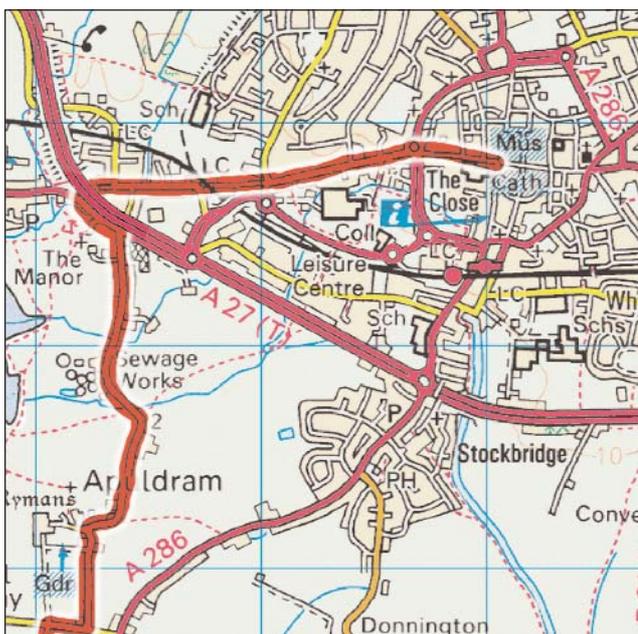


Salterns Way Cycle Route



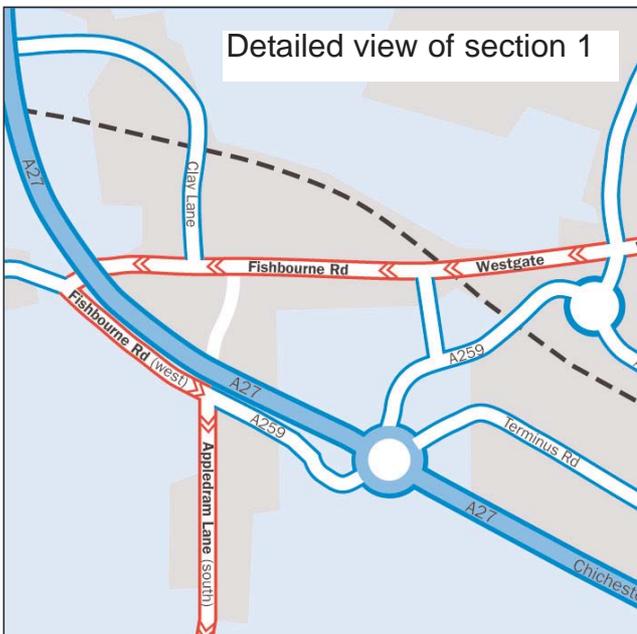
Salterns Way is an 18km cycle and wheelchair route from the centre of Chichester to the sand dunes of East Head. This new route follows quiet roads and cycle paths through the countryside. It has been funded by the Heritage Lottery Fund and is managed by Chichester Harbour Conservancy.



Section 1 - Chichester to Appledram Lane

The route starts at The Cross, Chichester. This is where the main shopping area of North, South, East and West Streets all converge.

From the Cross, travel along West Street, passing the Cathedral. Go straight across the roundabout into Westgate and continue. You will need to cross the railway line before continuing into Fishbourne Road East. An underpass brings you out onto Fishbourne Road West (A259). Turn left for a short way and then right onto Appledram Lane South. This is a twisting narrow lane so take care. An alternative cycle path will be constructed shortly. Proceed to the end of Appledram Lane South.



