

Paris to Hayling 43 mile practice ride Seven Hills
Lunch stop is The Fox Goes Free

mileage	directions
	This is a great ride! Hills - yes but they don't all come at once. Pace yourself as the last couple are steeper than the earlier ones.
	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	Turn left at the traffic lights by the One Stop
2.3	Turn left at the bend in the road into Eastleigh Road
2.9	Turn right at the T junction
3.0	Turn right and immediately left
4.3	Turn 2nd left signposted Forestside and Stanstead Park
6.7	Turn left
7.9	After descending and turning to the left, take the right hand turn on the bend signposted Finchdean
	Proceed under the railway bridge and after the church on the right
9.3	Turn right signposted Compton and South Harting
11.5	Turn right opposite Littlegreen School
	Follow this road through Compton and West Marden
15.3	Turn left signposted Stoughton
	Follow this road to the thatched well
19.2	Go straight on at the well (leaving the well to your left)
19.9	Turn right at the T junction signposted Chichester and Chilgrove
	Careful this is a fast downhill on a very busy road
20.9	Follow this road leaving the White Horse Pub to your left and take the 1st left after that - no sign (200m past the pub where the roads bends slightly to the right)
	Proceed straight over the 1st crossroad and up a slight incline
21.5	Turn left at the top at the give way sign opposite an unmade track
22.2	Turn right at the bottom of a decent at the T junction
24.2	Turn left at the A286 signposted Midhurst - beware this is a busy road
	On entering Singleton go past the 1st right turn and onto the 2nd
25.4	Turn right by the school sign
25.6	Turn right again
26.1	Carry on along this road just past the right turn Goodwood 1 mile sign
	A few yards further on is The Fox Goes Free our lunch stop
	After lunch turn right back the way you came
26.2	Take the 1st left at the sign Goodwood 1 mile (The last hill)
27.5	Turn left at the top of the hill
	Take care descending the hill
29.7	Turn right on the roundabout next to Goodwood motor circuit
31.0	Turn left at T junction and then immediately right over small bridge
31.2	Turn right into Lavant
31.5	Turn 1st left

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34.1	Turn right at T junction towards Funtington
34.5	Turn 1st left into Southbrook Road
	Turn right as you enter the village and on to and past The Richmond Arms. Carry on this road to the T junction
36.3	Turn left and 1st right
	Head west on the road out of the village of Woodmancote
38.2	Turn left at the T junction
	Go through Westbourne
39.5	Go over the mini roundabout into Southleigh Road
	Turn right and then left at the end
41.5	Turn right at the traffic lights
	Turn left at the museum and down the Billy Track to The Ship (43)