

Great Days Out!
Loads of information for days out with your child.

Farms & Wildlife

Blackdown Hill, near Haslemere Is the highest point in Sussex and provides stunning views. There are paths and woodlands and information boards and leaflets. There are several car parks - including one near the summit

South Downs Way Is a long (106) miles bridlepath for cyclists and walkers from Eastbourne to Hampshire. Car parks along the route. www.nationaltrails.gov.uk

Bewl Water, near Lamberhurst The largest inland water in the South-East. Lots of walks, picnic sites and boat trips with special events in the summer. Car park charge. Open 8.30-sunset except Christmas Day 01892 890661 www.bewl.co.uk

Cuckoo Trail An 11 mile trail for walkers and cyclists that runs from Heathfield to Polegate along a former railway. Sculptures and benches along the way. 01273 481637 Pooh Trail, Hartfield off the B2026 In which AA Milne wrote his stories 60 years ago. Explore Hundred Acre Wood and play poohsticks on the bridge

The Wildlife and Wetlands Trust, Arundel This is a nature reserve for ducks, geese and swans with pretty walkways and ponds, observation hide-outs and activity stations which include pond dipping and a 'duck challenge'. Open daily except Christmas Day 9.30am-5.30pm, 4.30pm in Winter (activity stations are open at peak times only - phone for details). 01903 883355 www.wwt.org.uk

Abbots Wood, near Hailsham Owned by the Forestry Commission it is particularly lovely at bluebell time and there is both a picnic area and rustic adventure playground

Free Places - Nature Reserves

Pagham Manor Nature Reserve, Siddlesham Is a beautiful natural harbour with plants, insects and lots of birds. There are also nature trails. The main car park is situated off the Chichester to Selsey Road and there are nature trails. The reserve is open all year from 10am to 4pm. 01243 641508

Ardingly Reservoir Is in a lovely natural valley with walks and lots of opportunities for nature study. The Kingfisher nature Trails approximately 1 mile long with numbered posts.

Bedelands Farm Nature Reserve, Burgess Hill The entrance is via the car park in Maple Drive. There are opportunities to look at wildlife and a numbered walk. 01444 458166

Tilgate Park and Nature centre, Titmus Drive, Crawley This fantastic park has a playground, walled gardens, craft workshops and a cafe. The Nature centre houses wild and domestic animals and is open daily from 10am-6pm (Winter 4pm). There is a charge for the car park. 01293 521168

Borde Hill, Haywards Heath, N of the town on the Balcombe Road set in 200 acres of parkland with large lakes, shady trees and formal gardens, makes an ideal family outing. The adventure playground with its rope bridges and unusual shaped wooden

climbers is both challenging and fun for children of all ages. Another great favourite is the fishing lake where, with the assistance of a friendly and patient attendant, children may learn to fish. The formal gardens laid out in garden 'rooms' are fun to explore. A picnic site is set in the parkland to enable families to eat al fresco or there is a tea room and restaurant.

Borde Hill plays host to many events throughout the year including an Easter Egg Trail, Animal Fair and activities during the Summer holidays. Open daily, 10am-6pm (dusk, if earlier). 01444 450326. www.bordehill.co.uk Open all year.

Deers Leap Park, East Grinstead is a great place to go cycling or walking. This working farm has mountain bike trails for all abilities including six miles of all weather track and a further four miles of trail sections - you can bring your own bikes or hire them from an extensive range. There are footpaths, picnic areas and barbecue facilities so that whether you are cycling or walking, you can enjoy the 230 acres of beautiful countryside. Children can visit the farm and go pond dipping. Throughout the year there are various special events including mountain bike races, practical conservation days and charity events. New and used mountain bikes and accessories are available for purchase. Open daily, Mar-Sept, 9am-6pm; Oct-Feb, Sat, Sun & school hols, 9am-5pm (Mon-Fri, bookings only). 01342 325858. www.deersleappark.co.uk Open all year. Birthday Parties.

High Beeches Gardens, Handcross Is the home of a variety of wildlife in their natural woodland setting. Open Thursday to Tuesday 1st April to the 30th June and 1st September to 31st October 1-5pm and Sundays, Mondays and Tuesdays only in July and August. 01444 400589 www.highbeeches.com

Sussex Falconry Centre, Wophams Lane, Birdham This has lots of species of owl as well as hawks, buzzards and falcons. Open from March to October from Tuesday to Sunday and Bank Holiday Mondays. 9.30-5pm 01243 512472 www.fundaysout.co.uk

Middle Farm Countryside Centre, near Firle, Lewes, is a 600 acre working farm, nestling at the foot of the South Downs, with good children's facilities as well as an excellent farm shop. There are plenty of farm animals to enjoy, including pigs, goats, rabbits and many more small animals in the children's farmyard area. Watch the Jersey cows being milked every afternoon. There is also a well equipped play area with swings, climbing frame and wooden fort. Tractor and trailer rides are organised at certain times in the school holidays. Families can picnic in the paddock or play area and enjoy the lovely countryside. The impressive Middle Farm Shop includes a Butchery, Cider Centre, Farm Kitchen, Garden Section, Tea Rooms and Craft Shop. Open daily, 10am-5pm. Closed 25th & 26th Dec. 01323 811411. www.middlefarm.com Open all year. Birthday Parties.

Sheffield Park Garden, near Haywards Heath is a magnificent landscaped garden, wonderful for exploring with children. The magical surroundings are of interest all year round with a children's tree trail guide and other special events for children throughout the year. Open Jan-Feb, weekends only, 10.30am-4pm, 1st Mar-23rd Dec, Tues.-Sun & Bank Hol Mon. 10.30am-6pm (4pm, Nov-Dec). 01825 790231. Open all year.

