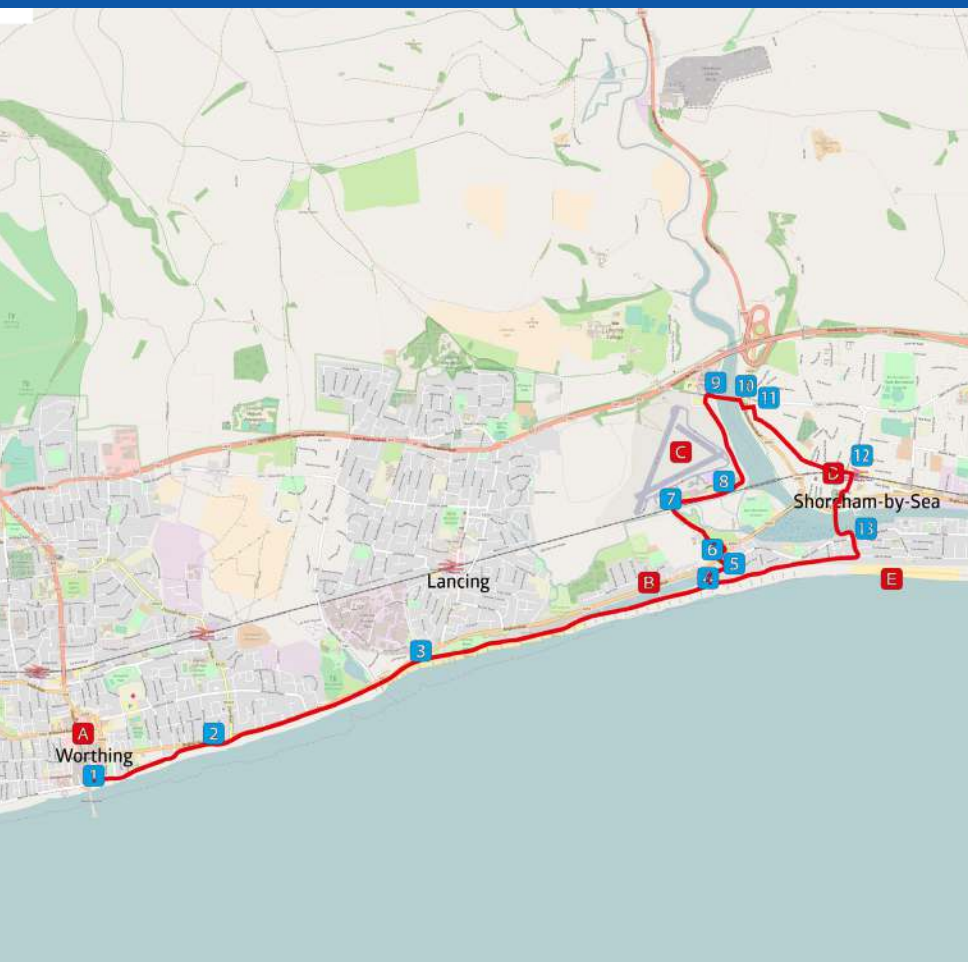


Cycle Route 5 - Worthing to Shoreham Town Centre



This is an interesting & varied route that follows the coast towards Shoreham before taking you around the town highlighting the airport, the riverside and town centre before crossing the new cycle bridge to Shoreham Beach and back along the coast to Worthing.

Distance - 11.4 miles (18.4km)

Terrain - Flat on cycle paths and minor roads

Cycling time - 1.5 to 2.5 hours

What to see - Worthing promenade, Widewater Lagoon Nature Reserve, Shoreham Airport, River Adur, Shoreham, Shoreham Beach

Detailed Route 8 - On leaving the terminal carry on the Cecil Pashley

Way and follow the road to the left as it runs along

1 - Starting at Worthing Pier, head west along the side the perimeter of the airfield.

promenade shared cycle path.9 - At the junction of Cecil Pashley Way and Old
2 - After 0.7 miles the cycle lane continues adjacent Shoreham Rd turn right and cross the wooden toll to the A259.bridge.

3 - After 2 miles the cycle lane (NCR 2) leaves the 10 - After crossing the bridge turn right on the A259 and follows the beach on Lancing Green. Downs Link path for a short distance before Continue on the cycle path.crossing the main road at the Amsterdamers pub.

4 - Leave the cyle path (NCR 2). Turn left into Kings Follow Upper Shoreham Road for a very short Cresent.distance.

5 - Turn left into Fisherman's Walk. Continue on this 11 - Turn right into Connaught Avenue and carry route until you reach the main road (A259). Cross the straight on via Swiss Gardens, Hebe Rd & Queens road at the pedestrian crossing.Place to the t-junction with Buckingham Rd (and

6 - Follow the cycle path to join New Salts Farm Rd. National Cycle Route 2)

Follow this road under the railway line.12 - Turn right onto Buckingham Rd and follow NCR

7- Turn left onto Cecil Pashley Way, this takes you to 2 to the foot and cycle bridge crossing the river.

the Airport Terminal. 13 - On crossing the bridge follow the signs for NCR 2

(Tip - Take a break at the Hummingbird Cafe at the that will take you back to Worthing along the coast Airport Terminal for tea and cake!)

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 - Shoreham

Shoreham-by-Sea, is a historic town with a centre which reflects the architecture of its fishing history. There are old cottages, houses and some beautiful churches. Yet the town is vibrant and there are some stunning new developments along its riverside and harbour front. It is a unique area with the natural features of its tidal river, an active harbour and commercial port.

E - 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 a Local Nature Reserve.

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'.

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

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