

# England's Chichester

## A Vacation Insiders Guide





## THOUGHTS FROM THE EDITOR

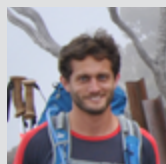
# SOMETHING FOR EVERYONE...

Our latest guide comes from an area very close to my heart since I grew up in Sussex not far from Chichester.

I was recently away from home for nearly 2 years travelling overland from Sussex to South East Asia and on to New Zealand. Although I saw many wonderful places I never lost a longing for the rolling hills of the South Downs, the smell of the fresh sea air, fish and chips on the beach and the comforts of a good English pub with a pint of ale.

So I'm very excited to introduce our latest Insider Gayle Palmer, who knows her corner of Sussex intimately and has a real passion for the delights of this beautiful part of England.

Chichester is blessed with an incredible diversity of activities within the City itself or just a short drive away. For the culture vulture there's grand architecture, ancient ruins, art galleries and live music. For the nature lovers you can go walking on the Downs, through ancient woodlands and along the beaches, maybe stopping at a country pub and watching the sun set over mudflats teeming with birds. The more adventurous of you can try the numerous watersports on offer and if you're lucky you could even get to sail with Gayle herself. If you like life in the fast lane then there's the Goodwood Festival of Speed at the iconic race track. And just to top it all off the range of eating options is incredible, from all flavours of international cuisine to sampling the delights of local organic food, beers and wines. There truly is something for everyone in Sussex by the sea.



E: [joe@vacationinsiders.com](mailto:joe@vacationinsiders.com)

W: [www.vacationinsiders.com](http://www.vacationinsiders.com)



## MEET YOUR INSIDER

# GAYLE PALMER

Hallo! Welcome to Chichester Self Catering! My name is Gayle Palmer, I both own and manage these lovely properties for your delight. I bought Living Elements in 2002 but when I got divorced it seemed too large a house for one person to occupy!!

So I let it out for 6 months. I didn't really like the couple who were there, and I like variety so decided to do "holiday" / short terms letting instead.

In my usual job I am an Osteopath and I have a clinic opposite the house which I built in 2005 - the Living Elements Clinic ([www.livingelements.co.uk](http://www.livingelements.co.uk)) - I am passionate about helping people improve their health and wellbeing - physically, emotionally and mentally! My specialties are paediatrics and pregnancy, facial and dental development and chronic conditions. I use my Osteopathy and cranial Osteopathy plus nutrition, healing, homeopathy etc to create better health in my clients. I have a large list of patients gained over 23 years + and manage them on my own.

---

**“I love welcoming new guests to this beautiful area. It has SO many varied attractions its almost embarrassing!”**

---



Sadly the recession made the clinic uneconomic for the many practitioners that I had working here and I needed to make the building pay for itself somehow... I turned what was a large garage into the clinic and the main clinic into another self catering apartment - Nature's Elements, as it looks out onto a big hedge-enclosed lawn filled with birds etc. It has been a struggle but I love welcoming new guests to this beautiful area. It has SO many varied attractions its almost embarrassing!

In my spare time (not sure I have any) I am a keen, organic gardener - with nearly an acre to look after here and another 2 gardens I am responsible for they keep me really busy! I love walking or cycling in the countryside or on the beach. I also enjoy making things - I am gradually becoming an artist too! You will see my home engraved and carved signs about the place, but also I use a variety of media - from scavenged treasures off the beach to acrylic and water colour artworks!

Plus I am a very competitive sailor! I race a beautiful classic keelboat 3 times a week in the Summer and we race over at Cowes, on the Isle of Wight in one of the largest Regattas in the world [www.solentsunbeam.co.uk](http://www.solentsunbeam.co.uk). You may be lucky enough during your stay to be invited to come out for a sail!

Chichester is an amazing City to live near and we are blessed with a stunning countryside. I just LOVE it and thoroughly enjoy sharing this with my guests.



