

Liphook

Pub – The Green Dragon

A 55 mile practice ride

Only a month to go before the big ride – you should be cycling reasonable distances at least twice a week by now. Also, if you haven't already, you should be planning to have your bike serviced ready for the main event. Today's 'official pub' is less than half way into the ride – so go steady. There are several other pubs on the route home so if it is hot do not be afraid to stop. Some of the roads are not at their best in parts so please be alert to this.

Leave The Ship and head towards Havant. Go straight over the Langstone roundabout and through the Solent Road traffic lights. Turn right just before McDonalds, go through the West Street precinct and out towards Emsworth. Go past the One Stop shop (1.75) and under the bypass. Carry on to the roundabout in Emsworth (3.2) and turn left. Go under the railway bridge and just after you have gone under the road bridge turn right into the New Brighton Road (3.6). At the end of the road turn right (4.2) towards Westbourne.

Go through Westbourne and stay on the main road (B2147) until the junction with old Chichester road (5.9). Turn right then immediately left and down the hill. Stay on this road, past the Walderton turn off (7.5) through Compton (10.6) and on to South Harting . *Be careful when descending Harting Hill* it is very fast and there may be loose gravel at the bottom. In the village, as the main road bears right, turn left (14.5) past the little shop on the left and follow this road towards Nyewood. Go through Nyewood and follow this twisty undulating road to Rogate.

At the junction with the A272 (17.7) go straight across and continue on this road, beware the crossroads (which you go across) at 19.3 miles which appears suddenly at the bottom of a hill. Once safely across this cross roads follow the road to the junction with the B2070 old London road (opposite the Flying Bull pub) (20.3) and turn right. Follow the old London road all the way, past the Black Fox Inn (22.2) under the railway bridge (23.0) to Liphook.

Carry straight on (left) at the first mini roundabout (23.9) as you approach the town centre. Turn right (third exit) at the second roundabout and a few feet on the right is ***The Green Dragon, our lunch stop*** (24) there is a large car park behind the pub.

After lunch turn left back to the town centre and turn left at the 1st roundabout, bear left at the next roundabout, turn right at the next roundabout down Midhurst Road and past the super store on your left. At the next roundabout turn right – follow signs to station - left at next roundabout and over the railway bridge (25). Follow this road out of Liphook and on towards Linch, follow Midhurst signs.

At Linch turn left (27.1), sign Redford/Midhurst past Linch church. Go past Redford and follow the twisty road through Woolbeding (30.5) and on to the junction with the A272 (30.3). Turn right and a little way up the road turn sharp dogleg left up a hill (no direction sign but a blue 'Single track road' sign) (31.7). Follow this road and at the junction turn right (32.6). At the next junction turn left (34.2) towards Cocking.

At the junction with the A286 (35.5) turn right and prepare to climb Cocking Hill. Climb the hill and follow the road past Singleton (38.5) and on towards Lavant. At 42.3 miles in Lavant turn right towards West Stoke. Follow this road to the apex of a bend (44.9) on the old Chichester road, turn right toward Funtington. In Funtington turn left (46.2) into Watery Lane (past Hallidays restaurant).

At the end of Watery Lane turn right (47), go past The Richmond Arms and on to the junction with Cheesmans Lane, turn left (48.1) then right and on through Woodmancote. Just after passing through Woodmancote, turn left (49.3), follow this road until you get to the top of the rise then turn left (49.9) over the bypass to Southbourne. At the mini roundabout (50.8) turn right and follow this road through Emsworth and retrace your route from this morning back to The Ship (55).