

Stansted Park / Singleton Food Trail

Places to visit

Pavilion Tea Room **A**

Stansted Park, PO9 6DX
02392 413 432

paviliontearoom.co.uk

Located in Stansted Park's restored Fig House and adjacent Vine House, the Pavilion's menu includes breakfast, light lunch and afternoon tea made from seasonal ingredients sourced from as near as possible. Open daily

Stansted Farm Shop **B**

Stansted Park, PO9 6DX
02392 413 576

stanstedfarmshop.com

Choose from a wide selection of goods including Stansted venison, South Downs lamb, woodland pork, locally caught fish, dairy, fruit and vegetables. Enjoy a pizza and grill during the summer. Open all year: Tuesday – Sunday

Adsdean Farm Shop **C**

Funtington, PO18 9DN
01243 575 212

adsdeanfarm.co.uk

Specialising in Beef and Pork, Adsdean Farm Shop is family-owned and run selling quality meat from their own

and neighbouring farms. There are two self-catering cottages available to rent. Open all year: Wednesday – Saturday

Grange Farm Shop **D**

Funtington, PO18 9LN
01243 575 372

grangefarmshop.com

Well stocked farm shop specialising in their own grown fruit and vegetables with a full range of produce and gifts. From Spring to October many fruit and vegetables are available for pick your own from the orchards. Open all year: Monday – Saturday

The Earl of March **E**

Nr Chichester, PO18 0BQ
01243 533993

theearlofmarch.com

Best described as 'Country Plush', the pub restaurant serves seasonal menus - lunches and evening meals. There's even a tempting 'Mini Astronauts' menu for children. William Blake is reputed to have written the hymn Jerusalem here. Open daily

West Dean Village Stores **F**

West Dean, PO18 0QY
01243 811233

westdeanstores.co.uk

Traditional village shop selling a variety of home-made cakes, real teas, fresh coffee, savoury tarts and sandwiches. Bicycle racks and picnic tables available. Open daily

West Dean Gardens **G**

West Dean, PO18 0QZ
01243 818 210

westdean.org.uk

The 90-acre West Dean Gardens is notable for its restored walled garden and glasshouses full with fruit and vegetables. It hosts annual food and drink events like the Chilli Fiesta and the Gardens Restaurant serves delicious homemade food. Open daily

Weald and Downland Museum **H**

Singleton, PO18 0EU
01243 811363

wealddown.co.uk

Wander around the Open Air Museum's extensive grounds to learn about food production through the ages. Visit the café or see the restored C17th Lurgashall Mill in action, which produces flour for artisan bakeries. Open daily

Did you know?

Weald and Downland Museum annual events include the Food and South Downs Fair, the Autumn Countryside Fair and Christmas Market.

The Partridge Inn **I**

Singleton, PO18 0EY
01243 811251

thepartridgeinn.co.uk

A former executive head chef of the Ritz hotel runs this 16th Century inn. Set within the Goodwood Estate the pub offers a wide ranging bar menu as well as à la carte fare and uses many locally sourced ingredients. Open daily

About the South Downs National Park

The South Downs National Park is Britain's newest National Park, rich in landscape, culture and wildlife. Discover ancient woodland and enjoy spectacular views as you explore the open downs and heathlands. Within these landscapes lie bustling market towns and peaceful rural villages, historic houses and the remains of ancient settlements. Find out more at www.southdowns.gov.uk

Delicious days out in the South Downs National Park

Alton / Selborne Food Trail
Stansted Park / Singleton Food Trail



South Downs Food & Drink Trails bring together a natural combination of rural landscapes shaped by generations of farmers and the resulting fresh, tasty local produce.

There are places where you can enjoy or buy South Downs reared lamb, beef and poultry as well as locally grown fruit and vegetables. It's easy to plan your visit to take in morning coffee, lunch, afternoon tea and an evening meal. There are plenty of places to visit en route, plus walk and cycle trails if you want to make it a full day out.

Getting around

Wherever you're travelling from, think about using public transport to enjoy views of the South Downs National Park at its best. Each destination gives you a postcode so that you can get directions from your starting point. Visit www.transportdirect.info or call Traveline on 0871 200 22 33 to find the simplest route from door to door.

If you enjoy cycling, you can take things at a leisurely pace and give yourself time to appreciate the wonderful scenery. There are lots of bike hire locations across the park, or you can hire electric bicycles in Alton if you're worried about hills. Visit www.electricbicyclenetwork.com to find out more.

Walkers will find lots of opportunities for a stroll in the countryside. For easy-to-follow routes, visit www.southdowns.gov.uk and search for Walk and Ride Leaflets.

Further information

National Rail Enquiries: 08457 484950
www.nationalrail.co.uk
Stagecoach: 0845 121 0190
www.stagecoachbus.com
Traintracker: text station name to 84950

www.southdowns.gov.uk

Alton / Selborne Food Trail Places to visit

Brocks Farm Shop **A**

Alton, GU34 1BX
01420 86677

Traditional butchers shop with beef and lamb reared on their own mixed farm. Other meat products, bread, cheese and vegetables are available. Open all year: Monday – Saturday

Triple fff Brewing Company **B**

Alton, GU34 5HH
01420 561422
triplefff.com

Brewery shop 'Off the rails' sells real ale fresh from the cask and bottles including CAMRA supreme champion Beer of Britain 2008 Alton's Pride and Comfortably Numb. Open all year: Monday – Saturday

Did you know?