Washbrooks Farm Centre, Brighton Road, Hurstpierpoint is a relaxed, friendly, family-run farm where children have the freedom to observe farm animals, some of which are under cover, at close quarters. There are many other attractions including

an outdoor adventure playground and, new for Easter, an indoor play area, party room and facilities. Bring a picnic and relax in the beautiful surroundings or enjoy light refreshments available all day from the Tea Rooms; there is also a Farm Shop selling a variety of gifts, toys and preserves. Children's parties can be arranged and other groups are warmly welcomed. Open daily, except 25th-26th Dec, 9.30am-5pm. 01273 832201. www.washbrooks.com Open all year. Birthday Parties.

Wilderness Wood, Hadlow Down, on the A272 is a unique 62 acre working wood, especially lovely at bluebell time. There are many paths, a woodland trail, picnic places, barbecue stands for hire and an adventure play area. The timber barn houses an exhibition about growing and using wood and also sells souvenirs and refreshments. Special holiday activities and excellent opportunities for schools. Special 'Castaway' birthday parties can be arranged. Open daily, 10am-dusk. 01825 830509. www.wildernesswood.co.uk Open all year. Birthday Parties

Fishers Farm Park, Newpound Lane, Wisborough Green is ideally suited for 2-9 year olds combining rural activities with lots of fun to give a wonderful day out for the whole family. See and touch well-cared-for animals such as giant rabbits, pigs, chickens, ducks, horses, ponies and cows. The Theatre Barn provides an ideal venue to watch the daily Farm Shows and you may also see Magic Shows, Clown Shows, Vet talks or milking demonstrations. The outdoor adventure play area has something for everyone from toddler swings and 1950s merry-go-round to a giant lighthouse with drop slide, Fishers Fort, crows nest and giant trampolines - there are always exciting new additions. Meander through the new woodland boardwalk to the electric Fun-karts and Tuck Shop, and there's even a Beach when the weather is good! Enjoy pony rides, tractor-trailer or combine harvester rides and whilst the grown-ups enjoy lunch or tea in the restaurant barn, children can burn off any remaining energy racing around the Indoor Playzones. The all-inclusive entrance price covers all activities. Open daily, 10am-5pm. 01403 700063. www.fishersfarmpark.co.uk Birthday Parties.

Holmbush Farm World, Faygate, near Horsham will delight the young with its unusual mix of animals - iguanas, rheas, chipmunks and ferrets - as well as the traditional, well-loved farm animals. Children will have fun learning about the farm and enjoy the daily milking demonstrations, tractor and trailer rides and goat races where they can cheer on their particular favourite! They can burn off excess energy in the bale maze (under 8s only), indoor and outdoor play areas or on the woodland walk, while grown-ups can enjoy the tea room. Special events held in Summer include sheep shearing, sheepdog demonstrations, falconry displays and visits from snakes and reptiles. There is also a gift shop and farm shop. Open daily, Mar-Oct, 10am-5.30pm. 01293 851110. www.holmbushfarm.co.uk

Earnley Butterflies and Gardens, 133 Aldmondington Lane, Birdham Displays exotic butterflies and exotic birds from all over the world. Themed gardens include a picnic and a play area and artifacts from H.M.S. Hazardous, wrecked in 1706. There is also a crazy golf course. Open daily from the middle of March to the end of October 10am-6pm 01243 512637

Northcommon Farm Centre, Golf Links Lane, Selsey This is a working farm with animals to see, trailer and tractor rides as well as a Selsey tram exhibition. Open from Easter to September. Saturday and Sunday and daily in the school holidays 2-5pm 01243 602725

Castles

Pevensey Castle This is a Norman Castle now in ruins, enclosed within a Roman Fort. Events are staged here in season - ring for details. Tea Rooms are available. Open daily from April to October 10am-6pm (October 5pm) and from November to March Wednesday to Sunday 10am-4pm 01323 762604 www.english-heritage.org.uk

Arundel Castle, Arundel You can explore the keep inside, enjoy the historical treasures including possessions of Mary Queen of Scots and look at the impressive armoury. The castle grounds are lovely for a walk and a picnic. Open 1st April to the end of October, Sunday to Friday, closed Good Friday 12-5pm. Last admission 4pm 01903 883136 www.arundelcastle.org

Rye Castle and Museum, Gun Garden, Rye Housed in two sites the Ypres Tower and number 3 East Street this collection includes local wartime memorabilia, toys, costumes and a 1745 fire engine. Open Thursday to Monday from April to October 10.30am to 5.30pm Ypres Tower only open from November to March at weekends from 10.30am-3.30pm. Last admissions 3pm 01797 226728 Hastings Castle Is now a ruin with parts of the walls and the gatehouse remaining. The Battle of Hastings story is well told. Open daily, Easter-end of September 10am-5pm (5.30pm August) October to Easter it is open from 11am to 3.30pm 01424 781112 www.hastings.gov.uk

Bodiam Castle, near Robertsbridge is an exciting and impressive fairytale castle. Although much of the interior is in ruins, a large moat surrounds the outside walls and towers which are still intact. Climb the spiral stairs and explore the battlements. Fun children's quiz available and many family events, such as the Robin Hood weekend, Easter egg trail and the annual visit by Father Christmas. Open Jan-16th Feb, Nov-Dec, Sat-Sun, 10am-4pm. Daily 17th Feb-end Oct, 10am-5pm, (dusk if earlier). Closed 24th-26th Dec. 01580 830436. Open all year. Birthday Parties.

