

# Bognor Beach

## [Visitor Information - Bognor Regis Town Council](#)

Sunny Bognor Regis is a great place for family days out, a seaside holiday or short break. The wonderful beaches have regularly flown the European Blue Flag and Seaside Award for being clean, safe and with good facilities. There are beachside showers for bathers and the Foreshores Office runs a Kids Care scheme, to help keep your children safe.

What is the real Bognor Regis like? Our visitors tell us it is laid back, friendly and great fun! Apart from our great sand and shingle beaches, you'll find plenty to entertain kids of all ages. You can ride the Landtrain up and down the promenade or wander onto one of the oldest Piers in Britain, which also hosts one of the biggest and busiest nightclubs in West Sussex, Shieks. You could also try your luck in one of the amusement arcades.

You can build a five turret sandcastle with moat or try some trampolining on the Promenade or crazy golf at Waterloo Square. In the summer look out for FREE children's activities on the Place St Maur (by the Regis pub) - including donkey rides and traditional Punch and Judy.

Have you ever tried boogie boarding? It's like surfing, but the board is smaller. You just lie down and let the waves carry you in - great fun, buy a board locally and have a go.

Bognor Regis also has two well-equipped leisure centres where you can play tennis, squash, badminton or swim. There are bowling greens in Waterloo Square & Swansea Gardens, where tennis courts can also be found. An 18 hole golf course can be found 10 minutes away in the village of Felpham, if you prefer more genteel exercise.

The Promenade is flat and stretches 2.5 miles from Felpham (to the East) to Aldwick (to the West) and is fantastic for either a stroll, cycle ride or run. It also hosts a fitness trail, which is great fun to follow on a summer's day, and kiosks along the way allow for much-needed breaks for Ice Cream and other seaside delights.