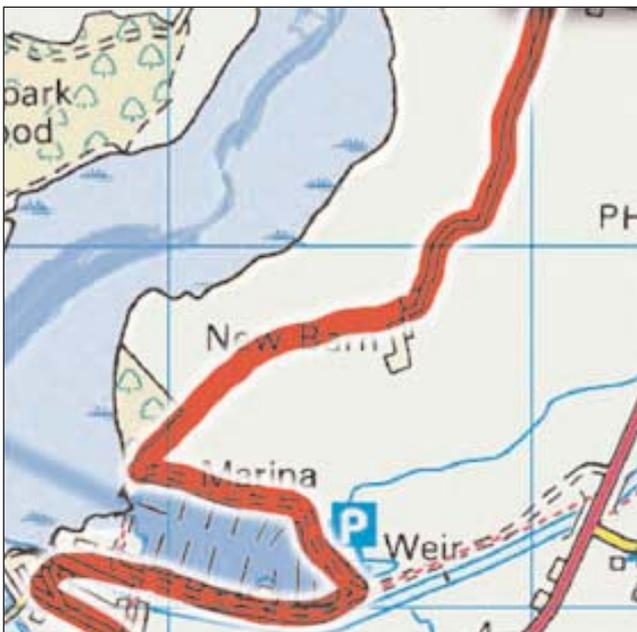
Section 1 - Amenities

Car parking - there are a number of pay & display car parks in Chichester.

Railway - the main station is just a few minutes from The Cross.

Tourist Information - South Street, Chichester tel: 01243 775888 or www.chichesterweb.co.uk

Pubs & Cafes - there are plenty of cafes and pubs near the start of the route.



Section 2 - Appledram Lane to Lock Lane

At the junction with Dell Quay Lane turn right and then shortly left onto a track across farm fields. Follow the lane, past Salterns Copse until you come to Chichester Marina. Turn left and travel around the Marina. Bear right and keep on the road alongside Chichester Canal until you reach the second bridge crossing the canal. Having crossed the bridge take the small path ahead of you and bear left to join Lock Lane. Note: cyclists will have to dismount along the narrow path.

Wheelchair users: take the first bridge across the canal. This rejoins the main route on Lock Lane.

Section 2 - Amenities

Car Parking - a small parking area at the end of Dell Quay Lane. Free visitors' car park at Chichester Marina.

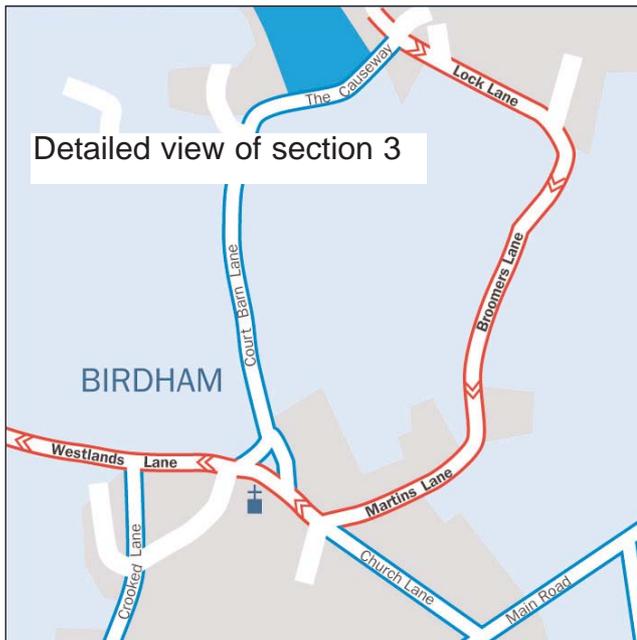
Pubs & cafes - The Crown & Anchor, Dell Quay Lane, turn right at the end of Dell Quay Lane and continue to the harbourside. The Spinnaker - Chichester Marina.

Shops - small general store at Chichester Marina.

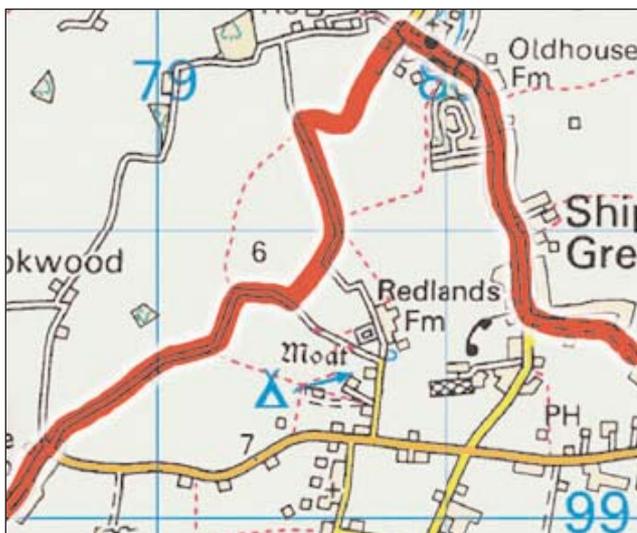
Toilets - at Chichester Marina opposite you as you exit Salterns Copse.