Lewes Castle, Barbican House, 169 High Street, Lewes. A Sussex Past property. The distinctive octagonal towers of this imposing Norman Castle provide an invigorating climb rewarded by magnificent views of the county town and surrounding downland countryside. Across the road spanned by the towering Barbican Gate, is Barbican House where fascinating displays follow the progress of Sussex people from their earliest beginnings. The "Story of Lewes Town" draws children of all ages - it is a superb scale model of Victorian Lewes providing the centrepiece of an engrossing 25 minute audio-visual show; a touch-screen computer provides further insight. The education department offers a wide range of facilities for school groups as well as numerous holiday activities. Open Mon-Sat, 10am-5.30pm, Suns & Bank Holiday Mondays, 11am-5.30pm. Castle closes at dusk in Winter. 01273 486290. www.sussexpast.co.uk

Trains, Boats & Travel

- Gatwick Airport 01293 535353
- Jetlink Service 0990 747777
- Brighton and Hove Buses 01273 886200
- Eastbourne Buses 01323 416416

- National Express 0990 80 80 80
- Stagecoach Worthing 01903 237661
- National Rail Enquiries 08457 484950
- Hover Speed Fastcar Ferries 08705 240241

Bognor Regis Land Train from Butlins to the Regis Centre. Easter to October daily weather permitting. 01243 842099. Land Train operating from the pier to the West Park along the sea. Summer holidays only. 01243 842099.

Littlehampton Land train runs from Smarts amusements to Norfolk Gardens. Easter to October daily weather permitting. 01243 842099

Brighton Volks Railway along Madeira Drive is the first electric railway in the world opened in 1883. It runs for just over a mile from the station near the Palace Pier to the Marina. Open daily from Easter to September. 11am-5pm (Saturday and Sunday 6pm). 01273 292718

Lavender Line, Isfield Near Uckfield runs steam and diesel trains (unlimited rides on day of visit). Special events include Santa trains. See the old signal box and operate levers. Operates Sunday all year. Saturday and Sunday in July, August, September and December. 01825 722370

Sheffield Park - Bluebell Railway Uses many steam engines on an 18 mile ride with vintage rolling stock. Look out for special events such as Thomas the Tank Engine days and Santa Specials. Open Daily from Easter to 30 September and the Christmas Period (closed on Christmas and Boxing day) weekends, and school half terms. October to Easter. 01825 722370

Eastbourne Dotto Trains run along the promenade from Hollywell to Sovereign Park stopping at all the attractions en route. Operates daily Easter to September

Eastbourne Miniature Railway Adventure Park Southbourne Lake, Lottbridge Drive. You can travel on coaches behind the miniature steam miniature railways around the lake. Open Daily, Ester to the end of September. 10am-5pm. Weekends and school holidays in October. 01323 520229 www.emsr.co.uk

From Littlehampton Sea strips, fishing trips and river cruises up the Arun Valley to Ambersley. Timings subject to tides. Easter-October only. 0378 438166

From Loxwood near Billingshurst Narrowboat trips along the Wey and Arun Canal negotiating locks all the way. At weekends from April - October. Private charters available all year. 01403 752403 www.weyandarun.co.uk

From Brighton Marina regular harbour and sea trips, and pier cruises in the summer by request up to the end of October. weather permitting. 0958 246414 From Eastbourne Speedboat rides 01323 765559

From Eastbourne to Beachy Head 45 minute round trip to see the lighthouse and back hourly during the summer. 01323 410606

From Newhaven to Dieppe Take about 2 hours and dock close to the historic town centre returning the same day. March to September. Friday to Monday in October. 08705 240241

From Bodiam Trips on the river Rother between Bodiam Castle and Newenden Bridge. Operates at weekends Easter-June and September and daily in summer. 01797 280363

Museums, Art & Science

Skyline, South terminal, Gatwick Airport A surround sound cinema with a seven minute film with one or two surprises. Board a Handley Page Super Dart Herald and view the cockpit of a De Havilland Comet - the world first jet liner. Viewing gallery. Open Daily 8am-6pm. Winter 9am-4pm. 01273 502244

Foredown Tower, Foredown Road, Portslade A nature and astronomy centre with a camera obscura at the top giving a great view of the surrounding area. Demonstrations take place hourly and there are interactive computers on site. Open Thursday to Sunday 10am-5pm 01273 292092 www.Brighton.co.uk/tourist

Herstmonceux Science Centre, Herstmonceux Castle, Hailsham Occupies a unique position within the grounds of the Castle and is housed in the former home of the Royal Greenwich Observatory. This exciting hands on science centre offers children the opportunity to have great fun with different scientific concepts using over 100 interactive exhibits and many new ones. They will enjoy the fascinating Astronomy Exhibition set up in three of the telescope domes and the daily telescope tours. The outside Discovery Park has large scale exhibits including energy track, balance boards, magic sticks, echo tubes and more. The excellent programme of special events and children's activities includes different themed Science Experience days. Open daily, 17th-25th Feb, 6th Apr-28th Oct, 10am-6pm (5pm in Feb & Oct). 01323 832731. www.science-projects/herst Birthday Parties.