Graham Trott launched Triple fff in 1997. He took a musical theme – triple fff is the strong note and the beer names came from song titles of 60s rock icons, Van Morrison, Led Zeppelin, Cream and Pink Floyd.

Bowtell Farm Shop **C**

East Tisted, GU34 3QP
01420 588418
bowtellfarmshop.co.uk

Family farm shop dedicated to home-reared beef, pork, lamb and poultry with a wide selection of other seasonal produce. 'Meet the animals' available for children. Open all year: Thursday – Sunday

The Pub with No Name (aka White Horse Inn) **D**

Priors Dean, GU32 1DA
01420 588387
pubwithnoname.co.uk

Traditional English pub offering freshly prepared dishes of seasonal ingredients sourced from the near vicinity and an award winning cellar of real ales. Adjacent camping field available. Open daily

The Selborne Arms **E**

Selborne, GU34 3JR
01420 511247
selbornearms.co.uk

Voted East Hampshire's CAMRA pub of the year 2011 this traditional village pub serves a menu with local ingredients and has a garden with a play area for children. Open daily

Gilbert White's House & Garden and The Oates Collection **F**

Selborne, GU34 3JH
01420 511275
gilbertwhiteshouse.org.uk

The Tea Parlour at Gilbert White's House & Garden and The Oates Collection holds a Tea Council award for excellence. Take time for refreshment throughout the day in this fully licensed period dining room. Open all year, see website for details

Lavender Fields **G**

Selborne, GU34 3HS
01420 511146
www.thelavenderfields.co.uk

Family run farm estate and summer landmark. The farm shop sells a range of bodycare, culinary and home fragrance products made with English Hampshire lavender. Open all year, see website for details

Mr Whiteheads Cider Company **H**

Selborne, GU34 3HS
01420 511733/511075
mr-whiteheads-cider.co.uk

Apples and pears grown nearby become award winning ciders and perries (pear cider) using traditional recipes. The shop sells draught, case and bottled containers as well as apple juice and cider vinegar. Open all year: Monday – Friday

Win a delicious hamper!

Tell us your thoughts on the South Downs Food and Drink Trail, and you could win a tasty hamper full of treats from Pallant of Arundel.
www.pallantofarundel.co.uk

Enter the competition and see terms and conditions online
www.surveymonkey.com/s/foodanddrinktrail

Alton / Selborne Food Trail

Features farm shops, microbreweries and several places to eat out as well as Gilbert White's House and additional walk options. Approximate length 25 miles

The starting point for this trail is Alton which has a frequent train service from London Waterloo. South West Trains promote a cycle hire rental scheme at Waterloo and Cranks Cycles of Alton provide an electric cycle hire service www.crank-cycles.com

From Alton railway station head to the high street where you'll find **Brocks Farm Shop** (A)

Journey out of town along the A339 to the A31 past Chawton to Four Marks and **Triple fff Brewing Company** (B)

Rejoin the A31 then turn left on to Lymington Bottom, continuing along Hawthorn Road and Ropley Road. At the A32, turn left to East Tisted and then turn right to **Bowtell Farm Shop** (C)

Go back to the A32 and turn left towards West Meon. At Short Wood, turn left on to Petersfield Road, then at the first crossroad turn left to the **White Horse Inn** (D) – there's no sign in the frame hence the 'pub with no name'. There's a recharge point for electric cycles here

Leaving here head north through more rural lanes in search of the B3006 which leads to Selborne where **The Selborne Arms** (E) and **Gilbert White's House & Garden** (F) and **The Oates Collection** (G) await

After a couple of hours enjoying the ambiance of Selborne follow the B3006 towards Alton and stop off at **The Lavender Fields Shop** (G) and neighbouring **Mr Whiteheads Cider Company** (H) before returning to Alton

Did you know?

Selborne hosts the stories of three natural world explorers. Gilbert White was a pioneering 18th century naturalist. Captain Oates made an epic journey to the South Pole and his uncle, Frank Oates, was an early explorer of Southern Africa.



Stansted Park / Singleton Food Trail

Starts at Stansted Park stately home and finishes at Singleton. It also features farm shops, pubs, West Dean Gardens and the Weald & Downland Open Air Museum. Approximate length 15 miles

Start at Stansted Park estate to visit the **Pavilion Tea Room** (A) and **Stansted Farm Shop** (B)

Leaving the estate follow Common Road to Funtington. You have two options: stay on Common Road to **Grange Farm Shop** (D) or turn left on to the B2146 Hares Lane to **Adsdean Farm Shop** (C). Or why not do both?

Suitably stocked up head along the B2146 and B2178, and after around 5 miles turn left on to Hunters Race to East Lavant where you'll find **The Earl of March pub** (E)

After lunch head north along the A286 to **West Dean Village Stores** (F) and **West Dean Gardens** (G)

After a jaunt around the walled gardens you're off along the A286 towards the **Weald & Downland Museum** (H)

Next rejoin the A286 towards Singleton and enjoy a well-earned dinner at **The Partridge Inn** (I)

Did you know?

The Partridge Inn once served the huge hunting park in the Lavant Valley area. Always popular, the pub offered stabling and even had its own brew house. In 1949 the local Rector described it as "a most horrid nuisance and den of iniquity".