

5 WEST DEAN GARDENS

West Dean, Nr Chichester PO18 0QZ
01243 811301 • enquiries@westdean.org.uk
westdean.org.uk

Around 90 acres of restored gardens are divided into four distinct areas including the Pleasure Grounds and St Roche's Arboretum. The kitchen garden provides fruit and vegetables for home-cooked lunches and afternoon teas at the vernacular-style restaurant.

Everyday (closed between Christmas and February).

6 WEALD & DOWNLAND OPEN AIR MUSEUM

Weald & Downland Open Air Museum,
Singleton, Chichester PO18 0EU
01243 811348 • office@wealddown.co.uk
wealddown.co.uk

Step back in time and learn about food and farming production through the ages in the South Downs. Here you will find a display of late 19th and early 20th century farm vehicles and machinery and demonstrations of traditional crop harvesting and animal husbandry. Enjoy locally sourced, home-made elevenses, lunch or afternoon tea.

Everyday: 10.30am–6.30pm
March to late October (winter season hours restricted).

7 THE FOX GOES FREE

Charlton, Nr Goodwood, West Sussex PO18 0HU
01243 811461 • enquiries@thefoxgoesfree.com
thefoxgoesfree.com

At the foot of Levin Down you'll find this 400 year old 'flint-built' pub. Wherever possible the head chef sources local ingredients and fresh farm produce to create menus inspired by the four seasons. This picturesque pub has a stunning garden and is famed for its homemade chips, tasty breads and delicious ice-cream.

Mon-Sat: 11am–11pm
Sun: 12pm–10.30pm

8 THE GREYHOUND INN

The Greyhound, Cocking Causeway, Midhurst GU29 9QH
01730 814425 • info@thegreyhoundpub.com
thegreyhoundpub.com

This dog, walker and cyclist friendly pub prides itself on providing local, seasonal food. It is an authentic freehouse with an excellent selection of local ales and beers. All of this can be enjoyed in the conservatory restaurant or by the large open log fire in the beautiful old bar.

Mon-Sat: 11am–11pm
Sun: Noon–10.30pm

9 THE SPREAD EAGLE HOTEL

The Spread Eagle Hotel & Spa, South Street,
Midhurst GU29 9NH • 01730 816911
hshotels.co.uk/spread-eagle-hotel-and-spa

Explore the menu of this 15th Century historic coaching house with the help of their 'Flavours of Sussex' map. The hotel boasts long-standing relationships with numerous local suppliers who deliver excellent produce to the kitchen. The local ingredients mix both innovation and tradition, ensuring a high quality dining experience in a hotel that also provides a spa.

See website for opening times.

10 DOWN TO EARTH

2-3 Goldrings, West Street, Midhurst GU29 9NQ
01730 815133 • down_to_earth@btinternet.com
downtoearthmidhurst.co.uk

This independent business, established 25 years ago, provides locally sourced, organic, healthy and fairtrade food, natural toiletries, household products, and nutritional supplements. It's an ethical shopping experience with a local spin.

Mon-Sat: 9.30am–5pm

ICON KEY

- Shopping
- Attraction
- Dining

- Tea room
- Accommodation
- Picnic area

SOUTH DOWNS

DELICIOUS DAYS OUT

IN THE MIDHURST AND
LAVANT VALLEY AREA



SOUTH DOWNS
NATIONAL PARK

The South Downs National Park is overflowing with delicious local food and drink experiences. This leaflet gives you a quick taster of the vast range of local produce waiting to be discovered in Midhurst and the Lavant valley.

For a full platter of places to eat, buy and experience local produce, visit southdownsfood.org and use the Foodfinder tool to plan a mouth-watering day out.

1 TINWOOD WINE ESTATE ★ H X

Tinwood Farm, Halnaker, Chichester PO18 0NE
01243 537372 • info@tinwoodestate.com
tinwoodestate.com

Right on the very southern edge of the National Park close to historic Chichester, treat yourself to a guided tour with the winegrowers themselves as they take you into the vineyard and provide you with a tasting experience in a brand new tasting room overlooking the vines.