Polegate Windmill and Milling Museum, Park Croft, Polegate The tower mill has been restored and displays examples of milling in past times. Open Sundays and Bank Holidays Easter to October 2-5pm Also Wednesdays in August for special children's events 01323 734496 www.staeli.co.uk/polegate-windmill

Bexhill Costume Museum, Manor Gardens, Upper Sea Road, Bexhill This contains a fascinating display of costumes from the mid 18th century set amongst toys, dolls and household items. Open daily 1st April to the 31st October 10am-4.30pm Saturday and Sunday 2-4.30pm Closed Wednesdays in April, May and October 01424 210045

Redoubt Fortress Museum, Royal Parade, Eastbourne Housed in the impressive, circular, closed fortress. Groups can have 'hands-on' sessions with muskets and cannons. Special events in May and June for 'Museums month' Open daily 1st April to 5th November 9.30am-5.30pm 01323 410300 www.eastbournemuseums.co.uk

Wish Tower Puppet Museum, Martello Tower, Eastbourne A great display including early television puppets like Muffin the Mule and Punch and Judy puppets

from around the world. Some puppets are available for activities talks and shows. Open weekends only. Easter to the end of October 11am-5pm daily in the in the summer holidays. 01323 417776 www.puppets.co.uk

Battle Abbey, Battle near Hastings This gives an insight into the Battle of Hastings in 1066. Although much is in ruins the gatehouse still dominates the town and other parts of the original building remain. Special events take place during the year. Open from April to October 10am to 6pm (5pm October) and November to March 10am-4pm or dusk if earlier. Closed Christams Eve, Day and Boxing Day and 1st January 01424 773792

Parham, Pulborough off the A233 Is an Elizabethan Manor with a fine interior. The beautiful gardens contain a children's play area with a stone built wendy house and a brick and turf maze. An education room is available for schools. Also has a restaurant. Open 1st April to 31st October Weds, Thursdays, Sundays and Bank Holiday Mondays 12noon-6pm for the gardens and the house is open 2-6pm. 01903 744888 www.parhaminsussex.co.uk

Anne of Cleves House, 52 Southover High St, Lewes. A Sussex Past property. This house formed part of Anne's divorce settlement from Henry VIII in 1541. The 16th century timber-framed Wealden hall-house contains wide-ranging collections of Sussex interest. Furnished rooms give impressions of life in the 17th and 18th centuries. Exhibits include artifacts from nearby Lewes Priory, Sussex pottery and Wealden ironwork. The house and museum provide a focus for Tudor studies and, in addition to school parties, a varied programme of holiday activities is arranged by the education department. During the Summer guided tours of the Priory may also be booked from the house. Open 2nd Jan-17th Feb, Tues., Thurs., Sat, 10am-5pm, 19th Feb-4th Nov, Mon-Sat 10am-5pm, Sun 12 noon-5pm, 6th Nov-23rd Dec, Tues.-Sat 10am-5pm, Sun 12 noon-5pm. 01273 474610. www.sussexpast.co.uk Open all year.

Bateman's, Burwash is a lovely 17th century house which was the home of Rudyard Kipling and from where he wrote many of his well known stories. Find momentos of Kipling's time in India and illustrations for his famous Jungle Book tales of Mowgli, Baloo and Shere Khan. Look for the mouse hidden on the stairs! There is a working water mill in the grounds, Kipling's own Rolls Royce is on display with a tea room and gift shop. Open 3rd-25th Mar weekends - wild garden only, and then, open daily, 31st Mar-4th Nov, 11am-5.30pm, last admission 4.30pm. Closed Thurs. and Fri. 01435 882302.

Preston Manor, Preston Park, Brighton Is an Edwardian House set in lovely grounds. As well as the furnished rooms there are servants quarters to look at and a restored kitchen to see. Schools can visit and participate in historical role plays. Open Tuesday to Saturday & Bank Holidays 10am-5pm, Sundays 2-5pm and Mondays 1-5pm. Closed Good Friday, Christams Eve and Christams Day and New years Day. 01273 292770

The Royal Pavilion, Church Street, Brighton This is a fabulous building in an Indian Style completed in 1822. Open daily except Christmas 10am-6pm (October to May 5pm). They sometimes do events for children and have free days for Brighton residents - ring for details. www.royalpavilion.brighton.co.uk 01273 290900

Sussex Toy and Model Museum, 52-55 Trafalgar Street Open after extensive repairs, this museum contains a model railway layout as well as items from Georgian and Victorian times. 01273 749494

Hammerwood Park, East Grinstead off the A264 This is built in the Greek revival style and may be of particular interest to those studying classics. Young musicians are encouraged to play the pianos and the pipe organ. Visit by guided tour only. Open Easter Monday to September, Wednesday and Saturdays and Bank Holiday Mondays only. Tour at 2pm. 01342 850594 www.name.is/hammerwood Standen, East Grinstead This is a national trust property with a beautiful interior full of William Morris Designs. There is a lovely woodland walk and a picnic area. Open 29th March - 5th November Wednesday to Sunday and Bank Holiday Mondays 12.30 - 4pm 01342 323029 www.nationaltrust.org.uk/southern

Bentley Wildfowl and Motor Museum, Halland This motor museum houses a fantastic collection of vintage, Edwardian and veteran cars and motorcycles (see also under farms and wildlife)

Firle Place, near Lewes is a lovely house with lovely grounds. The detailed guided tours are only really suitable for older children and it has a restaurant. Open July to September Sundays, Wednesdays and Thursdays 2-5pm. Last admission 4.30pm. Also open on Bank Holiday Sundays and Mondays Easter to August 01273 858335

