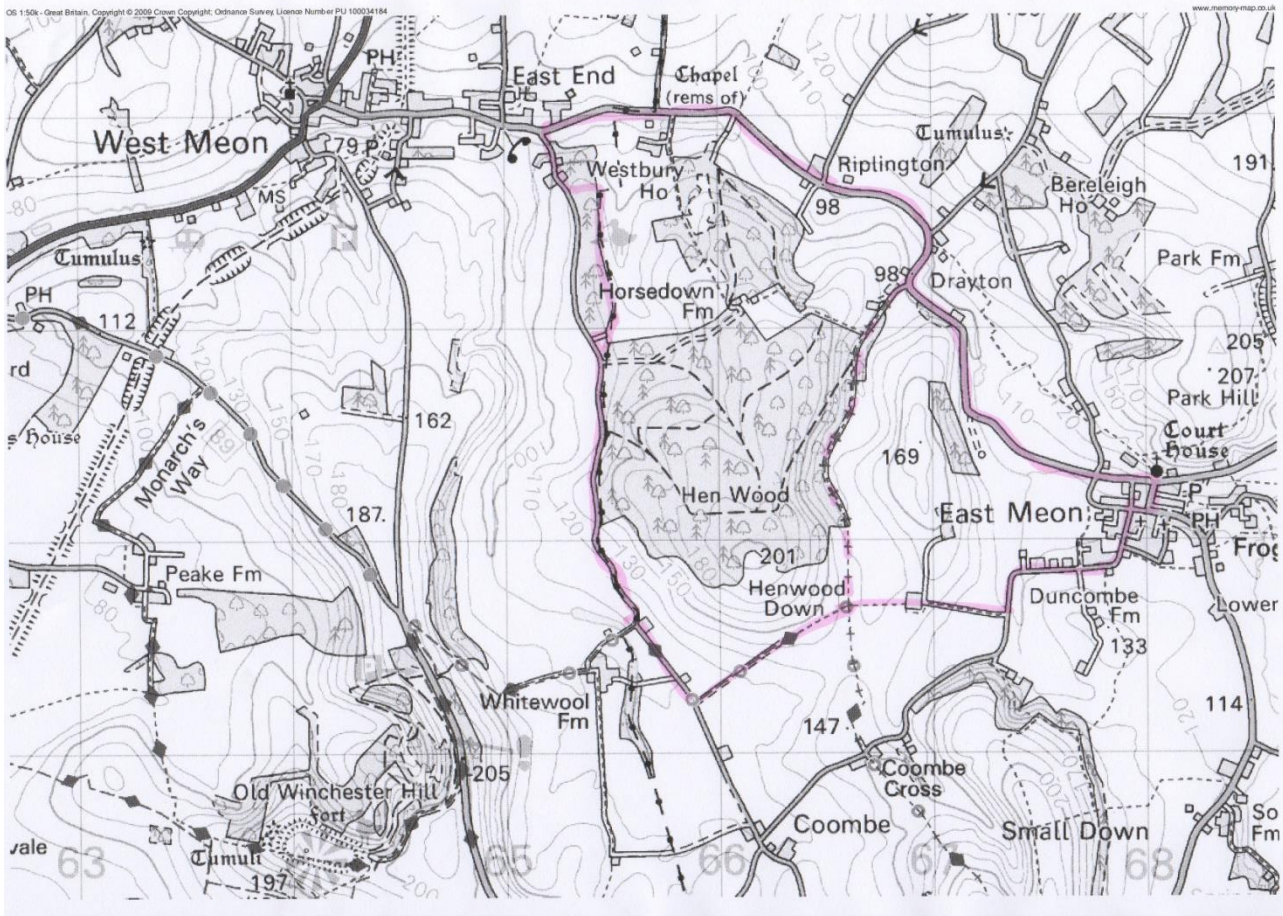


# East & West Meon



This route takes you to the villages of East and West Meon.

Distance: 5-6 miles  
Ascent: 125m  
Cycling time: 1-2 hours

**Cycle up the concrete track** that leads up the South Downs Way.

**Keep going in a straight line**, past some farm buildings until you get to the road that leads into East Meon.

**Turn left towards the village.**

In East Meon, there is a village shop (**eat**), two pubs (**drink**) and a church (**pray**). There is also a children's playground (turn left once past the school).

The George 01730 823481  
The Izaak Walton 01730 823252

**Turn left at the Church**, taking the road to West Meon

Either

1. **Turn left before the white bridge** and come back along the bottom of Hen Wood (pretty). Then turn right at the footpath crossroads, bringing you back to the concrete track.

OR

2. Cycle on to West Meon and **turn left up the road, signposted Meon Springs Fly Fishery**.

If you go for option 2, I would recommend cycling on a few hundred yards into the village of West Meon for a pint at the Thomas Lord or a coffee at The West Meon Café, (in the village shop).