

Sussex Country Attractions FOR ALL



**A guide for
disabled visitors**

The essential guide to visitor attractions for people with disabilities and those with small children. This booklet is a brief guide to some of the places in and around Sussex Country which offer access for everybody. Although the guide is designed specifically for disabled people it should also be of assistance to parents with pushchairs and prams or those who find it difficult to walk long distances. Details of facilities for small children have been included. Where possible the attractions have been visited to assess their suitability by the Access Officer but, as with all information guides, it is not possible to guarantee the reliability of the information as circumstances change. If you have any comments or suggestions regarding the Attractions for All guide please contact the Access Officer at the address below.

Planning and Environmental Services
 PO Box 2707
 Southover House
 Southover Road
 Lewes
 BN7 1DW
 Tel: (01273) 484409
 Minicom: (01273) 487153
 Email: sue.dunkley@lewes.gov.uk

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Parking bays for orange or blue badge holders.



Unisex toilet(s) for disabled people.



Toilet for disabled people: male.



Toilet for disabled people: female.



Lift for disabled people.



Assistance dogs allowed and/or facilities for visually impaired visitors.



Public telephone for disabled people.



Induction loop/infra-red system for deaf or hard of hearing people.



Catering facilities accessible for disabled people.



Facilities for under 5's.

Where toilets for disabled people have been provided at attractions details are provided in the individual attraction listing. It should be borne in mind that the layout and facilities in individual adapted toilets does vary. All Sussex Country public toilets for people with disabilities are locked and can only be opened with a RADAR key. RADAR keys, which can be used nationally, are available from our Tourist Information Centres and in some of the villages a key can be borrowed locally (information on location of key is provided at the convenience). Unisex accessible public facilities are provided at the following locations:

LEWES(5);
GLYNDE;
DITCHLING;
TELSCOMBE CLIFFS;
PEACEHAVEN;
NEWHAVEN(3);
SEAFORD(3);
RINGMER;
ALFRISTON(2);
EAST HOATHLY;
HAILSHAM;
HERSTMONCEUX;
FOREST ROW;
MAYFIELD;
PEVENSEY;
PEVENSEY BAY;
POLEGATE;
WADHURST;
WILLINGDON;
WILMINGTON;
CROWBOROUGH;
UCKFIELD(2);
and HEATHFIELD.

TOURIST INFORMATION CENTRES

A warm welcome awaits you at our Tourist Information Centres, where our friendly staff will be pleased to help with all your enquiries.

Lewes TIC, 187 High Street, Lewes BN7 2DE.
Tel: 01273 483448. Email:
lewes.tic@lewes.gov.uk
High Street location with easy pedestrian access.

Seaford TIC, 25 Clinton Place, Seaford BN25 1NP. Tel: 01323 897426. Email:
seaford.tic@lewes.gov.uk
Central location with level access.

Sussex Country Information Centre (South),
Boship Roundabout, Lower Dicker, Hailsham,
East Sussex BN27 4DT. Tel: 01323 442667.
Email: sussexcountry.tic@wealden.gov.uk
www.sussexcountry.com. Located adjacent to a
free parking area. Level access into office.
Information sheets in large print available for
partially sighted visitors.

Sussex Country Information Centre (North),
Ashdown Forest Llama Park, Wych Cross,
Forest Row, RH18 5JN. Tel: 01825 713862.
Email: ticnorth@wealden.gov.uk
www.sussexcountry.com. Easy access into
office with designated parking bays. Accessible
WCs with baby changing facilities.

CAR PARKING

Vehicles displaying an orange or blue badge can park free of charge in any of the Councils' off-street car parks except for the car parks in Pevensey and The Willows, Alfriston.

COMMUNITY TRANSPORT LEWES AREA (CTLA) Tel: (01273) 517332.

A vehicle with ramped rear access is available for hire, with driver, from 9am-5pm, Monday to Friday. The vehicle can accommodate 3 passengers including 1 passenger seated in a wheelchair. An estimate of the cost of the journey can be provided at time of booking. A minibus with ramped rear access is available for hire, with driver, seven days per week. It can carry 16 passengers or 12 passengers plus two seated in wheelchairs. Please contact CTLA for details of hiring charges.

EASTBOURNE AND COUNTY COMMUNITY TRANSPORT. Tel: (01323) 412448.

BUSES

For information on wheelchair accessible transport serving Sussex Country, tel: (01273) 478007.

TAXIS

VERSACAB, Hurstpierpoint, tel: (01273) 832832; AIRPORT EXPRESS, tel: (01444) 230230; DIRECT TRAVEL, Polegate, tel: (01323) 484444; WESLEY'S TAXIS, Peacehaven tel: (01273) 580772; MINIBUS TRAVEL SERVICES, Falmer, tel: (01273) 241066; and FRENCH & SON, Heathfield, tel: (01435) 863587. These companies provide

wheelchair accessible vehicles.

Details of accommodation - hotel, B & B and self-catering - that may suit the requirements of disabled visitors can be found in the Sussex Country visitor guide. For a free copy of the guide, telephone (01273) 483448, (01825) 713862 or (01323) 442667. The Newhaven, Peacehaven and Seaford Lions Club have a mobile home adapted for disabled holiday-makers at the Sunnyside Caravan Park, Seaford for weekly rental. For further information and bookings please telephone (01323) 811588.

