

Worthing

the Sussex coast & the South Downs

Pocket Guide 2011/12



Worthing | Shoreham-by-Sea | Lancing | Sompting | Southwick

www.visitworthing.co.uk

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Whilst every care and attention has been taken to ensure the information contained in this guide is accurate, Worthing and Adur Councils and their agents cannot accept any responsibility in respect of any error, mis-statement or alteration that may have occurred.

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Welcome.....

Visitors first came to Worthing to enjoy the benefits of the sea air in the late 18th century. So popular did it become that an Esplanade was built in 1821 and then in 1862 the Pier was opened.

Neighbouring Shoreham by Sea dates back to pre-Roman times. It was the rise of nearby Brighton and Worthing that prepared the way for Shoreham's rise as a Victorian sea port, with several shipyards and an active coasting trade. Shoreham sits at the mouth of the River Adur which now gives its name to the district.

Today, Worthing is the largest town in West Sussex but still retains much of its historical charm. Come and see for yourself, just how much things are changing. Conveniently located on major bus routes and railway line, Worthing is easy to get around and is a great base from which to explore the surrounding Adur district and delightful coastline.

Whether you live in the area or are visiting, use this guide to make sure you get the most out of your time here; Visitor Attractions, Shopping, Eating Out, What's On, it's all here plus lots more useful information to be sure that you don't miss a thing.



What to Do

Facilities Key

- | | | |
|--|---|--|
|  Accessible to a wheelchair user travelling independently |  Coach parking available |  Guide dogs only |
|  Accessible to a wheelchair user travelling with assistance |  Within 5 minutes of a bus route |  Refreshments |
|  Accessible to someone with limited mobility. Up to a max of 3 steps | WC Toilets |  Gift Shop |
| P Parking available | WC Toilets for disabled |  Open during the winter (Oct-Mar) |
| P Disabled parking available |  Dogs allowed |  Groups welcome |

Visitor Attractions



Brooklands Pleasure Park "Diddlyland"
Brooklands Pleasure Park A259 Brighton Road,
Worthing, BN11 2HP
Tel: 07967 361847

Opening Hours: 10.30 am - 5.00 pm all year
(some facilities are seasonal or weather permitting)

Travel the unique 1 mile "Diddlys" miniature train ride (the only one in the U.K.) around the beautiful boating lake with its natural wild fowl. Attractions include paddling pool, trampolines, bouncy castles, indoor ball pool, children's play park, pony rides and to finish the perfect day take a ride on the pirate motor boats. Fun for all the family. Accessible to all.

Ticket Price: Entry to park is free but charges apply to some rides














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Coombes Farm Tours
Church Farm, Coombes,
Nr Lancing, BN15 0RS
Tel: 01273 452028

Web: www.coombes.co.uk
Opening hours: Special lambing yard open
March - Mid April

Tractor and trailer rides over 1,000 acres to the top of the Environmentally sensitive South Downs through ewes and lambs, cows and calves. Special lambing yard open March - mid April to see lambs and calves being born. Please telephone to visit by arrangement at other times. Summer specials please see website



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|---|---|---|---|---|-----------|---|---|---|---|---|---|
- By arrangement

Visitor Attractions

High Salvington Windmill

Forze Road, High Salvington,
Worthing, BN13 3BP

Web: www.highsalvingtonwindmill.co.uk

Opening hours: 2.30pm - 5.00pm First & Third
Sundays, April through September

Guided tours of this working eighteenth century black post mill including the nineteenth century Glynde Windpump and rescued granary are available, with refreshments, shop and facilities. Annual membership £4, dual £7 and life £40.

Ticket Price: Adults £1, Accompanied Children Free, Members Free



Highdown Gardens

A259 Littlehampton Road, Ferring BN12 6PG

Tel: 01903 221067

www.highdowngardens.co.uk

Opening hours: Open daily during summer -
restricted in winter.

This 90 year old garden, set in the downland countryside, was created by Sir Frederick and Lady Stern, working for 50 years to prove that plants could grow on chalk. The gardens have achieved 'Green Flag' status, an accolade issued by the Civic Trust. A wide variety of plants and colour throughout the seasons provides the backdrop to outdoor Shakespearean performances by The Rainbow Theatre.

Ticket Price: Free



Highdown Vineyard

Littlehampton Road, Ferring,

Worthing, BN12 6PG

Tel: 01903 500663

Web: www.highdown-vineyard.co.uk

Opening hours: Tuesday to Sunday 10am-
5.30pm. Closed Monday

Our spacious winery building houses our restaurant and tea room, serving freshly cooked lunches, a selection of sandwiches, ploughman's, cakes, cream teas. Our winery shop sells our award winning wines, plus preserves and pickles and other local produce.



Visitor Attractions

Marlipins Museum

36 High Street, Shoreham-by-Sea,
BN43 5DA

Tel: 01273 462994

Web: www.sussexpast.co.uk

Opening hours:

Tuesday-Saturday 10.30am-4.30pm

May-October

A community-based local history and maritime museum, located in the oldest recorded secular building, still in use, in Sussex. Displays include early aviation and the silent film industry in Shoreham. Full access for wheelchair users.

Adults/Seniors/Students: £2

Children (5-15yrs): £1



On street pay
and display

Open
October

Shoreham (Brighton City) Airport

Cecil Pashley Way,
Shoreham-by-Sea, BN43 5FF

Tel: 01273 467373

Web: www.shorehamairport.co.uk

Opening hours: 9am – 5pm

Shoreham Airport is an exciting place to visit on any day of the year. We are the oldest licensed airfield in the UK and have a beautiful Grade II* listed Art Deco style Terminal Building. The outside viewing areas offer stunning views over the South Downs and Lancing College and an exciting opportunity to enjoy aviation in a pleasant environment. A visit to the Airport's Visitor Centre is a must for a family outing where guided tours can be arranged for anyone wishing to see and hear the history of the airfield. The Bar and Restaurant is situated within the main Terminal Building



Shoreham Fort

Forthaven, Shoreham Beach, Shoreham-by-Sea, BN43 5HY

Tel: 07787 994815

Web: www.shorehamfort.co.uk

www.facebook.com/shorehamfort

Opening Hours: any reasonable time between
dawn and dusk



The last fort of its kind in the country, Shoreham Fort was built in 1857 as a prototype before building our forts in Portsmouth. In the process of being restored by the Friends of Shoreham Fort. Definitely worth a visit.



