can get to heaven on earth" – that's how their Champagne Truffles were described when they won The Times Organic Food Hero.



### Hidden Heritage

Enjoy Sussex is a land of ancient beauty with heritage hidden around every corner. History lovers will enjoy the 11th century church of St. Botolph at Hardham and discover the romance of Medieval Sussex with a visit to the magnificent timber framed Anne of Cleves House and museum in Lewes. The impressive Parham House offers a fine Elizabethan manor and gardens which was listed in the top 20 of "England's Thousand Best Houses".

HIGHLIGHTS OF  
*Enjoy*  
SUSSEX



### South Downs National Park

A jewel in the Sussex landscape the South Downs National Park covers over 1600 square km of glorious landscapes and un-spoilt coastline, with visitors coming from far and wide to enjoy the dramatic landscapes and breathtaking views. Whether you are looking for paragliding highs and mountain biking thrills or simply want to savour the sense of space and freedom, a visit to this new National Park is a must.

### Exquisite Shopping

The Market Towns of Enjoy Sussex are well known for their antique shops, auction houses, bookshops, art galleries and craft studios. Less well known are the independent fashion boutiques, designer gift shops selling all things curious and wonderful, brewery shops selling locally produced wine and ale, traditional toy shops and sumptuous patisseries. A mooch around any Enjoy Sussex town will provide therapy of the retail kind and inspiration for that 'wish-you'-d-been-here' take-home gift.



### Getting Active

From world class sporting events and extreme sports to enjoying gentle activity on our national trails and cycle paths, there is much to see and do in Enjoy Sussex. Being active is easy with a plethora of sports centres, golf courses, water sports and equestrian centres across the area. You may also like to try something a little different such as paragliding over Devil's Dyke or even Llama trekking in Ashdown Forest.



### Open-air Events

Internationally-enjoyed spectator sports include the world famous show jumping arena at Hickstead or horse racing at Plumpton Racecourse, as well as County Cricket at Horsham and the 16,000 acre state at Cowdray Park, recognised as the Home of British Polo. From Bonfire Night celebrations and ghost walks, to open-air theatre and jazz performances, Enjoy Sussex entertains, surprises and stimulates – outside and in.



### Glorious Gardens

Indulge your senses with a visit to one of many spectacular gardens such as the National Trust-owned Nymans with 27 acres of magnificent woodland and the water gardens of High Beeches. For great views visit Borde Hill, described as 'One of the country's truly great gardens' by Country Life magazine. Wakehurst Place is a garden of international significance and is known as 'Kew in the countryside' for its plant conservation and research.



### Living History

Enjoy Sussex has inspired many people such as 'Rights of Man' author Tom Paine, and the famous Quaker William Penn, both of whom went on to make their mark in America. The 19th century poet Percy Bysshe Shelley lived near Horsham, whilst Sir Arthur Conan Doyle, creator of Sherlock Holmes, settled in Crowborough. One of the world's best loved writers, AA Milne, was inspired by the Ashdown Forest – the setting for stories featuring Winnie-the-Pooh. So follow in their footsteps and see for yourself why Enjoy Sussex has inspired so many.



### Cultural Jewels

A wealth of culture awaits you in Enjoy Sussex, whether you enjoy live music, literature, performing arts or traditional festivals and events. Attracting international visitors, world class opera from Glyndebourne, whilst those seeking the unusual may wish to partake in the annual World Pea Throwing championships! The Capitol in Horsham, and Chequer Mead in East Grinstead offer theatrical highlights whilst visual arts are showcased at festivals including Artwave and Horsham Open Studios.

