

circular ride around Langstone Harbour



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

This ride is mainly on quiet roads but does include some 'off road' cycle paths, which are generally suitable for most cyclists. Most of the ride is on the flat and suitable for all the family, however there are one or two places where extra care should be taken and these are pointed out on the map. Because of this it would certainly not be recommended for unaccompanied children.

The ride starts at the eastern end of Portsea Island near to the Hayling Ferry. It starts by following the eastern shore of Portsmouth and joins the Sustrans 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 the Hayling Ferry crossing

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

The Haying Island Ferry takes both foot passengers and cycles and operates daily - full details from 023 9248 2868.

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Food and Drink

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 eaterie.

Great Salterns Mansion on the Eastern Road is home to a Harvester pub and grill offering a range of freshly prepared food, while the 15th Century Royal Oak and the 18th Century Ship Inn both overlook the harbour at Langstone and offer tasty meals and quality drink.

These are just a taste of the wealth of excellent places for food and drink that Portsmouth offers, contact the Visitor Information Service for more details.

Useful Information

Nearest Train Station

Portsmouth Harbour:	3.5 miles from starting point
Portsmouth and Southsea:	3 miles from starting point
Fratton:	2 miles from starting 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.

Contact the Visitor Information Service for details of local Bike Shops and Bike Hire.

Public Toilets

Public toilets along the route are available as follows, opening times vary throughout the year: point 4 Tangier Road, point 7 Bulbeck Road car park, north of point 10 – near Ship Inn Pub at the top of Langstone Bridge, point 12 Hayling Island Ferry.



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.

If you enjoyed this cycle ride, why not try the Southsea seafront cycle ride. Pickup a leaflet from the Portsmouth Visitor Information Centres.

Portsmouth

the waterfront city



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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 next to the Blue Reef Aquarium. 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.



Portsmouth CITY COUNCIL

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