

"The Bat & Ball"

This is a good route to a good pub.

Distance:	7 miles
Ascent:	250m
Cycling time:	1 hour at a pace, 2 hours leisurely
Drinking time:	Until last orders.....

This is a great route requiring a bit of effort.

Cycle up the concrete track out of the farm on the South Downs Way. **Turn right, when you get to a footpath crossroads** (follow SDW sign).

Continue across lane and up Salt Hill to the road.

(An alternative short cut is to follow the road East out of the valley and directly up to the Sustainability Centre)

Turn left past the Sustainability Centre (call if for a coffee, if the café is open).

Take the next right turn along a country lane and continue on to the Bat & Ball pub. This is allegedly where the first game of cricket was played.

After sustenance, **retrace your route until you can take a left turn** up past Coombe Wood.

Continue in a straight line (if you can still cycle straight) all the way back to Meon Springs for a cup of tea or maybe another beer...

***WARNING:** Do not cycle after drinking mead.*

