

Hi Everyone

As we find ourselves in a difficult situation again with Covid, I am suggesting at the moment what a good idea it would be for 6 friends to get together for a walk, that is how the guidelines stand, as I write this.

Below I will list the walks that we used to take with our Saturday Steady Walking Group, always stopping for coffee and a chat. Our walks would start outside Mewsbrook Park Cafe and most would end there too, but you could begin and finish to suit yourselves.

Do enjoy our walks.

Ruth Vidler

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Walk 1. To RUSTINGTON AND BACK TO MEWSBROOK PARK

Leaving Mewsbrook Park walking onto the seafront, turn left, walk along the seafront, when you reach the bus shelter at the end of Sea Road go straight, still following the beach. Go past what was the Princess Marina RAF Home and on across the Green Sward to the area of stones, on the left you will find the entrance to Sea Avenue. Walk up Sea Avenue until you reach Bushby Avenue on the left. Walk down Bushby Avenue and reaching the end you will find you are on the sea side of Waitrose on Broadmark Lane. Cross Broadmark Lane and walking towards the sea, enter Cudlow Avenue on the right. Walking through Cudlow Avenue, at the end you come to Sea Lane, turn left and cross Sea Lane and take Holmes Lane on the right. Walk along Holmes Lane (5 or 10 minutes) until you reach the back of Mewsbrook Park, with the Children's Play Ground and walk through to find the Mewsbrook Cafe where your walk began.

Walk 2. AROUND BEAUMONT PARK, LITTLEHAMPTON AND BACK TO MEWSBROOK

Leaving Mewsbrook Park Cafe and walk to the back of the park with Children's Play Ground. Follow the path to the right as you leave the park and then cross into White Horses Way. Walk up White Horses Way and take Malin Road the 2nd on the left. Walk along Malin Road and then turn left walking through an area of grass to The Haven then turn right onto the Haven and reaching the end of The Haven cross Beaumont Park Road. Take Spinnaker Close to find Middle Mead at the end. Walking around Middle Mead in an anti-clockwise direction come out by the walk through to Beaumont Road again and find Little Tesco. Cross back across Beaumont Park Road by the zebra crossing, onto the area of grass in front of Little Tesco walking forward down Starboard Walk you can take The Wapple on your left and return to the back of Mewsbrook Park by following the path straight through. Alternatively you follow Starboard Walk to the end and turn right on the Fairway. Walk along the Fairway across Southway and eight houses along there is a path through to Norfolk Gardens. Follow the pavement through Norfolk Gardens crossing Reef Close and on around to the left into Norfolk Place. Walking straight through Norfolk Place you will find Norfolk Gardens and the Pitch and Putt to your left and the Tennis Courts to your right. Make your way through to the sea front cross to the promenade and turning left make your way back to Mewsbrook Park the entrance is on the left side of the road further along. (There is a good Cafe in Norfolk Gardens if you fancy a change).

Walk 3. LITTLEHAMPTON COMMUNITY ORCHARD AND CAFFYN'S FIELD

Leaving Mewsbrook Park and onto the seafront turn right along by the sea. Cross into Norfolk Gardens on the right with the Cafe and kiosk for the golf. Walking through by the Tennis Courts and notice the quite original houses on South Terrace. Walking through Norfolk Place to the right, in the corner on the left is a little house called the Doll's House which is the one DIY SOS almost rebuilt. Taking the road to your left notice how old this part of Littlehampton must be, many of these houses predate South Terrace. Through to the New Inn and cross across Norfolk Road and turn right take Woodlands Road 2nd on the left and at the end turn right onto St Winifride's Road.

Further up on the left you will find an entrance in between Tennis Courts into Maltraver's Gardens. Follow the path straight on and turn to the left at the end and find the Community Orchard with fruit trees of different types. Turn around and come out of the park by the Bowling Green and onto Maltraver's Road and turn left. Follow Maltravers Road across roundabout and onto Caffyn's Field and the Littlehampton Memorial across from the Arun Council Offices. Walk onto the field and find the wooden sculpture of the Soldier and the lovely meadow planting. Come down towards the seafront by St Catherine's Road or Beach Road before you cross Irvine Road do stop to admire Marine Gardens which stretches across after St Catherine's Church. Continue onto the front and turn left to walk back to Mewsbrook Park Cafe or there is Norfolk Gardens to your left, or Harbour Park to your right is very pleasant to sit inside or outside in their shelter.

Walk 4. VISITING RUSTINGTON MOSQUITO MEMORIAL AND SEAFRONT

We would often take this walk if the weather was doubtful and we could get back to Mewsbrook or prolong the walk as we felt suitable.

We would leave Mewsbrook Park by the back of the park by the Children's Play Ground and take the path to the right and find ourselves on Holmes Lane. Turning right along Holmes Lane we would walk across the road and turn into The Crescent on the left, then take Tennyson Avenue on the left. Then walk along and take Chaucer Avenue on the right and crossing across Milton Avenue continue to follow Chaucer Avenue (bad surface in parts, take care) Almost at the end of Chaucer Avenue on the left is the Memorial to a Mosquito Plane that crashed there, the details are there to read.

Leaving Chaucer Avenue turn left into The Crescent and reach Holmes Lane again. This is where you can return to Mewsbrook Park or take one of the turnings opposite to make your way up to the seafront. Reaching the seafront turn right and walk along, we have found the right side of the road with the grass more convenient than the sea side where it is very narrow. Before crossing the front of Rustington Convalescent Home take the turning on the right into the Martlets and walk through noticing the old buildings further in on the left in the grounds of the Convalescent Home. These are due, hopefully in the near future to be converted into apartments, just interesting to keep an eye on progress. Then continue straight on out of the Martlets and into Holmes Lane again turning left into the back of Mewsbrook Park and walk through to find the Cafe.

GENERAL INFORMATION

It is so lovely to walk in our area, you can walk along the Green Sward to East Preston, in Littlehampton we can walk along the promenade to the river and walk to the Harbour Lights that used to be called The Look and Sea or a bit further to the Arun View. You could walk to Littlehampton Marina across the bridge and turn right to the Marina and here you would have coffee at the Boathouse.