



Out To Sea - Further Afield

Brighton, 1 Day

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Guide Description



AUTHOR NOTE: Your day In Brighton begins on the Undercliff path near Brighton Marina where you can take in some of the gorgeous scenery. Head out of the city to the Medieval Town of Lewes or toward Beachy Head. Upon your return to the city, enjoy good food and drinks ideally situated in Brighton's centre.

Itinerary Overview

things to do
restaurants
hotels
nightlife

Day 1 - Brighton

DAY NOTE: Arrive at Brighton Station and take a bus or a long, long walk down to Brighton Marina. Take the undercliff path for a nice walk by the sea. Afterwards, hop on a bus toward Eastbourne and Beachy Head or Lewes, a historical town. Return back to the city and have a seaside bite to eat and a drink at Pub with no name to end your perfect day.



Undercliff Path

Walk or cycle under the salt cliffs all the way down the coast to Saltdean.



Beachy Head

Spectacular clifftop landmark that you can climb.



Lewes

Pretty quaint town where the annual Guy Fawkes Celebration attracts thousands.



Steamers Restaurant and Bar

Best View in Town



Pub With No Name (The)

Lively Hanover Local

Day 1 - Brighton

QUICK NOTE

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contact:

tel: +44 29 0000

<http://www.thisbrighton.co.uk/cultureundercliff.htm>

location:

Off Merchants Quay
Brighton East Sussex BN2
5UF

1 Undercliff Path

DESCRIPTION: A three-mile walkway at the foot of the cliffs, starting at Brighton Marina and finishing at Saltdean, on the eastern edge of the city. The path opened as far as Rottingdean in 1933 and was extended to Saltdean two years later. There are cafes at Ovingdean Gap, the mid-way point, and Saltdean. You can leave the path at Rottingdean and have a look around this small town. The path is popular with cyclists and pushchairs due to its totally flat terrain. Take care of falling chalk from the cliffs. © wcities.com

contact:

tel: +44 1323 728060

<http://www.beachyhead.org.uk>

location:

Birling Farm
East Dean East Sussex BN20
0AA

2 Beachy Head

OUR LOCAL EXPERT SAYS:

Don't go too close to edge. This may seem rather obvious but the signs do not actually stop people. It is very windy and you should treat this destination as a beautiful scenic place (it is) but a place, where you should exercise caution!

DESCRIPTION: Beachy Head is a scenic cliff you can walk up. There is a lighthouse hundreds of feet up in the air. It is possible to walk and cycle all around Beachy Head. Beachy Head is a great place to see migrating birds and other wild life. It is the most famous part of the South Downs. Some people also enjoy paragliding over Beachy Head, which is a real spectacle. It is about 2 hours from the centre of Eastbourne. © NileGuide



Beachy Head

contact:

tel: +44 127 37 1600

location:

Follow the A27 towards
Lewes
East Sussex

3 Lewes

DESCRIPTION: This town, situated within the South Downs next to the River Ouse, is the County Town of East Sussex. There are narrow alleyways (twittens) and many specialist shops selling antiques, crafts and local produce. Lewes even houses its own brewery. The town is home to Lewes Castle, a Norman ruin; Anne of Cleves House - part of her divorce settlement from Henry VIII, and the Lewes Town Museum. © wcities.com

contact:
tel: +44 1273 77 5775

location:
106 Kings Road
Brighton East Sussex BN1
2FU

4 Steamers Restaurant and Bar

DESCRIPTION: Steamers draws a mixture of both residents and visitors to its New Orleans-look venue. It's not quite wild enough to rival some of the bars under the King's Road Arches, but the frequent performances of live bands and bright breezy atmosphere all add to its charm. The large terrace at the front of Steamers is the perfect vantage point on sunny days to watch the waves roll in, hip Brightonians meander by and enjoy a pint or two of cool crisp beer. The food is a bit hit and miss: if burgers and chips, generous sandwiches, and scampi are dishes akin to paradise for you. © wcities.com



wcities

contact:
tel: +44 1273 60 1419

location:
58 Southover Street
Brighton East Sussex BN1
2UF

5 Pub With No Name (The)

DESCRIPTION: Since it became nameless in 1996, this pub has been serving many locals and students. With a good choice of beers, lagers and some organic wines it's a popular watering hole, especially if you've just climbed steep Southover Street. Wooden floors, stripped tables, red and white walls and local artwork give a homely feel. Food looks good and ranges from £2.50-£6.00. Try spicy nachos with a trio of dips, lime cod with roasted mediterranean vegetables, plus banoffee trifle. Crowds may gather at night so if it's packed crawl on to one of the many other watering holes in this area. © wcities.com

