

SUSSEX HOSPICES TRAIL PART 4:

GORING-BY-SEA TO SHOREHAM-BY-SEA

Easy Terrain



9 Miles
Linear
5 hours

090619



A 9 mile linear seafront walk from Goring-by-Sea railway station to Shoreham-by-Sea railway station in West Sussex, forming the fourth stretch of the Sussex Hospices Trail.

The walk is almost entirely along the coast with varied seafront pathways and promenades and fantastic views of the sea throughout. The route goes down, heading south, to the seafront from Goring-by-Sea and then follows the coastline, in an easterly direction, all the way along through Worthing to Shoreham-by-Sea with magnificent views of the English Channel. The return leg can be completed by one train journey or a bus journey.

The hospices of Sussex are dedicated to providing specialist end-of-life care. Friends of Sussex Hospices has worked with partners and supporters to create the Sussex Hospices Trail, a 200 mile long-distance path to support and raise awareness of the twelve hospice care providers that serve the adults and children of Sussex.

Toilets and refreshment stops are plentiful along the route.

Getting there

The walk begins at Goring-by-Sea railway station and ends at Shoreham-by-Sea railway station. The two railway stations are connected by a fairly regular train service which takes just 15 minutes. Alternatively you can return via bus. As with all public transport connections, please look up the bus or train times before you set out. If you are coming by car there is parking in the Goring-by-Sea station car park which costs £3.90 per day and £ 2.00 on Sundays (correct October 2015).

The approximate post code for Goring-by-Sea station is BN12 6NT.

Walk Sections

Go → 1 Start to Goring Gap

With your back to the railway line, walk south from Goring Station along Goring Street passing a sports clinic and Chatsworth House on your right. At the T junction turn right along Goring Way for a few yards, then, near the bus stop, carefully cross the road. After a few steps take the left-hand pavement down Goring

Access Notes

1. The route is on entirely flat surfaces which vary from suburban pavement, a pretty woodland path, seafront path, a promenade, a short stretch along a pavement next to a busy road before returning to paved seafront footpaths.
2. There is an option for some pebble beach walking.
3. There are a few road crossings that need care, but no stiles to negotiate, just one short flight of steps.



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Street which is directly opposite you. (NOTE: If you are continuing your walk from Trail Part 3, pick up the directions from this point). You pass the recreation ground on your right and a pub at the end of the road. At the T junction turn right onto Fernhurst Drive and cross the road before turning left down Bodiam Avenue.

At the end of Bodiam Avenue (near the entrance to the Hospital), turn right along Fernhurst Drive. A few yards along turn left to enter a gate into Fernhurst Recreation Ground. With the gate behind you, keep to the line of trees on your left and walk across the recreation ground due south and exit at the bottom left into another open green area.

Cross this green area diagonally left until you meet a path in the trees. Turn right onto this path and follow it southwards. Take care crossing Amberley Drive and then continue on the path until it meets Marine Drive. At this point carefully cross and carry on along the path (through Goring Greensward) until you reach the seafront at Goring Gap.

1 → 2 Goring Gap to Worthing Pier



At the seafront turn left, going eastwards, onto the pebble and clinker path which weaves in and out of a line of gorse and mallow bushes. There are many benches along this coastal path from which you can enjoy views of the English Channel.

Follow the path as it passes a beach side cafe and then a row of beach huts on your right. This is an area very popular with kite surfers.

Continue, heading east, along the seafront path as it leaves Goring for Worthing. You pass Worthing Sailing Club on the left, after which the path becomes a wide seaside promenade. On your right (opposite the bottom of Grand Avenue on your left), there is a Canadian Flag memorial to the servicemen and women who were stationed in Worthing during two world wars. If you pause and look up Grand Avenue you will see an unusually large building which was originally designed to be the

Metropole Hotel.

