

July 2023 to June 2024

"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*

Sompting Brooks Nature Trail. A walk round the recently created Sompting Brooks Nature Trail. A gentle flat walk in a tranquil setting. *Meet at Adur Rec. at 10:00 OR at the end of Loose Lane, Lancing BN15 0BL at 10:20*

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 Steyning BN44 3XZ. *Meet at Adur Rec. at 10:00 OR at Fletchers Croft car park at 10:20.*

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 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31 10.30am Level 1 Shoreham Library to Widewater Lagoon 30 Minute Walk also Available					1 10.30am Level 3 Bramber, Beeding & River Adur from car park Bramber High St <i>(Meet at Adur Rec. 10:00)</i>	2
3 10.30am Level 2 Shoreham Library to the Old Toll Bridge	4	5 10.30am Level 1 Perch Café Lancing to Brooklands Park	6	7 2.00pm Level 1 Southwick Library to Fishersgate	8	9 10.30am Level 3 Steyning Circular walk from Fletchers Croft car park <i>(Meet at Adur Rec.10:00)</i>
10 10.30am Level 1 Shoreham Library to Widewater Lagoon 30 Minute Walk also Available	11	12 10.30am Level 3 Steyning, Bramber & Beeding from Fletchers Croft car park <i>(Meet at Adur Rec.10:00)</i>	13	14 10.30am Level 1 Hill to Hill Beeding Hill to Truleigh Hill <i>(Meet at Adur Rec.10:00)</i>	15 10.30am Level 3 Foredown Tower to Devil's Dyke <i>(Meet at Adur Rec.10:00)</i>	16
17 10.30am Level 2 Shoreham Library to the Old Fort	18	19 10.30am Level 2 Perch Café Lancing to Widewater	20	21 2.00pm Level 1 Southwick Library to East Breakwater	22	23 10.30am Level 3 Truleigh Triangle from Beeding Hill <i>(Meet at Adur Rec.10:00)</i>
24 10.30am Level 2 Shoreham Library to the Old Toll Bridge	25 Carers walk 10.30am Level 1 Perch Cafe Lancing for gentle stroll along seafront	26 10.30am Level 3 St. Nicolas Church to Mill Hill Nature Reserve	27	28 10.30am Level 2 Fishersgate Community Centre to Southwick Green and Southwick Recreation Ground	29 10.30am Level 3 Beeding Hill, Windmill Hill & River Adur from lay-by on A283 after cement works <i>(Meet at Adur Rec.10:00)</i>	30

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

Level 2 = wellbeing walks, approx 1-1½ hours

Level 3 = friends walks, 2-3 hours

August 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2 10.30am Level 1 Perch Café Lancing to Brooklands Park	3	4 2.00pm Level 1 Southwick Library to Fishersgate	5	6 10.30am Level 3 Lychpole Hill from Sainsburys Lyons Farm Retail Park
7 10.30am Level 2 Shoreham Library to the Old Fort	8	9 10.30am Level 2 Lancing Leisure Centre to Lancing Ring	10	11 10.30am Level 3 Adur Rec. to Cuckoo Corner	12 10.30am Level 2 Mill Hill Nature Reserve to Old Erringham Farm <i>(Meet at Adur Rec. 10:00)</i>	13
14 10.30am Level 2 Shoreham Library to the Old Toll Bridge	15	16 10.30am Level 2 Perch Café Lancing to Widewater	17	18 2.00pm Level 1 Southwick Library to East Breakwater	19	20 10.30am Level 3 Beggars Bush to Cissbury Ring
21 10.30am Level 1 Shoreham Library to Widewater Lagoon 30 Minute Walk also Available	22 Carers walk 10.30am Level 1 Perch Cafe Lancing for gentle stroll along seafront	23 10.30am Level 3 Beggars Bush to No Man's Land	24	25 10.30am Level 1 Sompting Brooks From Loose Lane <i>(Meet at Adur Rec.10:00)</i>	26 10.30am Level 3 Holmbush shopping centre to Southwick Hill via New Erringham Farm	27
28 Bank Holiday 10.30am Level 2 Car park Bramber High St. to South Downs Way bridge <i>(Meet at Adur Rec. 10:00)</i>	29	30 10.30am Level 1 Perch Café Lancing to Brooklands Park	31			

