

July 2026 to June 2027

# "Adur Healthy Walkers"



**FREE** walks led by trained volunteers



ADUR & WORTHING  
COUNCILS

[www.adur-worthing.gov.uk/sport-and-leisure/play-a-sport/walking](http://www.adur-worthing.gov.uk/sport-and-leisure/play-a-sport/walking)

**Note:** Where stated, car-sharing is available from the car park at Adur Recreation Ground (Adur Rec.) on A259 at Shoreham-by-Sea BN43 5LT at 10:00. If you require a lift then please book with the relevant leader to save unnecessary journeys for the leaders.

**Level 1** (30mins—1hour) 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 Rd., 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 Adur Rec. at 10:00 OR at Beeding Hill car park, Mill Hill (where road turns R to Youth Hostel) Map Ref :TQ 208097 at 10:20*

**Southwick Library to East Breakwater or to Fishersgate.** Walk across the locks and along the seafront, or via Southwick Rec. to Fishersgate. Return to library for refreshments. *Meet inside Southwick Library, Southdown Rd., Southwick BN42 4FT*

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

**Level 2** (approx. 1.5 hrs) to maintain fitness

**Lancing Leisure Centre to Lancing Ring.** A short brisk walk up to the Ring. *Meet at the far end of car park at Lancing Leisure Centre, Manor Rd., Lancing BN15 0PH.*

**Bramber to South Downs Way bridge.** Walk from car park in Bramber High St. alongside River Adur to SDW bridge returning via Downs Link path. *Meet at Adur Rec. at 10:00 OR at Bramber High St. car park at 10:20*

**Buckingham Park to Mill Hill.** Walk from Buckingham Park to Mill Hill and return to café. *Meet outside café at Buckingham Park, Upper Shoreham Rd, BN43 6BA*

**Mill Hill to Old Erringham Farm.** Enjoy fantastic views of the harbour and airport. Note: at least 1 stile on this route. *Meet at Adur Rec. at 10:00 OR Mill Hill Nature reserve car park, Mill Hill, Shoreham at 10:20 Map Ref:TQ212075*

**Perch Café at Beach Green Lancing to Widewater Lagoon.** Leisurely stroll along the seafront to enjoy sea views and the nature reserve, returning by the sea. *Meet outside Perch Café at Beach Green, Lancing BN15 8RA*

**Shoreham Library to the Old Toll Bridge or to the Old Fort.** Cross the bridge over the river Adur and return via the houseboats or visit the Old Fort, dating back to Napoleonic Wars. Return to the library for refreshments. *Meet inside Shoreham Library, BN43 5ZA*

**St. Nicolas Church to Lancing College.** Cross the toll bridge and follow the river to Cuckoo Corner before heading to Lancing College via road and footpath. Return to church via airport road. *Meet at St. Nicolas Church, St. Nicolas Lane, Shoreham BN43 5NR*

**Fishersgate Community Centre to Southwick Green.** Walk via Southwick Rec. and the seafront. *Meet at Fishersgate C. Centre, West Road, Portslade BN41 1QH*

**Lower Horseshoe walk, Steyning.** Following Nature Trail from Fletchers Croft car park **OR Steyning, Bramber & Beeding Alternative walk to the Rifle Range.** *Meet at Adur Rec. at 10:00 OR at Fletchers Croft car park Steyning BN44 3XZ at 10:20.*

**St. Nicolas Church to New Monks Farm Shoreham.** *Meet at St Nicolas Church, St Nicolas Lane, Shoreham BN43 5NR at 10.30.*