Horam Manor Farm Houses the Sussex Farm Museum which tracks the Sussex farming industry through the ages. There is a children's farm area and a tea room. There is a nature trail and woodland walk in 200 acres of land with 14 ponds. Open daily Easter to October 10am-5pm 01435 812597

Heritage Centre, 2 Carlisle Road, Eastbourne Looks at the history of Eastbourne and includes a video. Open from May to the end of September Sunday to Friday and Bank Holidays 2-5pm. Groups by appointment all year. 01323 411189

Amberley Museum is a working museum set in a former quarry. Ride on a workman's train, observe different crafts and go on a nature trail. Exhibitions include road making, electricity and radio. Open mid-March to the end of October 10am-5pm Wednesday to Sunday and Bank Holiday Mondays. Open daily in the school holidays (Easter-October). 01798 831370 www.amberleymuseum.co.uk

Bignor Roman Villa Well documented displays, fabulous mosaics and a frigidarium. Hands on opportunities for making wool, mosaics and writing on wax tablets during school holidays and weekends. Open March and April Tuesday to Sunday & Bank Holidays 10am-5pm. From May to October daily from 10am-5pm Jun-October 6pm. 01798 869259

Petworth Cottage Museum, 346 High Street, Petworth A chance to see a 17th century workman's cottage restored as it was in 1910. Open April to the end of October Wednesday to Sunday and Bank Holiday Mondays. 2-4.30pm. 01798 342100

Petworth House A national trust property set in a beautiful deer park. The house contains art and sculpture with a children's guide and quiz available. Open 31 March to the 4th November Saturday to Wednesday 1-5.30pm. Open Good Friday and Fridays in July and August. Last admission 5pm. Gardens tea rooms and shop

12noon-5pm. Park open all year daily 8am-sunset but closes at 12noon 29th August-1st July. 01798 342207 www.nationaltrust.org.uk/southern Uppark,

South Harting This is a national trust property - a 17th century house situated on the South Downs. Open daily 1st April to 1st November Sunday to Thursday. House 1-5pm (opens at 12noon on Sundays in July and August) last entry 4.15pm. Grounds, exhibition and restaurant open at 11.30am. Entry to house is by timed ticket only on Bank Holiday Sundays, Mondays and Sundays in July and August. 01730 825857 www.nationaltrust.org.uk/southern

Weald and Downland Open Air Museum, Singleton Stroll through buildings of the last 500 years and through the lives of people associated with them. There are informative displays, rural demonstrations and a 'hands-on' demonstration for children. Special events ruin throughout they year. Open March to October daily 10am-5.30pm. November to February Wednesdays, Saturdays and Sundays 10.10.30am-4pm (daily 26th December-1st January) 01243 811348 www.wealddown.co.uk

Michelham Priory, Upper Dicker, Hailsham. A Sussex Past property. A medieval moat nearly a mile long is enclosed within a beautiful Augustinian priory incorporated into a splendid Tudor mansion. Inside, there are exhibits and picturesque gardens are enhanced by a 14th century gatehouse, working watermill, physic herb and cloister gardens, smithy, rope museum, old farm wagons and a dramatic Elizabethan Great Barn. There is a large picnic and play area. There are holiday activities and special event days for families including an Easter Garden Festival, May Day, Halloween and a Teddy Bears' Picnic. Open 14th March-28th October, Wed-Sun & Bank Hol Mon.; March & October, 10.30am-4pm; April-July & September 10.30am-5pm; daily in Aug 10.30am-5.30pm. 01323 844224. www.sussexpast.co.uk

The Priest House, North Lane, West Hoathly. A Sussex Past property. Standing in beautiful surroundings of a traditional cottage garden on the edge of Ashdown Forest, the Priest House is an early 15th century timber-framed hall-house. In Elizabethan times it was modernised into a substantial Yeomen's dwelling and is now a folk museum containing country furniture, kitchen equipment, needlework and household items. Outside there is a formal herb garden and the property is a popular destination for local schools studying Tudor times and village life. Open daily, 1st Mar-31st Oct, Mon-Sat 11am-5.30pm. Sun, 2-5.30pm. 01342 810479. www.sussexpast.co.uk

Bexhill Museum, Egerton Road, Bexhill Displays local and natural histories, archaeology as well as the cast of a dinosaur footprint and remains of a woolly mammoth. There are questionnaires and holiday activities. Open February to December Tuesday to Friday 10am-5pm weekends and Bank Holiday Mondays 2-5pm 01424 787950

Hastings Embroidery, White Rock Theatre, Hastings This hand-sewn embroidery was created by the Royal College of Needlework to celebrate the 900th anniversary of the Battle of Hastings. Open daily from 10am to 3.30pm but closed during the music festival in March 01424 781141

Smugglers Adventure, St Clements Cave, West Hill, Hastings Displays the story of smuggling in the 18th century brought to life with dramatic effects and wax models. You can explore the underground passages with 'Hairy Jack' and watch out for

dangers. Open daily in the summer from 10am-5.30pm and in the Winter from 11am to 4.30pm 01424 422964 www.smugglersadventure.co.uk

Ditchling Museum, Church Lane, Ditchling Is housed in a Victorian school, and tells the story of the village and it's people. Questionnaires encourage the children to hunt for unusual and everyday items. Open April to the end of October. Tuesdays to Saturdays and Bank Holiday Mondays 10.30am-5pm, Sunday 2-5pm, November-end of March Saturdays 10.30am-4.30pm, Sundays 2-4.30pm. Closed 25th December and mid-January to mid-February. 01273 844744 www.ditchling-museum.com