hours:
M-Th 6p-9:30p, F-Sa noon-3p
& 6p-9p, Su noon-8p

contact:
tel: +44 (0)1273 83 4830

1 Devil's Dyke

location:
Devil's Dyke Road
Brighton BN6 9DY

DESCRIPTION: Devil's Dyke offers outstanding views over the South Downs, the western Weald to the north and the English Channel to the south. This National Trust landmark is still a favourite day out for Brighton families. Legend has it that the dyke, a deep valley, was created by the devil in an attempt to flood the Weald but he was disturbed when an old woman put a lighted candle in her window. The best way to get there is by open-topped bus from Brighton Pier, which runs at hourly intervals throughout the summer. There is a National Trust information point at the top and a pub. © wcities.com

location:
Ditchling Road
Brighton East Sussex BN

2 Ditchling Beacon

DESCRIPTION: At 813ft, the highest point in Sussex and on the South Downs, the ultimate test for riders in the annual London-Brighton Bike Ride in June. On a clear day uninterrupted views across the Downs, the Weald, with Ashdown Forest and Crowborough Beacon to the north, and the English Channel, as far as the Isle of Wight, 50 miles away. The site of an Iron Age hill fort, it was one of a chain of summits on which beacon fires were lit to warn of the advancing Armada. © wcities.com

contact:
tel: +44 1273 55 8700
<http://www.vic.org.uk/vis/welcome.htm>

3 South Downs

location:
Lewes Road
Brighton East Sussex BN

OUR LOCAL EXPERT SAYS:

If you see a fossil, keep it but don't tell anyone. There are fossils to be found here, have a look in the stream. The fossils are from pre-historic times.

DESCRIPTION: Extreme sports are practiced in the Chalkland of the South Downs like paragliding. The hills and valleys of the South Downs seem to lend themselves to this type of activity. The South Downs are enormous stretching for miles and encompassing Seven Sisters National Park, Devils Dyke and Beachy Head. You can walk, bike or cycle through portions of the South Downs. © NileGuide

contact:
tel: +40 7710 161 562
<http://www.alduomo.co.uk>

4 Al Duomo

location:
7 Pavilion Buildings
Brighton East Sussex BN1 1EE

hours:
M-F Noon-3p & 6p-11p, Sa-Su Noon-11p

DESCRIPTION: Residents and visitors to Brighton find Al Duomo and its partner restaurant, Al Forno delightful. Al Duomo is a cool contemporary Italian restaurant and venue with a brown, red, and cream colour scheme, lots of exposed brickwork and sleek leather sofas. Close to the Royal Pavilion, it may appear small from the outside but is actually five floors, with a variety of separate dining and drinking areas. The ground floor is a large open area with high ceilings and a pizza oven, while other floors can accommodate celebrations of up to 90 people. Food is good quality and not too expensive. Try pizza, pasta, fish, meat and salad dishes (£4.10-£9.30). An extensive wine list offers bottles from £9.25-£25.50. © wcities.com



wcities

Brighton Snapshot

Local Info

If the sun shines anywhere in the, it will shine on the coast. So whilst finding sun in Britain can seem like winning the National Lottery, you will most likely find the sun shining in Brighton. However, the fantastic thing is that Brighton is a city, not just a seaside resort so the enjoyability of your holiday does not depend on Mother Nature's whims. If the sun plays games with you, you can always head over to the North Laines to do a spot of shopping. Brighton has more of an upper-end vibe than most seaside resorts in the UK.

Central Brighton, The North Laines and The Lanes

Brighton is a cheerful place, where basically anything goes. Movements would that would be marginalised elsewhere in the country, like the punk, goth or gay scenes co-exist alongside day trippers and yummy mummies. No head-butting with mohawk spikes, this is a peaceful place. Brighton is 1 hour by train from London, so it is a popular weekend destination or holiday extension.

Most visitors check out the Pavillion, which might be the most striking building you have ever seen and is even better inside. The rooms are furnished in historical decadence with Oriental touches. Upstairs you can also order a proper English cream tea and sit on the balcony overlooking the Pavilion gardens.