**Level 1** = wellbeing walks, approx. 30 mins-1 hour

**Level 2** = wellbeing walks, approx. 1-1½ hours

**Level 3** = friends walks, approx. 2-3 hours

# July 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		<b>1</b> 10.30am <b>Level 2</b> Buckingham Park to Mill Hill	<b>2</b>	<b>3</b> 2.00pm <b>Level 1</b> Southwick Library to East Breakwater	<b>4</b> 10.30am <b>Level 3</b> Lancing Leisure Centre to Steep Down	<b>5</b>
<b>6</b> 10.30am <b>Level 2</b> Shoreham Library to the Old Fort	<b>7</b>	<b>8</b> 10.30am <b>Level 2</b> Perch Café Lancing to Widewater	<b>9</b>	<b>10</b> 10.30am <b>Level 3</b> Holmbush shopping centre to Mile Oak Farm	<b>11</b>	<b>12</b> 10.30am <b>Level 3</b> St. Nicolas Church to South Downs Way bridge
<b>13</b> 10.30am <b>Level 2</b> Shoreham Library to the Old Toll Bridge	<b>14</b>	<b>15</b> 10.30am <b>Level 3</b> Adur Rec. to Mill Hill	<b>16</b>	<b>17</b> 2.00pm <b>Level 1</b> Southwick Library to Fishersgate	<b>18</b> 10.30am <b>Level 3</b> Lancing Ring car park to Coombes Farm	<b>19</b>
<b>20</b> 10.30am <b>Level 1</b> Shoreham Library to Widewater Lagoon <b>30 Minute Walk also Available</b>	<b>21</b>	<b>22</b> 10.30am <b>Level 1</b> Perch Café Lancing to Brooklands Park	<b>23</b>	<b>24</b> 10.30am <b>Level 2</b> Fishersgate Community Centre to Southwick Green and Southwick Recreation Ground	<b>25</b>	<b>26</b> 10.30am <b>Level 3</b> Beeding Hill, Windmill Hill & River Adur from lay-by on A283 after cement works ( <i>Meet at Adur Rec. 10:00</i> )
<b>27</b> 10.30am <b>Level 2</b> Shoreham Library to the Old Fort	<b>28</b> <b>Carers walk</b> 10.30am <b>Level 1</b> Perch Cafe Lancing for gentle stroll along seafront	<b>29</b> 10.30am <b>Level 2</b> St. Nicolas Church to Lancing College	<b>30</b>	<b>31</b> 2.00pm <b>Level 1</b> Southwick Library to East Breakwater		

**Level 1** = wellbeing walks, approx. 30 mins-1 hour

**Level 2** = wellbeing walks, approx. 1-1½ hours

**Level 3** = friends walks, approx. 2-3 hours

# August 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>31 Bank Holiday</b> <b>10.30am Level 2</b> Car park The Street Bramber to South Downs Way bridge <i>(Meet at Adur Rec.10:00)</i>					<b>1</b> <b>10.30am Level 3</b> Bramber car park to Downslink Bridge (Stretham Manor) <i>(Meet at Adur Rec.10:00)</i>	<b>2</b>
<b>3</b> <b>10.30am Level 2</b> Shoreham Library to the Old Toll Bridge	<b>4</b>	<b>5</b> <b>10.30am Level 2</b> Perch Café Lancing to Widewater	<b>6</b>	<b>7</b> <b>10.30am Level 3</b> Adur Rec. to Cuckoo Corner	<b>8</b>	<b>9</b> <b>10.30am Level 3</b> Truleigh Triangle from Beeding Hill <i>(Meet at Adur Rec.10:00)</i>
<b>10</b> <b>10.30am Level 1</b> Shoreham Library to Widewater Lagoon  <b>30 Minute Walk also Available</b>	<b>11</b>	<b>12</b> <b>10.30am Level 1</b> Hill to Hill Beeding Hill to Truleigh Hill <i>(Meet at Adur Rec.10:00)</i>	<b>13</b>	<b>14</b> <b>2.00pm Level 1</b> Southwick Library to Fishersgate	<b>15</b> <b>10.30am Level 3</b> Steyning Circular walk from Fletchers Croft car park <i>(Meet at Adur Rec.10:00)</i>	<b>16</b>
<b>17</b> <b>10.30am Level 2</b> Shoreham Library to the Old Fort	<b>18</b>	<b>19</b> <b>10.30am Level 1</b> Perch Café Lancing to Brooklands Park	<b>20</b>	<b>21</b> <b>10.30am Level 2</b> St. Nicolas Church To New Monks Farm	<b>22</b>	<b>23</b> <b>10.30am Level 3</b> Steyning Bowl / Annington <i>(Meet at Adur Rec 10.00)</i>
<b>24</b> <b>10.30am Level 2</b> Shoreham Library to the Old Toll Bridge	<b>25</b> <b>Carers walk</b> <b>10.30am Level 1</b> Perch Cafe Lancing for gentle stroll along seafront	<b>26</b> <b>10.30am Level 2</b> Steyning, Bramber& Beeding Alternative to Rifle Range <i>(Meet at Adur Rec 10.00)</i>	<b>27</b>	<b>28</b> <b>2.00pm Level 1</b> Southwick Library to East Breakwater	<b>29</b> <b>10.30am Level 3</b> Holmbush shopping centre to Southwick Hill via New Erringham Farm	<b>30</b>