Visitor Attractions

St Mary's House and Gardens

Bramber, BN44 3WE

Tel: 01903 816205

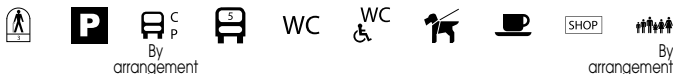
Web: www.stmarysbramber.co.uk

Opening hours: May – end Sept, Suns, Thurs,
BH Mons, 2pm-6pm (Last entry 5pm)

Groups by arrangement at other times

Enchanting medieval house with five acres of delightful gardens. Fine panelled interiors including the unique Elizabethan "Painted Room". Amusing animal topiary, Victorian "Secret Garden", rural museum and cottage style tea room new for 2011. Features in Simon Jenkins' England's Thousand Best Houses. "Highly commended" in Tourism ExSEllence Awards. Upper floors not accessible by wheelchair.

Ticket Price: House and Gardens - £7.50 / £6.50 / £5.00 / £4.00



The Lido Entertainment Centre

Marine Parade, Worthing, BN11 3PX

Tel: 01273 706773

Web: www.theworthinglido.co.uk

Opening hours: 10.00am – 6.00pm

Your one stop visitor attraction on Worthing seafront. With amusements, best value kid's rides and games, café / restaurant, ice cream and rock shop, gift / souvenir shop, family name history shop and free live entertainment on the bandstand during summer weekends. Free entry.



Worthing Museum and Art Gallery

Chapel Road, Worthing, BN11 1HP

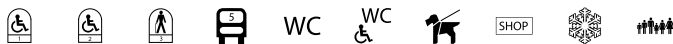
Tel: Weekdays 01903 221065

Saturdays 01903 221448

Web: www.worthingmuseum.co.uk

Opening hours: Tuesday –
Saturday 10am – 5pm

The museum costume and toy collections are amongst the largest in the country. There are also fascinating collections of fine and decorative art and archaeology. An exciting programme of contemporary and historical exhibitions fills the art gallery, sculpture garden and studio. Shop, disabled access and toilets. Free entry.



Churches of Interest

Church of the Good Shepherd

Kings Walk, Shoreham Beach,

Shoreham-by-Sea, BN43 5LG

Tel: 01273 453768 (Vicarage)

Web: www.goodshepherdshorehambeach.org.uk

Opening hours: At a minimum 9am to 5pm, often open longer

Friendly, informal Anglican church with worship at 8am and 10am Sundays, plus monthly Healing Service at 6pm, 1st Sundays. A lively group of children meets in the Hall at 10am Sundays. Toddlers Group meets Wednesdays. See website for more details.



Coombes Church

Church Farm, Coombes,

Nr Lancing, BN15 0RS

Tel: 01273 452028

Web: www.saintjamesthelesslancing.co.uk

www.coombes.co.uk

Opening hours: 9.00am - 4.30pm can be open evenings for groups by arrangement.

Coombes Church is an 11th Century Saxon church. It is famous for its Frescoes (murals); most were made around 1087 and are among the most important in the country. Coombes also has a Saxon Church Bell, one of Sussex's oldest.



English Martyrs Church

Goring Way, Worthing, BN12 4UE

Tel: 01903 506890 or 01903 242624

Web: www.dabnet.org/goring.htm

Opening hours: Tuesday - Friday 10.00am - 4.00 pm Easter to 31st October (by appointment only during the Winter months)

The Church is notable for having the only known reproduction of the Sistine Chapel ceiling in the world. Painted by local artist Gary Bevans it is two-thirds the size of the original. The repository sells religious books, CD's, artefacts and souvenirs. Free.



Churches of Interest

Lancing College Chapel

Lancing, BN15 0RW

Tel: 01273 465949

Web: www.lancingcollege.co.uk

Opening hours: Mon – Sat 10.00am – 4.00pm

Sun & B/Hol 12noon – 4.00pm

The largest school chapel in the world, set within the South Downs National Park, is an architectural masterpiece of the Gothic revival, with soaring columns, nine metre rose window and a wealth of stained glass, carvings and tapestries. Founded in 1868 and consecrated in 1911. Entry free but donations welcome.



Parish Church of St Mary De Haura

East Street, Shoreham-by-Sea, BN43 5DQ

Tel: 01273 461377 (Church Warden)

Web: www.stmarydehaura.org.uk

Opening hours: 9.00am – 5.00pm (Mon to Sat)

– 12.00 – 6.00pm (Sunday)

This magnificent church founded in 1103 was built "at the harbour" (de Haura). It was designed on a grand scale and its 81 feet high tower still dominates the town centre today. There is much fine stone carving throughout.



Parish Church of St Nicolas

St Nicolas Lane

Shoreham-by-Sea, BN43 5NH

Tel: 01273 452109 (vicarage)

Opening hours: 9.00am – 5.30pm daily

This cruciform church is recorded in the Domesday Book of 1086 but was probably founded before 900. There is a fine 12th century stone carving at the crossing under the Norman Tower, and a Victorian painted ceiling in the Choir.



Churches of Interest

Saint James the Less Church

Manor Road, Lancing, BN15 0NY

Tel: 01903 750286 (Parish Office)

Web: www.saintjamesthelesslancing.co.uk/

Opening hours: For Sunday Services 8.00am, 10.00am and 6.00pm.

For Worship daily - see web-site.

Also church open during summer months 2.00pm - 4.00pm. Tuesday-Thursday.

Saint James the Less Church has served the people of Lancing for nearly a thousand years. A Saxon/Norman building, extended in the late 13th century, it remains substantially as it was then and contains fine 'Arts and Crafts' windows.



St Mary's Church

Church Lane, Sompting, BN15 0AP

Tel: 01903 234511

Web: www.somptingparish.org.uk

Opening hours: Daylight hours 365 days a year

Since Saxon times, St Mary's has been a meeting place for the local Christian family.

