

SUSSEX HOSPICES TRAIL PART 5

SHOREHAM-BY-SEA TO BRIGHTON



Easy Terrain

**7 Miles
Linear
3.5 hours**

090519



A 7 mile linear walk from Shoreham-by-Sea rail station to Brighton rail station, forming the fifth stretch of the Sussex Hospices Trail.

The route follows the south coast for the most part and, whilst it might sound like a cliché, this really is a walk of two halves which showcases the impact first of industry and then of recreation on our coast. The first part follows the residential streets of Shoreham-by-Sea, passing a pretty 11th century church along the way, to reach the busy Shoreham Port, an impressive industrial site. Later, the industrial buildings give way to the seafront promenades of Hove and Brighton, bustling with visitors and peppered with bright beach huts and seaside attractions, including world's tallest moving observation tower, the i360. The return journey can be completed with a single 15 minute train 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.

Getting there

The walk starts at Shoreham-by-Sea rail station (which sits on the south coast line with trains running between Brighton and Southampton and from London Victoria) and finishes at Brighton rail station. The two stations sit on the same line, with trains running quite frequently, and the return train journey takes just 15 minutes. If you are coming by car, the rail station has its own car park (on the north side of the line) which costs £4.40 Mon to Sat and £2 on Sundays and Bank Holidays (correct November 2015).

Approximate post code **BN43 5UA**.

Walk Sections

Go ➡ 1 Start to St Julian's Lane

Leave Shoreham-by-Sea Station and make your way to the main road with the level crossing, Buckingham Road. With your back to the station buildings and the level crossing to your left, turn right along Buckingham Road, heading north. Ignore the first right turn (Gordon Road) and take the next side road on the right, Rosslyn Road. Follow this residential road all the way to its end and then

Access Notes

1. The walking route from Shoreham-by-Sea to Brighton is almost entirely flat, with just one slope up to Brighton rail station at the end.
2. The walk follows mainly tarmac pavements and walkways and there are no gates or stiles on route.
3. You will need to negotiate three flights of steps and some footbridges over the locks at Shoreham Port (these have ramps and are fairly generous in width but do take particular care with children and dogs).
4. Public toilets and refreshments are available at several points along the seafront.



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turn left (marked with a blue sign for National Cycle Route 2).

Follow the shared footpath and cycleway, passing Ham Field allotments on your right. At the junction, turn right to continue on the cycleway which now leads you between two sections of the allotments. At the end you will reach a road junction. Use the pedestrian crossing at these lights to go straight ahead into Middle Road.

Follow Middle Road for about 0.6 miles, passing Middle Road Recreation Ground and the Shoreham Academy Sports Fields along the way. Just beyond this, you will come to a mini roundabout with Stoney Lane to the left. Keep straight ahead for just a few paces into Refectory Road and then turn right into St Julian's Lane.

1 → 2 St Julian's Lane to Shoreham Lock



Follow St Julian's Lane as it leads you first between houses and then past the pretty flint 11th century St Julian's Church on your right. Just beyond the church you will pass the entrance for Shoreham College, also on your right. Notable former pupils include the boxer Chris Eubank, the singer Leo Sayer and the actor Peter Cushing (of Hammer Films, Sherlock Holmes and Star Wars fame).

At the T-junction, turn left for a few paces and then cross over with care to swap to the right-hand pavement. Take the first right turn into Park Lane. Follow Park Lane all the way to the end, with the cricket pavilion for Southwick Cricket Club on your right and a war memorial on your left. Turn right and follow the pavement under the tall narrow arch of the railway bridge. Keep ahead to reach the T-junction with the main A259 (swapping to the left-hand pavement before you reach the junction).

Turn left, passing Nautilus House, the offices of Shoreham Port, on your right. Soon afterwards cross over the A259 using the pedestrian crossing. Turn right (back on yourself) for a few paces and then turn left (with Nautilus House on your right) to

enter Shoreham Port. NOTE: This is a working port so please follow all safety signs.

At this point, we take a small detour to visit the locks. Keep straight ahead, following the metal fencing on the right. As you reach the dry dock ahead, you are forced to swing right. Follow this fenced walkway which zig-zags, leading you across the bridges of Shoreham Lock, where you will have great views across the port entrance. More about the port itself later... To re-join the main trail, retrace your steps back to Nautilus House.

