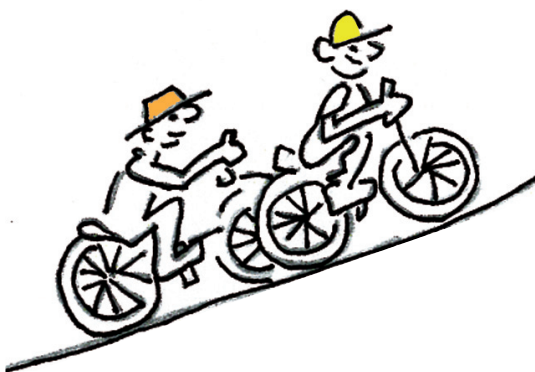
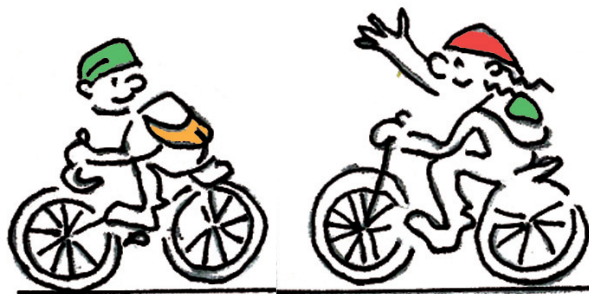


North: The Downs Link is the primary off-road route. Its, mostly rammed stone, surface is suitable for MTBs, or wide tyred tourers, as far as Henfield. Beyond that the surface is a more variable, although on dry days a trip to Southwater Country Park makes a pleasant ride. On-road, both the B2135 (Partridge Green) and, especially, A2037 (Henfield) can be unpleasant, but are worth enduring for the delights of minor roads such as Honeybridge Lane from Ashurst to Dial Post.



South: You have two principle choices: either the Downs Link, a relatively rough bridleway, which is unsuitable for most modes of transport if it's rained recently, or Annington Road via Botolphs and Coombes, which can get busy with rat-running commuters. (The Downslink from the Bramber roundabout southward to Botolphs can be used as an alternative to the steep hill at Annington).

If you cross the A27 at the traffic lights you can access north Shoreham via the toll bridge, or south Shoreham via the airport perimeter road. Going further south you can pick up the coastal path which allows you to cycle mostly off-road to Brighton & beyond in the east, and Worthing & beyond in the west. In particular the stretch between Shoreham Beach and West Worthing is all off-road, on the flat, and a delightful safe family ride with sea views and several refreshment kiosks on the way.



East: Going south via Annington Road (see 'South') and then using the coastal path is the most pleasant route. Those on MTB's can choose to tackle the South Downs Way (SDW), but bare in mind that the hills are steep, and the surface rough: the predominantly chalk track can also be slippery in wet weather. North of the South Downs, the minor road via Poynings offers a pleasant route to places north of Brighton, but does require several miles riding along the busy A2037 to start with, although the byeway over Windmill Hill in Upper Beeding offers a short cut for MTB riders.

West: The South Downs Way again beckons for those on MTBs who are not in a rush. Sopers Lane offers an easier hard surfaced climb past Steyning Bowl to join up with the SDW. The coastal path (see 'South') is the all-weather alternative. North of the Downs, Mouse Lane past Wiston House used to offer a pleasant alternative to the climb up the A283, but now locked gates bar one's way, leaving the alternatives of walking for a mile or so along the footpath south of the house to Great Barn Farm, or the long road diversion via the B2135 and Spithandle Lane to Wiston, Ashington and beyond.



If you use a car to get to the local shops or to school, why not try a bike sometimes? You'll be greener, richer and fitter!

Cycling can be a very pleasant and healthy way of travelling both locally and further afield. It can also be unpleasant due to the level and impatience of motor traffic on our relatively narrow roads. The routes in this leaflet have been found to enhance the cycling experience, and mainly avoid busy roads.

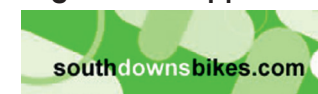
For convenience, the inside of this leaflet shows local routes around Steyning, Bramber and Upper Beeding in sketch map form, whilst longer distance routes are merely descriptive, and will require either a map, or a quick web search for reassurance. Unless otherwise stated, they are suitable for all types of cycles.

(MTB = mountain bike, or similar, with fat tyres).

For your safety:

- Do not ride in the gutter
- Leave at least a door's width when passing parked cars
- Use lights at night
- If you are unhappy about negotiating a particular junction, convert to pedestrian mode!

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