The North Laines and The Lanes give Brighton its village-y feel. You can literally spend hours weaving in and out of the small streets shopping in the boutiques or having an inexpensive bite at eat mouth-watering but not pocket breaking Piccolo.

There are a lot of restaurants near The North Laines and The Lanes and they are often good value for money and are not at all touristy. If you are wondering the difference between the North Laines and The Lanes, it involves the North Laines being shop-lined and funky and The Lanes (also called The South Lanes) looking more like the old fishing village streets that they are.

The Lanes are more up-market and have stores like MAC cosmetics, the classy England at Home furnishings and house the jewelry district. One of the best things

about Brighton is that the whole city hasn't gone corporate like many other places and the landscape is still dominated by individually owned businesses. If you are particularly into vintage clothing, try Snoopers Paradise. If you go insane for fudge, try Roly's. If you fancy corporate high street fashion, go to American Apparel near Churchill Square, between Brunswick and Churchill Square. If you like to accumulate material possessions or want to pick up some punk fashions, you'll find something suitable in Brighton.

Kemptown And Preston Park

There is a lot to do in Central Brighton and the many smaller areas part of the city, like Kemptown, which is the gay district. Kemptown has the best gay bars and clubs like the Amsterdam, the Queen's Arms and Club Revenge. Pick up a copy of Gscene magazine, which is the gay magazine for Brighton and Hove at Prowler Shop on St. James Street. If you happen to be the UK during the first week of August, look at for Brighton Pride at Preston Park, which is a massive park with a Japanese rock garden across the street. The park also borders Preston Manor.

Brunswick And Hove

Brunswick and Hove are two areas that are quieter than Central Brighton but still have a lot going on. Check out St Ann's Wells Park in Hove with its lovely flower garden and have a picnic. This park has a playground and tennis courts as well.

Hove is a good place to stop for several reasons. The relative quietness can be a breath of fresh, salty air. This rings particularly true if you are trying to sunbathe on the beach or clear your mind. Central Brighton's buzz in the summer months is obviously infectious but if you require something more subtle, you'll find respite in Hove.

Brighton Seafront And Marina

Saving the best for last, theseafront is really the biggest and best attraction. The seafront stretches for miles and miles and houses the World Famous Brighton Pier, which is a pier filled to the brim with rides and junk food. Further from the seafront is Brighton Marina, the largest marina in the UK where you will find many restaurants and the occasional farmers market. The

scenic Mermaid Walk in the marina is a great place to stop and have a bite to eat and overlook the boats.

© NileGuide

Restaurants Insights

Brighton is a traditional food mecca and an "alt" food haven. Aside from the no-brainer but seriously good fish and chips, you can find basically any cuisine in Brighton.

There are really great upper end-eateries like Havana, which serves Cuban food in a romantic atmosphere and the famous Food For Friends, which is THE vegetarian Brighton restaurant. These places are great for a special night out but most of the restaurants in the city are far less expensive. One underrated place that is great for lunch is The Cherry Tree, a cafe in Kemptown. The salad plates and soups here are great value and the owner is likely to come over and speak to you personally. Bill's Produce Store is fantastic whether you stop there for a quick snack or for a proper meal. The bread is freshly baked and this place is practically a local institution. Not enough can be said about the fantastic Lick, which serves soft-serve frozen yogurt and ice cream. Try the dark chocolate chips for a perfect finish. Lick was voted "Best frozen yogurt in Europe" in a recent contest and it is really, really good yogurt. If you have a family, you will be really hard to find anyone unhappy at the Harvester, despite different dietary requirements. The salad bar is amazing and you just can't go wrong for a simple dinner.

© NileGuide

Nightlife Insights

If you're looking for hip, cosmopolitan and relaxed, look no further. This place is big on entertainment and is a renowned weekend getaway.

Clubs

Outside London, Brighton has one of the most vibrant clubbing cultures in Britain, easily rivaling Leeds and Manchester. For a big night out it's definitely worth visiting some pre-club bars around The Lanes, near the seafront- The Fishbowl, Ali-Cats,

Brighton Snapshot continued

The Prodigal, The Western Front- and then depending on your tastes, a visit to Kings Road Arches down by the beach or West Street which spreads down from the Clock Tower in the centre of town. The West Street vibe is more young and populist, while Kings Road Arches attracts the more discerning clubber. West Street has Event II which puts on major gigs in town as well as huge club nights and traveling road shows. At Kings Road Arches look to The Zap, probably Brighton's best known club which plays host weekly to the big names in DJ club culture. Just along from the Zap is The Beach, another draw for the big name record spinners, whilst down at the other end of the beach strip, the Honeyclub puts on equally well-attended, pumping nights of club anthems. Other choices include Phonic: Hoop at The Enigma, Casablanca or the Jazz Rooms.