SPORT AND LEISURE

BOWLES OUTDOOR CENTRE, ERIDGE GREEN, TUNBRIDGE WELLS. Tel: (01892) 665665 Email: admin@bowles.ac www.bowles.ac

Bowles is a purpose built residential outdoor centre close to Tunbridge Wells. They welcome participation by people with physical, sensory and learning disabilities. There are residential facilities for wheelchair users and specialist equipment including steerable sledges, outriggers for amputees and those with lack of leg control, wheelchair abseil facilities, pool hoist and adapted canoes. They can either accept bookings from groups or arrange one to one tuition at a special price from those who are prevented by their disability from attending an open course.



THE DOWNS LEISURE CENTRE, SUTTON ROAD, SEAFORD. Tel: (01323) 490011.

Email: communityleisure@lewes.gov.uk

Facilities provided include a sports hall, health suite and fitness room, all-weather pitch, bowls hall, function rooms, cafe and bar. Exercise equipment available for disabled people but changing rooms/shower not accessible to wheelchair users. Level access to cafe where highchairs are available and to bar. Disabled persons WC. For children there are courses, birthday parties, holiday playschemes and Dino's - a giant soft play area for under 8s.



GOLDSMITHS LEISURE CENTRE, CROWBOROUGH. Tel: (01892) 665488/9.

Email: goldsmiths@wealden.gov.uk

There is a large lift giving access between levels. Easy access changing facilities and disabled persons toilet facilities located within the swimming pool and sports hall changing areas. No hoist into pool.



LAGOON LEISURE CENTRE, VICARAGE LANE, HAILSHAM. Tel: (01323) 846755.

Email: lagoon@wealden.gov.uk

The Lagoon offers a range of facilities including a 25m swimming pool with a hoist to assist wheelchair users, toddler area and flume. The extensive Freedom Fitness Suite is equipped with the latest fitness technology, including specialist equipment for people with disabilities. There

are two exercise studios, a multi-purpose sports hall, steam/sauna room and a registered crèche. Dedicated parking spaces are provided for orange or blue badge holders and parents with small children. The facilities are on two levels, with access to lower floors for wheelchair users by a stairlift (assistance required).



LEWES LEISURE CENTRE, MOUNTFIELD ROAD, LEWES. Tel: (01273) 486000.

Email: communityleisure@lewes.gov.uk

This modern and spacious centre has views over the Athletics Track and beyond to the South Downs. As well as a 25 metre pool with pool hoist, there is a flume and a warm toddler pool. There are swimming lessons, lane swimming and water aerobics. Facilities for disabled people include designated parking bays; specially designed combined changing room/WCs in the wet and dry areas; a hoist into the pool; an accessible sauna and steam room; equipment in the gym that can be used by wheelchair users; and an accessible cafe by the pool-side. Supervised children's sessions for the under 5's are available three mornings per week to allow parents to use the leisure centre facilities.



MERIDIAN LEISURE CENTRE, RODERICK AVENUE, PEACEHAVEN.

Tel: (01273) 588858.

Email: communityleisure@lewes.gov.uk

This modern centre has a multi-purpose sports hall where badminton, basketball, aerobics and many other activities take place. It also has a well-equipped gym; sauna; steam room and sunbeds that are all on one level. There is an adapted changing room, shower and WC for disabled people. There is level access to the refreshment area where highchairs are available. There are children's courses, parties and holiday playschemes. Supervised children's sessions are available Monday to Saturday mornings to allow parents to use the centre's facilities.



PLUMPTON RACECOURSE. Tel: (01273) 890383. Email:

plumptonracecourse@dial.pipex.com

National Hunt racecourse. Disabled persons parking adjacent to the main entrance. Unisex toilets for disabled people available in all enclosures. Access to all ground floor catering outlets. A viewing platform is provided in front of the main Tattersalls enclosure.



SEAFORD HEAD POOL, ARUNDEL ROAD, SEAFORD. Tel: (01323) 897632.

Situated next to Seaford Head School this joint-use pool has a parking bay for people with disabilities and a ramped approach from the Sutton Road car park to the pool building. An adapted changing room, shower and WC is available and there is a hoist into the pool for disabled swimmers. Seaford Head is an indoor pool but there is an opening sunroof for warmer days. Public sessions at the pool are out of school hours - all day at weekends and during school holidays and from approximately 5 o'clock on school days. Please call the pool for further details.



SEAHAVEN POOL, CHAPEL STREET, NEWHAVEN. Tel: (01273) 512498.

Email: communityleisure@lewes.gov.uk

Parking for Seahaven Pool is in the next door multi storey car park where designated parking bays are available free of charge to orange or blue badge holders. Ground floor facilities in the leisure centre include a 25 metre indoor swimming pool, a learner pool, and a changing room/WC/shower for disabled customers. Access to the learner pool is via a ramp. A hoist provides access into the main pool. First floor facilities include a fitness suite, sauna and solarium but there is no lift access.



**TREKKERS DISABLED CYCLE CENTRE,
GRANARY BARN, SEVEN SISTERS
COUNTRY PARK. Tel: (01323) 870310.**

This centre has a range of wheelchair and side by side tandem bikes specifically designed for disabled people which can be used on the paths and forest trails within the Seven Sisters Country Park. Groups are welcome and visitors can try the bikes out in the safety of the walled garden and car park. Canoeing, mountain biking and orienteering can be arranged on "Have a go days" - please telephone for further details. Disabled parking is available close to the hiring centre that includes a WC and shower for disabled people. Catering is available nearby (see Seven Sisters Country Park entry for further details).



