

Enjoy Sussex . . . activity and leisure

Coastal and inland facilities are available for sailing, diving, swimming, windsurfing, water-skiing, rowing, canoeing and power boating

Sail along our beautiful coastline, swim off our beaches or spend fun-filled days learning a new water sport or enjoying a regular one on our reservoirs.

If you prefer to be indoors, why not visit one of our leisure centres and spend a relaxing day splashing about in a pool? If you prefer to be a spectator, why not cruise on a reservoir, or book a riverboat trip?

Arlington Activity Centre

Watersports are fun! Whether you're young, old, beginner or experienced, you'll be welcome at Arlington.

Over the past 16 years, we have introduced thousands to the thrill and challenge of sailing, windsurfing and canoeing. Our experienced staff are patient and enthusiastic. The centre uses up-to-date and well maintained equipment.

Location: Berwick, near Polegate

Tel: 01323 870810

www.southeastwater.co.uk/sailing.asp

Bewl Water Activity Centre

Set in the Weald of Kent, an Area of Outstanding Natural Beauty, it is the largest area of inland water in the South East of England and easily the most picturesque. Coupled with the stunning natural rock outcrop at Harrison's Rocks we have the perfect locations for a variety of activities.

Location: Lamberhurst, Kent

Tel: 01892 890661

www.bewlwater.org

Bowles Outdoor Centre

Clustered around a natural sandstone outcrop, the centre has been designed to enhance the Alpine feel that the rocks create. Facilities include: over 150 climbs which are suitable for abseiling;

two artificial ski slopes; three rope courses; range of initiative courses; heated indoor pool and recreation and relaxation amenities.

Location: Eridge Green

Tel: 01892 665665

www.bowles.ac

Evolution Indoor Climbing

Evolution provides a safe climbing environment for both experienced climbers and those who just want to have a go. The centre incorporates a variety of climbing areas from an extensive bouldering area to roped climbing and a training wall. Welcomes all from 6 years+. Other facilities include a café, equipment shop and showers.

Location: near Crowborough

Tel: 01892 862924

www.evolutionclimbingwall.co.uk

Knockhatch Ski and Snowboard Centre

Skiing and Boarding with the new Powderpac Softer Surface 110m main slope along with Nursery Runs and Drag Lifts, Open Practice to improve your skills and courses for beginners with qualified instructors. Equipment provided. Ski Lodge with ski and board hire.

Location: Hailsham

Tel: 01323 843344

www.ski-knockhatch.com



Windsurfing and sailing at Bewl Water



Learning to ski at Bowles Outdoor Centre



Cycle round the largest area of inland water in South-East England

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Knockhatch Adventure Park

Let their imagination run wild! Adventure Park with Playgrounds, Birds of Prey, Rowing Boats, Animals, Reptiles, Giant Sky Leap Slide, Indoor Soft Play, Toboggans, Trampolines, Crazy Golf, plus lots more. At extra cost and weather permitting, Go-Karts, Laser Adventure Game and Rodeo Bull.

Location: Hailsham

Tel: 01323 442051

www.knockhatch.com

Leisure Centres

Whether you're after a challenging workout or want to take the kids swimming – keep fit and have fun at East Sussex leisure centres. Please note, opening times may vary. For precise information, please phone ahead before visiting the leisure centre. Membership and pre-booking may apply to some leisure activities.

Freedom Leisure Crowborough

Swimming pool, gym, sports hall, studio, sunbed, café, crèche.

Opening hours

Monday to Friday: 7am-10.30pm

Saturday and Sunday: 8am-8pm

Eridge Road, Crowborough TN6 2TN

Tel: 01892 665488/9

Freedom Leisure Hailsham

Pool with flume, gym, exercise studio, sunbed, children's gym, soft play centre, ten pin bowling, licensed café, crèche.

Opening hours

Monday to Friday: 7am-10.30pm

Saturday: 8am-7.30pm

Sunday: 8am-10.30pm

Vicarage Lane, Hailsham BN27 2AX

Tel: 01323 846755

Go Karting

The Campbell circuit is a 650 metre full tarmac outdoor pro-kart track with a minimum width of six metres, a choice of track layouts for corporate race meetings with uphill and downhill sections and challenging corners make for a very exciting venue to race your friends, enemies or to entertain your clients. It has ten years of experience in corporate entertainment and a large fleet of new biz karts constructed for use at race meetings and practice laps.

Location: Filching Manor, Polegate

Tel: 01323 487124

www.campbellcircuit.co.uk

Freedom Leisure Heathfield

Gym, studio, sports hall.

Opening hours

Monday and Thurs: 7.30am-10.30pm

Tuesday, Wed and Friday: 3.30-10.30pm

Saturday and Sunday: 8am-7pm

Cade Street, Old Heathfield TN21 8RJ

Tel: 01435 868824

Freedom Leisure Uckfield

Pool with flume, gym, studio, sports hall, health suite, squash courts, café, crèche.

Opening hours

Monday to Friday: 7am-10.30pm

Saturday: 8am-7pm

Sunday: 8am-10.30pm

Downsview Crescent,

Uckfield TN22 1UB

Tel: 01825 761160



Take to one of the many cycle paths



Trying their luck at Bewl Water



Ones of the many attractions at Knockhatch

Compiled by the Economic Development and Tourism Team, Wealden District Council
Tel: 01892 602884/6/7
www.wealden.gov.uk

Please note that whilst every care has been taken in compiling this list with current details at time of printing no responsibility can be accepted for any inaccuracies, nor does inclusion imply recommendation by Wealden District Council.

For website information on leisure, arts and sports in Wealden go to:
www.wealden.gov.uk/lasguide