Tangmere Military Aviation Museum tells the history of military flying with aircraft, models, photographs and working displays and a cockpit flight simulator. Open daily Feb-March & November 10am-4.30pm April-October 10am-5.30pm Last entry 4.30pm 01243 775223 www.tangmere-museum.org.uk

D-Day Aviation Museum, Shoreham Airport, Shoreham Contained in a World War Two aircraft hangar this tells the story of D-Day 1944. You can be a pilot and climb inside a Spitfire. Open weekends in March and November, daily from April to October 11-5pm 0374 971971 www.soft.net.uk/g1hwy/index6.htm

The British Engineerium, Nevill Road, Hove Contained in a wonderfully restored Victorian pumping station, there are hundreds of model and full size steam engines and an interactive exhibition. Boilers are alight and the engines in steam on the first Sunday of the month. Open daily 10am-5pm. Closed the week before Christmas and Christmas and Boxing day. 01273 559583 www.britishengineerium.com

Filching Manor Motor Museum, Jevington Road, Wannock, Polegate This museum houses some of the worlds rarest sports and racing cars, model cars equipment and memorabilia. There is a 500m go-karting track for adults and older children all year by appointment. Entry to the museum is by guided tour only. Open from Easter to the end of October Sundays and Bank Holiday Mondays Tour at 2.30pm 01323 487838 How we lived then, 20 Cornfield Terrace, Eastbourne This is a museum of shops and social history. The authentic Victorian shows display everything from sweets to musical instruments and toys. Open daily from 10am to 5.30pm. closed Christmas Eve, Day and Boxing Day. 01323 737143

Newhaven Fort This 10 acre coastal fortress offers fantastic glimpses of history from Napoleon to World War Two. There are exhibitions, ramparts a mission trail and play area. Open weekends in March and daily from April 2nd to 4th November 10.30am-6pm. Last admission 5pm 01273 517622 www.newhavenfort.org.uk

Buckleys Yesterday World, 90 High Street, Battle Is an arcade of shops packed with exhibits from years past. You can play penny slot machines and explore the miniature fairground and children's play area. Open daily from 10am. Closed Christams Day, Boxing day and New Years Day 01424 774269 www.yesterdaysworld.co.uk

Fishbourne Roman Palace, Salthill Road, Fishbourne, Chichester A Sussex Past property, this was initially a supply base established at the time of the Roman Invasion around AD75. Visitors can see many of the original remains including twenty beautiful Roman floors. The Roman garden had been replanted to original plan and a Roman gardening museum displays a range of replica gardening tools and equipment found on the site. The story of Fishbourne is told in the museum via an audio visual Programme and there are purpose built educational facilities. Open daily

5th February-14 December 10am-4pm (Feb, Nov, Dec 10am-5pm Mar-Jul) & (Sept-Oct) and 10am-6pm in August. Saturday and Sunday 6th Jan-4th Feb & 15th-30th December. 01243 785859 www.sussexpast.co.uk

Goodwood House Lovely collections of fine furniture and paintings (the Annual Festival of Speed is held in the grounds in June) 01243 755055). House open 1st April-25th September 01243 755040 www.Goodwood.co.uk

Mechanical Music and Doll Collection, Church Road, Portfield, Chichester is housed in a Victorian Church which provides a good atmosphere in which to view the collection and hear the music machines play. Open June-end of September Weds 1-4pm 01243 372646

Rejectamania, Earnley Gardens, 133 Aldmongton Lane, Earnley A trip back in time with thousand of items from the twentieth century. Open daily mid March to the end of October 10am-6pm. 01243 868725

FREE MUSEUMS

District Museum Chichester , 29 Little London, Chichester Small but houses interesting local archaeology, geology and Roman history. Open Tuesday to Saturday 10am-5.30pm 01243 784683

Selsey Lifeboat Museum Items relating to lifeboats and an audio-visual show. Sea safety demonstrations in August using the lifeboat and helicopter. Open Easter to September daily 10am-1pm & 2-5pm 01243 602833

Horsham Museum, 9 The Causeway Contains unusual items in a maze of old rooms. Summer holiday activities. Open Monday to Saturday 10am-5pm Closed Bank Holidays 01403 254959

Booth Museum of Natural History, 194 Dyke Road, Brighton Exhibits including skeletons and dinosaurs. A hands-on gallery for children Open Monday to Saturday 10am-5pm Sundays 2-5pm Closed Thursdays, Good Friday, Christmas Day, Boxing Day and New Years Day 01273 292777 www.Brighton.co.uk/tourist

Brighton Fishing Museum, Arch 201, Brighton Seafront Shows fishermen still mending nets and selling fish. There are videos and displays including a full size Sussex fishing boat. Open daily 10am-5pm 01273 723064

TOURS

Body Shop Tour, Watersmead, Littlehampton on the A259 A behind the scenes look at the companies international factory and headquarters. Exhibitions explain how they use natural products in their manufacturing process and their campaigns for the environment. You can visit 'The Trading Post', a colourful, Caribbean Style store which is totally different to a normal branch of the Body Shop. You can buy the latest products at factory prices and enjoy light snacks in 'the Juice Bar'. Tours run Monday to Saturday 10am-3.40pm (must be pre-booked). Tour Center close bank holidays. Freephone 0800 096 0809 www.thebodyshop.com

