

Southwick

(The Travellers Rest)

A 26 Mile Practice Ride

A couple of points to remember- this is an early season ride. It is not flat but it is not hard; there are some gentle undulations. Most of the ride covers roads with little traffic. Some roads will have loose grit or surface water, so be very careful especially down hill or turning sharply – apply brakes evenly and keep your distance from riders in front. As always getting to country lanes and roads takes us through built up areas – so please keep your wits about you. Secondly – don't rush. The outward leg is less than 15 miles. Even if you take it very steadily you will get to the Travellers Rest in good time for lunch. Remember it will not open until noon. Finally, the homeward leg is slightly shorter at just over 12 miles, so take your time to relax at lunch.

Turn right out of the Ship to the roundabout (0.7). Straight over and turn left at the lights (0.9). At mini roundabout turn right (1.3) and then left at the T junction (1.5). Proceed over the railway to the next lights. At the traffic lights turn right (2.00) and proceed up to the roundabout where you take the second exit (2.7). Go over the motorway and at the roundabout go straight over towards Purbrook (3.5). At the mini roundabout turn left (old A3) and then immediately right into Purbrook Heath (4.4).

Where the road bears right, turn left (4.8). Take care along this road, which bends to the left and then to the right on a slight decent – there will be loose gravel if there has been recent rain. Turn right at the T-junction where you will see a ford on the left. Follow this road until you meet a T-junction and turn left (7.9), and then left at the next junction at Furzley corner (8.3). At the T- junction turn left onto the Denmead by pass (8.7).

At the mini roundabout turn left up a gradual incline through the Forest of Bere (9.4). Approaching Southwick turn right where the road bears left (11.9). Turn right and then right again into Common Lane (12.2). At the top turn right (13.4) down a slight hill which bears sharp right - YOU CARRY STRAIGHT ON (it is actually a left turn) (13.8). After a short while you will find the Travellers Rest on the left (14.5) where we stop for lunch.

After lunch turn left out of the pub and then take the next right turn (14.6). Follow this road cross Hoe Lane (15.4) and at the next T-junction turn right (16.4). Take the next left down Broad Lane (16.8) and across from the junction with Uplands Road into School Lane past the Fox and Hounds on the left. Follow this road to the junction with the main Hambledon Road (17.7).

Turn right into Denmead and turn left into Anmore Road (18.4) passing the Forest of Bere pub to your right. Turn right into Mill Road (18.8) opposite Edney's Lane and go straight over into Mead End Road (19) and follow this road until it bears sharp left just before there you will see a cycle path to the right – go down there to the end cross the wooden stile across the road into Furzely Road (19.2).

Keep on the main road all the way until you reach the reach a T-junction where you turn left and then right at the roundabout (21.3). Continue up the gentle hill, straight over the roundabout. Back over the motorway, and turn right onto Hulbert Road. At the lights turn left and then bear right over the railway level crossing. Take the right hand turn into Brockhampton road, and then left at the mini roundabout into Solent Road. At the lights turn right back onto the Island and back to the Ship (26.5).