**Level 1** wellbeing walks, approx. 30 mins-1 hour

**Level 2** = wellbeing walks, approx. 1-1½ hours

**Level 3** = friends walks, approx. 2-3 hours

# September 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>1</b>	<b>2</b> 10.30am <b>Level 2</b> Perch Café Lancing to Widewater	<b>3</b>	<b>4</b> 10.30am <b>Level 3</b> Adur Rec. to Mill Hill	<b>5</b>	<b>6</b> 10.30am <b>Level 3</b> Lychpole Hill from Sainsburys Lyons Farm Retail Park
<b>7</b> 10.30am <b>Level 1</b> Shoreham Library to Widewater Lagoon  30 Minute Walk also Available	<b>8</b> 7.00pm AGM <b>The Shoreham Centre</b>	<b>9</b> 10.30am <b>Level 2</b> Steyning Lower Horseshoe from Fletcher Croft <i>(Meet at Adur Rec.10:00)</i>	<b>10</b>	<b>11</b> 2.00pm <b>Level 1</b> Southwick Library to Fishersgate	<b>12</b> 10.30am <b>Level 3</b> Lancing Ring car park to Coombes Farm	<b>13</b>
<b>14</b> 10.30am <b>Level 2</b> Shoreham Library to the Old Fort	<b>15</b>	<b>16</b> 10.30am <b>Level 1</b> Perch Café Lancing to Brooklands Park	<b>17</b>	<b>18</b> 10.30am <b>Level 2</b> St.Nicolas Church to Lancing College	<b>19</b>	<b>20</b> 10.30am <b>Level 3</b> Beggars Bush to Cissbury Ring
<b>21</b> 10.30am <b>Level 2</b> Shoreham Library to the Old Toll Bridge	<b>22</b> Carers walk 10.30am <b>Level 1</b> Perch Cafe Lancing for gentle stroll along seafront	<b>23</b> 10.30am <b>Level 3</b> Holmbush shopping centre to Mile Oak Farm	<b>24</b>	<b>25</b> 2.00pm <b>Level 1</b> Southwick Library to East Breakwater	<b>26</b> 10.30am <b>Level 3</b> Beggars Bush to No Man's Land	<b>27</b>
<b>28</b> 10.30am <b>Level 1</b> Shoreham Library to Widewater Lagoon  30 Minute Walk also Available	<b>29</b>	<b>30</b> 10.30am <b>Level 2</b> Perch Café Lancing to Widewater				

**Level 1** = wellbeing walks, approx. 30 mins-1 hour

**Level 2** = wellbeing walks, approx. 1-1½ hours

**Level 3** = friends walks, approx. 2-3 hours

# October 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			<b>1</b>	<b>2</b> 10.30am <b>Level 2</b> St. Nicolas Church To New Monks Farm	<b>3</b>	<b>4</b> 10.30am <b>Level 3</b> Steyping Bowl / Annington (Meet at Adur Rec 10.00)
<b>5</b> 10.30am <b>Level 2</b> Shoreham Library to the Old Fort	<b>6</b>	<b>7</b> 10.30am <b>Level 1</b> Perch Café Lancing to Brooklands Park	<b>8</b>	<b>9</b> 2.00pm <b>Level 1</b> Southwick Library to Fishersgate	<b>10</b> Coffee Morning @ <b>Methodist Church</b> <b>Hall Brunswick Road</b> <b>Shoreham</b> 10.00- 12.00	<b>11</b> 10.30am <b>Level 3</b> Beeding Hill, Windmill Hill & River Adur from lay-by on A283 after cement works (Meet at Adur Rec.10:00)
<b>12</b> 10.30am <b>Level 2</b> Shoreham Library to the Old Toll Bridge	<b>13</b>	<b>14</b> 10.30am <b>Level 2</b> Buckingham Park to Mill Hill	<b>15</b>	<b>16</b> 10.30am <b>Level 2</b> Steyping, Bramber & Beeding Alternative to Rifle Range (Meet at Adur Rec 10.00)	<b>17</b> 10.30am <b>Level 3</b> Steyping Circular walk from Fletchers Croft car park (Meet at Adur Rec.10:00)	<b>18</b>
<b>19</b> 10.30am <b>Level 1</b> Shoreham Library to Widewater Lagoon  30 Minute Walk also Available	<b>20</b>	<b>21</b> 10.30am <b>Level 2</b> Perch Café Lancing to Widewater	<b>22</b>	<b>23</b> 2.00pm <b>Level 1</b> Southwick Library to East Breakwater	<b>24</b>	<b>25</b> 10.30am <b>Level 3</b> St. Nicolas Church to South Downs Way bridge
<b>26</b> 10.30am <b>Level 2</b> Shoreham Library to the Old Fort	<b>27</b> Carers walk 10.30am <b>Level 1</b> Perch Cafe Lancing for gentle stroll along seafront	<b>28</b> 10.30am <b>Level 2</b> Fishersgate Community Centre to Southwick Green and Southwick Recreation Ground	<b>29</b>	<b>30</b> 10.30am <b>Level 3</b> Adur Rec. to Cuckoo Corner	<b>31</b> 10.30am <b>Level 3</b> Bramber car park to Downslink Bridge (Stretham Manor) (Meet at Adur Rec.10:00)	

