

Southend-on-Sea Essentials – Your One Page Guide



Things to do:

High Street	Shopping and food. Two shopping centres	Postcode: SS1 1JG. Map: 3
Adventure Island	Theme Park. Free admission. Times vary. 01702 468023	Postcode: SS1 1EE. Map: 5
Seafront & Pier	Beach, arcades & 1.3 mile pier with train. Pier: 01702 215620	Postcode: SS1 1EE. Map: 5
Kursaal Bowling	Open 10am - 11:30pm (1:30am Fri/Sat). 0871 550 1010	Postcode: SS1 2WW. Map: 6
Sealife Centre	Adults £9, Kids £6. Closing varies from 5-8pm. 01702 442211	Postcode: SS1 2ER. Map: 6

Trains and Taxis:

Southend Central (to London Liverpool St).	Last train to London: 11:15pm (11:20pm Sat, 10:44pm Sun)
Southend Victoria (to London Fenchurch St).	Last train to London: 11:06pm (10:52pm Sun)

National Rail Timetable: 0845 748 4950

Local Taxi: 01702 345678 or 01702 334455

Food, Pubs, Bars and Clubs:

FOOD	
Fast Food	McDonalds, KFC and Burger King on High St. (Map: 3) Late Night Burgers/Kebabs: Nino's - Alexandra Rd (Map: 4)
Medium-price	Chicken: Nandos (Map: 7) American/Italian: Frankie & Bennies: (Map: 1) Curry: Tiffins - Eastern Esplanade (Map:6) Curry: Anima Tandoori, Clifftown Rd (Map: 9) Chinese: Pearl Dragon- Eastern Esplanade (Map:6) Chinese: New Dragon (Opp. Central Stn. Map 9) Italian: Ask (Map 7) or Pizza Express (Map: 1)
More pricey	Park Inn Palace Bar & Grill (Map: 8) Toulouse Rest. 01702-333731. (1 mile West on Seafront)

BARS/PUBS	
Last Post	Large pub close to Central Station. Open till 11pm (Map: 3)
Varsity	Trendy. Next to Mayhem Club off High St. (Map: 3)
Sunrooms	Open Late. Quirky, tucked away off Alexandra St (Map: 4)
The Alex	Cheap student pub on Alexandra Rd (Map:4)

CLUBS	
Mayhem	Mon, Fri & Sat. Just off High St. 01702-445630 (Map: 1)
Element	Fri & Sat. Alexandra St, off High St. 01702 390403 (Map:4)
Talk	Thr, Fri & Sat. Lucy Rd. 01702-600600. SS1 2AU (Map: 2)



Hotels:

Travelodge	Chichester Rd, next to Mayhem. £42+ a night. 0871 984 6247	Postcode: SS1 2JY. Map: 3
Park Inn Palace	Opened 2010. Overlooking the Pier. £80+ a night. 01702-455100	Postcode: SS1 2AL. Map: 8
Westcliff Hotel	Older hotel close to Cliffs Pavillion. £70+ a night. 10 mins west of High St. 01702 345247	Postcode: SS0 7QW.