The church is always open in the daytime offering a welcome for all who enter. Come and experience the sacred and historic space in St Mary's Church



St Michael & All Angels Church

Church Lane, Southwick, BN42 4GD

Tel: 01273 597699

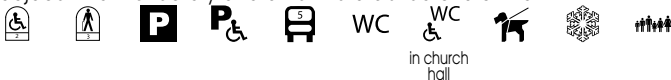
Web: www.communigate.co.uk/sussex/southwickstmichaels

Opening hours: Parish Office is open 9.30am-12.30pm Monday to Friday for general enquiries.

For wedding and baptism bookings please come on a Saturday morning from 10.30am-11.30am

The Parish of St Michael and All Angels, Southwick is home to a diverse and active Christian family, working to discern and support God's mission in our local community and the wider world.

To compliment our regular ministry of worship; baptism; confirmation and wedding preparation, we have new services specifically for families, and an innovative pastoral care programme. The home of our worship is a well-maintained Church with Saxon/Norman elements, adjacent to the rectory and a new refurbished church hall.



Entertainment Venues

The Dome Cinema

21/22 Marine Parade

Worthing, BN11 3PT

Tel: 01903 823112

Web: www.domecinema.co.uk

Opening hours: Opens weekdays @ 4.30pm /

Weekends & School Holidays @ 11.30am

Welcome to the Dome one of the oldest working cinemas in the country. This stunning Edwardian building has been lovingly restored back to its former glory and is open to the public 7 days a week.



Gala Bingo

Rowlands Road, Worthing, BN11 3JS

Tel: 01903 202392

Web: www.worthing.club@galabingo.co.uk

Opening hours: 11:30am - 10:30pm

Free membership. Call us or pop in for more details. Over 18's only. Photographic ID required. Please play responsibly.

Gambleaware.co.uk

Price: Varies from just £5 to £15 depending on the session you visit



Ropetackle Arts Centre

Little High Street, Shoreham-by-Sea, BN43 5EG

Tel: 01273 464440

Web: www.ropetacklecentre.co.uk

Box office open Thurs & Fri 10am - 4pm / Sat

10am - 1pm & 1 hour before all performances

The South Coast's newest riverside arts centre, with an exciting programme of film, comedy, visual art, music, theatre and fantastic workshops in all aspects of the arts. Spacious and fabulous foyer-bar and a 200-seater theatre. A welcoming and friendly venue with something on for everybody!



Entertainment Venues

Assembly Hall

Stoke Abbott Road, Worthing, BN11 1HQ

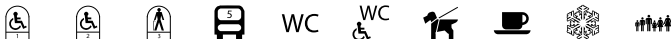
Tel: 01903 206206

Web: www.worthingtheatres.co.uk

Opening hours: Opens 45 minutes prior to performance

See a live band, comedian or enjoy a classical music concert by the Worthing Symphony Orchestra or the mighty Wurlitzer organ. Take part in a weekly Tea dance or ballroom dance - or try Belly dancing.

Ticket Price: Varies



Ritz Digital

Union Place, Worthing, BN11 1LG

Tel: 01903 206206

Web: www.worthingtheatres.co.uk

Opening hours: 30 minutes prior to a film screening

Showing the latest in cinema releases in Dolby Digital 3D, providing bright, vibrant digital images and clearer sound. Really become part of the action in the only cinema in Sussex to use the Dolby system.

Ticket Price: Varies



Connaught Theatre

Union Place, Worthing, BN11 1LG

Tel: 01903 206206

Web: www.worthingtheatres.co.uk

Opening hours: Mon - Sat 9.30am - 8pm.

Sundays and Bank Holidays open from 1 hour prior to performance.

Offering a varied season of live drama, plays, musicals and children's shows, including national tours with all-star casts. Also operating as a cinema, you can also catch the latest releases if you prefer the silver screen. Ticket Price: Varies



Pavilion Theatre

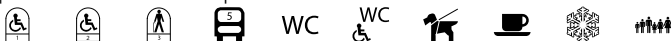
Marine Parade, Worthing, BN11 3PX

Tel: 01903 206206

Web: www.worthingtheatres.co.uk

Opening hours: Monday to Saturday 10am - 5.30pm and 1.30pm - 4.30pm Sundays and Bank Holidays (excluding days when there is a show during which time the Box Office will be open one hour prior to the performance and 30 minutes after the start)

Situated on the promenade, this prestigious theatre presents major shows and top stars from the world of comedy, ballet, dance and musicals. Enjoy lunch or tea in the adjacent Denton Lounge with panoramic views of the pier and sea. Ticket Price: Varies



The Great Outdoors

Parks and Gardens

Worthing's streets are renowned for their vibrant displays of containers and hanging baskets whilst the districts recreation grounds and tastefully planted parks & gardens are home to a selection of quality sports and facilities including bowls, croquet, golf, tennis, football, skateboarding, cricket and lots more.

Worthing's Heene Terrace Garden and sunken area of Steyne Gardens both enjoy seafront locations. Highdown Gardens are of particular interest (page 3) whilst other notable public areas include Marine Gardens, Denton Gardens and Beach House Park in Worthing and Buckingham Park in Shoreham.

Beach House Park

Brighton Road, Worthing BN11 2DB

www.worthing.gov.uk/leisure

Beach House Park, home to 'Bowls England' and the Men's National Championships, deserves a special mention as its splendour strikes you when entering the grounds. The park's mix of trees, shrubs, herbaceous and seasonal planting is punctuated with glorious and colourful hanging baskets, forming a perfect setting for the five international class bowling greens.



River Adur

Shoreham-by-Sea

Web: www.adur.gov.uk/tourism/countryside.htm

The River Adur offers sport with the Adur Activity Centre and leisure opportunities with the coastal link, an important pedestrian, bridle and cycle path running along the river banks. The unique tollbridge and sculpture trail can be appreciated en route.



Shoreham Beach Local Nature Reserve

Seaward side of shingle spit which forms southern part of Shoreham by Sea. Reached from roundabout to east of Shoreham on the A259 or by footbridge.

BN43 5LJ

Web: www.fosbeach.com

Public access at any time

Shoreham Beach Local Nature Reserve is a spectacular example of locally and Internationally rare vegetated shingle habitat. Around 90 plant species have been recorded which in turn support a wealth of wildlife including birds, bees butterflies and lizards

Some special events may have a fee, please see website.