**Level 1** = wellbeing walks, approx. 30 mins-1 hour

**Level 2** = wellbeing walks, approx. 1-1½ hours

**Level 3** = friends walks, approx. 2-3 hours

# November 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>30</b> 10.30am <b>Level 1</b> Shoreham Library to Widewater Lagoon <b>30 Minute Walk also Available</b>						<b>1</b>
<b>2</b> 10.30am <b>Level 2</b> Shoreham Library to the Old Toll Bridge	<b>3</b>	<b>4</b> 10.30am <b>Level 1</b> Perch Café Lancing to Brooklands Park	<b>5</b>	<b>6</b> 2.00pm <b>Level 1</b> Southwick Library to Fishersgate	<b>7</b>	<b>8</b> 10.30am <b>Level 3</b> Lychpole Hill from Sainsburys Lyons Farm Retail Park
<b>9</b> 10.30am <b>Level 1</b> Shoreham Library to Widewater Lagoon  <b>30 Minute Walk also Available</b>	<b>10</b>	<b>11</b> 10.30am <b>Level 3</b> Truleigh Triangle from Beeding Hill ( <i>Meet at Adur Rec.10:00</i> )	<b>12</b>	<b>13</b> 10.30am <b>Level 2</b> Mill Hill Nature Reserve to Old Erringham Farm ( <i>Meet at Adur Rec. 10:00</i> )	<b>14</b> 10.30am <b>Level 3</b> Adur Rec. to Cuckoo Corner	<b>15</b>
<b>16</b> 10.30am <b>Level 2</b> Shoreham Library to the Old Fort	<b>17</b>	<b>18</b> 10.30am <b>Level 2</b> Perch Café Lancing to Widewater	<b>19</b>	<b>20</b> 2.00pm <b>Level 1</b> Southwick Library to East Breakwater	<b>21</b>	<b>22</b> 10.30am <b>Level 3</b> Beggars Bush to No Man's Land
<b>23</b> 10.30am <b>Level 2</b> Shoreham Library to the Old Toll Bridge	<b>24</b> <b>Carers Walk</b> 10.30am <b>Level 1</b> Perch Cafe Lancing for gentle stroll along seafront	<b>25</b> 10.30am <b>Level 2</b> Car park The Street Bramber. to South Downs Way bridge ( <i>Meet at Adur Rec 10:00</i> )	<b>26</b>	<b>27</b> 10.30am <b>Level 3</b> Holbush Shopping Centre to Southwick Hill Returning Via Buckingham Park	<b>28</b> 10.30am <b>Level 3</b> Beggars Bush to Cissbury Ring	<b>29</b>

**Level 1** = wellbeing walks, approx. 30 mins-1 hour

**Level 2** = wellbeing walks, approx. 1-1½ hours

**Level 3** = friends walks, approx. 2-3 hours

# December 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>1</b>	<b>2</b> 10.30am <b>Level 1</b> Perch Café Lancing to Brooklands Park	<b>3</b>	<b>4</b> 2.00pm <b>Level 1</b> Southwick Library to Fishersgate	<b>5</b>	<b>6</b> 10.30am <b>Level 3</b> Lancing Leisure Centre to Steep Down
<b>7</b> 10.30am <b>Level 2</b> Shoreham Library to the Old Fort	<b>8</b>	<b>9</b> 10.30am <b>Level 3</b> Holmbush shopping centre to Mile Oak Farm	<b>10</b>	<b>11</b> 10.30am <b>Level 2</b> St. Nicolas Church to Lancing College	<b>12</b> 10.30am <b>Level 3</b> Adur Rec. to Mill Hill	<b>13</b>
<b>14</b> 10.30am <b>Level 2</b> Shoreham Library to the Old Toll Bridge	<b>15</b>	<b>16</b> 10.30am <b>Level 2</b> Perch Café Lancing to Widewater	<b>17</b>	<b>18</b> 2.00pm <b>Level 1</b> Southwick Library to East Breakwater	<b>19</b>	<b>20</b> 10.30am <b>Level 3</b> St. Nicolas Church to South Downs Way Bridge
<b>21</b> 10.30am <b>Level 1</b> Shoreham Library to Widewater Lagoon  <b>30 Minute Walk also Available</b>	<b>22</b> <b>Carers walk</b> 10.30am <b>Level 1</b> Perch Cafe Lancing for gentle stroll along seafront	<b>23</b> 10.30am <b>Level 2</b> Steyning Lower Horseshoe from Fletchers Croft car park ( <i>Meet at Adur Rec. 10:00</i> )	<b>24 Christmas Eve</b>	<b>25 Christmas Day</b>	<b>26 Boxing Day</b>	<b>27</b> 10.30am <b>Level 2</b> Fishersgate Community Centre to Southwick Green and Southwick Recreation Ground
<b>28</b> 10.30am <b>Level 2</b> Shoreham Library to the Old Fort	<b>29</b>	<b>30</b> 10.30am <b>Level 1</b> Perch Café Lancing to Brooklands Park	<b>31</b> <b>New Years Eve</b>			

