



## Eco-friendly experiences in Sussex

Sussex, a region nestled on the south coast of England, is quickly becoming a popular destination for eco-conscious travellers. With its striking landscapes, rich biodiversity, and commitment to sustainable practices, it offers a range of eco-friendly experiences that cater to nature lovers, adventure seekers, culture enthusiasts and passionate foodies. From the rolling hills of the South Downs National Park to the tranquil beaches of Camber Sands, visitors can immerse themselves in the natural beauty of the region while supporting conservation efforts. Whether they are exploring biodynamic farms, tasting sustainably produced wines, or hiking in protected nature reserves, Sussex provides an authentic, environmentally responsible way to experience the English countryside.

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## Eco-friendly activities

From country parks and secluded beaches to leading contemporary art galleries, Sussex offers a variety of eco-friendly activities. Start with the [South Downs National Park](#), an expanse of chalk hills, valleys, and wildlife-rich landscapes, which offers scenic walking trails and cycling routes. Visitors can enjoy cinematic coastal views from the top of the Seven Sisters, a series of chalk cliffs near Eastbourne, and explore the [Seven Sisters Country Park](#), which also stars in the recent adaptation of *Wicked* (2025). For a truly magical experience, wait until dusk and head out to the park's designated [Dark Sky sites](#) to marvel at the night sky.

Nature lovers shouldn't miss [Wakehurst](#), Kew's Wild Botanic Garden, a short drive from Haywards Heath Station in the High Weald of West Sussex. With 500 acres of meadows, wetlands, and woodlands, it is a biodiversity hotspot. Stroll the seasonal trails, visit the Millennium Seed Bank, or join a guided tour to learn more about global plant conservation. For coastal exploration, wander the vast natural dunes at Camber Sands Beach or discover [Rye Harbour Nature Reserve](#)'s protected habitat. Both spots offer a tranquil escape while supporting local conservation efforts. Adventure seekers can head to the [Kitesurf Centre at Camber Sands](#) for lessons that blend adrenaline with environmental awareness.

Combine art and sustainability on [The Bloomsbury Route](#), a bus service operated by Cuckmere Buses (service number 25) on Saturdays between Lewes and Eastbourne. The bus takes visitors right to [Charleston House](#), the former home of the Bloomsbury Group, a group of influential artists and writers active in the early 20th century. The house is famed for its vibrant interiors and role as a creative hub for modernist thinkers. It now serves as a museum and hosts regular exhibitions and workshops. Stroll through the renowned Bloomsbury Garden, an enchanting outdoor space that reflects the artistic and bohemian spirit of the collective. The bus service is an eco-friendly way for visitors to experience Charleston and other cultural landmarks on the way, including [Anne of Cleves House](#) in Lewes and [Lewes Castle](#).

The [Cuckmere Valley Rambler Bus](#) (service number 47) runs at weekends and on Bank Holidays, and is another convenient transport option. Starting at Berwick Station, the service visits the quaint village of Alfriston, returning to Berwick Station via Seven Sisters Country Park, Litlington, Lullington and Wilmington. The hop-on hop-off service is a sustainable way to visit the villages and pubs on the route. [The Sussex Modern Coastal Culture Trail](#) also links cultural hotspots, such as contemporary art galleries [Towner Eastbourne](#) and [Hastings Contemporary](#), along an 18-mile (29km) coastal walking and cycling route.

For a journey back in time, hop aboard the [Bluebell Railway](#), a heritage steam railway that preserves historic locomotives and offers scenic, low-impact travel through the Sussex countryside. In East Sussex, enjoy top-notch opera at [Glyndebourne](#), an opera house with a strong commitment to environmental sustainability. Its green initiatives include renewable energy projects and eco-conscious groundskeeping. Finally, unwind in the gardens of [Nymans](#), a National Trust property showcasing native plants and sustainable gardening practices.

## Eco-friendly food and drink experiences

Sussex is a foodie's paradise, offering a delicious range of eco-conscious dining and drinking experiences. Start a culinary journey at [Plaw Hatch Farm](#), a biodynamic haven on the edge of Ashdown Forest. Here, visitors can explore sustainable farming practices, meet the animals, and shop for organic produce, including cheeses and seasonal vegetables.

Sussex food tours, such as [Brighton Food Tours](#) or the [Vineyard and Cheesemaker Bus Tour of Sussex](#) can provide a deeper dive into the region's food scene. These guided experiences take visitors to the area's top farm shops, vineyards, eateries, and hidden foodie gems, offering seasonal dishes made with locally sourced ingredients. Cheese lovers can also visit [High Weald Dairy](#), where traditional methods meet sustainable practices. Here, visitors can book a cheese tour and sample award-winning organic cheeses, explore the farm's commitment to biodiversity, and take home a slice of Sussex food heritage.

Wine enthusiasts are spoilt for choice in Sussex too. Visit [Nutbourne Vineyards](#) in Pulborough, West Sussex, where eco-friendly production methods create award-winning wines. Enjoy a [vineyard tour](#) and tasting while learning about their sustainable viticulture techniques. Another wine lovers' destination is [Rathfinny Wine Estate](#) near the village of Alfriston, in East Sussex, renowned for its sparkling wines crafted with minimal environmental impact. Pair a wine tasting with a locally sourced [lunch or dinner](#) at one of the estate's restaurants for the full experience.

For a rustic yet luxurious dining experience, head to [The Pig in the South Downs](#), located near Arundel. This restaurant-with-rooms is celebrated for its '25-mile menu', where almost all ingredients are sourced from within a 25-mile radius, including its kitchen garden and nearby farms. Sustainability and local flavours take centre stage, offering guests a farm-to-table experience.

While exploring, visitors can also savour locally brewed ales and ciders from breweries like Harvey's and Long Man at traditional Sussex pubs. Many establishments prioritise eco-friendly practices and support nearby producers. To round off an eco-foodie adventure, visit one of Sussex's many farmer's markets. From [Chichester](#) to [Lewes](#), these regular markets showcase fresh, organic produce, baked goods and artisan crafts, all sourced locally.

## **Eco-friendly accommodation in Sussex**

Sussex offers a wide selection of eco-friendly accommodation, from glamping in tranquil woodlands to sustainable hotels. Each stay allows visitors to connect with the region's natural beauty while keeping sustainability in mind.

Nature enthusiasts can book a pod or shepherd's hut at [Housedean Farm Campsite](#), located in the heart of the South Downs National Park. This idyllic camping site embraces off-grid living with eco-friendly compost toilets and fire pits for those seeking a getaway surrounded by rolling hills and starry skies. For an even more secluded escape, consider [The Secret Campsite](#) near Lewes. Specialising in off-grid glamping, this site offers cosy yurts and bell tents nestled in nature, providing ample opportunity for wildlife encounters. Set in a serene forest near Uckfield, [Wowo Campsite](#) is also known for its sustainable ethos, featuring composting toilets, solar-powered showers, a wild spa, and a range of glamping options.

For a unique experience, book the [Bensfield Treehouse](#) near Wadhurst, a sustainable self-catering retreat built around an ancient oak tree in the woodlands. [Beech Estate](#), a hidden gem in Battle, offers an alternative type of accommodation, with glamping available in its private woodlands. Guests can choose from spacious bell tents or camping pitches. The site operates off-grid, with eco-friendly facilities, wood-burning stoves and solar lighting. The Beech Estate also supports conservation and rewilding efforts by actively protecting its diverse woodland habitats and promoting biodiversity.