

Level 1

(30 minutes - 1 hour) gentler walks

Shoreham Library to Widewater Lagoon. A pleasant walk along the seafront to the inland lake and returning to library for refreshments. Options for a shorter walk if required. *Meet inside Shoreham Library, St Mary's Road, Shoreham-by-Sea, BN43 5ZA.*

Hill to Hill. Walk from Beeding Hill to Truleigh Hill with optional level 2 extension to Edburton Hill and back. *Meet at the car park of Adur Recreation Ground on A259, BN43 5LT, at 10:00 to arrange car-sharing, OR Beeding Hill car park, Mill Hill (where road turns right to Youth Hostel). Map ref TQ208097*

Southwick Library to East Breakwater or to Fishersgate. Walk across the locks and along the seafront, or via Southwick Recreation ground to Fishersgate. Return to the library for a cup of tea. *Meet inside Southwick Library, Southdown Road, Southwick, BN42 4FT*

Perch Cafe on seafront at Beach Green Lancing to Brooklands Park. Enjoy a stroll around the Lake and a bracing walk back by the sea. *Meet outside Perch Cafe on the seafront at Beach Green, Lancing BN15 8RA*

Sompting Brooks Nature Trail. A walk round the recently created Sompting Brooks Nature Trail. A gentle flat walk in a tranquil setting. *Meet at Adur Rec. at 10:00 OR at the end of Loose Lane, Lancing BN15 0BL at 10:20*