**Level 1** = wellbeing walks, approx. 30 mins-1 hour

**Level 2** = wellbeing walks, approx. 1-1½ hours

**Level 3** = friends walks, approx. 2-3 hours

# January 2027

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				<b>1 New Years Day</b> <b>10.30am Level 2</b> Car park The Street Bramber to South Downs Way bridge (Meet at Adur Rec 10:00)	<b>2</b> <b>10.30am Level 3</b> Beeding Hill, Windmill Hill & River Adur from lay-by on A283 after cement works (Meet at Adur Rec.10:0)	<b>3</b>
<b>4</b> <b>10.30am Level 2</b> Shoreham Library to the Old Toll Bridge	<b>5</b>	<b>6</b> <b>10.30am Level 2</b> Buckingham Park to Mill Hill	<b>7</b>	<b>8</b> <b>2.00pm Level 1</b> Southwick Library to Fishersgate	<b>9</b>	<b>10</b> <b>10.30am Level 3</b> Bramber car park to Downlink Bridge (Stretham Manor) (Meet at Adur Rec.10:00)
<b>11</b> <b>10.30am Level 1</b> Shoreham Library to Widewater Lagoon  <b>30 Minute Walk also Available</b>	<b>12</b>	<b>13</b> <b>10.30am Level 2</b> Perch Café Lancing to Widewater	<b>14</b>	<b>15</b> <b>10.30am Level 2</b> Steyning, Bramber & Beeding Alternative to Rifle Range (Meet at Adur Rec 10.00)	<b>16</b> <b>10.30am Level 3</b> Truleigh Triangle from Beeding Hill (Meet at Adur Rec.10:00)	<b>17</b>
<b>18</b> <b>10.30am Level 2</b> Shoreham Library to the Old Fort	<b>19</b>	<b>20</b> <b>10.30am Level 2</b> St. Nicolas Church To New Monks Farm	<b>21</b>	<b>22</b> <b>2.00pm Level 1</b> Southwick Library to East Breakwater	<b>23</b>	<b>24</b> <b>10.30am Level 3</b> Steyning Circular walk from Fletchers Croft car park (Meet at Adur Rec.10:00)
<b>25</b> <b>10.30am Level 2</b> Shoreham Library to the Old Toll Bridge	<b>26</b> <b>Carers walk</b> <b>10.30am Level 1</b> Perch Cafe Lancing for gentle stroll along seafront	<b>27</b> <b>10.30am Level 1</b> Perch Café Lancing to Brooklands Park	<b>28</b>	<b>29</b> <b>10.30am Level 2</b> Mill Hill Nature Reserve to Old Erringham Farm (Meet at Adur Rec. 10:00)	<b>30</b> <b>10.30am Level 3</b> Steyning Bowl / Annington (Meet at Adur Rec 10)	<b>31</b>