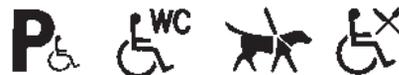
**UTOPIA LEISURE CENTRE, UCKFIELD.
Tel: (01825) 761205. Email:
utopia@wealden.gov.uk**

Gently sloping access from parking bays to entrance and pool viewing promenade. Level access to café and outside area offering expansive countryside views. Ramp access to disabled toilet and pool changing room. Assisted entry into the free form leisure pool with a chair hoist if required. Family and group changing facilities with baby changer and play pen. Rear access to sports hall and adjacent toilet and changing rooms.



**BATEMAN'S, BURWASH. Tel: (01435)
882302. Email: kbaxxx@smtp.ntrust.org.uk
www.nationaltrust.org.uk**

Parking for disabled visitors and accessible WC next to ticket office. There is a steep hill from the ticket office, from there on the gardens are level with grass ramps or a map shows a route through the gardens avoiding steps. There is no wheelchair access to the mill. Step to shop. The ground floor of the house is accessible. From 2002 a virtual tour of the upper floor will be available on a computer situated in the sitting room. Tea room accessible. A Braille guide of the house and touch list is available. Guide dogs are allowed. Children's quiz available.



**BAYHAM ABBEY RUINS nr LAMBERHURST.
Tel: (01892) 890381. Email:
paulcoomber@english-heritage.org.uk
www.english-heritage.org.uk**

Ruins of an Abbey built in the 13th century together with a Georgian Dower House in an 18th century setting. Gravel paths and well-maintained grass allow access for wheelchairs and pushchairs to all parts including picnic area with accessible furniture.



BENTLEY WILDFOWL AND MOTOR MUSEUM, HALLAND. Tel: (01825) 840573. Email: barrysutherland@pavilion.co.uk www.bentley.org.uk

The attraction features a wildfowl reserve, woodland walks (including bluebells in spring), a country house and gardens. It also has a collection of veteran, Edwardian and Vintage cars and motorcycles displayed in the museum. There is a tea-room, adventure playground and miniature railway. The railway is open weekends and Bank Holidays from April to September plus Wednesdays in August. There is reasonable access throughout the site although some of the ramps over the steps are a little steep. There are thresholds at some of the building entrances and some of the surfacing on the paths can make pushing a wheelchair difficult. The wildfowl reserve provides a choice of 30, 45 or 60-minute walks. There is a large adapted unisex WC but there is insufficient grab rail provision and a baby change trolley might impede lateral transfer to WC. There is ramped access to the miniature railway but you would need to transfer from wheelchair to the train. Guide dogs are allowed though they cannot enter the wildfowl reserve (advance notice would be appreciated). There is a highchair in the tea-room as well as baby-change facilities on site.



CHARLESTON FARMHOUSE, NR FIRLE. Tel: (01323) 811265. Email: h.thompson@charleston.org.uk

Charleston Farmhouse was the home of Bloomsbury artists Vanessa and Clive Bell and

Duncan Grant. The car park, garden and approach to the house have a loose surfacing so can be difficult for people with mobility problems to negotiate. The internal doors and corridors are narrow and there are three steps to the shop. Although access is difficult, the owners suggest that disabled people telephone in advance to discuss their individual requirements and where possible they will endeavour to accommodate visitors. A unisex WC for disabled people is available in the toilet block close to the car park.



FIRLE PLACE, NR LEWES. Tel: (01273) 858335. Email: gage@firleplace.co.uk

Firle Place is a large country house, containing important paintings, set in one of the country's finest parks. The car park and picnic area are next to the house but it is easier to drop-off disabled visitors by the gates. There is gravel surfacing on the approach to the entrance and in the courtyard where the tours start. This can be difficult for wheelchair users. There is one step, though the rest of the ground floor has no changes of level and it is possible to view three ground floor rooms. There are three upstairs rooms to view. There is no lift access to the upstairs rooms and this is reflected in the reduced entrance fee for disabled visitors. There is access to refreshments and a toilet allocated for disabled visitors. However, the doorway to the toilet is narrow and there is no lateral transfer space.



GLYNDE PLACE, GLYNDE VILLAGE.

Tel: (01273) 858224. Email:

hampden@glyndeplace.co.uk

Glynde Place is an Elizabethan manor house set in the heart of the South Downs. Parking is available though there are no marked bays. A visit to the house is difficult as the surface on the approach to the house is pebbles and there are many flights of stairs and steps to negotiate. The tea-room, located in the Georgian coach house, is accessible and, in fine weather, refreshments can be taken outside on the lawn. Two adapted toilets, male and female, are located nearby with one step on the approach.



GROOMBRIDGE PLACE GARDENS AND ENCHANTED FOREST, GROOMBRIDGE, TUNBRIDGE WELLS. Tel: (01892) 863999.

Email: office@groombridge.co.uk

www.groombridge.co.uk

The formal gardens, kitchen gardens, canal path, birds of prey flying area and canal boat are all accessible with a wheelchair. Some of the forest paths are narrow or steep and there are occasional steps and gates so it is recommended that wheelchair users do not venture into the enchanted forest, which is a large part of the attraction. There are ramps to the shop and tea-rooms. Accessible toilet facilities and two parking spaces reserved for disabled visitors.



