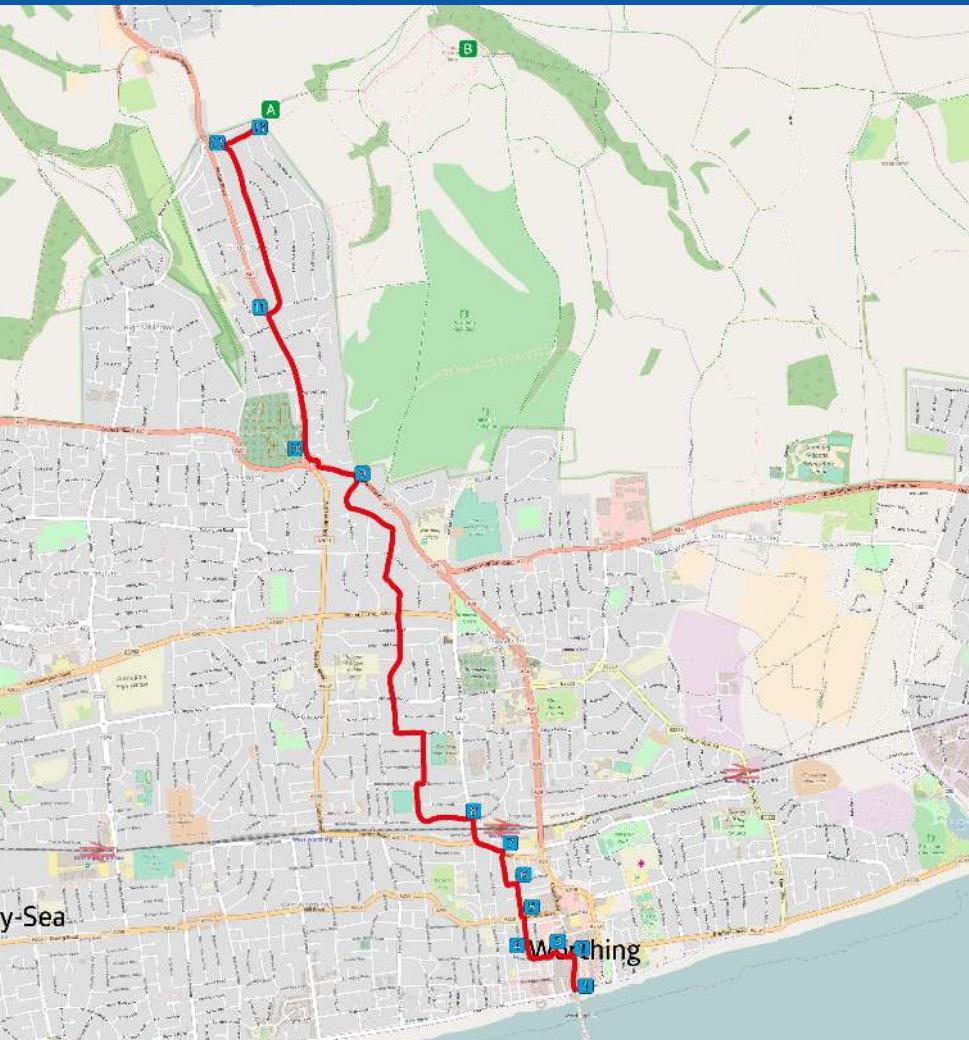


# Cycle Route 6 - Worthing to Findon (Cissbury Ring)



This is an easy link road via Findon Valley up to the South Downs at the base of Cissbury Ring. From the car park it is a short walk up to Cissbury Ring which is the largest hill fort in Sussex and has a history dating back over 5,000 years.

Distance - 8.8 miles (14.2 km) return

Terrain - Tarmac on quiet roads and cycle paths

Cycling time - 2 to 3 hours

What to see - Worthing, South Downs, Cissbury Ring

## Detailed Route

- 1 - Heading away from the sea cross the road main road and head up South Street
- 2 - Turn left into Liverpool Street
- 3 - Turn left through the pedestrian area and join Shelley Road
- 4 - Turn right into Grafton Road
- 5 - Go straight across the junction onto Christchurch Road
- 6 - Turn left into Cambridge Road then first right into Oxford Road
- 7 - At the junction turn left into Teville Road (busier road!). After 50m at the roundabout turn right into South Farm Road.
- 8 - Here you will pick up the well marked blue cycle signs to Findon that will lead you through residential streets until you reach the A27.
- 9 - When you reach the end of Offington Drive at the A27 follow the cycle path to the left and cross the main road at the pedestrian crossing.
- 10 - The cycle path then continues north alongside Findon Road
- 11 - Turn right into Lime Tree Avenue and follow it round to the left. Carry straight on onto May Tree Avenue.
- 12 - Turn right into Storrington Rise and follow the road to the car park.
- 13 - Lock your bike here and ascend by foot to Cissbury Ring. Enjoy the views!

# Places of interest

## 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.

## A - South Downs National Park

From rolling hills to bustling market towns, the South Downs National Park's landscape covers 1,600km of breath taking views and hidden gems. A rich tapestry of wildlife, landscapes, tranquillity and visitor attractions, weave together a story of people and place in harmony.

## B - Cissbury Ring

Cissbury Ring, just north of the coastal town of Worthing, is one of the jewels in the crown of the South Downs National Park. It's the largest hill fort in Sussex and has a history dating back over 5,000 years.

Set high up on a chalk promontory, its ditch and ramparts enclose about sixty-five acres. From the top on a clear day you can see forever, with views across to the chalk cliffs beyond Brighton and as far as the Isle of Wight.

Centuries of continuous grazing have produced a wonderful habitat for butterflies and flowers. Rare plants such as the round headed rampion, known as the 'Pride of Sussex', thrive here. If you want to walk, fly a kite or just enjoy some spectacular views Cissbury has it all.

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

[timeforworthing.uk](http://timeforworthing.uk)

