

July 2024 to June 2025

# "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.*

# July 2024

**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> 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 2</b> Lancing Leisure Centre to Lancing Ring	<b>4</b>	<b>5</b> 2.00pm <b>Level 1</b> Southwick Library to Fishersgate	<b>6</b> 10.30am <b>Level 3</b> Holmbush shopping centre to Southwick Hill via New Erringham Farm	<b>7</b>
<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 1</b> Perch Café Lancing to Brooklands Park	<b>11</b>	<b>12</b> 10.30am <b>Level 3</b> Adur Rec. to Cuckoo Corner	<b>13</b>	<b>14</b> 10.30am <b>Level 3</b> Foredown Tower to Devil's Dyke <i>(Meet at Adur Rec. 10:00)</i>
<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 1</b> Sompting Brooks From Loose Lane <i>(Meet at Adur Rec. 10:00)</i>	<b>18</b>	<b>19</b> 2.00pm <b>Level 1</b> Southwick Library to East Breakwater	<b>20</b> 10.30am <b>Level 1</b> Hill to Hill Beeding Hill to Truleigh Hill <i>(Meet at Adur Rec. 10:00)</i>	<b>21</b>
<b>22</b> 10.30am <b>Level 1</b> Shoreham Library to Widewater Lagoon  <b>30 Minute Walk also Available</b>	<b>23</b> <b>Carers walk</b> 10.30am <b>Level 1</b> Perch Cafe Lancing for gentle stroll along seafront	<b>24</b> 10.30am <b>Level 2</b> Perch Café Lancing to Widewater	<b>25</b>	<b>26</b> 10.30am <b>Level 2</b> Car park Bramber High St. to South Downs Way bridge <i>(Meet at Adur Rec. 10:00)</i>	<b>27</b>	<b>28</b> <b>New Walk</b> 10.30am <b>Level 3</b> Arundel Wetland Centre car park to Houghton Bridge <i>(Meet at Adur Rec. 9:30)</i>
<b>29</b> 10.30am <b>Level 2</b> Shoreham Library to the Old Fort	<b>30</b>	<b>31</b> 10.30am <b>Level 3</b> Truleigh Triangle from Beeding Hill <i>(Meet at Adur Rec. 10:00)</i>				

# August 2024

**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> 2.00pm <b>Level 1</b> Southwick Library to Fishersgate	<b>3</b> 10.30am <b>Level 3</b> Lancing Leisure Centre to Steep Down	<b>4</b>
<b>5</b> 10.30am <b>Level 2</b> Shoreham Library to the Old Toll Bridge	<b>6</b>	<b>7</b> 10.30am <b>Level 1</b> Perch Café Lancing to Brooklands Park	<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 3</b> Beggars Bush to Cissbury Ring
<b>12</b> 10.30am <b>Level 1</b> Shoreham Library to Widewater Lagoon  30 Minute Walk also Available	<b>13</b>	<b>14</b> 10.30am <b>Level 2</b> Mill Hill Nature Reserve to Old Erringham Farm (Meet at Adur Rec. 10:00)	<b>15</b>	<b>16</b> 2.00pm <b>Level 1</b> Southwick Library to East Breakwater	<b>17</b> 10.30am <b>Level 3</b> Lancing Ring car park to Coombes Farm	<b>18</b>
<b>19</b> 10.30am <b>Level 2</b> Shoreham Library to the Old Fort <b>7.00pm AGM</b> <b>The Shoreham Centre</b>	<b>20</b>	<b>21</b> 10.30am <b>Level 2</b> Perch Café Lancing to Widewater	<b>22</b>	<b>23</b> 10.30am <b>Level 3</b> Adur Rec. to Mill Hill	<b>24</b>	<b>25</b> 10.30am <b>Level 3</b> Lychpole Hill from Sainsburys Lyons Farm Retail Park
<b>26 Bank Holiday</b> 10.30am <b>Level 2</b> Car park Bramber High St. to South Downs Way bridge (Meet at Adur Rec. 10:00)	<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 3</b> Beggars Bush to No Man's Land	<b>29</b>	<b>30</b> 2.00pm <b>Level 1</b> Southwick Library to Fishersgate	<b>31</b> 10.30am <b>Level 2</b> Steyning Lower Horseshoe from Fletchers Croft car park (Meet at Adur Rec. 10:00)	