Marlipins Museum, High St, Shoreham-by-Sea. A Sussex Past property. Shoreham's local and maritime history are explored at Marlipins, an important historic Norman

building believed to have once been a Customs House. The maritime gallery contains many models and paintings, while the rest of the museum houses exhibits dating back to man's earliest occupation of the area. The development of Shoreham's airport and life in the town during the war years feature prominently in the displays. School parties welcome. Open 1st May-30th September, Tuesday-Saturday, 10.30am-4.30pm. 01273 462994. www.sussexpast.co.uk

Arundel Museum and Heritage Centre, 61 High Street, Arundel recounts Arundel's History in interesting displays, models and photographs. Open April to September, Mondays to Saturdays 10.30am-5pm last admissions 4.30pm) 01903 882344

Free Museums & Historical Sites

Clayton Windmills, Clayton, Hassocks Preserved by the Jack & Jill Windmill Society includes fascinating tours of the old mill. Open from May to September, Sundays and Bank Holiday Mondays 2-5pm. Donations welcome

Beachy Head Countryside Centre, near Eastbourne Lots of different activities. Open daily Easter to the end of September 10am-5pm and October from 11am-4pm, weekends only in November & December 01323 737273

Local History Museum & Towner Art Gallery, High Street Eastbourne Local history from pre-historic times and special exhibitions (may be a charge) The Art Gallery holds over 3000 works. Open Tuesday to Saturday 12noon-4pm (5pm April to October), Sundays and Bank Holiday Mondays 2-5pm. Closed Good Friday 24th-27th December and New Years Day 01323 411688 www.Eastbourne.org

Long Man Of Wilmington, near Eastbourne A huge Hill carving that has baffled archaeologists for years. Car parks and footpaths to the bottom and top of the figure and a car park at the bottom with information boards.

Beaches & Piers

Bracklesham Bay Beach, to the East of East Wittering Is very pretty & interesting with sharks teeth and fossils. At low tide it is a gentle sloping, sandy beach ideal for young children.

Beach Deck, Brighton, near the Brighton Centre A free open air entertainment area with exhibitions and roadshows during the summer. Beach House Gardens, Worthing Lots for children including a paddling pool,

Peter Pans playground and boating lake. Brighton Marina The largest yacht Marina in Britain with a village square with factory shops and restaurants. 01273 693636 Hove Lagoon, western Hove A children's park with sandpit, paddling pool and cafe. There is a three mile cycle route to the Palace Pier

Palace Pier, Madeira Drive, Brighton Traditional pier entertainment's and great funfair rides and restaurants too! 01273 609361

Birling Gap Beach, off the A259 west of Eastbourne A steep walk to a sheltered cove against steep cliffs

The Pier, Eastbourne Victorian with amusements and shops. Open 10am-12 midnight 01323 410466

Camber Sands, Rye A lovely beach for little children. The sand goes out half a mile at low tide, excellent for paddling and sand castle making.

Free Parks in Brighton & Hove

Hove Park Lots of space with basketball and tennis courts and a mini assault course and a cafe. A miniature railway at the north end of the park runs on the last Saturday in the month and Bank Holiday Mondays from March to September.

The Level, Brighton Contains a children's playground, cafe, paddling pool, skateboard run and BMX track. Preston Park, Brighton Gardens, tennis courts, a play area, bowls and cycle track. Also there is the lovely Preston Manor Museum

Devils Dyke, Poynings A lovely natural valley according to legend was dug by the devil!. The views are lovely and it is great for kite flying and picnics

Free County Parks

Seven Sisters Country Park, Exceat, near Seaford 692 acres of the beautiful Cuckmere Valley and Seven Sisters cliffs. The river estuary and coastline are an undeveloped habitat for wildlife. A converted barn houses the park centre which is open from Easter to October Monday to Friday from 10.30am to 4.30pm (Saturdays, Sundays & Bank Holidays to 5pm) and October to Easter Saturdays and Sundays only from 11am to 4pm 01323 870280

Hastings Country Park This can be reached via the East Hill Cliff Railway or by car by the Fairlight Road. There are 600 acres of beautiful coastal scenery and wildlife habitats. The Visitors Centre is open from Fridays to Wednesdays 10.30am-3pm (weather permitting) 01424 813225

Arundel Park Beautiful walks on the Sussex downland and rowing boats for hire on Swanbourne Lake. Home to many species of wildfowl Norfolk Gardens, Littlehampton Tennis Courts, pitch & Putt, adventure golf and a bowling green

Buchan Country Park, Crawley off the A2220 Wood and Heathland with a network of paths and two large ponds. There is an orienteering course. There is a countryside centre open at weekends by arrangement. 01293 542088

Beech Hurst Gardens, Butlers Green Road, Haywards Heath Offers children's facilities including a playground, tennis courts., pitch & putt and a miniature steam railway. Cuckfield Recreation Ground Has an enclosed children's playground with a paddling pool and tennis courts and football pitches St Johns Park, Burgess Hill, off London Road Plenty of space for games, an adventure playground, skate park and tennis courts. Special Children's Activities in the Summer.

Countryside and Leisure Parks and Facilities

Whiteways Countryside Site, North of Arundel Junction of A29/A284 Woodland walks and a well-posted cycle trail and a cafe. 01243 811533 Southwater Country Park South of Horsham off the A24 Lakes with a range of activities from Summer

fishing to play schemes and volunteer conservation work. Also an enclosed adventure playground. The visit centre is open at weekends and daily in the school holidays.
8am-dusk 01403 731218

Woodsmill Countryside Centre, HQ of the Sussex Wildlife Trust, Henfield Nature trails through woodland and lakeland. Special events are organised so telephone for details. Open from Easter to the end of September 9am to 5pm 01273 492630
www.wildlifetrust.org.uk/sussex

Ashdown Forest, Forest Row Acres of woodland and paths with displays on the forest attractions at Wych Cross. The centre is open from 1st April to 30th September Monday to Friday 2-5pm Saturdays & Sundays 11am-5pm Weekends only in Winter. Closed Christmas Day 01342 823583 www.ashdownforest.org Gravetye Woods, near East Grinstead Marked trails through Forestry Commission land with picnic tables and easy parking.