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 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 2.00pm Level 1 Southwick Library to Fishersgate	2	3 10.30am Level 2 Steyning Lower Horseshoe from Fletchers Croft car park (<i>Meet at Adur Rec. 10:00</i>)
4 10.30am Level 2 Shoreham Library to the Old Toll Bridge	5 7.00pm AGM Shoreham Community Centre	6 10.30am Level 2 St. Nicolas Church to Lancing College	7	8 10.30am Level 2 Buckingham Park to Mill Hill	9 10.30am Level 3 Lancing Leisure Centre to Steep Down	10
11 10.30am Level 1 Shoreham Library to Widewater Lagoon 30 Minute Walk also Available	12	13 10.30am Level 2 Perch Café Lancing to Widewater	14	15 2.00pm Level 1 Southwick Library to East Breakwater	16	17 10.30am Level 3 Lancing Ring car park to Coombes Farm
18 10.30am Level 2 Shoreham Library to the Old Fort	19	20 10.30am Level 2 Fishersgate Community Centre to Southwick Green and Southwick Recreation Ground	21	22 10.30am Level 3 Holmbush shopping centre to Mile Oak Farm	23 10.30am Level 3 Adur Rec. to Mill Hill	24
25 10.30am Level 2 Shoreham Library to the Old Toll Bridge	26 Carers walk 10.30am Level 1 Perch Cafe Lancing for gentle stroll along seafront	27 10.30am Level 1 Perch Café Lancing To Brooklands Park	28	29 2.00pm Level 1 Southwick Library to Fishersgate	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

October 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 10.30am Level 2 Shoreham Library to the Old Fort	31					1 10.30am Level 3 Steyning Circular walk from Fletchers Croft car park (<i>Meet at Adur Rec.10:00</i>)
2 10.30am Level 1 Shoreham Library to Widewater Lagoon 30 Minute Walk also Available	3	4 10.30am Level 3 St. Nicolas Church to Mill Hill Nature Reserve	5	6 10.30am Level 1 Hill to Hill Beeding Hill to Truleigh Hill (<i>Meet at Adur Rec.10:00</i>)	7	8 10.30am Level 3 Foredown Tower to Devil's Dyke (<i>Meet at Adur Rec.10:00</i>)
9 10.30am Level 2 Shoreham Library to the Old Fort	10	11 10.30am Level 2 Perch Café Lancing to Widewater	12	13 2.00pm Level 1 Southwick Library to East Breakwater	14 Coffee Morning @ Methodist Church Hall Brunswick Road Shoreham 10.00- 12.00	15 10.30am Level 3 Steyning, Bramber & Beeding from Fletchers Croft car park (<i>Meet at Adur Rec.10:00</i>)
16 10.30am Level 2 Shoreham Library to the Old Toll Bridge	17	18 10.30am Level 2 Lancing Leisure Centre to Lancing Ring	19	20 10.30am Level 3 Bramber, Beeding & River Adur from car park Bramber High St (<i>Meet at Adur Rec.10:00</i>)	21 10.30am Level 3 Truleigh Triangle from Beeding Hill (<i>Meet at Adur Rec.10:00</i>)	22
23 10.30am Level 1 Shoreham Library to Widewater Lagoon 30 Minute Walk also Available	24 Carers walk 10.30am Level 1 Perch Cafe Lancing for gentle stroll along seafront	25 10.30am Level 1 Perch Café Lancing to Brooklands Park	26	27 2.00pm Level 1 Southwick Library to Fishersgate	28	29 10.30am Level 3 Beeding Hill, Windmill Hill & River Adur from lay-by on A283 after cement works (<i>Meet at Adur Rec.10:00</i>)

