

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. Note: At least 1 stile on this route. *Meet at the car park of Adur Recreation Ground on A259, BN43 5LT, at 10:00 to arrange car-sharing, OR at Mill Hill Nature Reserve Car park, Mill Hill, Shoreham. Map ref TQ212075*

Perch Cafe on seafront 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 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 River Adur and return by the houseboats or visit the Old Fort, dating back to the Napoleonic Wars. Return to library for refreshments. *Meet inside Shoreham Library, St Mary's Road, Shoreham-by-Sea, 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 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*

Lower Horseshoe walk, Steyning. Following Nature Trail from Fletchers Croft car park Steyning BN44 3XZ. *Meet at Adur Rec. at 10:00 OR at Fletchers Croft car park at 10:20.*