# September 2024

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

# October 2024

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> 10.30am <b>Level 1</b> Hill to Hill Beeding Hill to Truleigh Hill ( <i>Meet at Adur Rec. 10:00</i> )	<b>5</b>	<b>6</b> 10.30am <b>Level 3</b> Holmbush Shopping Centre to Southwick Hill Returning Via Buckingham Park
<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 2</b> Car park Bramber High St. to South Downs Way bridge ( <i>Meet at Adur Rec 10:00</i> )	<b>10</b>	<b>11</b> 2.00pm <b>Level 1</b> Southwick Library to East Breakwater	<b>12</b> Coffee Morning @ Methodist Church Hall Brunswick Road Shoreham 10.00- 12.00	<b>13</b> 10.30am <b>Level 3</b> Steyning Circular walk from Fletchers Croft car park ( <i>Meet at Adur Rec. 10:00</i> ) <b>Alternative walk</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> 10.30am <b>Level 2</b> Lancing Leisure Centre to Lancing Ring	<b>19</b> 10.30am <b>Level 3</b> Truleigh Triangle from Beeding Hill ( <i>Meet at Adur Rec. 10:00</i> )	<b>20</b>
<b>21</b> 10.30am <b>Level 1</b> Shoreham Library to Widewater Lagoon  <b>30 Minute Walk also Available</b>	<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> Adur Rec. to Cuckoo Corner	<b>24</b>	<b>25</b> 2.00pm <b>Level 1</b> Southwick Library to Fishersgate	<b>26</b> 10.30am <b>Level 3</b> Foredown Tower to Devil's Dyke ( <i>Meet at Adur Rec. 10:00</i> )	<b>27</b>
<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>			

**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 2024

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

# December 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>30</b> 10.30am <b>Level 2</b> Shoreham Library to the Old Fort	<b>31 New Years Eve</b>					<b>1</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>2</b> 10.30am <b>Level 1</b> Shoreham Library to Widewater Lagoon  30 Minute Walk also Available	<b>3</b> Christmas Lunch 1.00pm	<b>4</b> 10.30am <b>Level 2</b> St. Nicolas Church to Lancing College	<b>5</b>	<b>6</b> 2.00pm <b>Level 1</b> Southwick Library to East Breakwater	<b>7</b> 10.30am <b>Level 3</b> Steyning Bowl /Annington Hill from junction of Goring Rd.& Bramber Rd BN44 3GF. ( <i>Meet at Adur Rec. 10:00</i> )	<b>8</b>
<b>9</b> 10.30am <b>Level 2</b> Shoreham Library to the Old Fort	<b>10</b>	<b>11</b> 10.30am <b>Level 2</b> Perch Café Lancing to Widewater	<b>12</b>	<b>13</b> 10.30am <b>Level 3</b> St. Nicolas Church to South Downs Way Bridge	<b>14</b>	<b>15</b> 10.30am <b>Level 3</b> Bramber, Beeding & River Adur from car park Bramber High St ( <i>Meet at Adur Rec. 10:00</i> )
<b>16</b> 10.30am <b>Level 2</b> Shoreham Library to the Old Toll Bridge	<b>17</b> Carers walk 10.30am <b>Level 1</b> Perch Cafe Lancing for gentle stroll along seafront	<b>18</b> 10.30am <b>Level 3</b> St. Nicolas Church to Mill Hill Nature Reserve	<b>19</b>	<b>20</b> 2.00pm <b>Level 1</b> Southwick Library to Fishersgate	<b>21</b> 10.30am <b>Level 3</b> Steyning Circular walk from Fletchers Croft car park ( <i>Meet at Adur Rec. 10:00</i> ) <b>Alternative walk</b>	<b>22</b>
<b>23</b> 10.30am <b>Level 1</b> Shoreham Library to Widewater Lagoon  30 Minute Walk also Available	<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>	<b>29</b> 10.30am <b>Level 3</b> Foredown Tower to Devil's Dyke ( <i>Meet at Adur Rec. 10:00</i> )



