

Route 1: In search of Nirvana

Route Overview:

This on road circular route from Liss rail station takes you into the woods to Borden and on to Milland. After spiritual refreshment at Chithurst, and refueling at the tea shop or pub in Milland, the return leg runs along leafy lanes to Rake and back down to Liss. There are a couple of decent climbs and good, faster, Flatter stretches.

Distance	15 miles (8 km)
Time	1.5 to 2hrs
Level/ Terrain	Moderate
Elevation:	Climb 1040 ft / 787 calories
Start & Finish Point	Liphook / Liss
Optional Detour three mile loop to Chithurst, with its beautiful old church and welcoming Buddhist monastery.	

Route Description:

1. From Liss station turn left into Liss. At the mini roundabout by the Whistle Stop pub, take the second exit signed to Hillbrow.
2. Carry on up this road out of the village for just over a mile. It's a longish climb, steep in places.
3. At the top, a staggered crossroads, cross the junction and turn left by the Jolly Drover pub. Keep going on this road for about a mile.
4. Turn right at a T-junction signed to Midhurst & Rogate, then take first left towards Chithurst.
5. Follow this lane through the woods on a long gradual downhill past a Forestry Commission site and at the junction turn hard left – it's signed to Borden Wood and Milland.
6. Gatehouse Lane winds its way down to Borden, a tiny hamlet.
7. At Borden turn left and follow signs to Milland. **Or take the short detour* to Chithurst here.**
8. Turn right at the T-junction to go into the village. Turn right again at the crossroads by The Rising Sun pub, where there is a village store and tea shop.
9. For your return leg, re-trace steps out of Milland and continue past the Chithurst turn following signs for Petersfield and Rake for roughly a mile. This is a faster stretch of road.
10. Turn right on to Canhouse Lane. On a tight wooded bend, use the second road entry point for better visibility of oncoming traffic.
11. Continue along this narrow lane with a gradual climb and short steep section to the main road at Rake.
12. At this staggered crossroads turn right and immediate left into Brewells Lane after the Flying Bull pub.
13. Bear left at the next junction and continue down St. Patrick's Lane in to Liss. Turn left on Rake Road and again on to Station Road.
14. Crossing back over the Whistle Stop roundabout, Liss Station is on the right.

Optional Detour: 1.4 miles each way

At Borden (point 7) turn right towards Chithurst and follow this lane around, turning right at the next junction. You'll pass Cittaviveka Buddhist Monastery, a beautiful spot that welcomes visitors. On the banks of the river further on is St Mary's Church, a peaceful Norman chapel. To return to the route turn left and retrace your route back to Milland. Avoid turning right at Chithurst as this leads to the fast and busy A272.

https://gb.mapometer.com/cycling/route_4933037.html