



Level 1

(30 minutes - 1 hour) gentler walks

Shoreham Library to Widewater Lagoon. A very pleasant walk along the seafront towards the inland lake and Nature Reserve of either 30 minutes for those requiring a shorter walk or up to 1 hour for the full walk. Returning to library for a cup of tea.

Meet inside Shoreham Library, St Mary's Road, Shoreham-by-Sea, BN43 5ZA

This walk occurs once every 3 weeks.

Note: An optional extension further along Widewater would be a level 2 walk .

Hill to Hill. Walk from Beeding Hill to Truleigh Hill with optional extension to Edburton Hill and back. **Note: Optional extension would be a level 2 walk.**

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 Lke and a bracing walk back by the sea . *Meet outside Perch Cafe on the seafront at Baech Green, Lancing BN15 8RA*

