

The Seven Hills Ride (Pub - The Fox Goes Free)

A 43 mile practice ride

This is a great day out! Hills – yes! But not difficult and they don't come all at once. Pace yourselves though because the last couple are steeper than some of the earlier ones. Beware the road surfaces on many of the roads are likely to have some gravel on them – so take care. Note also that the lunch stop is the Fox Goes Free.

Turn right out of the Ship car park and cycle up the track to the Museum in Havant where you turn right (1). Turn left at the traffic lights (1.4). Turn left at the bend in the road (2.3) and up a gentle slope – not a hill!

Turn right at T junction (2.9) and at the next junction turn right and immediately left (3). Turn second left (4.3) signposted 'Forestside' and 'Stanstead Park'. At the top of the gentle climb turn left (6.7). After descending and turning to the left, take the right hand turn on the bend, signposted 'Finchdean' (7.9).

Proceed under the railway bridge and after the church up on the side of the hill to your right, turn right, signposted 'Compton and South Harting' (9.3). This is the second hill. Over the other side turn right at the T junction opposite Littlegreen School (11.5). Follow this road for some distance and then turn left signposted 'Stoughton' (15.3). Eventually you will come to a thatched well and you carry straight on the road leaving the well to your left (19.2). Over the top of the hill there is a T-junction where you turn right signposted 'Chichester and Chilgrove' (19.9). **Careful – this is a fast downhill on a very busy road.**

Follow this road leaving the White Horse pub to your left and take the first left after that - no sign (20.9)(its about 200 meters past the pub – where the road bends slightly to the right). Proceed straight over the first cross road and up a slight incline, and at the top at the give way sign turn left (21.5) opposite an unmade track.

At the bottom of a decent and at the T-junction turn right (22.2). At the A286 turn left signposted 'Midhurst' (24.2) – beware this is a busy road. On entering Singleton go past the first right turn and onto to the second and turn right by the school sign (25.4) and then turn right again (25.6). Carry on along this road just past the right turn 'Goodwood 1 mile' sign (26.1). **A few yards further on is the Fox Goes Free (26.2) – our lunch stop for today. There is a large garden at the rear – it's a lovely spot. Don't overdo it though – there is one more hill!**

After lunch turn right back the way you came and take the first left at the sign 'Goodwood 1 mile' sign (26.2) – the last hill!! At the top of the hill turn left (27.5) and follow the road downhill all the way – take care descending, the road is quick and becomes shaded under tree cover - to a roundabout next to Goodwood motor circuit and turn right (29.7). Turn left at T junction (31) and then immediately right over small bridge. Turn right into Lavant (31.2) and then first left (31.5). Turn right at T junction (34.1) towards Funtington, and then first left (34.5) into Southbrook Road.

Turn right as you enter the village and on to and past the Richmond Arms on your left (35.3). Carry on this road to the T junction turn left and first right (36.3). Head west on the road out of the village of Woodmancote and at the T-junction turn left (38.2). Go through Westbourne and over the mini roundabout into Southleigh Road (39.5). Go right and then left at the end and on over the railway crossing (41.5) at Bedhampton to the traffic lights and turn right (41.5). Turn left at the Museum and back to the Ship – well done another good work out! (43 miles)