

Paris to Hayling 40 mile practice ride to Goodwood
Lunch stop is The Fox Goes Free

mileage	directions
	The lunch stop is 25 miles into the ride - Beware there is a sharp hill climb directly after the lunch stop. The ride takes in some reasonable hills, please be careful at the sharp left hand turn on the downhill towards Duncton.
	Leave the Ship and proceed up the Hayling Billy trail.
	At the car park bear left up the hill and turn right on the road towards Emsworth
1.4	At the traffic lights by the One Stop go straight on
	Turn left under the A27 by-pass through towards Emsworth
	Follow the main road until the next turn on the left Selangor Avenue
	Follow this road all the way round until the junction with the B2148
3.0	Turn left and carry on under the railway and motorway bridges
	Almost directly after you have passed from under the bridge
	Turn right into New Brighton Road, be careful crossing busy road
	At the end of New Brighton Road there is a mini roundabout
3.8	Turn right towards Westbourne
	Carry on through Westbourne and as you leave Westbourne
4.8	Turn right into Whitechimney Row (at the keep left bollards)
	Follow this road with half timbered houses on your right and bear left
	following the road in parallel with the A27 by pass, climbing up and over
	the rise and sweeping down and left to the junction with Woodmancote Lane
5.8	Turn right towards Woodmancote and follow road through Woodmancote
7.0	At the junction with Cheesemans Lane turn left and almost immediately right across the road into West Ashling Road and on towards West Ashling. Follow this road until it sharply descends into the village and the Richmond Arms on your right
8.2	Turn left into Watery Lane
8.8	At the junction with Hallidays turn right towards Chichester
8.9	Just round the bend turn left, past Lynch Farm House
	Follow this bumpy twisting road to the next T junction
10.4	Turn left - sign to West Stoke and Lavant
	Follow this road through West Stoke
12.4	Turn right at the junction in Lavant opposite the church
	Go over the old railway bridge, post office on right
12.6	Take the next left (one way street)
12.8	Turn left at the junction, go over the bridge and just before the hill
12.9	Turn right (Ford Water Road)
	Follow this road alongside the Aerodrome/racetrack
14.2	Go straight over the roundabout and keep going until the crossroads
14.8	Turn left sign posted to Sculpture at Goodwood and Marriott Hotel
	Follow this long road up the hill until you get to a crossroads
17.5	Turn right - be careful, junction on a fast blind corner
	Follow this road all the way to the next junction

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19.7	Turn left towards Duncton
	Go down the hill but be careful, we are going to turn sharp left halfway down the hill so start braking when you get to Upwaltham sign
20.6	Take the next left towards Charlton, Singleton and East Dean
22.8	Bear right by the village pond and on towards Charlton and The Fox Goes Free - our lunch stop of the day
	When you leave the pub turn right then at the next left (signpost Goodwood 1) turn up this road and climb the hill.
25.5	At the junction at the top of the hill turn left down the hill
26.8	At the bottom of the hill turn right (immediately before the flint stone houses) towards Lavant.
	Follow this road through Lavant village, the road bears left after bridge and village green is on your right.
28.6	Turn right at the mini roundabout and follow the main road through Lavant, past the church on the right and on until just after the defunct AMOC petrol station on the right
29.4	Take the next left turn
29.9	Turn right at the crossroads signpost West Stoke and Funtington
	Go back through West Stoke and follow the road all the way until you get to the junction on the apex of a bend in the main road
32.2	Turn right and follow this road through Funtington and on until you get to the right hand turn (triangular junction) to Westbourne
35.2	Follow this road all the way sweeping right into and through Westbourne
36.8	Go straight over the mini roundabout into Southleigh Road
	At the next junction go straight over Horndean Road (right/left dogleg)
	Stay on Southleigh Road toward Denvilles, go over the railway X
39.0	Turn right at the traffic lights
	Turn left at the museum following the Billy Trail back to The Ship (40.7)