Victoria Park, South Road, Haywards Heath Has lots of open space, multi-purpose courts, safe enclosed play area, skate park and paddling pool Brooklands Park, Worthing near the seafront Includes various activities including go-karts, trampolines, miniature railway, pitch & putt a boating lake and cafe. Lots of space for walking & picnics.

Gilredge Park, Eastbourne A lovely wooded area with tennis courts, basketball courts and a children's playground. Hampden Park, Eastbourne Open space, tennis courts, lake and good children's playground with safety surfaces and putting Princes Park, Eastbourne Large boating lake with pedalos for hire, a lakeside cafe, mini-golf course, two children's playgrounds and a paddling pool for the under fives.

Salts Recreation Ground, Seaford Mini-golf, putting, petanque, skate park and cafe with children's events in the Summer

Peter Pans Leisure Park, Madeira Drive, Brighton Children's amusements Easter-October 10am-late weekends and school holidays in winter. Peter Pans Playground,

Beach House Park, Worthing Lots of play equipment and rides for younger children. Easter-September 10am-7pm

Knockhatch Adventure Park, Hailsham On the A22 north of Eastbourne set in 80 acres of Sussex countryside. They have a reptile centre and plenty of animals. The variety of activities including trampolines, rowing boats, free fall slide, bouncy castles, sandpits, indoor and outdoor adventure playgrounds. For an extra charge they have go-karts, mini quad bikes or an outdoor laser game. Open Saturday & Sunday and school holidays (daily July & August) 10am-5.30pm Closed 24 & 25th, 26th December, January 1st & 2nd. 01323 442051 www.knockhatch.com

Dino's Funland, Downs Leisure Centre, Sutton Road, Seaford Soft play area for the under 8's with a bouncy castle, dinosaur eggs and shapes. Open daily May - September 10am-7pm October to April Wednesday-Friday 11am-5pm, Saturday & Sunday 10am-6pm 01323 490011

Fort Fun, Eastbourne At the eastern end of the Royal Parade is an outdoor fun complex with rides for children up to age 12. Open Easter to October, daily in school holidays, Saturday & Sunday during term-time 10am-6pm.

Rockies Adventureland is an indoor soft play area. Open Daily except Christmas. Fun Karts includes motorised go-karting and there is an 18 hole American golf course which is open as Fort Fun but closes at 9pm in July and August. 01323 642833

Paradise Park, Avis Road, Newhaven The sounds of the rainforest and moving dinosaur models. Tokens need to be bought for the rides for the adjoining mini theme park. Open Monday to Saturday 10am-6pm, Sunday 9am-6pm. Closed 25 & 26 the December. 01273 512123 or 616006

Treasure Island, Royal Parade, Eastbourne A mini theme park for children under 12. Paddling Pools sand pits, a mini Spanish galleon, an adventure fort, slide and more. Open daily Easter-end of September. 10am-6pm 01323 411077

Candy Castle, Enterprise Point, Melbourne Street, Brighton multi-level fantasy play levels for the under 10's. There is a creepy pit, spook slide and Sky Glide as well as a separate toddler play area and bouncy castle. Open daily 10am-6pm. Closed 25&26 December and some Bank Holidays. 01273 276060

Charlie Chalk Fun Factory, Withdean Sports Complex, Brighton Indoor Soft Play area attached to pub and restaurant. 01273 330055

Fun Junction, Stoke Abbott Road, Worthing A rainforest themed adventure playground for children up to 1.48 m in height. The large soft play area includes ball pits, tunnels and separate play areas for different age groups. Open daily 10am-6pm. 01903 238877

Kings Kingdom, Highdown Towers, Littlehampton Road, Worthing A two level soft play area for children up to 10 including ball pits, climbing nets and slides - separate area for under fives. Open daily 12 noon-8pm (Friday & Saturday 9pm). Mother & Toddler sessions 10am-12noon 01903 700152

The Lido, Worthing Is on the promenade and has amusements, rides, video games and a restaurant. Open daily end of March to end of September. Saturday & Sunday only - October & March. 01903 213486

Butlins, Bognor Regis A holiday complex that visitors can visit for the day with lots for children of all ages. Open daily 10am-5pm 01243 822445

Harbour Park, Littlehampton on the seafront. has rides and games with a maritime theme. Open March to September daily noon to dusk. 01903 721200

Little Monkeys, Caravan Park Selsey A jungle themed indoor play area from children up to age 8. Open daily 10am-6pm. Last admission 4.30pm Closed 24 & 25 December and 1st January. 01243 601169 Antics,

Triangle Leisure Centre, Burgess Hill A themed soft play area on three levels for children up to 1.48m. Includes ball pond, tunnel, tumble tower, bash bags and more. Open daily 10am-6pm some supervised sessions including Saturdays 10am-12noon. 01444 876000

Amazon Adventure, Worthing Leisure Centre A soft play centre with ball pool and snake slide. Open daily Monday - Friday 9.30-11.30am, 1.30-5.30pm Saturday &

Sunday 9am-12noon, 2-4pm. Times vary in school holidays with separate sessions for under 5's. 01903 502237