Book a visit online or by telephone.

2 THE EARL OF MARCH X

Lavant Road, Lavant, Chichester PO18 0BQ
01243 533993 • info@theearlofmarch.com
theearlofmarch.com

This 18th Century country pub and restaurant sits against a picturesque backdrop of the South Downs and the Goodwood estate. Freshly prepared seasonal food from local producers is central to the inspired menu, along with a selection of local real ales and a cellar of quality wines.

Mon–Fri: 11am–11pm
Sat: 11am–11.30pm
Sun: 11am–10.30pm

3 THE ROYAL OAK X H

The Royal Oak, Pook Lane, East Lavant, Chichester PO18 9HT
01243 527434 • info@royaloakeastlavant.co.uk
royaloakeastlavant.co.uk

This 5*, 2 AA Rosette Inn uses locally reared South Downs lamb from nearby Funtingdon, Selsey crab and lobsters, and delicious venison and pheasant sourced from local estates. Their phenomenal ice cream is made locally in Lavant. B&B accommodation is available for a long weekend or overnight stay.

Everyday: 8am–11pm

4 WEST DEAN STORES & TEA ROOM S C

West Dean Stores, West Dean, Chichester PO18 0QY
01243 818163 • sally@westdeanstores.co.uk
westdeanstores.co.uk

This village store provides a variety of essentials and local, fresh produce such as fruit and vegetables, speciality breads, rolls, cakes and pastries. There's also a quirky tearoom crammed full of tasty local treats.

Mon–Fri: 8am–5.30pm
Sat: 8.30am–4.30pm
Sun: 8.30am–12.30pm



EXPLORE BY BUS AND TRAIN

Public transport allows you to enjoy local produce without worrying about traffic or parking. Visit traveline.info/se for timetables. For more ideas of days out in the National Park visit southdowns.gov.uk/discovery-map

The Discovery Ticket gives unlimited travel across the National Park and beyond in the South of England for just £16 a day for 2 adults and 3 children, or £8.50 for an adult and £7 for a child (5–15 years old). For shorter journeys the bus companies' own ticket prices may be cheaper – southdowns.gov.uk/discoveryticket

CONTACT

South Downs National Park Authority:
01730 814810

@SDNPA

/SDNPA

SOUTH DOWNS FOOD FINDER

www.southdownsfood.org



SOUTH DOWNS.GOV.UK

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11 THE CRAFTY PINT

The Crafty Pint, West Street, Midhurst GU29 9NQ
01730 817892 • andrew@craftypintshop.co.uk
craftypintshop.co.uk

This is an essential stopping point for anyone with a love of local tipples. This highly knowledgeable specialist off license offers a range of draught and bottled ales, cider, wines and spirits from numerous local producers. They also cater for events and parties with a keg service and there are plenty of gift ideas for the real ale devotee.

Mon–Wed: 10am–5pm Sat: 10am–6pm
Thurs: 10am–6pm Sun: 11am–2pm
Fri: 10am–7pm

12 COMESTIBLES

Comestibles Delicatessen & Café,
Red Lion St, Midhurst GU29 9PB
01730 813400 • a2bpd@hotmail.com
picnic-park.co.uk

This friendly, social café, serves high-quality, good value food to eat in or take away for picnics. Sandwiches on locally baked bread, salads from Secretts of Godalming, excellent organic coffee with local organic Goodwood milk and homemade quiche and cakes made with free range eggs from Petworth.

Mon–Fri: 8am–5pm
Sat: 8am–4.30pm

13 MICHAEL COURTNEY FAMILY BUTCHERS & DELI

15 North Street, Midhurst GU29 9DH
01730 813146 • info@michaelcourtneybutchers.co.uk
michaelcourtneybutchers.co.uk

This traditional, family-run butcher's shop offers high quality, locally sourced meat, prepared using traditional butchery methods. Skilled, friendly staff are happy to offer help and advice and you will find local cheeses, homemade pies, quiches, scotch eggs and other delights on the well stocked deli counter.