### Contact Gayle:

Simply click any of the buttons below to find out more about Gayle's vacation rental in Chichester...



Alternatively feel free to call Gayle direct on +44.7769.746.113

### Gayle's Reviews:



# GAYLE'S REAL CHICHESTER...

**The City is a Gem!** Situated in a dip with the South Downs to the north, and the Manhood Peninsula and the sea to the South. It has a micro-climate and a wonderful blue light (reflected off the sea) making it an excellent agricultural area.

The City itself is largely Roman in layout, surrounded by the Walls with architecture from Saxon, Queen Anne period, flint work and cobbles. The central pedestrian area - on a N-S E-W Cross makes it easy to get about. It has an abundance of restaurants catering for every taste and price range with boutique shops to wander into - for fashion, home wares, banks etc - everything you would seek in a busy, active City.



In the evenings the place quietsens but the pubs often have live bands, and there are a host of local societies and groups who meet regularly - Ceroc dancing in the Guildhall on a Tuesday evening for instance. The local Chichester Observer is a useful paper to pick up for what's on or visit [www.visitchichester.org](http://www.visitchichester.org).

There are a number of art galleries in the City including the Oxmarket and Pallant House and nearby is the Goodwood Estate for horse-racing, motor racing events and the House itself. Slightly out of town are 2 cinemas, a bowling alley and 4 large supermarkets. If you want variety in a beautiful compact setting - then visit Chichester!

The City is lovely... but the surrounding countryside and variety are the best kept secrets! Within just 8 miles are 3 harbours, all with wildlife reserves; plenty of beaches, miles and miles of cycleways, walks and bridleways and even ancient woodlands.

To the North are the South Downs - chalk hills with unique habitats. Local Southdown Sheep can be seen and the Goodwood and Petworth Estates own lots of forestry, plus Goodwood's motor circuit - for the Goodwood

Revival meeting of Classic cars in September, the Festival of Speed in June, Horse racing at the Racecourse and Polo at Cowdray park!



Amongst the Downs are the country towns of Petworth and Midhurst - both antique meccas with lovely architecture and local interest.

To the East is Arundel and the Castle, Bognor Regis for Butlins and the promenade and Worthing.

To the South is the "Manhood Peninsula" - an agricultural area for salads, potatoes and small holdings but also home to the wonderful beaches of The Witterings and Selsey. Great pubs and little restaurants abound, many serving local food - or get your Selsey Crabs directly from the fishermen!

West is Fishbourne Roman Palace and then onto Bosham for the scenery by Chichester Harbour, then Southbourne and Emsworth. A trip to Hayling Island gives a different perspective, or go to Portsmouth for the shopping and dockyards...



All about are quiet villages, country gardens ancient churches and people only too willing to help you if you want to know where else to go... the pubs serve good beer and plenty of home-cooked food with walks "on the doorstep". So... come on - seek out the little places when you come to visit!



# 5 EXPERIENCES YOU CANNOT MISS...

## 1 A Visit to Bosham Village...

A stunning waterside village from where King Canute tried, unsuccessfully, to stop the tide! It still catches unwary cars parked on the harbour. The wonderful scenery has made it a famous location for painters and photographers. There's an active sailing Club, the "Anchor Bleu" pub and Bosham Walk - an art and crafts centre, plus cream teas & ice cream. Also a bit up the road is the Millstream Hotel for dining in.



Photo by Janine Forbes

## 2 A Visit to One of the Many Beaches...

We have wonderful beaches nearby both sandy and shingle / flinty. They are wildlife havens and most are dog-friendly all year round. Go for a walk, beachcomb for shells, feel the wind in your hair and the sun on your face. Watch the dogs and humans "at play" or just read a book and look up to see passing boats... it's your choice! Join the windsurfers /body-boarders or marvel at the kite-surfers or ... just BE.



## 3 Fishbourne Roman Palace...

A large Roman Palace with incomparable mosaic floors, a hypocaust heating system, gardens etc. It makes an excellent day out for children and adults alike plus they have special activities during school holidays.