Education visits on www.fosbeach.com/education-on-shoreham-beach



WC



The Great Outdoors

South Downs National Park

North of district

Website: www.visitsouthdowns.com

The South Downs National Park runs from Winchester to Eastbourne. Easily accessible from Worthing, the South Downs Way is just one of many trails and footpaths available to you on foot, cycle or horseback.



Here are just some of the more unusual local features on the South Downs

Cissbury Ring

Website: www.nationaltrust.org.uk

This is the largest Iron Age hill-fort in the country. In the summer wild flowers attract a variety of downland butterflies, in particular the rare Chalkland Blue. Panoramic views of Worthing and the sea compliment the rich wildlife at this landmark. Managed by National Trust.



Highdown Hill

Website: www.nationaltrust.org.uk

An important archaeological site, located on the site of a late Bronze Age settlement and an early Iron Age hill-fort there is a pagan Saxon cemetery within the ramparts. The Tomb on the site is the grave of John Olliver who died in 1793. The Highdown miller, reputed to be a smuggler, is said to have slept with his coffin under his bed. On a clear day one can see the Isle of Wight, Selsey Bill, Chichester Cathedral and Beachy Head. Picnic area and panoramic views.

Mill Hill

Website: www.adur.gov.uk/tourism/countryside.htm

This hill is famous for its outstanding views across the Adur Valley. In spring and summer the hill is bursting with wild flowers and butterflies, including the rare Adonis Blue butterfly. There is a 500-metre easy access trail, for more people to enjoy the area too.

Lancing Ring

Website: www.adur.gov.uk/tourism/countryside.htm

This is a Nature Reserve notable for its chalk grassland, a rare and diverse habitat. Today only three percent of the original chalk grassland remains. It is difficult to maintain the grassland and prevent it from overgrowing with scrub. Animals graze the area during the winter to stop this occurring and in doing so protect the indigenous flowers and insects that inhabit the landscape.



The Great Outdoors

Splash Point

Marine Parade, Worthing

Tel: Sand Courts: 01903 216937 (to book)

Located at the eastern end of Worthing's promenade, Splash Point offers fun and activity for all with its interactive water feature, sand courts, beach hut artists' studios, seaside café and crazy golf.



Waterwise Garden and Playground

West Parade, Worthing

Open all Year

This unusual garden, situated to the far west along the promenade, illustrates how plants can thrive in the toughest and most hostile of environments. The plants are subjected to the salt-laden winds and the occasional near-drought conditions of the south coast summers. A special design feature of the garden is the use of hand-sculptured beach timbers. Mobile refreshment provider – all year round (weather permitting). Exciting, seaside themed, wooden playground for 4-12 yr olds.



Worthing Pier & Seafront

Marine Parade, Worthing, BN11 3PX

Tel: 01903 238977 - Beach Inspectors Office

Five miles of palm tree lined promenade offers plenty of opportunity to stop and watch the world go by or enjoy a cycle on the shared use cycle path. The sea view from any of the coastal cafés or restaurants invariably includes the Pier, awarded 'Pier of the Year' in 2006. Over 100 years old it's fully accessible with seating, amusements, refreshments and a nightclub with great views all along the coast. The beach and shoreline is constantly monitored by the Foreshore Office making sure everyone is safe, no matter what their activity.



Leisure/Sport Activities

AMF Worthing Bowl

Marine Parade
Worthing, BN11 3PZ
Tel: 01903 210510

Web: www.amfbowling.co.uk

Opening hours: 7 days a week 10am till late
Tenpin bowling fun and games for all the family.

Ticket Price: Tenpin bowling Adults £5.20 Juniors £4.20



Bowling

Various sites throughout the District
Tel: 01903 227070

Web: www.worthing.gov.uk/leisure
(www.bowlsengland.com)

Opening hours: Various depending on season

Home to Bowls England (Formerly EBA)

Worthing has been hosting the National Championships for over 25 years. This long and prestigious connection with Bowls is clear testament to the quality of the bowling facilities. Whether you're a pro, a beginner or just want to have some fun, one of our greens is for you.



Brighton Scenic

Main Terminal Building, Shoreham Airport,
Shoreham-by-Sea, BN43 5FF

Tel: 07918 902721

Web: www.brightonscenic.co.uk

Opening Hours: 10am to 5pm

Take a sightseeing trip by air over the Sussex coast and countryside. It's a high wing aircraft seating up to 3 passengers. We have a variety of routes to choose from; Worthing, Arundel Castle, Portsmouth and Isle of Wight. Or travel east to Brighton and Beachy Head. Bookings essential. All flights subject to weather.



Splash Point Mini Golf

Denton Gardens, Worthing
Tel: 07788 197647

Web: www.splashpointminigolf.co.uk

Opening Hours: Weekends all year 10am-6pm
and weekdays 11am-5pm June - September
weather permitting

Everyone loves a game of mini golf by the seaside, it's something of a British tradition & now you can enjoy 18 exciting holes on Worthing's only seafront mini golf course. The perfect way to have fun with friends or family! Ticket Price: £3.50 adults, £3.00 Child (under 14) Family £12:00 (2 adults, 2 children)



Leisure/Sport Activities

Brooklands Go-Karts, Pit Bikes and Mini Moto Circuit

Brooklands Pleasure Park, A259 Brighton Road, Worthing, BN11 2HP

Tel: 07867 762106

Web: www.brooklandsgokarts.co.uk

Opening hours: Weekends, school holidays and bank holidays throughout the year (weather permitting)

The 280 metre track can be altered to suit beginners and advanced drivers with Karts to suit juniors and adults. Mini Moto and Pit Bike Club throughout the year. Individual driver and rider tuition available. Cater for parties and groups

Ticket Price: Prices start from £7 per Kart (see web for more info)



On request



Brooklands Golf Centre

Brooklands Pleasure Park, A259 Brighton Road, Worthing, BN11 2HP

Tel: 01903 232270

Web: www.continental-landscapes.co.uk/brooklands

Opening hours: 9.00 am – Dusk

A superb 1152 yard, Par 3 course, designed by former Ryder Cup star Dave Thomas that offers a challenging round of golf. We have a separate pitch and putt course, putting and training area, and are open all year to all. Contact for ticket details.