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 2023

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

December 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 10.30am Level 2 St. Nicolas Church to Lancing College	2 10.30am Level 2 Steyning Lower Horseshoe from Fletchers Croft car park (<i>Meet at Adur Rec. 10:00</i>)	3
4 10.30am Level 1 Shoreham Library to Widewater Lagoon 30 Minute Walk also Available	5 Christmas Lunch 1.00pm	6 10.30am Level 2 Perch Café Lancing to Widewater	7	8 2.00pm Level 1 Southwick Library to East Breakwater	9	10 10.30am Level 3 Adur Rec. to Mill Hill
11 10.30am Level 2 Shoreham Library to the Old Fort	12	13 10.30am Level 2 Fishersgate Community Centre to Southwick Green and Southwick Recreation Ground	14	15 10.30am Level 2 Buckingham Park to Mill Hill	16 10.30am Level 3 St. Nicolas Church to Mill Hill Nature Reserve	17
18 10.30am Level 2 Shoreham Library to the Old Toll Bridge	19 Carers walk 10.30am Level 1 Perch Cafe Lancing for gentle stroll along seafront	20 10.30am Level 1 Perch Café Lancing to Brooklands Park	21	22 2.00pm Level 1 Southwick Library to Fishersgate	23	24 Christmas Eve 10.30am Level 3 Beeding Hill, Windmill Hill & River Adur from lay-by on A283 after cement works (<i>Meet at Adur Rec. 10:00</i>)
25 Christmas Day	26 Boxing Day	27 10.30am Level 3 Holmbush Shopping Centre to Mile Oak Farm	28	29 10.30am Level 3 St. Nicolas Church to South Downs Way bridge	30 10.30am Level 3 Steyning, Bramber & Beeding from Fletchers Croft car park (<i>Meet at Adur Rec. 10:00</i>)	31 New Years Eve

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 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 New Years Day 10.30am Level 2 Shoreham Library to the Old Fort	2	3 10.30am Level 2 Car park Bramber High St. to South Downs Way bridge (Meet at Adur Rec. 10:00)	4	5 2.00pm Level 1 Southwick Library to East Breakwater	6 10.30am Level 3 Bramber, Beeding & River Adur from car park Bramber High St (Meet at Adur Rec. 10:00)	7
8 10.30am Level 2 Shoreham Library to the Old Toll Bridge	9	10 10.30am Level 2 Perch Café Lancing to Widewater	11	12 10.30am Level 1 Hill to Hill Beeding Hill to Truleigh Hill (Meet at Adur Rec. 10:00)	13	14 10.30am Level 3 Holmbush Shopping Centre to Southwick Hill Returning Via Buckingham Park
15 10.30am Level 1 Shoreham Library to Widewater Lagoon 30 Minute Walk also Available (Meet outside library)	16	17 10.30am Level 3 Adur Rec. to Cuckoo Corner	18	19 2.00pm Level 1 Southwick Library to Fishersgate	20 10.30am Level 3 Steyning Circular walk from Fletchers Croft car park (Meet at Adur Rec. 10:00) Alternative walk	21
22 10.30am Level 2 Shoreham Library to the Old Fort	23 Carers walk 10.30am Level 1 Perch Cafe Lancing for gentle stroll along seafront	24 10.30am Level 1 Perch Café Lancing to Brooklands Park	25	26 10.30am Level 3 Truleigh Triangle from Beeding Hill (Meet at Adur Rec. 10:00)	27	28 10.30am Level 3 Foredown Tower to Devil's Dyke (Meet at Adur Rec. 10:00)
29 10.30am Level 2 Shoreham Library to the Old Toll Bridge	30	31 10.30am Level 2 Mill Hill Nature Reserve to Old Erringham Farm (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