**Level 1** = wellbeing walks, approx. 30 mins-1 hour

**Level 2** = wellbeing walks, approx. 1-1½ hours

**Level 3** = friends walks, approx. 2-3 hours

# February 2027

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1</b> 10.30am <b>Level 1</b> Shoreham Library to Widewater Lagoon  <b>30 Minute Walk also Available</b>	<b>2</b>	<b>3</b> 10.30am <b>Level 3</b> Adur Rec. to Mill Hill	<b>4</b>	<b>5</b> 2.00pm <b>Level 1</b> Southwick Library to Fishersgate	<b>6</b>	<b>7</b> 10.30am <b>Level 3</b> Beggars Bush to Cissbury Ring
<b>8</b> 10.30am <b>Level 2</b> Shoreham Library to the Old Fort	<b>9</b>	<b>10</b> 10.30am <b>Level 2</b> Perch Café Lancing to Widewater	<b>11</b>	<b>12</b> 10.30am <b>Level 3</b> Lancing Leisure Centre to Steep Down	<b>13</b> 10.30am <b>Level 3</b> Lancing Ring car park to Coombes Farm	<b>14</b>
<b>15</b> 10.30am <b>Level 2</b> Shoreham Library to the Old Toll Bridge	<b>16</b>	<b>17</b> 10.30am <b>Level 3</b> Adur Rec. to Cuckoo Corner	<b>18</b>	<b>19</b> 2.00pm <b>Level 1</b> Southwick Library to East Breakwater	<b>20</b>	<b>21</b> 10.30am <b>Level 3</b> Beggars Bush to No Man's Land
<b>22</b> 10.30am <b>Level 1</b> Shoreham Library to Widewater Lagoon  <b>30 Minute Walk also Available</b>	<b>23</b> Carers walk 10.30am <b>Level 1</b> Perch Cafe Lancing for gentle stroll along seafront	<b>24</b> 10.30am <b>Level 1</b> Perch Café Lancing to Brooklands Park	<b>25</b>	<b>26</b> 10.30am <b>Level 3</b> Holmbush Shopping Centre to Southwick Hill Returning Via Buckingham Park	<b>27</b> 10.30am <b>Level 3</b> Lychpole Hill from Sainsburys Lyons Farm Retail Park	<b>28</b>

**Level 1** = wellbeing walks, approx. 30 mins-1 hour

**Level 2** = wellbeing walks, approx. 1-1½ hours

**Level 3** = friends walks, approx. 2-3 hours

# March 2027

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>29 Easter Monday</b> 10.30am <b>Level 2</b> Shoreham Library to the Old Toll Bridge (Meet outside Library)	<b>30</b>	<b>31</b> 10.30am <b>Level 2</b> Fishersgate Community Centre to Southwick Green and Recreation Ground				
<b>1</b> 10.30am <b>Level 2</b> Shoreham Library to the Old Fort	<b>2</b>	<b>3</b> 10.30am <b>Level 2</b> St. Nicolas Church to Lancing College	<b>4</b>	<b>5</b> 2.00pm <b>Level 1</b> Southwick Library to Fishersgate	<b>6</b>	<b>7</b> 10.30am <b>Level 3</b> Beeding Hill, Windmill Hill & River Adur from lay-by on A283 after cement works (Meet at Adur Rec.10:00)
<b>8</b> 10.30am <b>Level 2</b> Shoreham Library to the Old Toll Bridge	<b>9</b>	<b>10</b> 10.30am <b>Level 2</b> Perch Café Lancing to Widewater	<b>11</b>	<b>12</b> 10.30am <b>Level 2</b> Buckingham Park to Mill Hill	<b>13</b> 10.30am <b>Level 3</b> Steyning Bowl / Annington (Meet at Adur Rec 10.00)	<b>14</b>
<b>15</b> 10.30am <b>Level 1</b> Shoreham Library to Widewater Lagoon  30 Minute Walk also Available	<b>16</b>	<b>17</b> 10.30am <b>Level 2</b> Steyning Lower Horseshoe from Fletchers Croft car park (Meet at Adur Rec.10:00)	<b>18</b>	<b>19</b> 2.00pm <b>Level 1</b> Southwick Library to East Breakwater	<b>20</b>	<b>21</b> 10.30am <b>Level 2</b> Steyning, Bramber & Beeding Alternative to Rifle Range (Meet at Adur Rec 10.00)
<b>22</b> 10.30am <b>Level 2</b> Shoreham Library to the Old Fort	<b>23</b> Carers walk 10.30am <b>Level 1</b> Perch Cafe Lancing for gentle stroll along seafront	<b>24</b> 10.30am <b>Level 1</b> Perch Café Lancing to Brooklands Park	<b>25</b>	<b>26 Good Friday</b> 10.30am <b>Level 2</b> Car park The Street Bramber. to South Downs Way bridge (Meet at Adur Rec. 10:00)	<b>27</b> 10.30am <b>Level 3</b> Holmbush shopping centre to Mile Oak Farm	<b>28 Easter Sunday</b>