GARDENS AND GROUNDS OF HERSTMONCEUX CASTLE, HAILSHAM.

Tel: (01323) 833816.

www.herstmonceux-castle.com

The walks around the gardens are on a marked footpath. There are a range of different surfaces including tarmac, grass, gravel and larger loose stones where a strong pusher is needed. The majority of the paths in the actual woods would be difficult for people in wheelchairs. The walks can be difficult in wet conditions. Accessible parking bays, WC and tearoom. Guide dogs permitted.



LEWES CASTLE. Tel: (01273) 486290.

Email: castle@sussexpast.co.uk

Access is difficult to the castle because of the climb to both the Barbican and the shell keep. There is, however, an audio tour around Lewes Castle that has an induction loop system for people who are hard of hearing. Large print guides are also available.



LEWES LIVING HISTORY MODEL, BARBICAN HOUSE. Tel: (01273) 486290.

Email: castle@sussexpast.co.uk

The town model shows Lewes as it was 100 years ago, and an audio-visual programme traces the town's history with music, voices, images and lights. The attraction is not easily accessible for people in wheelchairs but the

audio elements of the display may be of interest to people with a visual impairment. A summary of the text can be provided for people who are deaf or hard of hearing. A small tactile display of exhibits is available in Barbican House.



MICHELHAM PRIORY, UPPER DICKER.

Tel: (01323) 844224. Email:

adminmich@sussexpast.co.uk

www.sussexpast.co.uk

The House is set in spacious and beautiful gardens and is surrounded by a medieval moat. The car park and entrance kiosk are located approximately 80 metres from the house. Disabled persons car parking spaces are available close to the Gatehouse entry point. Disabled passengers may be dropped off close to the main building entrance, but drivers are asked to return their cars to the car park as soon as possible. There is good access to the ground floor areas of the main building with ramps available at changes of levels except for the small step at the entrance. Unfortunately, there is no lift access to the first floor rooms, but there is a photo album of the first floor available on the ground floor. Access to the outbuildings (shop, tearoom, restaurant, great barn and ground floor mill), gardens, grounds and picnic area is level or ramped. Some paths are gravel which can be difficult and some of the grassed areas are difficult for wheelchair users in wet weather. A large adapted unisex WC is available close to the catering facilities. Braille guides of the house are available on request. Tactile

tours can be arranged. Guide dogs for the blind and hearing dogs for the deaf are welcome. Wheelchairs are available for loan. Extended opening hours and special guiding arrangements can be made for groups of disabled people, but notice is required. Entry rates for disabled visitors are reduced to £2.35 (2001 prices) plus one companion/carer also at same rate.



PEVENSEY CASTLE, PEVENSEY.

Tel: (01323) 762604.

www.english-heritage.org.uk

Pevensey Castle, where William the Conqueror landed in 1066, has 2000 years of history to explore. Much of the ruined castle's grounds are accessible by wheelchair although the ground is uneven in areas. Although the upper levels are inaccessible to those with walking difficulties, the inclusive audio tour (with induction loop) allows all to uncover the castle's history. Visitors accompanying visitors with disabilities gain free admission.



THE ROYAL PAVILION, BRIGHTON.

Tel: (01273) 290900.

www.royalpavilion.brighton.co.uk

The former seaside Palace of King George IV, the Pavilion is a fantasy palace with an exotic Indian exterior and Chinese-style interiors. As George IV spent much of his life in a bath chair there is level access throughout the ground floor where the

major staterooms are located. There is a unisex accessible wc on the ground floor. The tearooms are located on the first floor with no lift access, but within the Pavilion grounds there is a garden cafe with seating. All disabled visitors plus helpers are admitted free of charge to the Pavilion. Guided tours are available at an extra cost, £25 minimum fee for a group of 20 and £1.25 per person thereafter, but must be booked in advance with the Visitor Services section on (01273) 292822/0. Tactile tours are on offer to the visually impaired, while sign language interpreted tours can be arranged for those with hearing difficulties. Sennheiser radio microphone headsets are also available on request for groups of hard of hearing visitors (advance booking is essential). The Visitor Services section can also arrange parking in the Pavilion grounds for disabled visitors.



**SCOTNEY CASTLE GARDEN,
LAMBERHURST. Tel: (01892) 891081.**

Email: kscxxx@smtp.ntrust.org.uk

www.nationaltrust.org.uk

The garden is on a hilly site. The paths are generally good although surfaces vary. Wheelchairs are available for free use and there are guidance notes and maps showing the less steep route. Disabled parking bays are located close to the pedestrian exit from the car park. Access to the Old Castle is limited. A photographic record of the interior is planned for 2002. There is easy access to the shop. An adapted unisex WC is situated some way outside the garden entrance and includes baby-

changing facilities. Guide dogs are welcome and there are Braille, large print and audio tape versions of the guidebook available free of charge



**SHEFFIELD PARK GARDEN, UCKFIELD. Tel:
(01825) 790231. www.nationaltrust.org.uk**

Sheffield Park is situated mid-way between Lewes and East Grinstead. There are three parking bays for disabled people located close to the entrance though the car park surface is rough. There is easy access at the entrance and to the shop where there are four wheelchairs and 2 self-drive and 1 double four-wheeled battery car available to use in the garden free of charge, subject to availability. Access to the garden is relatively easy with a route around the gardens signposted for people with mobility difficulties. Paths are firm and level with the exception of the woodland path beyond the lower lakes, which is unsuitable for visitors in wheelchairs. There are two unisex WC's for disabled people. Guide dogs are allowed in the gardens. Braille guides available for visually impaired visitors.