Section 3 - Lock Lane to Itchenor Caravan Park
 Keep on Lock Lane which becomes Broomers Lane and then Martins Lane. You will come to a junction with Church Lane. Turn right and continue along Church Lane passing the church on your left. Church Lane then becomes Westlands Lane which is a concrete road leading down to a farm. Just before the farm you will see a gate to your left. Follow the route through the gate which crosses fields before coming out at Itchenor Caravan Park

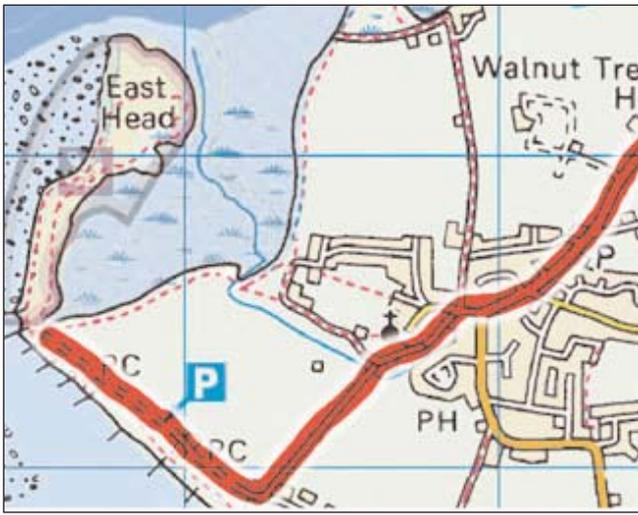


Detailed view of section 3



Section 4 - Itchenor Caravan Park to Rookwood Road

From the Caravan Park turn right and follow the road round to the right. Pass the church of St Nicholas on your right, 50 yards on turn left. Do not continue down the road to Itchenor Park Farm but take the left turn which goes to the village hall. Follow the signed path until you come to a junction with a concrete farm road. Turn left on this road and continue until you see the path on the right. The cycle route continues across the field, a gate at the other end takes you through to Sheepwash Lane. Turn right onto Sheepwash Lane and continue until you come to Rookwood Road.



Section 5 - Rookwood Road to East Head

Turn right onto Rookwood Road. This is a busy road so watch out for traffic. You will pass a small row of shops, continue on and turn right into Pound Road. Pass the public toilets on your left and bear left onto the road that takes you down to the West Wittering beach car park. This road can be very busy on summer weekends with traffic queuing to get into the car park. Follow the road right down to the car park entrance. Cycle through the car park to the far end. At the end proceed through the five-bar gate and onto East Head.

Section 5 - Amenities

Car Parking - at West Wittering beach car park see www.westwitteringbeach.co.uk for details.

Shops - a selection of general stores on Rookwood Road.

Toilets - public toilets in Pound Road and at the beach car park.

Pubs & Cafes - the Old House at Home on Rookwood Road. The Beach House on Rookwood Road. Various food outlets at the beach car park. The Ship Inn at Itchenor (continue past the church and along the Itchenor road).



Route Guidelines

- o Please keep to the marked way - do not cycle on adjacent public footpaths
- o Give way to wheelchair users and pedestrians and leave plenty of room when passing
- o No motorised vehicles or motor cycles
- o Please be considerate to other users - watch your speed
- o Be careful at junctions, bends and entrances
- o Remember that many people are hard of hearing or visually impaired - don't assume they can hear or see you

Wheelchair Users

Wheelchair users are advised that three sections of the route are on public highways and can get busy at times. Please don't attempt these sections in a wheelchair if you are not confident of your safety. Alternative routes are being sought to improve this aspect of the path.

The route is only suitable for all-terrain wheelchairs or those with soft tyres (not domestic models).