2 → 3 Shoreham Lock to Hove Lagoon



With the car park of Nautilus House behind you, follow the concrete road ahead through the light industrial units keeping, the waterside on your right. There may be some slow moving traffic so take care. Follow the slip road as it veers left then right around the Pebbles on the Port pub and then continue ahead. Carry on past the quaint buildings of the Sussex Yacht Club and then, at the flint wall, turn left to ascend the flight of steps up onto the pavement along the A259.

From the top of the steps turn right to follow the A259 pavement along to the next set of steps. Turn right to descend the steps to reach the wide grassy area with fantastic views and sounds of the working port, a good spot to pause and understand the port's history.

There has been a port operating at this site since Roman times and, after the Norman invasion, the port thrived as an importer of wine and exporter of wool. By the Victorian era, a Gas Works was constructed here (the remains of which are sadly still causing pollution problems) and Shoreham played an important role as one of the departure points for the D-Day landings during World War II. Today, Shoreham Port is one of the largest cargo handling ports on the south coast, handling 1.8 million tonnes of cargo in 2014, as well as being home to a leisure marina and fishing fleet.

Turn left and continue as the grass area narrows and becomes a gravel path. Go left around the steel gate and continue. This area is owned by our sponsors, Les and Judy Salvidge, and on the bank to your left will see a plaque erected by their family in memory of Mrs Yvonne Harvey. Follow the access road along (watch out for slow moving traffic) and then turn left to ascend a flight of steps up to the A259.

At the top of the steps turn right onto the pavement and continue along to the end of the buildings on your right and until you reach the grassy bank. Turn right down the pathway across the bank then carefully cross Wharf Road ahead. Turn right along the far pavement and follow it as it swings left until it meets the Western Esplanade. Turn left onto this tarmac promenade, with Hove Lagoon, a park and watersports facility, down to your left and the sea to your right.

3 → 4 Hove Lagoon to Grand Avenue



Simply keep ahead along the promenade, which is popular with families, dog walkers and joggers. There are plenty of places to access the beach here if you want to enjoy a paddle. The promenade is lined with beautiful colourful beach huts and there are several cafes dotted along the way.

Further along, you will pass King Alfred Leisure Centre on your left. Continue along the promenade, still heading east and, on the left, you will pass a number of rectangular greens known as Hove Lawns.

Nearby is Martlets Hospice, a charity that cares for people living through a terminal illness in and around Brighton & Hove. Martlets plays a vital role in helping people diagnosed with a terminal illness to live life as fully as they can. Find out how to make a donation at the end of this walking guide.

Within this section (just after beach hut 79), look out for the large statue of Queen Victoria across to your left, marking the end of Grand Avenue.

4 → 5 Grand Avenue to West Street



Continue along the seafront, with Brighton Pier becoming ever closer. Pass the Kings Road paddling pool and, soon afterwards you will come to Brighton i360, the world's tallest moving observation tower. Running to the left of this are the West Pier arches which house a number of independent artistic retailers.

Shortly after the i360 tower, as the Odeon cinema comes into view across to the left, make your way up to the roadside pavement, via the steps or slope on the left. Continue heading towards the pier, with the sea on your right. If you are continuing onto Trail Part 6, walk to the pier. Otherwise, as you draw level with the cinema, use the pedestrian crossing to cross the main road and then take the side road heading inland, West Street, passing the cinema on your left.

5 → 6 West Street to End



The road leads you steadily uphill, passing St Paul's Church and the ornate Clock Tower along the way. At the top of the hill you will come to Brighton rail station from where you can catch a train back to Shoreham-by-Sea.

In Memory of Yvonne Harvey

The creation of this stretch of the trail was possible thanks to the kind donation from Judy Salvidge, in loving memory of her mother, Yvonne Harvey. To read more about the sponsors of this Trail visit visithospicetrail.co.uk

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.

Friends of Sussex Hospices, Registered Charity No. 1089306

<http://www.friendsofsussexhospices.org.uk/how-you-can-help/donations>

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