SOUTHOVER GRANGE GARDENS, LEWES.

The beautiful walled garden of Southover Grange contains some magnificent old trees, colourful bedding displays, and lawns providing a peaceful retreat in the heart of Lewes. On-street parking is available nearby.



There are three wide entrance gates to the gardens: the gate on the corner of Eastport Lane has a small single step; the gate at the junction of Garden Street and Southover Road has level access but there is a steep incline down into the gardens; and the entrance in Southover Road is level. The paths are well maintained and most of the gardens can be accessed without negotiating steps. The area immediately surrounding the house consists of flagstones that are uneven in places and a number of steps, including 3 steps to the kiosk that provides refreshments in the summer months. A unisex WC for disabled people is located within the gardens. Guide dogs are allowed in the gardens.



WAKEHURST PLACE, ARDINGLY.

Tel: (01444) 894066. Email : wakehurst@kew.org www.kew.org

There are many parking bays for badge holders in the main car park. Several wheelchairs available for duration of visit. The gardens are large with many tarmac and gravel paths. A free map for visitors outlines which paths are suitable for visitors in wheelchairs. Some areas of the park have steep slopes and steps. There is access to the interactive public exhibition in the Millennium Seed Bank. Accessible WCs at various sites. Self-service restaurant with indoor and outdoor seating. Highchairs available. One step to gift shop.



CRYPT AND ART GALLERY, OFF CHURCH STREET, SEAFORD. Tel: (01323) 891461.

The historic crypt is presumed to be the vault of a wealthy merchants house dating back from the Medieval period. There is an interpretative display downstairs which is not accessible to wheelchair users but there is access to the ground floor viewing gallery that doubles as an art and exhibition gallery. Parking bays for disabled drivers are located at the rear of the building close to the main entrance although access for disabled persons is via the front on-street entrance. There is a unisex WC for disabled visitors.



DITCHLING MUSEUM, CHURCH LANE.

Tel: (01273) 844744.

This former Victorian village school houses local history displays, period scenes, costumes and work of famous 20th century Ditchling craftsmen. There are often special exhibitions. There is a dropping-off point or parking close to the entrance. Access to the museum and coffee shop is level or ramped but some doorways are a little narrow for wheelchairs (ie 720 or 730 mm) and it is necessary to exit the museum by retracing your route to the entrance. A wheelchair is available and a highchair is available in the coffee shop.



**HERSTMONCEUX SCIENCE CENTRE,
HAILSHAM.** Tel: (01323) 832731.

Email: hsc@pavilion.co.uk

www.science-projects.org/herst

A hands-on Interactive Science Centre with over 100 exhibits suitable for all ages and abilities. Many of the exhibits are at a height suitable for somebody in a wheelchair. A small car park sign posted for disabled visitors is available at the rear of the Centre and visitors with mobility difficulties need to access and exit the building from the rear entrance to avoid a significant number of steps. The main building is all on one level. Access via ramps to all public areas, including 2 of the 3 original telescopes and Domes. The outside Discovery Park may not be suitable for wheelchairs in wet weather.



**NEWHAVEN FORT, FORT ROAD,
NEWHAVEN.** Tel: (01273) 517622. Email:

enquiries@newhavenfort.org.uk

www.newhavenfort.org.uk

Visitors to the Fort should set down disabled passengers at the entrance or arrange in advance to drive into the parade ground. This makes sure that you avoid the steps or steep inclines next to the site. The nature of the building and the grounds make it generally difficult for people in wheelchairs though with assistance it is possible to reach the ramparts. Ramps have been added to allow access to the displays and a unisex accessible WC for disabled persons is provided.



STONE CROSS WINDMILL, PEVENSEY.
Tel: (01323) 763253 or (01323) 763206.

www.scmt.swinternet.co.uk

There is no allocated parking area but it is possible to drop off close to the windmill. Access to ground floor, roundel and millstore of the windmill. Above the ground floor, access is by ladder stairways. Grab ropes and banisters provide support. Visually impaired visitors can enjoy their visit through touch and a guide's description. It is hoped that accessible catering facilities and WC will be provided in 2002.

THE COAST

BIRLING GAP.

Access to Birling Gap is through East Dean village. The car park is uneven and there are no surfaced paths. An adapted toilet has been provided at this South Coast viewpoint. Steps to the beach include an observation platform for wheelchair users to enable them to enjoy the view of the Seven Sisters. Cliff erosion can sometimes mean that the steps are not in use. There is level access into the bar of the nearby Birling Gap Hotel though the lobby and double doors can be a little difficult to negotiate in a wheelchair. Children are welcome.



BRIGHTON PIER, BRIGHTON. Tel: (01273) 609361. Email: info@brightonpier.co.uk. www.brightonpier.co.uk

A Grade II listed Victorian pier with access to amusements, shops and various catering options. A unisex disabled WC is located within the amusement arcade. This is sometimes kept locked which means a visit to the office to ask for the key.



