

Level 3

FRIENDS WALKS(2-3 hours)

Challenging walks beyond Wellbeing walks, with some steep hills and stiles.

Beggars Bush to No Mans Land or Cissbury Ring. Excellent views of the sea and Adur Valley. *Meet at Beggars Bush car park, Titch Hill, Sompting. Map Ref: TQ162075*

Coombes Farm. A beautiful walk returning via Steep Down. Opportunity to visit 11th Century church. *Meet at Lancing Ring car park, Mill Road, Lancing. Map Ref: TQ183063*

Foredown Tower to Devil's Dyke. A stunning walk over the Downs to Devil's Dyke for wonderful views towards the sea. *Meet at the car park of Adur Rec. at 10:00 OR at Fore-down Tower, Foredown Road, Portslade BN41 2EW at 10:20.*

Lychpole Hill. An exhilarating walk in the countryside around Lychpole Farm returning via lower slopes of Cissbury Ring and Lychpole Hill. *Meet at entrance to Sainsbury's Lyons Farm, Lyons Way, Worthing BN14 9LA*

River Adur Two options

1. A beautiful walk along the West side of the river to **Cuckoo Corner**
2. Walk to the Old Toll Bridge across to the Downs Link path then over the A283 to the fields of **Mill Hill** with great views.

Meet at the car park of Adur Recreation Ground on A259, BN43 5LT

St Nicolas Church Two options

1. **South Downs Way bridge.** A walk along River Adur to the S. Downs Way bridge.
2. **Mill Hill Nature Reserve.** A walk up to Mill Hill and along to the nature reserve.

Meet at St Nicolas Church, St Nicolas Lane, Shoreham BN43 5NR

Southwick Hill Three options

1. Great family walk to **Mile Oak Farm** to see donkeys, goats and peacocks. Enjoy refreshments and other produce from the farm shop
2. Walk to **New Erringham Farm** returning via Southwick Hill.
3. Walk to **Southwick Hill** returning via Buckingham Park

Meet at bus stop at Holmbush Shopping Centre. Please park in lower car park.

Steep Down. Walk past Lancing Ring to top of Steep Down. *Meet at far end of car park at Lancing Leisure Centre, Manor Road, Lancing BN15 0PH*

Steyning, Bramber and Beeding. Four options

1. **Steyning Circular** walk from Fletchers Croft car park, Steyning B44 3XZ
Alternative walk round town when very muddy
2. **Steyning, Bramber & Beeding** walk from Fletchers Croft car park, Steyning B44 3XZ
3. **Beeding Hill, Windmill Hill & River Adur** from lay-by on A283 on left after cement works travelling N from Shoreham .
4. **Bramber, Beeding and River Adur** starting from car park in Bramber High Street
Meet at Adur Rec. at 10:00 OR at start point at 10:20.

Alternative walk available in bad weather via Steyning Bowl/Annington from junction of Goring Road and Bramber Road BN44 3GF

Truleigh Triangle from Beeding Hill. Following part of the Monarchs Way returning via Truleigh Hill and Youth Hostel. *Meet at Adur Rec. at 10:00 OR at Beeding Hill car park, Mill Hill (where road turns R towards youth hostel) at 10:20. Map Ref: TQ207097*

Arundel Wetland Centre to Houghton Bridge. Following river from Arundel to Houghton Bridge returning via Arundel Park. *Meet at Adur Rec. at 09:30 OR at Arundel Wetland Centre car park, Mill Road, BN18 9PB at 10:20*