Carry on eastwards, in the direction of Worthing Pier and passing the distinctive palm trees of Worthing promenade. The sense of being at a well-established English seaside resort intensifies as you reach the Pier itself. Worthing Pier was officially opened in April 1862. Over the years it has been rebuilt and enlarged. It is now the seaside focus for the town and it has a theatre, regular art exhibitions as well as the more usual fun fair, deckchairs and ice cream options you would expect to find on a traditional pier.

2 → 3 Worthing Pier to Lancing Green



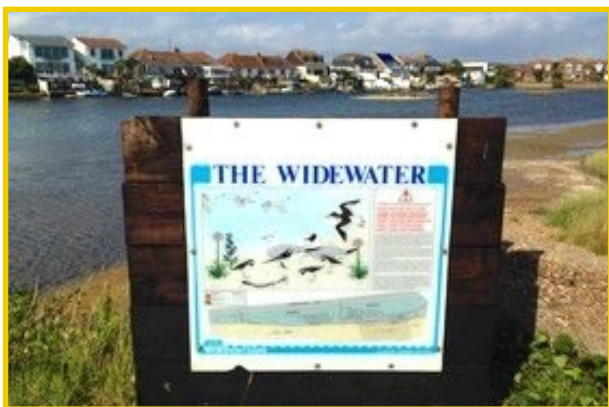
After Worthing Pier continue eastwards along the promenade. In the summer months this area may be busy with extra fairground attractions. On your left you will see several new Worthing developments such as new apartments, a Leisure centre and pool. If the weather is clear at this point you may get a first glimpse of the coastline along to Brighton, the enormous tower of the i360 and you may possibly have a view all the way along to the Seven Sisters chalk cliffs beyond.

At the end of the promenade, continue along the tarmac path past Worthing Rowing Club and the Sports Complex on your left. Watch out for the cyclists who share this paved area. After a row of Edwardian terraced buildings, the path passes a small park before joining the pavement alongside the busy A259 Brighton Road. Continue eastwards along this road. You are opposite Brooklands Park which is a 45 acres open space offering several leisure facilities around a little boating lake.

Take care along this section of the A259 particularly as the path merges with a cycle path. (The footpath does rise alongside the main road making the traffic a little less obtrusive and, if you wish, you do have the option to walk this section along the pebble beach). Soon you reach Lancing Beach Green where you once again meet the seafront path at a small pavilion covered in painted poppies. With Lancing Beach Green on your left the path passes a large new cafe and a small traditional beach cafe. As you continue along past the beach huts you join a quieter tarmac path which passes Lancing Sailing Club and there are public conveniences on your left.

3 → 4 Lancing Green to Church of the Good Shepherd

The shared cycle and footpath then passes a caravan park and mobile home park on the left before reaching one of the south coast's best kept secrets, the Widewater Lagoon. This beautiful, coastal nature reserve is a real hidden treasure. As the seasons



change you could see a rich diversity of birds that rest, migrate and live here such as the Little Egret or the Oyster Catcher. All around the banks of this saline lagoon plants and flowers thrive in shingle and grassland.

At the end of Widewater Lagoon, continue along West Beach Road until you reach the Church of the Good Shepherd which is on your left.

4 → 5 Church of the Good Shepherd to Riverbank



Continue on the seaward side of the pavement on Kings Walk road until you reach a green on your left. Carefully cross Kings Walk, walk northwards across the green and cross Beach Green Road at the zebra crossing. Turn left for a few steps and then turn right to enter the rectangular green play area. Diagonally cross this green area towards its top right-hand corner. You should be able to see the square tower of the St Mary's Church Shoreham ahead of you.

Here, at the top right-hand (north east) corner of the green you have just crossed, you will find a short flight of steps leading up to the Riverbank Walk. Take these steps and at the top, with the houseboats in front of you, turn right along the footpath.

