

## Level 3

### FRIENDS WALKS

(2-3 hours) for an extra challenge beyond Walking for Health, 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 TQ162079*

**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 Recreation Ground on the A259, BN43 5LT at 10:00 OR at Foredown 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*

**St. Nicolas Church to South Downs Way Bridge.** Walk along the River Adur to the South Downs Way bridge. *Meet at St Nicolas Church, St Nicolas Lane, Shoreham, BN43 5NR*

**River Adur.** Three options

1. A beautiful walk along the West side of the river to Cuckoo Corner.
2. A 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.
3. An extension of Mill Hill walk (no. 2) to include the Nature Reserve.

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

**Southwick Hill.** Two 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.

*Meet at bus stop at Holmbush Shopping Centre. Please park in lower car park near petrol station.*

**Steep Down.** Walk past Lancing Ring to top of Steep Down. *Meet at the far end of the 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 BN44 3XZ
  2. Steyning, Bramber and Beeding walk from Fletchers Croft car park, Steyning BN44 3XZ
  3. Beeding Hill, Windmill Hill and upper reaches of River Adur from lay-by on A283 after cement works travelling northwards from Shoreham.
  4. Bramber, Beeding and River Adur starting from car park in Bramber High Street
- Meet at the car park of Adur Recreation Ground on the A259, BN43 5LT at 10:00 to arrange car-sharing OR at start point at 10:20.*

**Truleigh Triangle from Beeding Hill.** Following the escape route of King Charles II known as Monarchs Way and return via Truleigh Hill and the Youth Hostel. *Meet at Beeding Hill car park, Mill Hill (where road turns right to Youth Hostel). Map ref 208097*