**Lancing and Sompting U3A Walking Group**

**Summary: Monday 11th March 2024 to Monday 24th June 2024**

**Monday 11th March 2024: Linear walk: Ferring to Sea Lane café via river Rife and Blue Bird Café** *23/26*

Meet at Ferring Village Green at 10.30 am. The 700 bus stops just to the left of the Village Green. There is free parking along the roads around the Green. We will walk to the Ferring Country Centre and from there take the footpath along the River Rife to the sea front and the Blue Bird Café. We will continue eastwards along the sea front to Sea Lane Café, where we will stop for refreshments.

Return via Sea Lane to Goring Library to pick up 700 bus.

*Walk Leader: Clare*

**Monday 25th March 2024: Linear walk: Holmbush to Southwick Square** *120*

Meet at the Holmbush bus stop to coincide with arrival of no 9 bus at 10.36 am.

We will walk up Upper Kingston Lane to the Downs, one stile to Southwick Boundary and then to Portslade side via narrow boundary paths to Manor Hall Road. Across Southwick Park to Southwick Square for the cafe. We will walk to the seafront and catch the 700m bus back to Lancing.

*Walk Leader: Linda*

**Monday 8th April 2024: Circular walk round Brooklands Park, Lancing** *68*

As the Monthly meeting has been postponed from the 1st April (Easter Monday) to the 8th of April, it will clash with our scheduled walk. We will therefore have a short walk so members can get back to Lancing in time to attend the monthly meeting.

Meet at 10.30 am at the west end of Brooklands Car Park in Brighton Road, next to the BP garage. If coming by bus, the 700 and Pulse buses both stop at the Brougham Road Bus Stop.

*Walk Leader: Heather*

**Monday 22th April 2024: Circular walk : Kempton Town, Brighton, guided walk**

Meet at Old Steine, Brighton the drop off point for the 700 bus, at 10.30. We will walk along Marine Parade taking detours up and down some of the roads leading north from Marine Parade looking at various houses occupied by famous people associated with the entertainment business including Sir Laurence Olivier, Terrence Rattigan and Dame Anna Neagle.

On the way back to Old Steine we can walk along the side of the road by the sea to get a better view of the buildings or catch a bus to Old Steine. There is a frequent bus service along the road.

*Walk Leader: Rose*

**PLEASE NOTE THE DATE**

**Monday 29th April 2024: Linear walk from Hove Lagoon to Palace Pier***132*

We are trying a new venture. As there are 5 Mondays in April, we are scheduling an extra walk.

Meet at 10.30 am at the 700 bus stop at Wish Road at Hove Lagoon. This is opposite the child’s play area. The first 10 or 15 mins of walk will be along the Kingsway, when Ann will explain about the refurb that is going on. Then we will cross the road and walk along the Promenade until we reach Brighton Pier.

*Walk Leader: Ann*

**Monday 13th May 2024: Linear walk from the Perch, Lancing to Worthing Pier** *80*

As the Monthly meeting has been postponed from the 6th May (the Bank Holiday) to the 13th of April, it will clash with our scheduled walk. We will therefore have a short walk so members can get back to Lancing in time to attend the monthly meeting.

Meet at the Perch, Lancing at 10.30 am. The walk is scheduled for low tide, so we will be able to walk along sand on the seashore, so wear suitable shoes or wellingtons, as it can leave lots of pools of water. We can also do a little beachcombing or even some beach cleaning at the same time.

*Walk Leader: Heather*

**Monday 29th May : Bank Holiday: no walk**

**PLEASE NOTE THE DATE**

**Monday 3rd June 2024: Linear walk from the Red Lion Shoreham, to Mill Hill Nature Reserve** *98*

As the Monthly meeting has been postponed from the 3rd June to the 10th of June, it will again clash with our scheduled walk. We have therefore decided to move our walk forward one week to the 3rd of June.

Meet at 10.30 am at the Red Lion in Shoreham, near the Toll Bridge. We will walk along the river and up to the Mill Hill Nature Reserve. There will be some steep climbs in places.

*Walk Leaders: Clare and Ann*

**Monday 24th June 2024: Linear walk from Brighton Old Steine to Rottingdean** *140*

Meet at Old Steine, Brighton the drop off point for the 700 bus at 10.30. We will then catch the first bus to Rottingdean. We will stroll around the village, visiting the village pond, St Margarets Church with its beautiful stained-glass windows and Kipling’s gardens. We will also see several old houses associated with famous people.

Return by bus to Brighton and then the 700 to Lancing.

*Walk Leaders: Rose and Ann*