Hayling Cycle Ride

Practice Ride

From The Ship Langstone to The Shoe, Exton and back

	From The Ship turn right. Just before roundabout turn left into Langstone Technology Park. Turn right into the car park and go to the end and take the footpath on the right-hand side. Join footpath and go left, towards Portsmouth. At end turn right into Brookside Road. **Zero mileage here**
0.1	At roundabout turn right into Brockhampton Road
0.2	Straight over roundabout
0.5	At T junction (Prince of Wales Pub) turn left into Bedhampton Road. Go over Bedhampton level crossing to join main road. Straight over at traffic lights
1.1	At roundabout take 2nd exit onto Portsdown Hill Road. Up and over motorway and straight on; go past The George and The Churchillian
5.4	Turn Right into Pigeon House Lane (before the Southwick roundabout) **WARNING** – Fast descent with loose gravel
	Take Care crossing The Ford – you can dismount and use the bridge
6.2	Bear Left after The Ford
8.1	Turn Left – sign Denmead 2
8.4	Turn Left – sign Denmead
8.9	At T Junction go Straight On (cycle path only) Mead End Road
9.1	Straight On into Mill Road
9.3	Turn Right on Anmore Road – sign Clanfield 5
10.8	Bear Left – sign Hinton Daubney
11.5	Turn Left down Old Mill Lane – sign Denmead Mill
12.0	Turn Right on Old Mill Lane – sign Bat and Ball
13.7	Turn Left at the crossroads in front of the Bat and Ball pub
13.9	Turn 1st Right (just after the trees) – sign Chidden
15.1	Bear Left at the end of the descent – sign Hambledon
	Follow road to Meonstoke and Droxford
16.8	Turn Right – sign East Meon and Coombe
16.9	Straight on at Crossroads – sign Corhampton
18.6	Bear Left onto Shavards Lane – sign South Downs Way
18.9	At A32 junction go straight across into Beacon Hill Lane – **WARNING** this is a busy road
19.0	**The Shoe is our lunch stop for today. There is a large garden at the front**

	After lunch return to the A32 and cross with care (straight on)
	Turn 1st Right into Rectory Lane
19.5	Bear Right at the end of Rectory Lane
	Turn Left – sign Droxford and Soberton
	Bear Left into Chapel Road
20.5	At Give Way Turn Left – sign Hambledon and Denmead (B2150)
	Follow the B2150 through Hambledon and onto Denmead. Stay on this road for 6 miles
26.6	Turn Right into Mead End Road then straight on onto cycle path
	Straight on at junction with Forest Road towards the driving range
27.3	Turn Left towards Purbrook and Waterlooville
27.6	Bear right towards Purbrook
29.2	Bear left towards Purbrook
29.6	At main road turn left, then right at roundabout into Ladybridge Road
30.4	Straight over roundabout into Purbrook Road, then over 2 roundabouts
31.2	Turn right at ASDA roundabout into Hulbert Road
32.0	At traffic lights turn left
32.3	Turn right over Bedhampton Level crossing
32.5	Turn right into Brockhampton Road
32.7	At roundabout turn left into Solent Road
32.9	You can either: (a) go to the far end of Tesco's, just before the lights, and pick up the subway. Go under motorway, back onto footpath at Langstone Technology Park and back to Ship, or (b) turn right at the traffic lights and go over the roundabout back to the Ship, but please take care