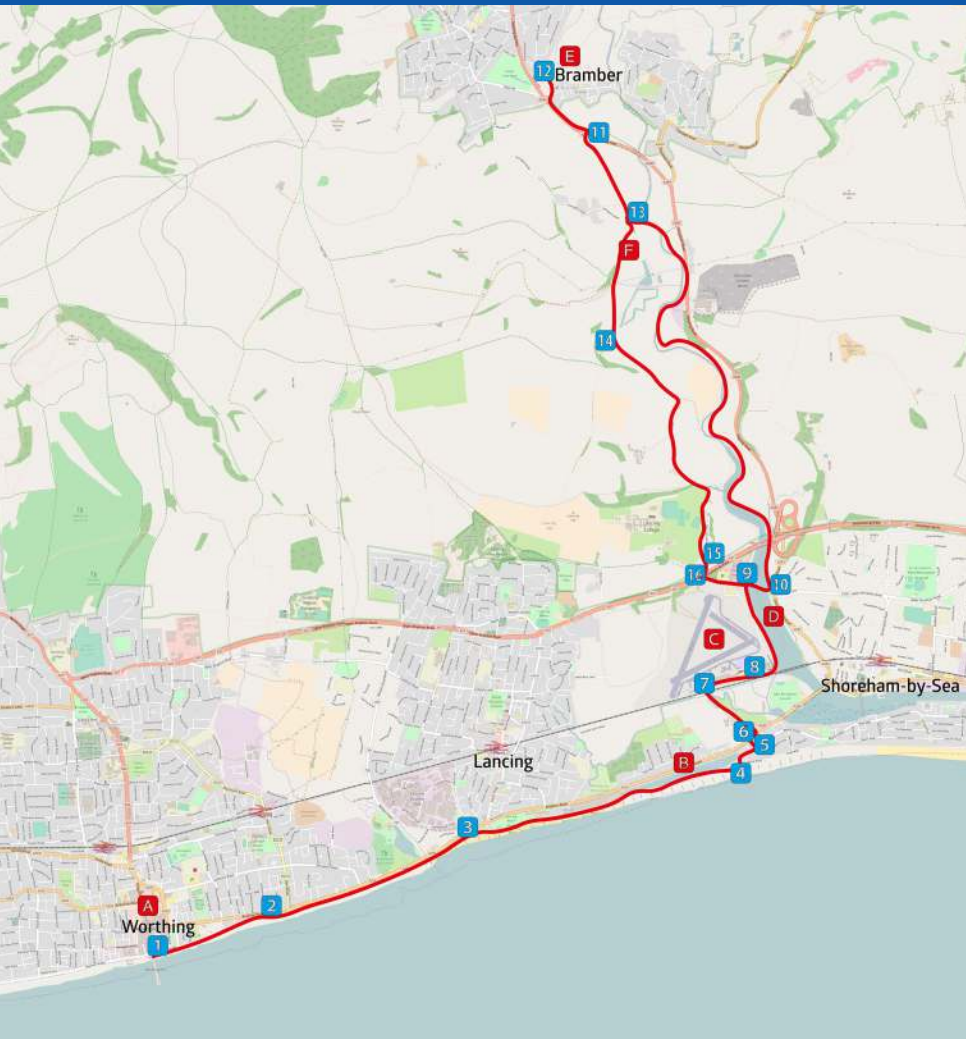


Cycle Route 2 - Worthing to Bramber Castle



Breeze up to Bramber!
Take the coastal route via Shoreham Beach, cross Shoreham Airport before heading north following the Adur river to the historic Norman remains of Bramber Castle. On your return follow a quiet road through the villages of Coombes and Botolphs.

Distance - 21 miles (32km)

Terrain - Tarmac road, off road tracks

Cycling time - 2 to 4 hours

What to see - Worthing, Shoreham Airport, Adur River, Bramber Castle, Botolphs Parish Church

Detailed Route 9 - At the junction of Cecil Pashley Way and Old Shoreham Rd turn right and cross the wooden toll

- 1 - Starting at Worthing Pier, head east along the bridge. promenade shared cycle path.
- 10 - After crossing the toll bridge turn left and join
- 2 - After 0.7 miles the cycle lane continues adjacent the Downs Link Cycle Path (route 223).
- to the A259.
- 11 - The Downs link crosses the Steyning bypass.
- 3 - After 2 miles the cycle lane (NCR 2) leaves the Cross at the crossing and turn left and continue until A259 and follows the beach on Lancing Green. you reach the roundabout and Bramber Castle. Continue on the cycle path.
- 12 - To return to Worthing follow the Downs Link
- 4 - Leave the cycle path (NCR 2). Turn left into Kings cycle path back to the crossing with the South Crescent. Downs Way.
- 5 - Turn left into Fisherman's Walk. Continue on this
- 13 - At the junction with the South Downs way turn route until you reach the main road (A259). Cross the right and follow the SDW until you reach the road. road at the pedestrian crossing. Turn left and follow the road to Coombes.
- 6 - Follow the cycle path to join New Salts Farm Rd.
- 14 - At Coombes continue straight, following Follow this road under the railway line. Coombes Road, until you reach the busy junction
- 7 - Turn left onto Cecil Pashley Way, this takes you to with the A27. the Airport Terminal.
- 15 - At this busy A27 junction cross the road at the (Tip - Take a break at the Hummingbird Cafe at the pedestrian crossing. Airport Terminal for tea and cake!)
- 16 - After crossing join the Old Shoreham Road and
- 8 - On leaving the terminal carry on the Cecil Pashley follow it to the junction with the Cecil Pashley Way. Way and follow the road to the left as it runs along Turn left onto Cecil Pashley Way and follow the side the perimeter of the airfield. 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 - Brighton City Airport (in Shoreham)

Brighton City Airport is located on the western side of the River Adur. Opened in 1911 it was the first commercial aerodrome in Britain. It is now used almost exclusively for light aircraft and helicopter flights. Visit the Art Deco terminal which houses a café and restaurant with great views over the airfield.

D - River Adur

The River Adur is one of the four main rivers that drain the county of Sussex. Going upstream from its estuary at Shoreham by Sea, the river is tidal and is contained within man-made embankments for a distance of some 9 miles through the 'Shoreham gap' in the South Downs. The river has been an important trade route since Roman times and was formerly navigable for large vessels. The River Adur derives its name from the Celtic word 'Dwyr', meaning 'water'.

E - Bramber Castle

The remains of this Norman castle are perched on a high natural knoll overlooking the River Adur, defending a gap in the South Downs. Built soon after the Norman Conquest to help protect William I's newly won territories, the castle was the Sussex seat of the de Braose family. The one surviving wall of the tower, standing 14 metres high, provides a glimpse of how imposing the castle once was. Climb to the top of the motte for stunning views of the surrounding countryside.

F - Botolphs Parish Church

The Grade I listed Saxon church of St Botolph's is situated in the valley of the River Adur and is now part of the Church of England parish of Beeding and Bramber with Botolphs. The church has fragments of medieval painting and the Jacobean pulpit is notable.

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

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