1066 Country has something special for our inner selves. It has long been somewhere people have sought peace and freedom, away from the smoke. It provides an alternative means of escape.

Experience the energy and sense of wellbeing that comes from getting out in the open or inhaling the sea air — simply walking in the woods or across the headlands, or strolling along the shoreline.

Cycle across the levels, go up in a hot air balloon, see life from another angle. Get inspired by the majesty of ruined castles, the quietness of ancient churches, the misty bleakness of the marshes. Reflect on the places where history was made – the battlefields and invasion sites — now calm and peaceful.

Enjoy music, performance and art than takes you out of yourself and into a different space. Take the opportunity to chill out, to party, to lose yourself in the moment. Wander through vivid and exotic gardens or the evocative homes of writers Henry James and Rudyard Kipling.

Just a hop from the capital, 1066 Country is a place where you take in a potent mix of fresh air and fresh inspirations.

Relax. It’s 1066 Country.