EASTBOURNE PIER AND ESPLANADE.

There is a level walk along the length of the promenade. It starts from Langney Point roundabouts and passes the pier, the bandstand, the Wish Tower and goes on to Holywell which is at the western end of the seafront. Accessible toilets are available along the route at Langney Point car park, Royal Parade car parks, the pier, the bandstand and at Holywell. The Dotto train, which runs along the seafront, has a wheelchair accessible carriage. There is also an accessible beach chalet and a timber pathway (the Jan Gould Walk) which people in wheelchairs can use to gain access to the high water mark on the beach close to the lifeguard station. There is a level or ramped route to the end of the pier. The bar/restaurant at the end of the pier is accessible and there is a unisex toilet for disabled people. Highchair(s) should be available.



SEAFORD SEAFRONT.

Seaford has a level promenade, approximately 1-mile long, stretching from the Buckle to Splash Point. There is parking on the seafront and there are two disabled parking bays at Splash Point in the Esplanade car park. There are adapted public WC's at both ends of the seafront and at the Salts Recreation Ground. At Splash Point, which is at the eastern end of the promenade, there is a viewing point that allows people using wheelchairs to get close to the sea. Splash Point is also an important 'entrance' to the heritage coast and Seaford Head. A new viewing area has been established with views across the sea to Newhaven. The viewing area is accessible via a path suitable for wheelchair users (gradient approximately 1:12). The path also has a handrail. Seats and space for people in wheelchairs are provided at the viewing area.



WEST QUAY, NEWHAVEN

Opening beginning of 2002. Car park with free parking for orange/blue badge holders at beginning of walk. Pleasant level walkway (600m) and segregated cycleway (375m) along riverside to the marina where there is a public open space and seating.



ABBOTS WOOD, NR UPPER DICKER.

The wood has parking bays for disabled drivers, a large accessible WC and a grassy picnic area with accessible furniture. Placket Walk provides a short, well-surfaced route suitable for wheelchair users. A longer walk, Oak Walk, although not surfaced is reasonably accessible in dry weather for the more adventurous.



ARDINGLY RESERVOIR, NR HAYWARDS HEATH.

A small car park sign-posted for disabled persons is available close to the reservoir. There is good surfacing on the footpath by the reservoir and there is an accessible bird hide.



ARLINGTON RESERVOIR, BERWICK.

Tel: (01323) 870810.

There is a circular walk on marked footpaths around the reservoir that takes about an hour to complete. There are a range of different surfaces including tarmac, grass, gravel and larger loose stones where a strong pusher is needed. The walk may be especially difficult in wet conditions. There are accessible WC's by the car park. It is difficult to complete the walk with a pushchair or pram because the kissing gate(s) are not large enough to pass through. Disabled people in wheelchairs can however complete the circuit if they have a RADAR key as a RADAR lock is used on the two larger gates. The bird hide and viewing area are accessible although the approach is difficult.



BEWL WATER, LAMBERHURST.

Tel: (01892) 890661.

Easy access to visitor centre, restaurant, exhibition and unisex disabled persons WC from car park. First mile of clockwise route round reservoir, which has exceptional views, is accessible with tarmac or well compacted stone surfacing. Large children's playground.



CUCKOO TRAIL. Tel: The Ranger (01273) 481637.

This is an accessible route for wheelchairs, prams and pushchairs winding through attractive countryside following the route of what was once a railway line linking Polegate, Hailsham, Horam and Heathfield. The tarmac stretch of the trail between Shinewater Park (Eastbourne), Polegate, Hailsham and Hellingly (approximately 10 km) is particularly suitable for wheelchair users. The rest of the path has a hard surface.

DITCHLING COMMON COUNTRY PARK.

This large Country Park shows the stages of ecological succession from grassland to woodland. The trail undulates slightly but has a consistent crushed stone surface. It passes through varied habitats and around a large pond where there is a fishing platform for disabled anglers. There are surfaced path links to a picnic area which includes tables for wheelchair users. Kissing gates en route can accommodate both wheelchairs and pushchairs and there are seats at regular intervals.

FOREST WAY COUNTRY PARK.

The Country Park stretches 15km along the dis-used railway line between Groombridge and East Grinstead. The track is flat, generally of good consistency and is usable all year round.

HEAVEN FARM, FURNERS GREEN, UCKFIELD. Tel: (01825) 790226.

Email: Butler.Enterprises@farmline.com

One and a half mile nature trail through the Sussex countryside accessible to pushchairs and partly accessible to wheelchairs. Upon request, disabled visitors can drive down the first part of the farm trail to a relatively level area where it is then possible to complete a shorter easier trail. There is level access into the craft shop. Guided tours of 170 year old buildings with displays of farming Victoriana are available. The upper floor is inaccessible. A tea room provides light lunches and cream teas. There are two large unisex WCs but they are not fitted with grab rails.



HIGH AND OVER, SEAFORD

Located one mile north of Seaford on the Alfriston Road. Three separate trails from the car park provide spectacular views of the Cuckmere Valley and down to the sea in the distance.



LEWES RAILWAY LAND LOCAL NATURE RESERVE, RAILWAY LANE, LEWES.

