



# SPARKLING SUSSEX

TOUR ITINERARY



**CYCLING**  
*for* **SOFTIES**



# SPARKLING SUSSEX OVERVIEW

Sussex is the jewel of the south coast, with dramatic white cliffs and ancient castles that dot the region. Cycling here, you'll experience the very best of seaside Britain. The Sussex wine industry is also at the centre of an English wine revolution, so a tour and tasting is always on the cards. Some points of call on this tour include Cuckmere Haven, Ridgeview Wine Estate, Bailiffscourt and Chichester. Along the way, you'll discover many hidden gems, from picturesque villages to gorgeous countryside vistas. To top this all off, enjoy staying in luxury, historic accommodation. This tour helps showcase the sparkle of Sussex.

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"Sussex is one of my favourite places to cycle. I grew up pedalling

along this coastline, so I know just how exciting a cycling holiday here can be. I also recommend taking the time to visit the Sussex vineyards."

**HARVEY, HEAD OF CYCLING**



ENGLAND

# ITINERARY

**DURATION: 8 DAYS**

**EASE:** 

A predominantly flat route with a few small ascents each day, using cycle paths and low-traffic roads where possible



## DAY 1

### Arrive in Alfriston

Check into your hotel and begin exploring this gorgeous village. Remember to get a good night's sleep, ready to get in the saddle on day 2.

*We love*

Learning all about the pirate stories at the Star Inn, an old smuggling base in the 1800s



Alfriston Tudor-style Buildings



Seven Sisters Cliffs

## DAY 2

### Optional Round Trip: Cuckmere Haven

**Distance** 10 miles (17km)

Today's ride is an easy 10 mile pedal down quiet lanes past the Long Man of Wilmington to Cuckmere Haven. From here, a traffic-free path takes you to the white cliffs of the Seven Sisters which make for a spectacular picnic spot. Cruise on back to the hotel where a glass of Sussex Sparkling is waiting for you.

*We love*

Gazing at the mysterious Long Man of Wilmington on the hillside

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## DAY 3

### Alfriston to Ockenden Manor

**Distance** 30 miles (50km)

Head out into the heart of the Sussex countryside today on your way towards Ockenden Manor. The route takes you through the historic town of Lewes, where an old castle and streets of wonderful boutiques await you. Moving on, take a charming tea break in Lindfield before cycling onwards to the indulgent Ockenden Manor.

*We love*

The delightful cup of tea in Lindfield, recharging you before cycling to the manor



Ockenden Manor

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## DAY 4

### Optional Round Trip: Ridgeview Wine Estate

**Distance** 22 miles (36km)

Today's route takes in the sights and sounds of the Sussex countryside, heading towards a beautiful vineyard. Arrive amidst the vines of Ridgeview Wine Estate for a tour and tasting of their delicious and famous Sussex Sparkling. Return to Ockenden Manor for a relaxing Isopod treatment before dinner and an overnight stay.

*We love*

Learning all about the thriving Sussex wine industry at Ridgeview



Vineyard Tour

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## DAY 5

### Ockenden Manor to Bailiffscourt

**Distance** 40 miles (64km)

Cycle to the beautiful coastline today on your way to Bailiffscourt. Enjoy leisurely peddling along the River Adur, passing by the beautiful Bramber Castle and the South Downs before arriving at your hotel.

*We love*

Stopping off at the coast for a well deserved ice cream whilst enjoying the views



Bailiffscourt



Chichester

## DAY 6

### Optional Round Trip: Chichester & Tinwood Estate

**Distance** 30 miles (49km)

Take a ride to the nearby Tinwood Estate for a tour and tasting, passing through historic Chichester on the way. Alternatively, take the day to explore Bailiffscourt, strolling down to Climping Beach or relaxing by the spa.

*We love*

The indulgent spa treatments at Bailiffscourt

## DAY 7

### Bailiffscourt to Midhurst

**Distance** 25 miles (61km)

Today's destination is Midhurst. The route takes you to the picturesque and grand Arundel Castle before crossing the South Downs. The rolling hills, which are easy to conquer thanks to your e-bikes, hide gorgeous countryside views and quaint hamlets to discover. When you arrive in Midhurst, there's time to have a look around before settling in for an afternoon tea and a relaxing night at The Spread Eagle hotel.

*We love*

The awe-inspiring Arundel Castle



Arundel Castle

## DAY 8

Enjoy a delicious breakfast before setting off on your next adventure.



Sussex Cycling



Ockenden Manor

# OUR FAVOURITE HOTELS ON THE ROUTE

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## OCKENDEN MANOR

This gorgeous 4-star hotel combines modern with traditional styles. On one side, the hotel is a classic English country house with Elizabethan oak panelled rooms, and on the other, it's a stunning piece of contemporary architecture. Enjoy their excellent natural springs spa and award-winning restaurant.



