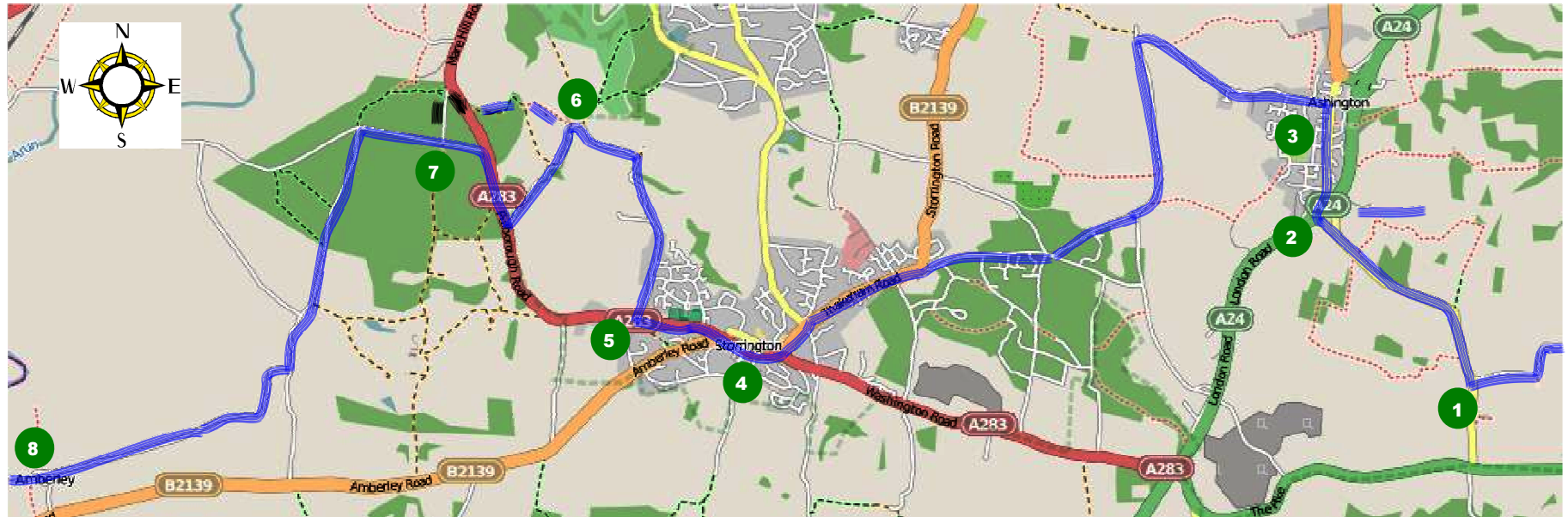


CHANCTONBURY TO AMBERLEY

19km, 12m, westbound 205 m ascent, eastbound 226m ascent.



1) 90 degree turn. Wiston tea rooms are just to the south of here

2) Underpass under A24 Shops and pub in Ashington

3) 90 degree turn 3 to 4 is mainly on very quiet lanes

4) Storrington has a good bike shop, shops, pubs and cafe's

5) Going west continue riding on the A283 past a sportsground and houses. At the point at which the houses stop take a small turning to the right. Going east turn left at the end of the road.

6) Between (6) and (7) there is an alternative route

which avoids a stretch of main road, but the route is very sandy in parts and is really only suitable for all terrain bikes.

Between 7 and 8 the route is on quiet lanes.

8) Amberley is a picturesque village with a picturesque pub.

This is a route which takes a number of diversions to avoid busy roads, but you do go down a number of quiet and beautiful lanes, with views of the downs all the time.

Storrington centre is handsome, although there is quite a lot of suburban development.