# January 2025

**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 New Years Day</b> <b>10.30am Level 1</b> Perch Café Lancing to Brooklands Park	<b>2</b>	<b>3</b> <b>2.00pm Level 1</b> Southwick Library to East Breakwater	<b>4</b> <b>10.30am Level 3</b> Holmbush Shopping Centre to Southwick Hill Returning Via Buckingham Park	<b>5</b>
<b>6</b> <b>10.30am Level 2</b> Shoreham Library to the Old Toll Bridge	<b>7</b>	<b>8</b> <b>10.30am Level 1</b> Hill to Hill Beeding Hill to Truleigh Hill ( <i>Meet at Adur Rec. 10:00</i> )	<b>9</b>	<b>10</b> <b>10.30am Level 2</b> Lancing Leisure Centre to Lancing Ring	<b>11</b>	<b>12</b> <b>10.30am Level 3</b> Adur Rec. to Cuckoo Corner
<b>13</b> <b>10.30am Level 1</b> Shoreham Library to Widewater Lagoon  <b>30 Minute Walk also Available</b>	<b>14</b>	<b>15</b> <b>10.30am Level 2</b> Perch Café Lancing to Widewater	<b>16</b>	<b>17</b> <b>2.00pm Level 1</b> Southwick Library to Fishersgate	<b>18</b> <b>10.30am Level 2</b> Mill Hill Nature Reserve to Old Erringham Farm ( <i>Meet at Adur Rec. 10:00</i> )	<b>19</b>
<b>20</b> <b>10.30am Level 2</b> Shoreham Library to the Old Fort	<b>21</b>	<b>22</b> <b>10.30am Level 2</b> Car park Bramber High St. to South Downs Way bridge ( <i>Meet at Adur Rec. 10:00</i> )	<b>23</b>	<b>24</b> <b>10.30am Level 3</b> Truleigh Triangle from Beeding Hill ( <i>Meet at Adur Rec. 10:00</i> )	<b>25</b>	<b>26</b> <b>10.30am Level 3</b> Lychpole Hill from Sainsburys Lyons Farm Retail Park
<b>27</b> <b>10.30am Level 2</b> Shoreham Library to the Old Toll Bridge	<b>28</b> <b>Carers walk</b> <b>10.30am Level 1</b> Perch Cafe Lancing for gentle stroll along seafront	<b>29</b> <b>10.30am Level 1</b> Perch Café Lancing to Brooklands Park	<b>30</b>	<b>31</b> <b>2.00pm 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

# February 2025

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

# March 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>31</b> 10.30am <b>Level 2</b> Shoreham Library to the Old Toll Bridge					<b>1</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>2</b>
<b>3</b> 10.30am <b>Level 2</b> Shoreham Library to the Old Fort	<b>4</b>	<b>5</b> 10.30am <b>Level 2</b> Fishersgate Community Centre to Southwick Green and Southwick Recreation Ground	<b>6</b>	<b>7</b> 10.30am <b>Level 3</b> St. Nicolas Church to South Downs Way bridge	<b>8</b>	<b>9</b> 10.30am <b>Level 3</b> Steyning, Bramber & Beeding from Fletchers Croft car park ( <i>Meet at Adur Rec. 10:00</i> )
<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 Café Lancing to Widewater	<b>13</b>	<b>14</b> 2.00pm <b>Level 1</b> Southwick Library to Fishersgate	<b>15</b> 10.30am <b>Level 3</b> Bramber, Beeding & River Adur from car park Bramber High St ( <i>Meet at Adur Rec. 10:00</i> )	<b>16</b>
<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 2</b> St. Nicolas Church to Lancing College	<b>20</b>	<b>21</b> 10.30am <b>Level 3</b> St. Nicolas Church to Mill Hill Nature Reserve	<b>22</b>	<b>23</b> 10.30am <b>Level 3</b> Steyning Circular walk from Fletchers Croft car park ( <i>Meet at Adur Rec. 10:00</i> )
<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 Cafe Lancing for gentle stroll along seafront	<b>26</b> 10.30am <b>Level 1</b> Perch Café Lancing to Brooklands Park	<b>27</b>	<b>28</b> 2.00pm <b>Level 1</b> Southwick Library to East Breakwater	<b>29</b> 10.30am <b>Level 3</b> Foredown Tower to Devil's Dyke ( <i>Meet at Adur Rec. 10:00</i> )	<b>30</b>

