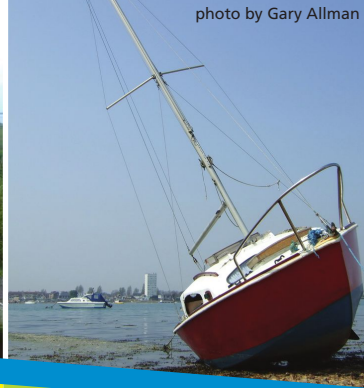


Langstone Harbour Ride

15 miles / 21 km



Portsmouth
the waterfront city

Langstone Harbour Ride

15 miles / 21 km

Discover what's on your doorstep in this 15 mile / 21 km circular ride around Langstone Harbour.

This ride is mainly on flat, traffic free cycle paths but does include some quiet roads, which are generally suitable for all the family.

The ride starts at Bransbury Park and follows the eastern shore of Portsmouth to join the Sustrans NCN route 2 along the edge of the Farlington Marshes. From there it goes to Havant then follows the old railway track along the western side of Hayling Island before returning to Portsmouth via the Hayling Ferry crossing.

The ride takes in mudflats, salt marshes and reclaimed land as it loops around the harbour.

The Hayling Ferry takes both foot passengers and cyclists (bikes extra) and operates daily - full details from 023 9248 2868

For more information:
www.haylingferry.co.uk
www.langstoneharbour.org.uk/environment.php
www.hayling-cycle-ride.org.uk/cyclehayling.php

Food and Drink

There are a number of places along the route to stop off either for a picnic by the sea or at a waterfront eatery.

Great Salterns Mansion on the Eastern Road is home to a Harvester pub.

In Havant town centre there are many cafés and pubs serving food and drink.

On Hayling Island, the 15th century Royal Oak and the 18th century Ship Inn both overlook the harbour, while a short detour from the Billy trail will bring you to the Maypole or the Yew Tree pubs in Havant Road (near Daw Lane). Before taking the ferry back to Portsmouth, you could visit The Ferry Boat Inn.

Useful Information

Nearest Railway Station

Portsmouth Harbour: 2.5 miles from the start point
Portsmouth and Southsea: 2 miles from the start point
Fratton: 1.5 miles from the start point

Rail Enquiries: 08457 484950

What to take with you

Lock, a snack/energy bar and drink, money, spare inner tube, puncture repair kit and pump. Waterproofs and lights dependent on weather and time of day.



bike 4 life

Why Cycle?

Whether you live in the area or not you may be surprised what the landscape reveals to you.

Cycling lets you explore at your own pace – you can stop and admire the view, watch the birds, have a picnic or take photos.

Regular cycling can help you increase your fitness levels

Increasing motor traffic is the cause of congestion and pollution. Cycling by contrast is quiet, non-polluting and fun. By visiting this area by bike you are helping to reduce the damage caused by cars, as well as having a great day out.

Safety First

- Don't forget to take care and be as safe as possible to enjoy your ride.
- Your bike should be roadworthy
- Pedestrians, horse riders and other cyclists will appreciate a warning when you are approaching from behind.
- You are advised to wear a cycle helmet
- Follow the Highway Code
- Follow the Country Code
- Lock your bike when you leave it
- Where the ride joins the road watch out for traffic.

Healthy Pompey is part of the Change4Life movement. In order to maintain a healthy weight we need to both eat well and move more. Many families are making changes that will help them to live healthier and longer lives. For more information log on to www.healthypompey.com or call 023 9284 1560



Portsmouth Visitor Information Service

We have two centres in Portsmouth. One is by the entrance to the Historic Dockyard and the other is on the seafront in the D-Day Museum. We offer a range of services including: information on local attractions, events, entertainment and transport; discount tickets and vouchers for local attractions; accommodation bookings; sale of local gifts, maps and publications; local theatre bookings. We are open 7 days a week 9.30am-5.15pm (Closed Christmas Day and Boxing Day, Southsea Centre closed winter weekends from November to February).

Why not pop in and see us while you are in Portsmouth or contact us in advance:

Portsmouth Visitor Information Centre,
Clarence Esplanade, Southsea PO5 3PB

Tel: 023 9282 6722
Email: vis@portsmouthcc.gov.uk
www.visitportsmouth.co.uk

You can get this Portsmouth City Council information in large print, Braille, audio or another language by calling 023 9282 6722.



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If you enjoyed this cycle ride, why not try the circular ride around the island or the Seafront cycle ride, or themed rides based on Famous Women Treasure Hunt, the Metropolis, Trees, Thomas Ellis Owen, the Funky Bike Racks, and Famous Figures? Pick up a leaflet from the Portsmouth Visitor Information Centres or the Civic Offices.



bike 4 life

Start at the car park to the south of Bransbury Park. Cycle across the park and into Ironbridge Lane.

At Locksway Road, turn right and continue along until you reach Furze Lane where you need to go left to Moorings Way. Use the cycle cut-through on the right at Salterns Avenue, then go left onto Eastern Avenue.

At the main road turn right and join the Eastern Road shared use path. At the top of the Eastern Road bear right through the car park to join the Broadmarsh and Farlington Marshes cycle route.

At the end of here bear right and go along Harts Farm Way using the shared path.

At the mini roundabout go straight over onto Brookside Road and then go left to the route behind Langstone Technology Park.

At the end of the path either

A turn left under the overpass and follow the track alongside Tesco until you join Solent Road. Turn right and use the pedestrian crossing to cross Park Road. Go right and dismount to use the footpath on your left to The Parchment. Continue to South Street and then go left and head towards the town.

At the junction turn right into East Street and follow the road to the Arts Centre which is on the right, just before the bridge. Go right here and follow the route into the car park keeping left. At the end of the car park, follow this pleasant off road cycle path until you reach Langstone Road.

Or
B Turn right, dismount and use the public footpath until you reach the access road into the Technology Park and turn left to get to Langstone Road. Cross and continue until the point where the cycleway rejoins the road. Cross over and go left, then off to the right slightly. Follow the cycle route (which runs behind the houses) to Langstone Bridge.

To get to the Billy Trail, at the far end of the bridge go through the car park on your right. The Coastal Path is signposted to the right of the car park. Continue along the disused railway line and enjoy the fabulous scenery and views across the harbour.



follow it as it bears right. There's a great variety of interesting architecture in this area of Hayling and it's worth taking a look around. Carry along Sinah Lane until you reach Ferry Road turn right and follow the road to the ferry. Take the ferry to Eastney and cycle down Fort Cumberland Road. At the T-junction turn right onto Henderson Road back to the start point.

At the end of the track head right into Sinah Lane and then

Langstone Harbour & Farlington Marshes



Langstone Harbour, which is designated as a Site of Specific Scientific Interest (SSSI), covers an area of 1900 acres between Portsmouth and Havant.



Farlington Marshes is a haven for migrating and wading birds such as Brent Geese, Oyster Catchers, Dunlin and Lapwing. It's also a home to butterflies including Red Admiral, Common Blue and Meadow Brown. Eels, bass and flounder may be found in the water here.



Discover more than beautiful scenery and wildlife. The Hayling Billy Track was once a passenger railway line carrying holiday makers to the seaside. It opened in 1867 and closed following the 'Beeching' railway cuts in 1963. The piles of the old railway bridge can still be seen at the north end of Hayling Island.

Portsea Island

Hayling Island



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