February 2024

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

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 2024

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

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 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Easter Monday 10.30am Level 2 Shoreham Library to the Old Toll Bridge <i>(Meet outside library)</i>	2	3 10.30am Level 2 Perch Cafe Lancing to Widewater	4	5 10.30am Level 2 Car park Bramber High St. to South Downs Way bridge <i>(Meet at Adur Rec. 10:00)</i>	6	7 10.30am Level 3 Truleigh Triangle from Beeding Hill <i>(Meet at Adur Rec. 10:00)</i>
8 10.30am Level 1 Shoreham Library to Widewater Lagoon 30 Minute Walk also Available	9	10 10.30am Level 1 Sompting Brooks From Loose Lane <i>(Meet at Adur Rec. 10:00)</i>	11	12 2.00 pm Level 1 Southwick Library to Fishergate	13 10.30am Level 3 Holmbush Shopping Centre to Southwick Hill Returning Via Buckingham Park	14
15 10.30am Level 2 Shoreham Library to the Old Fort	16	17 10.30am Level 1 Perch Cafe Lancing to Brooklands Park	18	19 10.30am Level 2 Lancing Leisure Centre to Lancing Ring	20	21 10.30am Level 3 Adur Rec. to Cuckoo Corner
22 10.30am Level 2 Shoreham Library to the Old Toll Bridge <i>(Meet outside library)</i>	23 Carers walk 10.30am Level 1 Perch Cafe Lancing for gentle stroll along seafront	24 10.30am Level 1 Hill to Hill Beeding Hill to Truleigh Hill <i>(Meet at Adur Rec. 10:00)</i>	25	26 2.00pm Level 1 Southwick Library to East Breakwater	27 10.30am Level 3 Foredown Tower to Devil's Dyke <i>(Meet at Adur Rec. 10:00)</i>	28
29 10.30am Level 1 Shoreham Library to Widewater Lagoon 30 Minute Walk also Available	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

May 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 10.30am Level 2 Perch Cafe Lancing to Widewater	2	3 10.30am Level 3 Adur Rec. to Mill Hill	4	5 10.30am Level 3 Beggars Bush to No Man's Land
6 Bank Holiday 10.30am Level 2 Shoreham Library to the Old Fort <i>(Meet outside library)</i>	7	8 10.30am Level 2 Mill Hill Nature Reserve to Old Erringham Farm <i>(Meet at Adur Rec. 10:00)</i>	9	10 2.00pm Level 1 Southwick Library to Fishersgate	11 10.30am Level 3 Lancing Ring car park to Coombes Farm	12
13 10.30am Level 2 Shoreham Library to the Old Toll Bridge	14	15 10.30am Level 1 Perch Cafe Lancing to Brooklands Park	16	17 10.30am Level 3 Holmbush shopping centre to Mile Oak Farm	18	19 10.30am Level 3 Beggars Bush to Cissbury Ring
20 10.30am Level 1 Shoreham Library to Widewater Lagoon 30 Minute Walk also Available	21	22 10.30am Level 2 Steyning Lower Horseshoe from Fletchers Croft car park <i>(Meet at Adur Rec. 10:00)</i>	23	24 2.00pm Level 1 Southwick Library to East Breakwater	25 10.30am Level 3 Lychpole Hill from Sainsburys Lyons Farm Retail Park	26
27 Bank Holiday 10.30am Level 2 Shoreham Library to the Old Fort <i>(Meet outside library)</i>	28 Carers Walk 10.30am Level 1 Perch Café Lancing to Brooklands	29 10.30am Level 2 Perch Cafe Lancing to Widewater	30	31 10.30am Level 3 Lancing Leisure Centre to Steep Down		

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

June 2024

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

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 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: 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 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 BN44 3XZ
Alternative walk round town during winter months or when very muddy
2. **Steyning, Bramber & Beeding** walk from Fletchers Croft car park, Steyning
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.

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://beta.ramblers.org.uk/Wellbeing-Walks-sign-up> Alternatively please ask a leader for a paper form to complete.

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.

Programme details are available online at 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.