Music

The live music scene isn't half bad either. With regular showcases each month entitled Brighton Rocks! at the Concorde 2 there's an explosion in indie-based sound, while venues such as The Freebutt and Sussex Arts Club cater for the hip-hop crew, punk rockers from abroad, electronic wizardry, folk and more mainstream pop. The Event II puts on the bigger gigs along with the Brighton Centre. For a touch of classical, there's the Brighton Dome, St Bart's Church, the Old Market Theatre, St Peter's Church, Sallis Benney Theatre, the Pavilion Theatre and Glyndebourne (near Lewes). Look out for the best in classical orchestras around the time of the Brighton Festival in May.

Art

Brighton is brimming with artistic talent, it's a creative town and one of the leading lights in multi-media digital arts. The Lighthouse company based in the Brighton Media Centre organizes many digital arts exhibitions which are put on usually at the Fabrica Gallery, renowned for its trail-blazing shows.

Other galleries leading the way include the George Street Gallery, Gallery 73, Gardner Arts Centre, University of Brighton Art Gallery and Phoenix Arts Centre. Hove Museum and Brighton Museum & Art Gallery house more established works but also play host to notable national touring exhibitions.

Cinema

Brighton is blessed with all manner of cinematic delights including the oldest independent cinema in the country, The Duke Of York. Come here for low budget, independent films as well as themed festivals and art flicks. It has a beautiful art deco interior. For all Hollywood blockbusters, there's the Odeon multiplex along the seafront and the UGC multiplex at Brighton Marina boasting more than ten screens. There's also mainstream showings at the Gardner Arts Centre and the Sallis Benney Theatre shows occasional films as does Ali Cats bar.

Comedy

Brighton is awash with stand-up comedians. The main place to see them is Komedia. Here you can see The Krater Club, a brilliantly conceived comedy showcase. Gardner Arts Centre also puts on big-name acts to rival the Komedia.

Theater

Theater is well catered for in Brighton from the big west end shows to the more experimental cutting edge theater. The Theatre Royal is the place to see the bigger performances, Oscar Wilde, Shakespeare, even Ben Elton. Komedia, the Sallis Benney, the Pavilion Theatre, the Corn Exchange and the Gardner Arts Centre also put on nationally acclaimed performances as well as those shows just breaking through. There's a wealth of smaller and more locally based drama to be found at the New Venture Theatre, Marlborough Theatre, Little Theatre, Ray Tindle Centre or the Sussex Arts Club- if you wanted you could probably take in a different performance every night of the week.

Dance

Dance is a Brighton specialty. The Gardner Arts Centre, The Komedia and the Sallis Benney Theatre have regular dance shows. These are often experimental in nature and feature world renowned companies.

Museums

Brighton has a number of museums from the mainstream Brighton Museum in the center of town to the more specialist Booth Museum of Natural History, the Fishing Museum and the British Engineerium. There's also the old Museum of Penny Slot Machines along the seafront. All of these museums offer free admission.

Whatever your age or interest, come rain or shine, day or night, there is always something new to do in Brighton.

Photo by: JP Oakar

©

Fun Facts

Brighton State/Province: England

Country: United Kingdom

Brighton by the Numbers: Elevation: 30 feet Population: 121,000 Average January temp: 5 degrees C(41 degrees F) Average July temp: 15 degrees C(64 degrees F)

Quick Facts: Time zone: GMT Electricity: 240 volts AC, 50Hz; square three-pin plugs are standard Country dialing code: 44

Did you know? Brighton is one of the most famous seaside resorts in Great Britain. Beginning in 1783, the Prince of Wales (later King George IV) patronized the city, transforming it from a fishing town into a fashionable resort. He also commissioned the Royal Pavilion in the city. In the 18th century, Dr Richard Russell published his thesis on sea bathing, which declared Brighton's salt water as a health benefit, prompting both the sick and the rich to visit the city.

Orientation: A city in Southeast England, Brighton is located on the English Channel, south of London.

©