A surfaced path leads to a bird-hide in an old signal box. This is open on certain days of the week or by prior arrangement. The path itself takes you

alongside the former railway sidings on a raised bank. This is an ecologically interesting area of land located close to the River Ouse and within easy reach of the town centre. There is free parking for orange or blue badge holders in the nearby Greyfriars car park where there is also an accessible unisex WC. Accessible catering facilities available in the Riverside centre (see separate entry).



MIDDLE FARM COUNTRYSIDE CENTRE, A27 NR FIRLE. Tel: (01323) 811411. Email:

info@middlefarm.com www.middlefarm.com
Middle Farm has a farm shop, the National Collection of Cider and Perry, a garden shop, tea room, a craft and gift shop, children's adventure playground and farm animals. Parking for disabled people close to shop. Loose surfacing in some areas can make wheelchair access difficult. There is a small step into both craft shops and cider centre that also has an uneven floor. There is a unisex accessible WC.



THE SEVEN SISTERS COUNTRY PARK, SEAFORD. Tel: (01323) 870280. Email:

sevensisters@southdowns-aonb.org.uk www.sevensisters.org.uk

The Park, which covers the lower Cuckmere Valley and part of the famous Seven Sisters cliffs is situated 2 miles east of Seaford. There are two car parks. The one on the north side has priority parking for disabled visitors. There is also a setting down point on the south side of the road at the main entrance to the Park. The valley walk, which goes down to

Foxhole Pond, has a hard surface suitable for wheelchair users. For the more adventurous the access to the beach at Cliff End has been improved. On the north side of the road is the Visitor Centre, bike hire, public toilets including a unisex disabled WC and the Exceat Farmhouse restaurant. The Visitor Centre has a small step at each of the two entrance doors. To reach the lower level of the centre there is a separate wheelchair access through the staff entrance. There is a tactile map and audiotapes for visually impaired visitors. Other attractions are a Touch Table and touch Beach, Feelie Box and Discovery Box. One of the Rangers has some simple signing and deaf-blind communication skills.

The Exceat Farmhouse restaurant has a step at the main entrance but there is a separate wheelchair entrance with a slight threshold. The restaurant also has an adapted toilet. Guide dogs are allowed.

Also located at this site is Trekkers Disabled Cycle Centre (see separate listing in the Sports and Leisure section).



STONEYWISH NATURE RESERVE, DITCHLING.

Tel: (01273) 843498.

Stoneywish is a 50 acre nature reserve. Lying within sight of the South Downs, this former dairy farm has developed into a patchwork of different wildlife habitats, with woodland, pond side and meadow walks, all with a wealth of plant and bird life. There is a smallholding with free range farm animals and Shaker-style herb garden and spacious play/ picnic area. The perfect place for an interesting and inspiring family visit.

There is full disabled access to the Tea Room (serv-

ing genuine home cooking), Shop and Tea Garden with designated parking at the entrance and an easy-access disabled toilet. An all-ability path takes visitors around the Shaker smallholding and herb garden and continues past the Play Area, Miniature Fir Forest, and Ponds where it is possible to feed the fish. The only gate to negotiate is at the entrance to the Nature Reserve and the catch is at an accessible height. Stoneywish offers free entrance to carers for disabled customers. Please do not hesitate to ask if any special assistance is required.

Plans are complete for a new Museum/ School Room. Construction should begin this autumn.

We are open every day throughout the summer and offer a warm welcome to all. Camping available. Access to Tea Rooms is free.



WILDERNESS WOOD, HADLOW DOWN, UCKFIELD. Tel: (01825) 830509.

There is access to the barn which houses the gift shop, displays about growing and using wood and the refreshment area as well as the picnic places and yard area. Wheelchair accessible seating is provided in the tea garden. There is a WC for wheelchair users located in the ladies toilet. However, this would not be suitable for all disabled people, as the cubicle is quite small and there is a narrow door on approach. The majority of the paths in the woods would be difficult for people in wheelchairs. There is however a 450m (1/4-mile) easy-access trail, accessible to wheelchairs and pushchairs. There is an adventure play area and toddlers play house. A baby changing shelf is available in the ladies WC.



BLUEBELL RAILWAY, SHEFFIELD PARK.

**Tel: (01825) 720800. Timetable info
(01825) 722370 (24 hrs) www.bluebell-railway.co.uk**

Established in 1960 as a living museum of the steam age, the railway operates steam trains between Sheffield Park, Horsted Keynes and Kingscote. The car park does not have any disabled parking bays and as the parking is located some distance from the ticket office it is advisable to ignore the car park signs and drive up to the station where it is possible to drop-off passengers or, if advance notice has been provided, to park. There is gravel surfacing near to the station which can be difficult for wheelchair users. The ticket office, shop, pub and museum all have level or ramped access although the doors can be heavy and double door access is usually necessary. There is a self-service cafe which is on the first floor (no lift access). The railway have a BR portable ramp to enable people in wheelchairs to gain access to the trains. However, access is unfortunately only to the guards van. It is possible to reach the far platform at a crossing point at the end of the platform but a member of staff must accompany passengers. Highchairs are available in both the Bessemer Arms and Puffers family restaurant.