**Level 1** = wellbeing walks, approx. 30 mins-1 hour

**Level 2** = wellbeing walks, approx. 1-1½ hours

**Level 3** = friends walks, approx. 2-3 hours

# April 2027

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2 2.00 pm <b>Level 1</b> Southwick Library to Fishersgate	3	4 10.30am <b>Level 3</b> Bramber car park to Downslink Bridge (Stretham Manor) <i>(Meet at Adur Rec.10:00)</i>
5 10.30am <b>Level 1</b> Shoreham Library to Widewater Lagoon 30 Minute Walk also Available	6	7 10.30am <b>Level 2</b> Perch Cafe Lancing to Widewater	8	9 10.30am <b>Level 3</b> St. Nicolas Church to South Downs Way Bridge	10 10.30am <b>Level 3</b> Lychpole Hill from Sainsburys Lyons Farm Retail Park	11
12 10.30am <b>Level 2</b> Shoreham Library to the Old Fort	13	14 10.30am <b>Level 2</b> St. Nicolas Church To New Monks Farm	15	16 2.00pm <b>Level 1</b> Southwick Library to East Breakwater	17	18 10.30am <b>Level 3</b> Truleigh Triangle from Beeding Hill <i>(Meet at Adur Rec.10:00)</i>
19 10.30am <b>Level 2</b> Shoreham Library to the Old Toll Bridge	20	21 10.30am <b>Level 1</b> Perch Cafe Lancing to Brooklands Park	22	23 10.30am <b>Level 2</b> Mill Hill Nature Reserve to Old Erringham Farm <i>(Meet at Adur Rec. 10:00)</i>	24 10.30am <b>Level 3</b> Beggars Bush to No Man's Land	25
26 10.30am <b>Level 1</b> Shoreham Library to Widewater Lagoon 30 Minute Walk also Available	27 Carers walk 10.30am <b>Level 1</b> Perch Cafe Lancing for gentle stroll along seafront	28 10.30am <b>Level 3</b> Beggars Bush to Cissbury Ring	29	30 2.00 pm <b>Level 1</b> Southwick Library to Fishersgate		

**Level 1** = wellbeing walks, approx. 30 mins-1 hour

**Level 2** = wellbeing walks, approx. 1-1½ hours

**Level 3** = friends walks, approx. 2-3 hours

# May 2027

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>31 Bank Holiday</b> 10.30am <b>Level 2</b> Shoreham Library to the Old Toll Bridge <i>(Meet outside library)</i>					<b>1</b>	<b>2</b> 10.30am <b>Level 3</b> Lancing Ring car park to Coombes Farm
<b>3 Bank Holiday</b> 10.30am <b>Level 2</b> Shoreham Library to the Old Fort <i>(Meet outside library)</i>	<b>4</b>	<b>5</b> 10.30am <b>Level 3</b> Holmbush shopping centre to Mile Oak Farm	<b>6</b>	<b>7</b> 10.30am <b>Level 2</b> St. Nicolas Church to Lancing College	<b>8</b> 10.30am <b>Level 2</b> Steyning Lower Horseshoe from Fletchers Croft car park <i>(Meet at Adur Rec.10:00)</i>	<b>9</b>
<b>10</b> 10.30am <b>Level 2</b> Shoreham Library to the Old Toll Bridge	<b>11</b>	<b>12</b> 10.30am <b>Level 2</b> Perch Cafe Lancing to Widewater	<b>13</b>	<b>14</b> 2.00pm <b>Level 1</b> Southwick Library to East Breakwater	<b>15</b>	<b>16</b> 10.30am <b>Level 3</b> St. Nicolas Church to South Downs Way Bridge
<b>17</b> 10.30am <b>Level 1</b> Shoreham Library to Widewater Lagoon <b>30 Minute Walk also Available</b>	<b>18</b>	<b>19</b> 10.30am <b>Level 3</b> Adur Rec. to Mill Hill	<b>20</b>	<b>21</b> 10.30am <b>Level 2</b> Fishersgate Community Centre to Southwick Green and Southwick Recreation Ground	<b>22</b> 10.30am <b>Level 3</b> Lancing Leisure Centre to Steep Down	<b>23</b>
<b>24</b> 10.30am <b>Level 2</b> Shoreham Library to the Old Fort	<b>25</b> <b>Carers Walk</b> 10.30am <b>Level 1</b> Perch Café Lancing for gentle stroll along the seafront	<b>26</b> 10.30am <b>Level 1</b> Perch Cafe Lancing to Brooklands Park	<b>27</b>	<b>28</b> 2.00pm <b>Level 1</b> Southwick Library to Fishersgate	<b>29</b>	<b>30</b> 10.30am <b>Level 3</b> Beeding Hill, Windmill Hill & River Adur from lay-by on A283 after cement works <i>(Meet at Adur Rec.10:0)</i>