Bailiffscourt

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## BAILIFFSCOURT

One of our favourite beach hotels in Europe, Bailiffscourt is made up of 39 luxurious bedrooms across the estate's many charming houses and cottages. With Climping beach just a stone's throw away, the location here cannot be beaten. Enjoy a dip in the pool before an indulgent candlelit dinner.



The Spread Eagle

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## THE SPREAD EAGLE

One of England's oldest coaching inns, The Spread Eagle boasts luxurious rooms and a modern spa. The hotel restaurant offers a range of meals to be taken inside by candlelight or outside on the terrace.

# OUR CLIENTS ONTOUR

Here's what some of our Softies clients had to say about their cycling holidays with us - as well as a few happy memories captured on camera...

"Perfect cycling holiday for those who are not "head down and cycle fast" cyclists. A beautiful way to enjoy such stunning scenery."

**KELVIN, JULY 2022**

"A blend of cycling and culture. We loved the variety making each day different."

**HEATHER, JULY 2022**

"Everything about the experience from the booking experience, the accommodations and the touring was outstanding."

**GEORGE, JUNE 2022**

"A great fun holiday with a group of friends, great cycling, food, accommodation and a lot of laughter."

**ADRIAN, MAY 2022**

"Excellent customer service and organisation of bikes and movement of luggage. Thank you."

**KATHRYN, JUNE 2022**

"The rejuvenating feeling of freedom that cycling through the countryside brings, we loved the continually changing scenery and the confidence that wherever we cycled, stayed or ate, it was all thoughtfully chosen and of a high standard"

**JACKIE, AUGUST 2022**

Michael



Ruth



Tim



# WHY SOFTIES?

Our luxurious cycling holidays aren't about clocking up the miles, they're about the time in between. Welcome to life in the easy lane...

With a warm summer breeze on your skin and beautiful views in every direction, is there any better way to explore some of Europe's most beautiful countryside than by bicycle? We don't think so. Because there is so much to see and do along the way, our luxury cycling holidays are all about taking it nice and slow. Stop and explore, eat glorious meals, stay in delightful hotels, and relax knowing everything else has been taken care of.

## CYCLE LIKE A SOFTIE, SLEEP LIKE A KING

Whether you take it exceptionally easy in the saddle every day or decide to push yourself a bit, everyone deserves a little luxury in the evening, including fabulous cuisine and wonderful wines. We've hand-picked only the loveliest places to stay across some of the most beautiful regions in France, Italy and the UK. From rustic country inns full of charm to elegant townhouses and deluxe château hotels, you'll enjoy a warm welcome and indulgent food and drink wherever you go.

## WHAT'S INCLUDED

- Tailor-made as standard
- Freedom to cycle at your own pace
- Delicious evening meals (as per quote)
- Bed & breakfast in almost exclusively three, four and five star hotels
- Expert on-the-spot support
- Your luggage carried to the next hotel
- Itinerary with maps and notes (including GPS navigation on selected tours), suggested routes and places to see
- Fully serviced touring bikes with water bottles, panniers and puncture repair kits
- E-bikes also available for booking, as well as children's tag-alongs
- Flights, trains and transfers on request



# WE'RE KEEPING IT GREEN

## SUSTAINABILITY

Cycling for Softies has been committed to providing eco-friendly and sustainable cycling holidays for over 35 years. We keep this environmentally friendly activity at the heart of what we do, offering advice and resources for our clients to ensure a sustainable future for travel.

Where possible, we encourage our guests to travel via train instead of flying, with over 30% choosing to do so. Many tours are easily accessed via rail or even car.



Working with Mossy Earth, we are committed to offsetting all staff travel through planting trees. Every little helps and you can do your bit by planting a tree at one of Mossy Earth's current projects in either Ireland or Romania. They only plant native trees and always in a rewilding or conservation project.



We have partnered with World Bicycle Relief to help provide bikes to farmers, entrepreneurs, healthcare workers and children in developing countries. More than 400,000 specially designed and durable Buffalo bikes have already been delivered, which creates an efficient mode of transport in rural areas. With every Cycling for Softies holiday booking, we donate £5 on your behalf.



**READY  
TO MAKE  
IT HAPPEN?  
GET IN  
TOUCH  
TODAY TO  
SPEAK TO  
A CYCLING  
EXPERT...**



CALL US ON  
**020 7471 7760**

OR VISIT  
[WWW.CYCLINGFORSOFTIES.COM](http://WWW.CYCLINGFORSOFTIES.COM)

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