**DRUSILLAS PARK, ALFRISTON. Tel: (01323) 874100. Email:
drusilla@drusilla.demon.co.uk www.drusillas.co.uk**

A small zoo catering particularly for the family and young children. Twelve disabled parking bays

adjacent to the zoo entrance. Unisex WCs for disabled people are provided at the entrance, in Explorers Restaurant and in the main toilet block near the Adventure Golf course. The zoo route is completely wheelchair accessible, including ramps where necessary. A carriage on the train allows access for people in wheelchairs. They also have a sensory trail for visually impaired visitors, which is a special route designed to provide fascinating sound, scent and touch points across the park. A booklet and audio cassette is available for hire. Wheelchairs are available for visitors and can be booked in advance. Guide dogs are allowed. Concession rates are offered for disabled visitors and their helpers and groups (minimum size 15). Picnic areas on site. The Explorers cafe is particularly child friendly having a children's play area, activities, highchairs, children's menu and baby food.

**GARDEN PRIDE, DITCHLING.**

Tel: (01273) 846844.

This is a garden and leisure centre which sells plants, garden products and gifts. It has a self-service cafe with highchairs available. There are five disabled parking bays and there is level access throughout the store and cafe. The centre has three in-store wheelchairs for use by customers and a unisex WC for disabled persons. Guide dogs are allowed.



OTHER PLACES OF INTEREST

GLYNDEBOURNE OPERA HOUSE AND GARDENS, GLYNDE. Tel: (01273) 812321.

www.glyndebourne.com

The Opera House has been rebuilt and now provides excellent access for disabled persons. There is access to all facilities including the garden, four unisex disabled WCs, bar, two restaurants and the auditorium where it is possible to accommodate up to 16 people in wheelchairs in various locations. The auditorium also has an infrared sound system for people who are deaf or hard of hearing.



HOVERSPEED FERRY TERMINAL.

Tel: Central reservation on 0870 240 8282.

www.hoverspeed.com

Day trips to Dieppe take just 2 hours on the Seacat Diamant. Hoverspeed advise disabled passengers to give advance notice of travelling to enable them to provide the best possible service. Hoverspeed also advise disabled passengers to check in at least 1 hour before departure to enable access via ramps onto the craft with staff assistance. Parking is available for orange or blue badge holders close to the terminal building although the bays are only of standard size with limited space for transfer from a wheelchair. A unisex toilet for disabled people is provided in the terminal building.



OTHER PLACES OF INTEREST

JCJ POTTERY, HANKHAM ROAD, nr STONE CROSS, PEVENSEY. Tel: (01323) 469009.

Pottery showroom and craft workshop situated on one level. Car parking situated within 20 yards of the showroom. Accessible WC facilities.



LAMBERHURST VINEYARD PARK, RIDGE FARM, LAMBERHURST.

Tel: (01892) 890412.

Parking adjacent to entrance with ramped access to the side entrance of the shop. A disabled persons WC cubicle is located within the Ladies toilets which has a narrow entrance and step on approach. A 15 minute route around the vineyard would require a strong pusher. Picnic tables situated in the orchard.



LAVENDER LINE PRESERVATION SOCIETY, ISFIELD. Tel: (01825) 750515.

This country railway station, has been restored to 1920's and 1930's appearance and offers steam and diesel train rides. It is possible to park close to the ticket office/entrance thus avoiding the rough surfacing of the car park. There is level or ramped access to both platforms. There is a single step into both Cinders Buffet and the gift shop. There is no access for wheelchairs on the trains but there is a portable step to assist in boarding the train if required, as the train is quite high in relation to the plat-

OTHER PLACES OF INTEREST

form. There are no adapted WCs but the existing toilets which are accessed via a single step, are reasonably spacious. The signal box and the museum are not easily accessible.



PARADISE PARK, AVIS ROAD, NEWHAVEN.

Tel: (01273) 512123; 24 hour info.

(01273) 616006. Email: enquiries@paradisepark.co.uk

www.paradisepark.co.uk

Paradise Park is the perfect day out for plant lovers. Discover many unusual garden designs such as the Caribbean, Oriental and Seaside gardens. There is plenty to see even in mid-winter. Thousands of flowering shrubs and trees make up a backdrop to waterfalls, fountains and lakes teeming with fish which you can enjoy feeding during Spring and Summer. A vast garden centre displays everything for the gardening enthusiast. The Terrace café overlooks the gardens. There is a Sussex History Trail with handcrafted models set in delightful gardens. Planet Earth has life size moving dinosaurs, interactive displays and a collection of fossils, minerals and crystals.



RIVERSIDE, HIGH ST, LEWES.

This old wharf building contains a food hall, small specialist shops and a brasserie. Open Monday - Saturday, 9 am - 5.30pm. A single public disabled parking bay is located opposite

OTHER PLACES OF INTEREST

the main entrance in the pedestrian precinct. The brasserie on the first floor can be accessed by disabled people and parents with pushchairs by the public access lift which is located on the central staircase. A unisex WC for disabled people is available on the ground floor. A high-chair is available in the brasserie.



WYEVALE GARDEN CENTRE, KINGSTON, NR LEWES. Tel: (01273) 473510.

Garden and leisure centre selling plants, garden products, books and gifts. There are two disabled parking bays near to the entrance ramp and there is level access throughout the store and restaurant. The centre has two in-store wheelchairs for use by customers and a unisex WC for disabled persons. Guide dogs are allowed. Highchairs are available in the restaurant.



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Published by



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www.lewes.gov.uk

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January 2002