# June 2027

**Level 1** = wellbeing walks, approx. 30 mins-1 hour

**Level 2** = wellbeing walks, approx. 1-1½ hours

**Level 3** = friends walks, approx. 2-3 hours

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>1</b>	<b>2</b> 10.30am <b>Level 2</b> Car park The Street Bramber. to South Downs Way bridge (Meet at Adur Rec 10:00)	<b>3</b>	<b>4</b> 10.30am <b>Level 2</b> Buckingham Park to Mill Hill	<b>5</b> 10.30am <b>Level 3</b> Bramber car park to Downslink Bridge (Stretham Manor) (Meet at Adur Rec.10:00)	<b>6</b>
<b>7</b> 10.30am <b>Level 1</b> Shoreham Library to Widewater Lagoon  30 Minute Walk also Available	<b>8</b>	<b>9</b> 10.30am <b>Level 2</b> Perch Cafe Lancing to Widewater	<b>10</b>	<b>11</b> 2.00pm <b>Level 1</b> Southwick Library to East Breakwater	<b>12</b>	<b>13</b> 10.30am <b>Level 3</b> Truleigh Triangle from Beeding Hill (Meet at Adur Rec.10:00)
<b>14</b> 10.30am <b>Level 2</b> Shoreham Library to the Old Fort	<b>15</b>	<b>16</b> 10.30am <b>Level 2</b> St. Nicolas Church To New Monks Farm	<b>17</b>	<b>18</b> 10.30am <b>Level 3</b> Adur Rec. to Cuckoo Corner	<b>19</b> 10.30am <b>Level 3</b> Steyning Circular walk from Fletchers Croft car park (Meet at Adur Rec.10.00)	<b>20</b>
<b>21</b> 10.30am <b>Level 2</b> Shoreham Library to the Old Toll Bridge	<b>22</b> Carers walk 10.30am <b>Level 1</b> Perch Cafe Lancing for gentle stroll along seafront	<b>23</b> 10.30am <b>Level 1</b> Perch Cafe Lancing to Brooklands Park	<b>24</b>	<b>25</b> 2.00pm <b>Level 1</b> Southwick Library to Fishersgate	<b>26</b>	<b>27</b> 10.30am <b>Level 3</b> Steyning Bowl / Annington (Meet at Adur Rec 10.00)
<b>28</b> 10.30am <b>Level 1</b> Shoreham Library to Widewater Lagoon  30 Minute Walk also Available	<b>29</b>	<b>30</b> 10.30am <b>Level 2</b> Steyning, Bramber & Beeding Alternative to Rifle Range (Meet at Adur Rec 10.00)				

## 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.** Five 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 North from Shoreham .
4. **Bramber, Beeding and River Adur** starting from car park in The Street Bramber  
*Meet at Adur Rec. at 10:00 OR at start point at 10:20.*
5. **Bramber Car Park to Downs Link Bridge (Stretham Manor).** Meet at Adur Rec. at 10:00 OR at Bramber High St. car park at 10:20.

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

**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*

# Get Fit, Look Fit, Be Fit

We have a number of great walks available so why not get out and join us. Our walks are separated in Level 1 and Level 2 Wellbeing Walks, which are 30 minutes, 60 minutes or 90 minutes duration and Level 3 Friends walks which are more strenuous and include some steep hills and stiles and are over 2 hours duration.

When walking for the first time and if you have an email address then please register online at <https://ramblers.org.uk/Wellbeing-Walks-sign-up>, alternatively please ask a Leader for a paper form to register. Also please ask the Walk Leader for a paper form to complete in order to receive updates and the monthly programme if you have an email address.

The walks are FREE and led by keen volunteers who very much believe in improving health through activity. They are led at a pace to suit the group but please choose a level that is appropriate to your current state of health. Under 18's are welcome on the walks but must be accompanied by an adult.

Currently it is necessary to book a place with the leader at least 24 hours prior to the walk. If you are on our mailing list you will receive a list of walks and the leaders each month to assist the booking. If you do not have access to email and wish to book on a walk or you are unable to get to the start points of some of the walks then please call 07749 764157 and we will try and arrange a lift for you.

- Walking is an excellent natural exercise that can help you to stay healthy, live longer, control your weight and keep you happy
- It is a great way of discovering your local area with friends and family
- Walking can easily be introduced into your lifestyle
- It can improve your mood, increase energy levels, keep your heart strong and reduce blood pressure
- It is a great way to fight stress and improve mental health

For your own comfort and safety, please make sure that you are appropriately dressed for the weather and terrain. Some of the routes will become slippery and muddy after prolonged periods of rain or snow.

In particular, wear strong, comfortable footwear and have a wind/rainproof jacket if necessary. Walking poles can be helpful for some of the more strenuous walks as they will provide some support and relieve pressure on your knees.

Please bring a bottle of water on the longer walks.

If you are interested in training to become a leader please speak to one of our leaders and they will pass your details on to the organiser of the next training day.

**Please note that only assistance dogs will be allowed on our walks.**

**Programme details are available online at [www.adur-worthing.gov.uk/sport-and-leisure/play-a-sport/walking](http://www.adur-worthing.gov.uk/sport-and-leisure/play-a-sport/walking) or hard copies are available from walk leaders or in local libraries, health centres and community centres.**