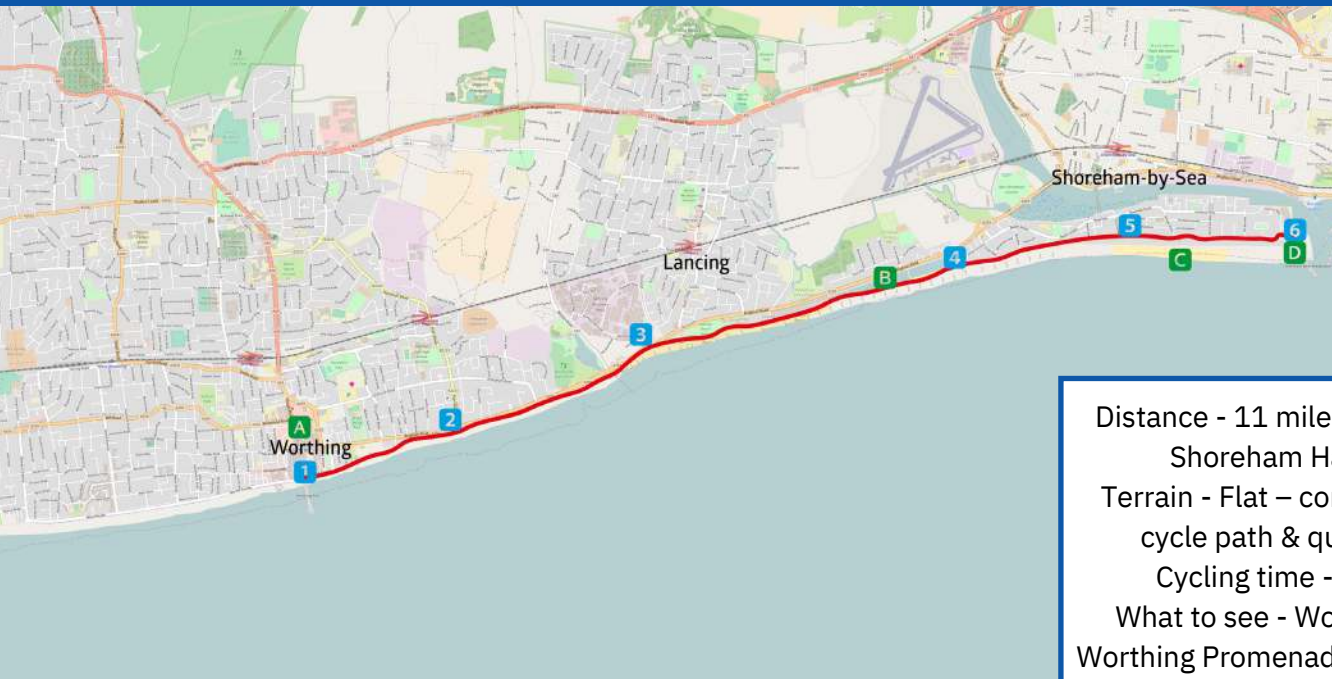


Cycle Route 1 - Worthing to Shoreham Fort



Distance - 11 miles (17.8km) to Shoreham Harbour.
Terrain - Flat – combination of cycle path & quiet roads
Cycling time - 2 hours
What to see - Worthing Pier, Worthing Promenade, Wide Water Nature Reserve, Shoreham Harbour & Fort

This is an interesting and varied 11 mile return cycle ride along the coast eastwards taking in Worthing Promenade, Lancing Beach Green, Wide Water Nature reserve, Shoreham Beach before reaching Shoreham Fort at the entrance

Detailed Route

- 1 - Starting at Worthing Pier, head east along the promenade shared cycle path.
- 2 - After 0.7 miles the cycle lane continues adjacent to the A259.
- 3 - After 2 miles the cycle lane (NCR 2) leaves the A259 and follows the beach on Lancing Green. Continue on the cycle path.
- 4 - The cycle path then rejoins the road. Carry straight on following signs for NCR 2.
- 5 - At the junction of Beach Road and Ferry Road you leave NCR 2 and carry straight on Old Fort Road for Shoreham Fort.
- 6 - You have now reached Shoreham Fort! Enjoy a picnic and tour of the Fort before following the same route back to Worthing.

Places of interest

A - Worthing

Worthing is a traditional seaside town with a twist, a place full of surprises. Worthing is known for its wide open prom, award winning beach and famous pier. But step off the beaten track and you'll discover another world of quirky independent art, music, performance and friendly food lovers all of whom would love to introduce you to the town you were least expecting. Worthing is perfectly located to explore wider Sussex and the South Down National Park.

B - Widewater Lagoon Nature Reserve

Widerwater Lagoon coastal nature reserve is situated on Lancing seafront, between Beach Green and Shoreham Beach. As seasons change throughout the year, you will discover a rich diversity of birds that rest, migrate and reside here. All around the banks of this saline lagoon, you can enjoy the colourful plants and flowers that thrive in shingle and coastal grassland.

C - Shoreham Beach

Shoreham Beach, with its vegetated shingle, is an internationally rare habitat that contains such plants as Yellow Horned Poppy, Sea Kale and Curled Dock. These plants encourage a wealth of wildlife to the beach. This is why the area has been designated as a Local Nature Reserve.

D - Shoreham Fort

Shoreham Fort, built in 1857 to protect against Napoleon III, is a prototype for all the Palmerston Forts, including Fort Nelson in Portsmouth. The Fort is the last of its kind and is a Scheduled Ancient Monument. It has such a unique and diverse history from French spies to first films and the World Wars. Shoreham Fort is located at the eastern end of Shoreham Beach at the entrance to Shoreham Harbour.

Looking for more inspiration of what to do during your stay?

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