5 → 6 Riverbank to Shoreham East Street

On your left is a most remarkable collection of riverboat dwellings recently referred to as 'The wackiest houseboats in Britain'. Many of these barge homes have become living works of art. There's everything here from a WWII bomber, a rusty coach and a car sticking out of a wall, all embedded in the houseboats. They are ever changing and are a truly fantastic

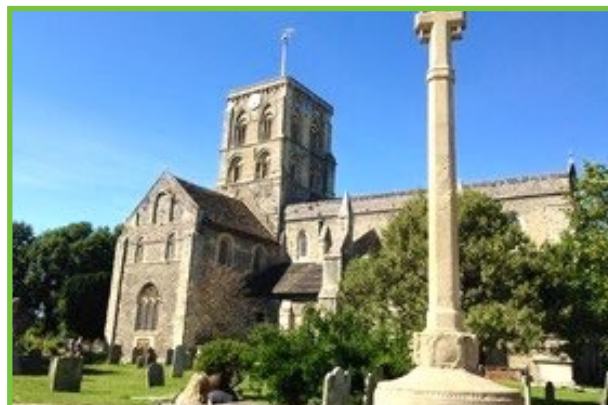


sight.

The narrow pathway continues alongside the houseboats until you reach its end at a sign which says Riverbank Walk. At this point turn left along another footpath with the River Adur still on your left and follow it to reach the southern end of the Adur Ferry Bridge. This lovely pedestrian bridge, funded via a bid by Sustrans, was opened by HRH The Duke of Gloucester in 2013. Turn left onto the bridge and walk across it. You will have views of the tidal river on either side.

At the end of the bridge carefully cross Brighton Road onto the pavement ahead and then bear right into the pedestrianised section of Shoreham's East Street with its small shops and cafes.

6 → 7 Shoreham East Street to End



At the top end of the pedestrianised section of East Street (with the pretty St Mary's Church on your left) cross over to join the right-hand pavement of the traffic-using section of East Street. At the junction with St Mary's Road stay on the pavement and turn right for a few yards until you reach Brunswick Rd.

Carefully cross over and turn left, following the right-hand pavement of Brunswick Road and then continue in a northerly direction, crossing over the side road, Ham Road. Take the next right into the forecourt of Shoreham-by-Sea railway station where this stretch of the Sussex Hospices Trail ends and from where you can catch the train back to Goring-by-Sea.

We hope you have enjoyed walking this stretch of the Sussex Hospices Trail. Hospices deliver their services for free but such care is not cheap and they largely depend on funds raised from their local communities. We would be very grateful if you would consider making a donation either to your local hospice, wherever that may be, or to the Friends of Sussex Hospices in order to support these invaluable services.

With Thanks to Lancing Chapel

The creation of this stretch of the trail was possible thanks to the kind donation from Dr and Mrs Ian Gough and Sir Patrick and Lady Cable-Alexander, all of whom have strong links with Lancing College Chapel.

To read more about the sponsors of this Trail visit hospicetrail.co.uk

Disclaimer

This walking route was walked and checked at the time of writing. We have taken care to make sure all our walks are safe for walkers of a reasonable level of experience and fitness. However, like all outdoor activities, walking carries a degree of risk and we accept no responsibility for any loss or damage to personal effects, personal accident, injury or public liability whilst following this walk. We cannot be held responsible for any inaccuracies that result from changes to the routes that occur over time. Please let us know of any changes to the routes so that we can correct the information.

Walking Safety

For your safety and comfort we recommend that you take the following with you on your walk: bottled water, snacks, a waterproof jacket, waterproof/sturdy boots, a woolly hat and fleece (in winter and cold weather), a fully-charged mobile phone, a whistle, a compass and a map of the area. Check the weather forecast before you leave, carry appropriate clothing and do not set out in fog or mist as these conditions can seriously affect your ability to navigate the route. Take particular care on cliff/mountain paths where steep drops can present a particular hazard. Some routes include sections along roads – take care to avoid any traffic at these points. Around farmland take care with children and dogs, particularly around machinery and livestock. If you are walking on the coast make sure you check the tide times before you set out.

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To donate £5 to the Friends of Sussex Hospices text
SHTRI6 £5 to 70070

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