## 4 Shopping and Food Snack in Chichester...

The varied architecture and pedestrian heart to Chichester lends itself to walking the City more slowly! Many boutique shops and a host of local and international restaurants and cafes add to the refined ambiance of this busy but contained City within its Roman Walls. The Cathedral is worth a visit but have you also seen the Bishops Gardens? Or the old Almshouses, The Novium Museum or been to the octagonal library? Plus the World famous Pallant House Gallery and more!!



## 5 Visit the Cathedral or a Local Parish Church...

Chichester Cathedral is stupendous! Wonderful stained glass, architecture and history right in the centre of the City. It even has an annual flower festival, visit [www.chichestercathedral.org](http://www.chichestercathedral.org) for details. Or visit one of the many little Parish churches around. Some are VERY old - 9th Century etc and tell different tales of worship.



Photo by Peter Symonds

# GAYLE'S FOOD & DRINK DELIGHTS...

We are blessed with a plethora of choice in the Chichester area! - on location, price, type of food, style of restaurant etc, the problem is choosing! Here are my insider tips...

## FISH 'N CHIPS




We are close to the sea - so fish and chips is a MUST DO whilst staying! Try Moby's at Bracklesham Bay or [The Boulevard](#) in East Wittering - both almost on the beach, or Nice Plaice at East Beach, Selsey. Or buy your own local, fresh fish & shellfish (crabs, lobsters, whelks etc) from the [fisherman's huts](#) at East Beach Selsey, or from the end of Shore Road, East Wittering. Don't forget to have some mushy peas and vinegar with your fish order, and maybe a pickle or two!

 Photo by [Charles Haynes](#)

## LOCAL PUBS



Our most local is [The Anchor](#) in Sidlesham who do good wholesome food and specials including Sunday roast. Then at the other end of the scale is [The Crab and Lobster](#) at Sidlesham Quay, on Pagham Harbour - a French Bistro-type "gastropub". One of my favourite pubs for the view is [The Crown and Anchor](#) at Dell Quay which overlooks the upper reaches of Chichester Harbour for fabulous views over the water and stunning sunsets. It's a nice spot for a walk too but there can be limited parking. Fish is a particular specialty. Looking for a pub in the South Downs National Park? Try [The Earl of March](#) in Lavant, just north-west of the City. You may need to book but it has a stonking view over the River Lavant valley and always good food. How about a local's pub with a bowling alley? - using proper wooden balls? [The Gribble](#) at Oving (pronounced "Ooovin" in the Sussex dialect) which is west of the City, has a great alley room for larger parties, plus the ubiquitous darts board! They also have their own brewery for truly local beer (NOT the same as lager!).

 Photo by [P.L Chadwick](#)

## CHICHESTER RESTAURANTS & CAFES



Chichester has pretty much every cultural food you could want to eat from Japanese, Mexican, Thai to good old British fare! The following are all restaurants where you will pay about £30+ a head, but you can just as easily get a burger from the Burger Kitchen in South Street, or a sandwich at Costas!


Some of my favourites in town are:

[Woodies](#) on the eastern edge of the City - lovely food in a contemporary atmosphere. [The Nags Head](#), near Woodies, for a brilliant Sunday roast. [Amelie and Friends](#) is in North Street, they are in the Telegraph's top 500 restaurants and are Michelin recommended. [Cote Restaurant](#) in South Street has a French-style with a twist.

We have some great vegetarian/organic options too:

[St Martin's Tearooms](#) are tucked away off the main cross roads. It is delightful and been in Chichester for ages! A real secret find! [Cafe Paradiso](#) is another veggie restaurant in Priory Lanes, off Northgate and is always highly recommended. Another gem is [Wellies Restaurant](#) and tearoom where they do wonderful cream teas amongst other things, this time it's a bit out of town - a Sussex barn in The Downs... hence the name!

