



A trip to WEST SUSSEX

By Tim Saunders

There are times when you escape for just a few days but feel like you've been away for a week.

This happens during our trip to West Sussex. At Petworth House we learn about the painter JMW Turner. The owner of Petworth House, Lord Egremont commissioned and owned a number of Turner's paintings and eight are exhibited.

An hour from Petworth is The Salterns at Chichester Marina where there's a selection of luxury apartments. On arrival we park in a secure car park and savour the view of the boats moored up. Our apartment has two large double bedrooms, a bathroom and an en-suite shower room. The modern kitchen/sitting room has views over the marina and outside there's a patio area.

Twenty minutes away at West Wittering there's a lovely beach and a selection of eateries. But it's at Three Veg where customers find the healthy choice. Just refurbished there's a welcoming rustic charm. Apple juice for the children, a Peroni beer for me and a white wine for Caroline. A focaccia starter with olive oil is followed by pasta and tomato for the children while Caroline and I go for the squash and spinach risotto. The children have just enough room to tackle the ice cream desert while Caroline has raspberry sorbet and it's the vegan chocolate brownie and caramel ice cream for me.

An absolute must to visit is Amberley Museum, just under an hour away. We discover over 150 years of South Downs working history in what was once a busy chalk quarry and lime works. The 36-acre site is easy enough to walk round

but there's a bus and a train, at half hourly intervals, too. From here we go to The Capitol and watch Sonic the hedgehog starring Jim Carrey which grips our attention for the best part of a couple of hours.

For dinner we head to Jupps Fish and Chips in Burgess Hill. The fish and chips are, we conclude, the best we've tried because they're not greasy. We've tried Rick Stein's, too.

Caroline needs to rest and the bath in the apartment certainly helps with this but a haircut also makes her feel better. At Regis Salon in Crane Street, Chichester she is treated to a cut and finish with Gemma, who is knowledgeable and even gives a soothing head massage. All carried out in under an hour, which gives us time to pop into Pallant House Gallery and enjoy some great works of art.

For more information visit:

<https://www.thesalterns.co.uk/>
<https://www.nationaltrust.org.uk/petworth-house-and-park>
www.threeveg.co.uk
<https://www.amberleymuseum.co.uk/>
<https://www.thecapitolhorsham.com/>
<https://www.juppsfishandchips.com/>
<https://www.regissalons.co.uk/salon/regis-chichester>
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