

Leave your car at home and enjoy the South Downs National Park by bus or train

Visit the astonishing places right on our doorstep, some are free and others help to support a more environmentally sustainable future by participating in **Discover More of the South Downs for Less 2-for-1**. On arrival, show a valid train or bus ticket for all members of your party and you'll get 2-for-1 entry (T&Cs apply). Check attractions' websites for opening hours, as some have limited/seasonal opening times.



The village of Alfriston, full of quirky galleries, cafes and boutiques, lies in the heart of the Cuckmere valley, surrounded by the Wealden South Downs. A trip here makes for a relaxing break allowing you to explore the historic heritage of the village as well as the surrounding countryside and attractions. Stroll along the river or into the nearby South Downs and enjoy a slower pace of life.



DID YOU KNOW?

In the 1800s the 13th century Star Inn in Alfriston was used as the base for a gang of smugglers. Their leader was transported to Australia in 1830.

AROUND ALFRISTON

SOUTH DOWNS NATIONAL PARK

THINGS TO DO AROUND ALFRISTON

2 FOR 1 ENTRY

ALFRISTON CLERGY HOUSE

Alfriston Clergy House was the first building to be acquired by the National Trust, in 1896 and is a rare 14th-century Wealden hall-house. This thatched, timber-framed house is in an idyllic setting, with views across the River Cuckmere, and surrounded by a delightful, tranquil cottage garden full of wildlife.

The house is typical of the timber-framed Wealden houses built during the Middle Ages. The oak frame was filled with interwoven strips of chestnut or oak, which were covered with daub and limewashed.



The parlour has changed over 650 years. When built it had two service rooms where food was prepared and stored. In the 16th century it became the parlour you see today, with a fireplace and chimney.

At the centre of the building is The Great Hall where the yeoman farmer and his family would have eaten. Rising to the rafters, the roof is supported on timbers and a crown post, look out for the oak leaf carved into a corner beam.

The present garden was largely laid out by its first tenant, Sir Robert Witt. In the 1920s he was responsible for segmenting it into small, individual 'rooms' and for terracing down to the river. Explore the Box Tree Garden, the Orchard, the Rose Beds, the Herb Garden and Vegetable Garden.

nationaltrust.org.uk/alfriston-clergy-house/?p=1356298642659

BUSES TO ALFRISTON
Cuckmere Bus 126 Seaford – Alfriston – Eastbourne. Compass 125 "The Downsman" Lewes – Alfriston – Polegate – Eastbourne. compass-travel.co.uk cuckmerebuses.org.uk

TRAINS TO ALFRISTON
The nearest station is Berwick, 2½ miles from Alfriston. You can also connect to the Compass 125 bus from Lewes station or the Cuckmere Bus 126 from Seaford.



For more information southdowns.gov.uk/moreforless

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THINGS TO DO AROUND ALFRISTON

CHARLESTON

2 FOR 1 ENTRY

Charleston, the country home of the Bloomsbury Group, is a unique example of Vanessa Bell and Duncan Grant's decorative style within a domestic context and represents the fruition of over sixty years of artistic creativity.

In 1916 the artists Bell and Grant moved to Sussex with their unconventional household. Inspired by Italian fresco painting and the Post-Impressionists, the artists decorated the walls, doors and furniture at Charleston. The walled garden was redesigned in a style reminiscent of southern Europe, with mosaics, box hedges, gravel pathways and ponds, but with a touch of Bloomsbury humour in the placing of the statuary.

The rooms on show form a complete example of the decorative art of the Bloomsbury artists: murals, painted furniture, ceramics, objects from the Omega Workshops, paintings and textiles. The collection includes work by Renoir, Picasso, Derain, Matthew Smith, Sickert, Tomlin and Delacroix.

Charleston is presented to look as it did when the family lived here. To protect the



atmosphere and collection, entry to the house is timed and limited.

Charleston's walled garden was created by Bell and Grant to designs by Roger Fry. Together they transformed vegetable plots and hen runs, essential to the household during the First World War, into a quintessential painters' garden mixing Mediterranean influences with cottage garden planting. Part of the garden's sense of luxuriance and surprise comes from the variety of sculpture it contains. Classical forms sit side by side with lifesize works by Quentin Bell, mosaic pavements and tile-edged pools. The orchard offers shade from the sun and the pond a focus for tranquil contemplation.

The three-part BBC2 drama, *Life in Squares*, about the Bloomsbury Group was part filmed at Charleston. This was broadcast in July/August 2015

Charleston is open Wednesday-Sunday and Bank Holiday Mondays March-October. It is served by the Compass 125 "The Downsman" Lewes - Alfriston - Polegate - Eastbourne. Journey time from Alfriston to Charleston about is approximately 15 minutes.

 charleston.org.uk



2 FOR 1 ENTRY

SEVEN SISTER'S SHEEP CENTRE

Nestled in the beautiful South Downs National Park and housed in a classic example of a 17th Century Sussex flint barn, this unique attraction gives you the opportunity to experience a traditional and authentic family run working farm, packed full of quintessential English charm.

With the world's largest private collection of Sheep, visitors get the unique opportunity to meet over 50 different breeds – some closer to extinction than the giant panda!

As well as seeing the Sheep you can meet all the other farmyard favourites including; Goats, Pigs, Cows, Ponies, Chickens, Ducks, Rabbits and more! Most of which are tame enough to touch and feed.

You can enjoy breath taking views of Belle Tote Lighthouse, Beachy Head and the surrounding downland on their tractor ride. Children can let off steam whilst adults relax in our designated picnic and play area.

And finish your visit with a trip to the shop where home spinners will also find an extensive range of coloured fleeces and the Hay Rack Tea Room where you can enjoy delicious homemade cakes and snacks.

You can get to the Sheep Centre using Eastbourne's Sightseeing Bus or Number 13x, Weekends and bank holidays all year, then every day from spring until autumn. From Alfriston you would need to change buses at Seaford.

 sheepcentre.co.uk



WALKING NEAR SEVEN SISTERS SHEEP CENTRE

Walkers flock to Beachy Head for the magnificent scenery, abundant wildlife and historic locations. Choose a short, gentle walk or challenge yourself with a longer route around the area. Whichever you choose, you'll be rewarded with stunning views.

Circle the area, take in historic points of interest or set off on an epic South Downs Way journey. For details on a number of walks around Beachy Head go to the Beachy Head website.

 beachyhead.org.uk/activities_for_all/walking_and_hiking/



WALKING AROUND ALFRISTON

Alfriston Clergy House countryside walk

Walk in the footsteps of the artists and writers of the Bloomsbury Group as you follow our circular route to 600-year-old Alfriston Clergy House, taking in downland views along the way.

For full details of this 4-5 mile moderate walk (allow 2 to 2½ hours) go to nationaltrust.org.uk/alfriston-clergy-house/things-to-see-and-do/view-page/item589109.

The walk starts at Willows Car Park off Alfriston High Street.

For more information southdowns.gov.uk/moreforless

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