Hill Barn Golf Club

Hill Barn Lane, Worthing, BN14 9QF

Tel: 01903 237301

Web: www.hillbarngolf.com

Opening hours: Open 7 days from 7.00am

Hill Barn Golf Club is a Fred Hawtree designed 18 hole downland course situated 1 mile north of Worthing's town centre. Due to its location and natural drainage it is able to offer its golfers an all year-round golfing experience. The clubhouse offers a warm welcome, fantastic home cooked food and a fully licensed bar with beautiful surroundings.



Leisure/Sport Activities

Field Place

The Boulevard, Worthing, BN13 1NP

Tel: 01903 244034

Web: www.worthingleisure.co.uk

Opening hours: please check our website.

18th c manor house set in 8 acres is an ideal venue for conferences, meetings, wedding receptions, birthday parties and theatre productions. The house is licensed for civil ceremonies and partnerships and is one of Worthing's most popular wedding venues. Also a range of sport facilities: tennis, table tennis, bowls, putting, netball and pétanque.



Worthing Aquarena

Brighton Road, Worthing, BN11 2EN

Tel: 01903 231797

Web: www.worthingleisure.co.uk

Opening hours: please check our website.

Offers a fantastic leisure experience for people of all ages and abilities. There is a 33m main pool with diving boards, inflatables and flume; smaller teaching pool, fitness suite and aerobics studio, sauna and steam room. We offer various activities, including Waterwalkerz, Aquajets and snorkelling, diving classes, sessions for parents and toddlers, for over 50s etc.



Worthing Leisure Centre

Shaffesbury Avenue, Worthing, BN12 4ET

Tel: 01903 502237

Web: www.worthingleisure.co.uk

Opening hours: please check our website.

The centre is the largest sports and leisure venue provided by the Borough Council, with facilities and equipment for a wide range of activities: racquet sports, fitness classes, football, athletics, rugby, basketball, children's activities, bar, café, spa area, gym and more.



Davison Leisure Centre

Selborne Road, Worthing, BN11 2JX

Tel: 01903 204668

Web: www.worthingleisure.co.uk

Opening hours: please check our website.

Indoor and outdoor space with facilities inc:

- Main sports hall for badminton, basketball, netball
- Gymnasium & fitness suite
- Sports studio for fitness classes and martial arts
- Outdoor tennis, 5-a-side and netball courts
- It is also a great place for children's parties with a range of themes, including roller disco parties



Leisure/Sport Activities

Impulse Leisure - Lancing Manor

Manor Road, Lancing, BN15 0PH

Tel: 01903 524624

Web: www.impulseleisure.co.uk

Opening hours:

Monday-Friday: 7am-11pm

Saturday/Sunday: 8.30am-11pm*

*Closing times may vary at the weekend according to the programme.

Impulse Leisure - Lancing Manor caters for all ages and abilities. Facilities and activities include; Fitness Suite, Group Exercise Programme, Main Sports Hall, Outdoor Floodlit Tennis Courts, Bar and Cafeteria, Conference/ Function Room, Health & Beauty and more... Flexible memberships available.



Impulse Leisure - Southwick

Old Barn Way, Southwick, BN42 4NT

Tel: 01273 238111

Web: www.impulseleisure.co.uk

Opening hours:

Monday-Friday: 7am-11pm

Saturday/Sunday: 8.30am-11.00pm*

*Closing times may vary at the weekend according to the programme.

Impulse Leisure - Southwick caters for all ages and abilities. Facilities and activities include; TechnoGym Fitness Suite, Group Exercise Timetable, Six Badminton Court Main Hall, Outdoor Tennis Courts, Junior Activity Programme, Health Suite, Cafeteria and Conference Room.



Impulse Leisure - Wadurs

Kingston Broadway, Shoreham-by-Sea, BN43 6TE

Tel: 01903 238000

Web: www.impulseleisure.co.uk

Opening hours:

Monday-Friday: 6.30am-9.30pm

Saturday: 7.30am-9pm

Sunday: 7.30am-8.30pm

*Please contact club for timetable.

Impulse Leisure - Wadurs is a traditional 25m x 10m swimming pool incorporating five lanes on the south side of Holmbush Retail Park, Shoreham-by-Sea. The pool is equipped to meet the needs of the whole community offering a wide and varied programme.


















Coach drop off and pick up

← Long stay Coach Parking (further along promenade)

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Worthing Town Centre Map

- | | |
|--|---|
|  Main Roads |  Toilet |
|  Other Roads |  Tourist Information |
|  Pedestrian Area |  Post Office |
|  Shared Pedestrian & Cycle Path |  Church |
|  One Way |  Building |
|  Car Park |  Recreation Area |
| |  Beach |

Leisure/Sport Activities

M's Cycle Hire

Shelter, south of Steyne Gardens,
The Promenade, Worthing, BN11 3FG

Tel: 07852 986165

Web: www.m-cyclehire.co.uk

Opening hours:

Wednesday to Saturday 9.00am - 6pm

Sunday 10.00am - 4pm

Cycle hire centre situated on promenade cycle lane. Family cycling along the seafront or for the more adventurous hire a mountain bike and explore the South Downs.

Hire: From £20 Per day (£12.50 1/2day)



On street pay and display

Booking only

Passies Pond

Church Farm, Coombes,
Nr Lancing, BN15 0RS

Tel: 07710 756257 / 01273 465257

Web: www.coombes.co.uk

Opening hours: Daily, dawn to dusk

Award winning fishing lakes in the Adur Valley at Coombes. Stocked with Carp, Tench, Roach and Perch. Available for day tickets, or match and corporate days. Can be fished dawn to dusk. See website for special matches.



Groups by arrangement

P.L.A.Y. Indoor Adventure & Fitness

Stoke Abbott Road, Worthing, BN11 1HE

Tel: 01903 231117

Web: www.pl-ay.com

Opening hours: 10am - 6pm 7 days a week.

Special Needs every Wednesday 6 - 7pm

PLAY Indoor Adventure & Fitness, Air cooled

100 Seater Cafe serving hot and cold food

from 11am - 5.30pm with a separated 3,000 sq ft padded climbing frame. Let your children play while you relax. Free WiFi throughout. No time limits on quiet days otherwise minimum of 1 1/2 hours play. Please remember to bring your socks.

