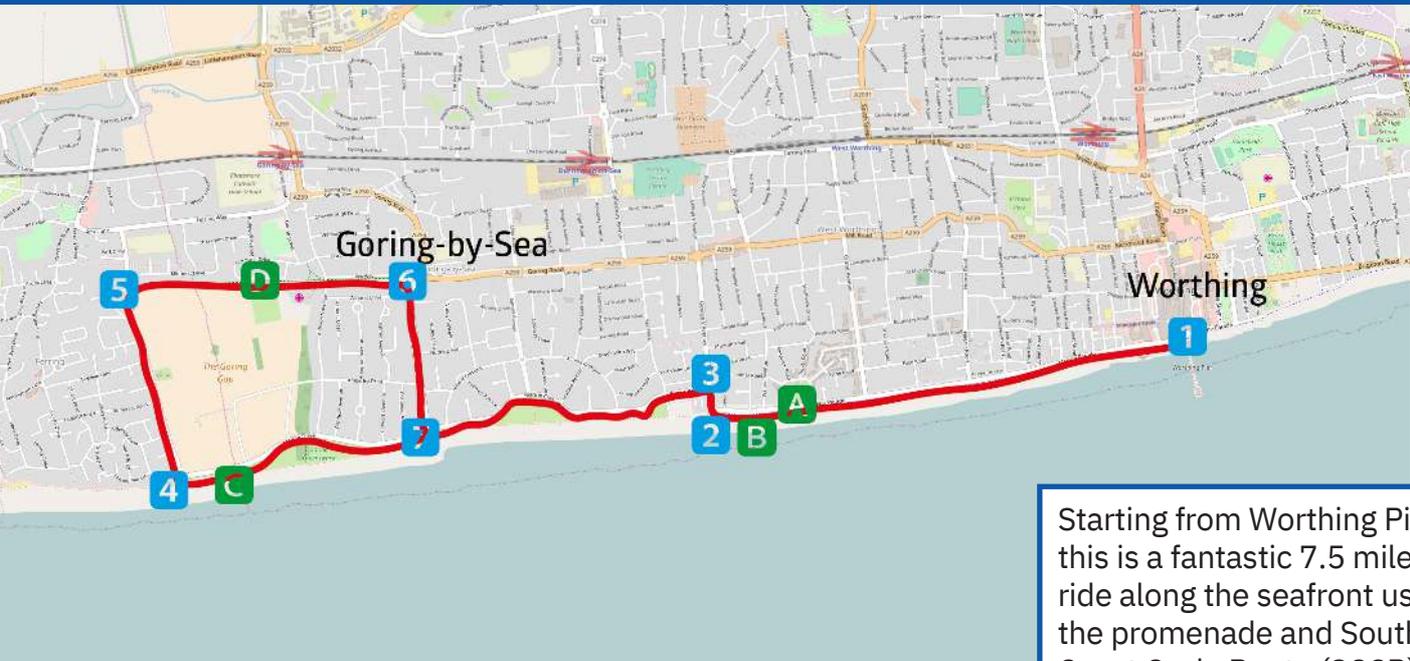


Cycle Route 4 - Worthing Seafront West



Starting from Worthing Pier this is a fantastic 7.5 mile cycle ride along the seafront using the promenade and South Coast Cycle Route (SCCR) to the Goring gap. With a picturesque loop via the Ilex Way bridleway to Goring Village before rejoining the seafront coastal route back to Worthing Pier. Lots of places to stop for refreshments!

Distance - 7.5 miles (12km)

Terrain - Cycle path, bridleway and some roads

Cycling time - 1.5 hours

What to see - Worthing Seafront, Marine Gardens, Waterwise Gardens, Goring Gap

Detailed Route

- 1 - Starting at Worthing Pier, head west along the promenade shared cycle path.
- 2 - After 1.5 miles the dedicated sea-front cycle path ends and you will need to turn right and join the South Coast Cycle Route (SCCR).
- 3 - After 20 meters turn left into Eirene Rd / Marine Crescent at the small roundabout. Continue on Marine Crescent until you reach the end of the road, passing Goring Beach Front Lawns, Sea Lane Cafe and Goring Greensward.
- 4 - At the end of Marine Drive turn right into Sea Lane. There is a pathway on the left-hand side that you can cycle on. Continue on the path for 0.6 miles to the start of the Ilex Way bridleway.
- 5 - Turn right onto the Ilex Way and follow for nearly a mile to its end.
- 6 - At the end of the Ilex Way turn right onto Sea Lane and follow to the beach at the Sea Lane cafe.
- 7 - At Sea Lane cafe turn left and follow the coastal route back to Worthing.

Places of interest

A - Marine Gardens Worthing

Marine Gardens is a compact but very popular park on the seafront in West Worthing, laid out in 1930. The park is packed with ornamental and formal planting. Bowls and putting is available during the summer months.

B - Waterwise Garden

Come and visit the shingle Waterwise Garden on Worthing Beach at West Parade. It highlights the need for water conservation as the climate changes. Created with plants that are best suited to the reduced rainfall experienced in the South East of the country.

The sustainable garden shows what can be achieved by gardeners using drought tolerant plants, many of which are characteristic of vegetated shingle and exhibit adaptations to conserve scarce water in this extreme environment. Intermingled with drift-wood sculptures it provides a restful environment to sit and look out to sea and along to the Pier.

C - Goring Gap Beach

Goring Gap by its very name is a beach that lies in the gap between Goring and Ferring and is part of a long stretch of beach. The beach is pebble at high tide and then flat compact sand as the tide retreats. At the back of the beach you have a large area of grass. When the wind picks up the beach is popular with windsurfers and kitesurfers.

D - Ilex Way

This area of open space runs between Sea Lane, Goring and Sea Lane, Ferring. It is a celebrated Ilex Oak Avenue that has created a cathedral like arch along its whole length.

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.

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

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