# April 2025

**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 Bramber High St. to South Downs Way bridge (Meet at Adur Rec. 10:00)	<b>3</b>	<b>4</b> 10.30am <b>Level 1</b> Hill to Hill Beeding Hill to Truleigh Hill (Meet at Adur Rec.10:00)	<b>5</b>	<b>6</b> 10.30am <b>Level 3</b> Adur Rec. to Cuckoo Corner
<b>7</b> 10.30am <b>Level 1</b> Shoreham Library to Widewater Lagoon <b>30 Minute Walk also Available</b>	<b>8</b>	<b>9</b> 10.30am <b>Level 2</b> Perch Cafe Lancing to Widewater	<b>10</b>	<b>11</b> 2.00 pm <b>Level 1</b> Southwick Library to Fishergate	<b>12</b> 10.30am <b>Level 3</b> Holmbush shopping centre to Southwick Hill via New Erringham 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 3</b> Truleigh Triangle from Beeding Hill (Meet at Adur Rec.10:00)	<b>17</b>	<b>18 Good Friday</b> 10.30am <b>Level 1</b> Sompting Brooks From Loose Lane (Meet at Adur Rec. 10:00)	<b>19</b>	<b>20 Easter Sunday</b> 10.30am <b>Level 3</b> Arundel Wetland Centre car park to Houghton Bridge (Meet at Adur Rec. 9:30)
<b>21</b> <b>Easter Monday</b> 10.30am <b>Level 2</b> Shoreham Library to the Old Toll Bridge (Meet outside library)	<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 1</b> Perch Cafe Lancing to Brooklands Park	<b>24</b>	<b>25</b> 2.00pm <b>Level 1</b> Southwick Library to East Breakwater	<b>26</b> 10.30am <b>Level 2</b> Mill Hill Nature Reserve to Old Erringham Farm (Meet at Adur Rec. 10:00)	<b>27</b>
<b>28</b> 10.30am <b>Level 1</b> Shoreham Library to Widewater Lagoon <b>30 Minute Walk also Available</b>	<b>29</b>	<b>30</b> 10.30am <b>Level 2</b> Lancing Leisure Centre to Lancing Ring				

**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 2025

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

# June 2025

**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>30</b> 10.30am <b>Level 1</b> Shoreham Library to Widewater Lagoon  30 Minute Walk also Available						<b>1</b> 10.30am <b>Level 3</b> Steyning, Bramber & Beeding from Fletchers Croft car park (Meet at Adur Rec. 10:00)
<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 2</b> Perch Cafe Lancing to Widewater	<b>5</b>	<b>6</b> 2.00pm <b>Level 1</b> Southwick Library to Fishersgate	<b>7</b> 10.30am <b>Level 3</b> Bramber, Beeding & River Adur from car park Bramber High St (Meet at Adur Rec. 10:00)	<b>8</b>
<b>9</b> 10.30am <b>Level 1</b> Shoreham Library to Widewater Lagoon  30 Minute Walk also Available	<b>10</b>	<b>11</b> 10.30am <b>Level 2</b> St. Nicolas Church to Lancing College	<b>12</b>	<b>13</b> 10.30am <b>Level 3</b> St. Nicolas Church to Mill Hill Nature Reserve	<b>14</b>	<b>15</b> 10.30am <b>Level 3</b> Steyning Circular walk from Fletchers Croft car park (Meet at Adur Rec. 10:00)
<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 1</b> Perch Cafe Lancing to Brooklands Park	<b>19</b>	<b>20</b> 2.00pm <b>Level 1</b> Southwick Library to East Breakwater	<b>21</b> 10.30am <b>Level 3</b> Foredown Tower to Devil's Dyke (Meet at Adur Rec. 10:00)	<b>22</b>
<b>23</b> 10.30am <b>Level 2</b> Shoreham Library to the Old Toll Bridge	<b>24</b> Carers walk 10.30am <b>Level 1</b> Perch Cafe Lancing for gentle stroll along seafront	<b>25</b> 10.30am <b>Level 2</b> Fishersgate Community Centre to Southwick Green and Southwick Recreation	<b>26</b>	<b>27</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>28</b>	<b>29</b> 10.30am <b>Level 1</b> Hill to Hill Beeding Hill to Truleigh Hill (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.** Four 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 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.*

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

**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*

**Arundel Wetland Centre to Houghton Bridge.** Following river from Arundel to Houghton Bridge returning via Arundel Park. *Meet at Adur Rec. at 09:30 OR at Arundel Wetland Centre car park, Mill Road, BN18 9PB at 10:20*

# 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 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](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.**