Non walking babies free with any paying child, Walking - 2 years: £3, 3-4 years: £4, 5 and over: £4.50, Adult: £1 (Applies for Tea Time Special also)

Tea Time Special: £5 (Arrive between 3.30pm - 4.30pm Includes meal with entry price. Weekdays only)

Parent & Toddler Sessions Mon -Fri 10am - 3pm Term time.

Walking - 2 years: £3.50, 3-4 years: £4.50 Includes squash and biscuit for child and hot drink for accompanying adult.

Special Needs Session: £3 Wednesday 6-7pm (Standard price any other time.)



Discover Worthing



There's no better way to really discover a place than by taking a walk. Starting from the Pavilion Theatre, on Marine Parade, no matter which direction you head in you will find some real treats (refer to the map in the centre of this guide for reference).

NORTH – South Street and Chapel Road

South Street – offers a mix of shops, some based in historical buildings. Look above WHSmiths for highly coloured wall plaques; look for the Sailor on watch from the back of his ship!

South Street Square – a focal point for various events and markets and a gateway to the Guildbourne Shopping Centre, Warwick Street, Liverpool Road and the Montague Centre.

Continue along Chapel Road to see: -

Ambrose Place - this elegant Grade II listed, balconied Regency Terrace (c 1810-1826) has the front gardens on the opposite side of the road. (To allow the residents to get their horses and carriages closer to their front doors in bad weather).

St Paul's Church is now restored and re-opened with café facilities – do look in and enjoy a remarkable space.

The Museum & Art Gallery built in 1908, thanks to Alfred Cortis, the first Mayor of Worthing. See page 5.

The Town Hall (opened in 1933) with its elegant clock tower. Set into the floor of its foyer is an artistic mosaic of the Worthing's coat of arms, and the motto 'from the land plenty and from the sea health'.



Discover Worthing

WEST - Marine Parade

Stroll alongside the Pavilion Theatre (c1926) onto the Pier (c 1862). The 292 metres of decking offers great views back to our changing seafront. Originally constructed as a landing stage it has been blown down; blown up; and burnt down (more details on nearby information boards or at the Museum). (see page 13)

West of the Pier you can follow the promenade to the Lido (page 5).

One can continue walking along the shared use cycle path to Marine Gardens (approx 1 mile), past the Heene Terrace garden, and beyond to the Waterwise garden & children's playground on the beach. See page 13.

Shoppers should look out for The Royal Arcade, Bath Place, Montague Place with its Rotunda and the pedestrianised Montague Street. Home to the weekly Wednesday market, this street leads on to the shops of West End and Rowlands Road. Overlooking Montague Place is Liverpool Gardens; where you can admire its bow-fronted Regency terrace, and the contrast with the modern colonnade of the Montague Centre, with its four large bronze sculpted heads (Desert Quartet by Dame Elisabeth Frink).

One of Worthing's unique features is that it is so easy to get from Marine Parade and the seafront, to the shopping streets (and vice versa) at any time.



Discover Worthing

EAST - Marine Parade

See the refurbished Dome Cinema and Electric Theatre, built c1909 as the Kursaal (a wooden roller skating rink) now home to the Tourist Information Centre. See page 9.

Stop and take in Steyne Gardens (page 11) and the contrasts of the yellow brick Chatsworth Hotel, (since 1807), and the new, art-deco inspired Warnes apartments. Pop your head into the red phone box to see the latest art exhibition.

Worthing's Promenade ends at Splash Point (page 13) with its newly installed water feature as its centre piece. Running north is Warwick Road with its terrace of stucco houses with basements and canopied balconies (c1804).



Continue along the narrower seafront path past the artists, now resident in some of the stone built beach huts, and café. Explore the open space of Denton Gardens (page 11), with its newly installed Sand Courts (page 13), Mini Golf (page 14) and the Beach House, a magnificent beach-side Regency Villa.

One can continue on to the Aquarena (page 16) and beyond to Brooklands Pleasure Park (about 1½ miles) home of the Diddy train and other family activities (page 2).



At Beach House you can walk across the park (away from the seafront), cross the Brighton Road into Beach House Park (page 11). Here there is a unique Pigeon Memorial commemorating all the messenger birds of the war.

Taking Brighton Road back towards the town centre, look out for Warwick Place. Some of the houses, built c1817-1820, have boat porches, a local feature from the fishermen's custom of using upturned boats to protect their doorways.

You can explore the mix of specialist shops, bars and cafes in Warwick Street before reaching South Street Square.

We hope that you enjoy your time in Worthing.

**For more information, and more walking ideas,
please visit www.visitworthing.co.uk**

For more history visit the Worthing Museum & Art Gallery.



What's On

The events calendar is extensive and varied with plenty for the whole family to enjoy. Pick up a copy of the Worthing Events Booklet or go to www.visitworthing.co.uk/site/whats-on for all the latest information



Here are just some of the annual highlights

- Children's Parade - June
- Adur Festival - June
- SWAG Arts Festival - July
- Worthing Festival, featuring fireworks, seafront entertainment, open air concert, bus rally, custom car show and lots more - July
- Rotary Carnival - August
- Worthing International Birdman
- Bowls England National Bowls Championships - August
- Shoreham Airshow
- 'Made in Worthing' Arts Festival - September
- Christmas Events - November/December
- Outdoor Ice Rink - December



Regular Markets

General Markets

Every Wednesday in Montague Street, Worthing

Every Wednesday at the Shoreham Centre, Pond Road,
Shoreham by Sea

Farmers' Markets

Every 4th Saturday of the month in South Street Square, Worthing

Every 2nd Saturday of the month in East Street, Shoreham by Sea

Shop 'til you drop.....

Worthing boasts over 400 retail stores in the town centre with a large number of brands represented and a great offer of independent outlets. In the main shopping areas of Montague Street and South Street you will find branches of most of the large multiples that today's shopper demands; but if you take time to explore you will find some excellent independent shops that will truly enhance your experience. Every Wednesday Montague Street hosts a weekly market which boasts a fantastic variety of stalls and increases the retail offer.