Mon–Fri: 7am–5pm
Sat: 7am–3pm

14 COWDRAY FARMSHOP & CAFÉ

Cowdray Farm, Cowdray Park, Easebourne,
Midhurst GU29 0AJ
01730 815152 • farmshop@cowdray.co.uk
cowdray.co.uk/farm-shop-and-cafe

Situated on the stunning 16,500-acre Cowdray Estate at the heart of the South Downs National Park, here you will find a traditional butcher, a well stocked deli counter, a large range of local wine and ale, and a bustling café.

Café: Everyday: 9am–5pm
Shop: Mon–Sat: 9am–6pm
Sun: 10am–4pm

15 THE EXCEPTIONAL ENGLISH WINE COMPANY

Cowdray Park, Easebourne, Midhurst GU29 0AJ
01730 814671 • wine@theexceptionalenglishwineco.com
theexceptionalenglishwineco.com

The South Downs is at the epicentre of the English wine revolution and so it is for this reason that The Exceptional English Wine Company chose to make its base in Midhurst. This is the destination venue where wine enthusiasts can try a range of local and English wines and understand what it's all about.

Tues–Sat: 10am–6pm
Sun: 10am–4pm

16 LANGHAM BREWERY

The Granary, Langham Lane, Lodsworth GU28 9BU
01798 860861 • office@langhambrewery.co.uk
langhambrewery.co.uk

This independent, award-winning microbrewery welcomes visitors to its beautiful granary barn. Parties of all sizes can enjoy brewing experience days and tours with food. Their summer music gigs and annual conker competition are highlights to look out for.

Mon–Fri: 8am–6pm
Sat: 10am–4pm

17 HALFWAY BRIDGE INN

Halfway Bridge, Lodsworth GU28 9BP
01798 861281
halfwaybridge.co.uk

The menu bursts with locally sourced and seasonal ingredients – fish, game and traditional English and Mediterranean dishes, as well as unique delicacies unearthed by their own forager. In good weather you can dine al fresco on the pretty terrace or in the sheltered garden. A connoisseur's wine list includes local sparkling wines and there's a fine selection of Sussex ales too.

Everyday: 11am–11pm

18 DUKE OF CUMBERLAND

The Duke of Cumberland Arms, Henley GU27 3HQ
01428 652280 • info@thedukeofcumberland.com
dukeofcumberland.com

This beautiful 16th Century pub makes the most of the abundant local produce – meat from nearby organic farms, fresh fish from the south coast and veggies from the pub's own vegetable patch. Perched on the side of a hill, you can enjoy breathtaking views over Fernhurst and Black Down, the highest point in the South Downs.

Mon–Thurs: 11.30am–11.30pm
Fri–Sat: 11.30am–midnight
Sun: Noon–10.30pm



KEY:
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- Toilets
- Bus stop
- Train station
- Point of interest
- Major road
- Minor road
- Long Distance Paths
- Hills
- National Trail
- National Park area
- Woodland
- Buildings
- Water
- Food experiences



PETERSFIELD

Serpent Trail

WOOLBEDING
COMMON

18

HENLEY

Serpent Trail

IPING
COMMON

9 10
11 12 13



MIDHURST

14 15

COWDRAY
RUINS

16

17

A272



PETWORTH

River Rother

8

COCKING

HEYSHOTT
DOWN

NORTH
MARDEN



SINGLETON

7

EAST
DEAN

4

5

6

2

3

GOODWOOD
COUNTRY PARK

EAST
LAVANT

HALNAKER

A27

1

TO CHICHESTER



TO ARUNDEL

Centurion Way

Monarch's Way



A286

A285

A29

A284

River Arun

