



Level 2

(approx 1.5 hours) to maintain fitness

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

Bramber to South Downs Way Bridge. Circular walk from Bramber High Street alongside River Adur to South Downs Way bridge returning via Downs Link path. *Meet at the car park of Adur Recreation Ground on the A259, BN43 5LT at 10:00 to arrange car-sharing, OR at Bramber High St. car park at 10:20.*

Buckingham Park to Mill Hill. Walk from the cafe in Buckingham Park to Mill Hill and return for refreshments in the cafe. *Meet outside entrance to cafe in Buckingham Park, Upper Shoreham Road, Shoreham-by-Sea BN43 6BA.*

Mill Hill to Old Erringham Farm Enjoy fantastic views of Shoreham Harbour and Shoreham Airport. *Meet at Mill Hill Nature Reserve Car park, Mill Hill, Shoreham. Map ref TQ212075*

Perch Cafe on seafront at Beach Green Lancing to Widewater Lagoon or to Brooklands Park. A leisurely stroll along the seafront to enjoy the sea views and the nature reserve or to 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*

Shoreham Library to the Old Toll Bridge or to the Old Fort. Cross the bridge over the beautiful River Adur and return by the colourful houseboats or visit the Old Fort, a fascinating place which dates back to the Napoleonic Wars and has fine views across the harbour. Return to library for a cup of tea. *Meet inside Shoreham Library, St Mary's Road, Shoreham-by-Sea, BN43 5ZA. The routes of these walks may vary due to ongoing river defence work.*

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 across A27 back to the bridge via the airport road. *Meet at St Nicolas Church, St Nicolas Lane, Shoreham, BN43 5NR*

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