About 5 miles east along the coast is Shoreham by Sea, a small, charming town situated on the banks of the River Adur. You'll find mostly small independent retailers here whilst you wander the quaint narrow streets.

Shoreham's Farmers' market is a real winner; finalist in the Sussex Food & Drink awards again in 2011. The town comes alive every 2nd Saturday of the month.

If it's big stores you want then drop in to Holmbush Shopping Centre. Located to the north of Shoreham by Sea, it's home to one of the largest Marks & Spencer stores in the south with a new Next store due to open in August 2011.

Go to www.visitworthing.co.uk/site/what-to-do/shopping or contact the Tourist Information Centre for more information about shopping in the area.



Dining Out

The eclectic mix of restaurants, bars and cafés throughout the district provides a huge variety of dishes to tempt every palate and budget. The café culture and outside dining opportunities enable you to enjoy some wonderful locations; looking out to sea across Worthing's promenade enjoying a fantastic sunset or watching the boats on the River Adur at high tide. Enjoy the continental feel of Warwick Street, Worthing or East Street, Shoreham by Sea.



There's plenty of fresh local produce to enjoy too; as you might expect, being so close to the sea this includes plenty of fish. You can buy it fresh, straight from the fisherman on the beach most days.



Go to www.visitworthing.co.uk/site/what-to-do/eating-out or contact the Tourist Information Centre for more information about eating out in the area.



Where to Stay

Worthing has a selection of quality inspected visitor accommodation. For more information request a copy of the Worthing Visitor Guide on 0844 888 5171 or go to www.visitworthing.co.uk/site/where-to-stay

Hotels

Ardington Hotel	Steyne Gardens	BN11 3DX	01903	230451
Chatsworth Hotel	Steyne	BN11 3DU	01903	236103
Kingsway Hotel	117 Marine Parade	BN11 3QQ	01903	237542
Travelodge	86-95 Marine Parade	BN11 3QD	0871	984 6409

Guest Accommodation

Avalon G H	8 Windsor Road	BN11 2LX	01903	233808
Beechwood Hall	Wykeham Road	BN11 4JD	01903	232375
Beacons, The	18 Shelley Road	BN11 1TU	01903	230948
Bensons G H	143 Brighton Road	BN11 2EU	01903	206623
Burlington, The	Marine Parade	BN11 3QL	01903	211222
Camelot G H	20 Gannon Road	BN11 2DT	01903	204334
Conifers, The	43 Parkfield Road	BN13 1EP	01903	265066
Edwardian Dreams	77 Manor Road	BN11 4SL	01903	218565
Glenhill	21 Alexander Road	BN11 2DX	01903	202756
Heenefields G H	98 Heene Road	BN11 3RE	01903	538780
High Beach G H	201 Brighton Road	BN11 2EX	01903	236389
High Trees G H	2 Warwick Gardens	BN11 1PE	01903	236668
Manor G H	100 Broadwater Road	BN14 8AN	01903	236028
Marina G H	191 Brighton Road	BN11 2EX	01903	207844
Marine View	111 Marine Parade	BN11 3QG	01903	238630
Merton House	96 Broadwater Road	BN14 8AW	01903	238222
Moorings, The	4 Selden Road	BN11 2LL	01903	208882
Olinda G H	199 Brighton Road	BN11 2EX	01903	206114
Pebble Beach	281 Brighton Road	BN11 2HG	01903	210766
Tamara G H	19 Alexandra Road	BN11 2DX	01903	520332
Tudor G H	5 Windsor Road	BN11 2LU	01903	210265

Self Catering

Aldine Holiday Flat	61 South Street		01903	266980
Beachside	Beach Road, Shoreham	BN43 5LJ	07773	926635
Bungalow	37 Harwood Road		01480	370656
Holiday Bungalow			0041	3138118 76
Navarino Flat	46 Navarino Road		01903	205984
Northbrook Farm Caravan Club Site				
	Titnore Way	BN13 3RT	01903	502962
Promenade Holiday Homes				
	Heene Terrace		01903	877047
Seaside Studio Apartment				
	3 Queens Road	BN11 3LX	01903	202833
Worthing Beach Apartments				
	Heene Terrace		01483	770391
Worthing Flat	Knightsbridge House		02085	302336

Travel & Transport

It's really easy to get here and get around the district by public transport. An extensive bus network can get you around easily and you'll never be far away from a train station on a rail network that runs right across the area.

To plan your journey contact - Travel Line 0871 200 22 33 - www.traveline.org.uk

The Tourist Information Centre has local transport information and timetables available. For more information go to www.visitworthing.co.uk/site/visitor-information/travel-and-transport



By Rail

Worthing and the south coast are easy to reach by train; just over an hour from London in the East and Portsmouth/Southampton in the West. National Rail Enquiries 08457 48 49 50 | www.nationalrail.co.uk

For access to Worthing town centre you should disembark at Worthing Station and on exiting the station walk south, following the signs to the town centre.

By Bus

The 700 Coast Liner service runs from Brighton via Shoreham by Sea and Worthing to Portsmouth and Arundel. The 23 service runs from Horsham via Broadwater in to Worthing. There are some 9 further routes serving the local and wider community.

Stagecoach Travel Shop, 19-20 Marine Parade Tel: 01903 237661 / 0845 121 0170 | www.stagecoachbus.com

By Coach

National Express operates services from Worthing; north as far as London Victoria and west as far as Penzance. Tickets are available from the Stagecoach Travel Shop | Tel: 08717 81 81 81 | www.nationalexpress.com

Travel & Transport

By Bicycle

Cycling is a great way to explore the area. It's easy to hire if you haven't got your bike with you and there's plenty of places to park them. National Cycle Network Route 2 runs right along the coast through Worthing and Shoreham by Sea, much of it along a newly opened shared use cycle path on the promenade at Worthing. If you are looking for something a bit more energetic, the South Downs are right on our doorstep offering the South Downs Way, Downs Link and the Centurion Way. For more information go to www.sustrans.org.uk or contact the Tourist Information Centre.



By Car

On street car parking is available throughout the area. You are advised to check signposting carefully for charges and restrictions. For further information contact the Worthing Parking Shop Tel: 0845 680 0189, go to www.worthing.gov.uk/parking or www.adur.gov.uk/parking

Multi Story and Surface Car Parks are operated by NCP
Tel: 0845 050 7085 www.ncp.co.uk.