Then we have a new Wagamama (but it's really noisy!), a Trent's, Brasserie Rouge, a Smith and Western for huge burgers and many small cafes including the Refectory in the Cathedral and the list just keeps on going!

 Photo by [Chris Gunns](#)

# GAYLE'S TIPS ON WHERE TO STAY...

Chichester, England has a number of options depending on your needs. Below are Gayle's very own vacation rentals, along with another suggestion. Should those all be booked up feel free to drop us a line and let us know. We're not a travel agency but will certainly try to lend a helping hand by offering some tips to make your search easier!



## Gayle's Very Own...

[Living Elements](#) has 3-5 bedrooms and will sleep 6-8 very comfortably. We are located in the countryside but close to Chichester and the nearest town - Selsey, to the South. We have a local bus stop outside the property and Chichester has a mainline railway station. It is sunny, spacious and well appointed with a big garden plus a sauna and hot tub.



## Gayle's Other Place...

[Nature's Elements](#) is a beautiful, quiet self appointed full access apartment set in the countryside with a big garden and hot tub. This will sleep 4+2 with a basin in each room; a full access toilet plus a shower room and another toilet. The open plan lounge / kitchen diner has TV, WiFi and all the home appliances you would expect, including a cappuccino machine!



## Gayle Suggests...

[The Ship Inn](#) is a lovely, old pub set in the harbour village of Itchenor, on the banks for Chichester Harbour. It a lively locals pub but with a varied clientele. It has B&B rooms and also a small self catering let. The food is excellent and there are guest beers and wines. It is noted for its seafood. At weekends it is especially busy so there can be a wait in the summer.

## GAYLE'S CHICHESTER "No-No's"

### Come With a "Sunny" Face...

This is a lovely part of the country - be happy! You are in an exceptional area of things to do and see; with wonderful scenery and an opportunity to relax and enjoy yourself. Other worries will still be there - but give yourself a break! Maybe even an osteopathic treatment to set you up for a rest with Gayle Palmer, your host?

### Bring Suntan Lotion!

Remember to bring your suntan lotion - the sun is especially bright in West Sussex as we get some sunlight reflected off the sea too! It gives a lovely clear blue light though - great for gardens! Remember your own towels for the hot tub / sauna too!

### Summer Friday Evening Travel...

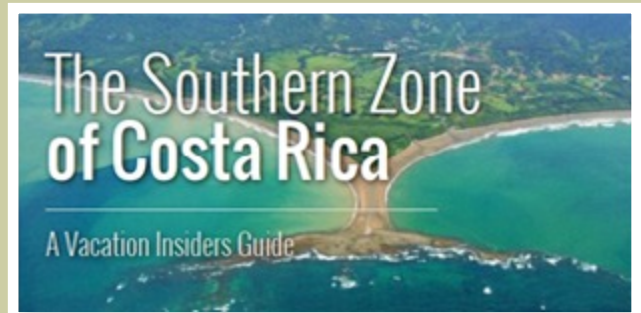
Try to avoid travelling on the main roads, especially from London, during the Summer on a Friday afternoon!! If you are coming to stay, get the day off work and arrive early or come down later e.g. 9pm. The roads get stacked with traffic coming down for the beaches for the weekend. Try to stagger your journey if you can.

## THE VACATION INSIDER PHILOSOPHY

# PUT THE GUIDEBOOK DOWN...

*Guidebooks are a great overview but your vacation insider is a local specialist - so put the guidebook down and ask your insider!*

*If you like this guide to Chichester then don't forget to check out all the other guides in the Insider Travel Guides series:*



*And many more... find them all at [www.vacationinsiders.com](http://www.vacationinsiders.com)*

If you're an accommodation owner and would like to participate in the Insider Guide series we'd love to hear from you!

Email: [info@vacationinsiders.com](mailto:info@vacationinsiders.com) or Web: [www.vacationinsiders.com](http://www.vacationinsiders.com)