

Rottingdean to Shoreham Port



The Route

Where: Rottingdean to Shoreham Port via Brighton and Hove promenades

National Route Number: 2

Distance: 8 miles one way

Terrain: Mostly traffic-free: clifftop path initially - completely flat from Brighton

Public transport: Railway stations at Brighton, Hove and Shoreham

Bike hire: Sunrise Cycle Hire at West Pier - 01273 748881

OS maps: Explorer 122 or Landranger 198

Tourist information: Aberystwyth TIC - 01970 612 125

Tourist information: Brighton & Hove TIC 0906 7112255 (calls cost 50p per minute)

Towns to search for on Sustrans website mapping: Rottingdean, Kemp Town, Hove, Shoreham-by-Sea



The ride begins at Rottingdean on a path between the A259 and the sea, with the ups and downs and spectacular views you would expect from a clifftop path. The path takes you down to Brighton Marina, where luxury yachts are moored alongside small pleasure craft, and into the vibrant and cosmopolitan town of Brighton. The route continues beside Volk's Electric Railway (Britain's first electric railway) and along the upper promenade.

Brighton is a town with something for just about everyone: great food, quirky shops in the Lanes, Regency architecture and seaside razzmatazz. Admire John Nash's spectacular Royal Pavilion, then explore the artists' studios and cafés which line the lower promenade.

Beyond the West Pier you are in the rather more leisurely and slightly

old-fashioned atmosphere of Hove with its beach huts, boating lake and seafront lawns. The route passes Hove Lagoon and then takes you into a working port. The link into Shoreham goes over the lock gates, which are less than a metre wide - please wheel your bike over these.

Shoreham can be overshadowed by its popular neighbours, but has a nice old town core and a couple of interesting churches. The beach is good, and there is a rich variety of bird life on the estuary.

Anyone in the mood to keep riding can follow the Downs Link north towards Guildford on a disused railway along the Adur (Regional Route 79). This is a bridleway and can be fairly bumpy in places, and you need to take care where it crosses major roads.