If you are planning a short visit to Worthing town centre or seafront of up to 2 hours it is suggested that you use the Union Place, High Street, Grafton or Buckingham car parks. For a medium stay of 2-4 hours use the Union Place car park. The car parks at Teville Gate and Broadwater Bridge, near the railway station, are suggested for a day visit being just a 10 minute walk to the seafront and costing a maximum of £3. It's free to park at the Civic Centre car park on Sundays.

The map of Worthing in the centre of this guide indicates car park locations.

For more information go to www.visitworthing.co.uk/site/visitor-information/travel-and-transport

More useful contacts.....

Shoreham (Brighton City) Airport - 01273 467 373
www.shorehamairport.co.uk

Gatwick International Airport - 0844 335 1802
www.gatwickairport.com

Wightlink (Isle of Wight Ferries) - 0871 376 1000
www.wightlink.co.uk

LD Lines (Newhaven to Dieppe) - 0800 917 1201
www.ldlines.co.uk

Group Travel

Whether it's for a day visit or a short break with so much to see and do, it is no surprise that Worthing is a favourite for groups. The town boasts well appointed, quality accommodation offering competitive group rates, convenient coach parking and plenty to keep you entertained. Worthing is also ideally located as a base to explore the surrounding towns, villages and countryside of Sussex. From fabulous gardens and nature reserves, to ancient castles and stately homes there's plenty to choose from. Looking for somewhere new? Spend a day in Shoreham by Sea - full of treasures and hidden gems.

For more information contact the Tourist Information Centre or view the Worthing and Shoreham by Sea Itinerary ideas at www.visitworthing.co.uk/site/visitor-information/group-travel

Coach Parking

Worthing

Drop off and pick-up bays are available at the Lido, situated on Marine Parade (15 minute limit, refer to signs).

Day time and over night coach parking is available, free, on the seafront at the western end in West Parade (refer to signs).

Over night coach parking is also available at the NCP car park in Union Place in the heart of the town (5 minutes walk from the seafront and large hotels) at a cost of £12 per coach per night. Telephone 0845 050 7085 to prebook.

Shoreham by Sea

Drop off and pick up in the High Street, Shoreham-by-Sea

Day time Coach Parking is available at the Coach & Lorry Park, Albion Street, Southwick, BN42 4EN - £4 per 24hours

To help plan your group visit.....

Contact the Tourism Department on 01273 263022

email: tourism@adur-worthing.gov.uk

web: www.visitworthing.co.uk/site/visitor-information/group-travel

Other useful websites.....

www.sussextourism.org.uk

www.visitsoutheastengland.com/site/plan-your-trip/group-travel



Accessibility

Worthing and the surrounding area is blessed with being naturally flat, making it easy for those with limited mobility to get around. Many of the shopping precincts are pedestrianised, the town centres, parks and gardens are flat as is the 10 mile stretch of glorious coastline.

There are a number of organisations that can assist you before or during your visit:

Worthing Shopmobility

12-14 Liverpool Gardens Worthing BN11 1RY

Tel: 01903 820980 | www.shopmobilityuk.org/

Long and short term mobility scooter and wheelchair hire.

Dial A Ride

WRVS Building Gordon Road, Worthing

Tel: 01903 530053 | www.worthingcvs.org.uk/projects/dial-ride

Has three fully wheelchair accessible minibuses. It operates a door-to-door service for registered members. Full details can be received by contacting DAR direct.

Worthing Borough Council

www.worthing.gov.uk/worthings-services/accessibleworthing/

RADAR

Tel: 020 7250 3222 | www.radar.org.uk

Radar Keys are available from the Tourist Information Centre

Tourism for All

Tel 0845 124 9971 | www.tourismforall.org.uk

www.direct.gov.uk/en/DisabledPeople/index.htm

has lots of useful information - go to the Travel, Holidays & Breaks section



Further accessibility information including parking, facilities and services, is available from the Tourist Information Centre
Tel 01903 221066 | email tic@adur-worthing.gov.uk
www.visitworthing.co.uk/site/visitor-information/accessibility



**Worthing Tourist Information Centre
For Information, Accommodation & Inspiration**

**Come and see us at:
22 Marine Parade, Worthing, BN11 3PT
Open daily**

**Tel: +44 (0)1903 221066
Email: tic@adur-worthing.gov.uk
Web: www.visitworthing.co.uk**



follow us @visitworthing

Feedback Form

WIN Marks & Spencer Gift Vouchers

Your views count. Just complete the following feedback form and we will enter you into a FREE PRIZE DRAW to win a £25 Marks & Spencer Gift Voucher

What is the main purpose of your visit to Worthing?

- On Business On holiday Visiting Friends/ relatives
 Student Attending event Live in Worthing
 Coach Excursion Shopping
 Other What?.....

How long will you be staying in Worthing?

- Day Only Over night Weekend
 Week Other (please specify).....

Where did you obtain this copy of the Worthing Pocket Guide?

- Worthing Tourist Information Centre
 Other Tourist Information Centre Coffee Shop/Café
 Hotel/ B&B Visitor Attraction
 Other Where?.....

On a scale of 1 - 5 (with 5 being very useful and 1 not useful at all) how useful was this guide?

- 1 (not at all useful) 2 3 4 5 (very useful)

What did you like most or least about the guide?

.....

What did you do during your visit?(tick all that apply)

- Shopping Dining Visited Attraction
 Theatre Beach/seafront Walking/ cycling
 Attend event
 Other

Please tell us if there are any additional comments you'd like to make about Worthing.....

.....

Once completed, simply fill in your details below, so that we can contact you to advise if you are one of the lucky winners, then send to: **Worthing Tourism, Tourist Information Centre, 22 Marine Parade, Worthing, BN11 3PT**

Please tick the box if you do not wish to receive further information about Worthing

Date:

Name:

Email Address:

Address:

Post Code:

The draw will take place after 31st December 2011.
Only one entry per person.

Worthing

the Sussex coast & the South Downs

Pocket Guide 2011/12



Worthing | Shoreham-by-Sea | Lancing | Sompting | Southwick

www.visitworthing.co.uk