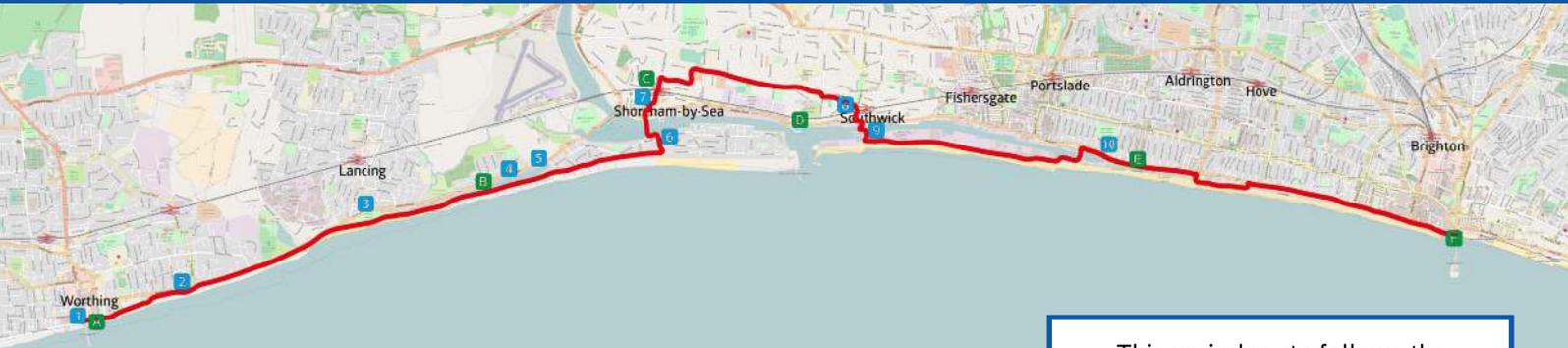


Cycle Route 7 - Worthing Pier to Brighton Pier



Distance - 23.6 miles (38km) return

Terrain - Flat, concrete/gravel on cycle paths and quiet roads

Cycling time - 3 to 4 hours (return)

What to see - Worthing, Worthing Pier, Widewater Nature Reserve, Shoreham, Shoreham Harbour, Hove Lawns, Brighton Seafront & Pier

This varied route follows the coastal National Cycle route 2 to Brighton. En route see Widewater Nature Reserve, Shoreham Village and Shoreham Harbour before reaching Hove Lawns with its Regency Squares. Continue past the impressive i360 tower before arriving at Brighton's vibrant seafront with its traditional seaside pier

If you only want to travel one way then hop on the train with your bike at Brighton or Hove to take you directly back to Worthing.

Route

- 1 - Start the ride by following the coastal cycle path eastwards.
- 2 - At this point the cycle path runs alongside the main road. Carry on eastwards on the cycle path.
- 3 - Continue along the cycle path which turns right onto Lancing Beach Green and continues to follow the coast eastwards.
- 4 - The Cycle Path continues past Widewater Lagoon nature reserve
- 5 - The Cycle Route joins the road here and continues on the road to the Shoreham foot and cycle bridge
- 6 - Turn left at Ferry Road and at the end of the road cross the foot /cycle bridge into Shoreham.
- 7 - After crossing the Bridge cross the main road on the pedestrian crossing and follow the National Cycle Route 2 signs. The cycle route takes you through residential areas of Shoreham away from busy roads.
- 8 - Route 2 emerges on the main road again. Continue to follow the signs by crossing the main road at the pedestrian crossing and head into the harbour to the locks.
- 9 - After crossing the lock turn left onto Basin Road and continue on Route 2.
- 10 - At Hove Lagoon the cycle route leaves the Road and rejoins a dedicated cycle path. The dedicated cycle path takes you along Hove and Brighton beach fronts to Brighton Pier. You can now treat yourself to that well deserved ice cream!

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 - Worthing Pier

Worthing pier was first opened on 12 April 1862 and remains open today. The pier originally was a simple promenade. In 1888 the pier was upgraded for a 650-seat pavilion to be built. The first moving picture shown in Worthing was seen on the pier on 31 August 1896 and is commemorated today by a blue plaque. In 1897 a steam ship began operation between Worthing Pier and the Chain Pier in Brighton, twelve miles to the east. It is a Grade II listed building.

B - Widewater Lagoon Nature Reserve

Widewater 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-by-Sea

Shoreham is a historic town with a centre reflecting 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.

D - Shoreham Harbour

Shoreham Harbour is a thriving commercial Port, the largest port between Dover and Portsmouth. The port handles a wide range of commodities including steel, timber and grains as well as catering for fishing and leisure users.

E - Hove Lawns

Dominated by the famous pebble beach and the architectural beauty of Regency squares and crescents, Hove seafront is a relaxed, friendly and diverse place to eat, shop and play. The lawns attract visitors all year round to enjoy the beautiful views and relative peace and quiet compared to the beach.

F - Brighton Pier

Visit Brighton's famous Victorian pier with fairground attractions, Palace of Fun arcade and various food and drink outlets.

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

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