

We love wildflowers! They are beautiful and they help our busy, buzzy friends.

By getting lots of wildflowers into our urban areas, in flower pots on windowsills, gardens and parks, we are helping our pollinator friends.

It is important to help our bees and insects, as they are a key part of our ecosystem, and through the pollination of crops, they provide us with around a third of the food we eat and are a vital part of the environment as food for other species. If it were not for these pollinators, our diets and lives would be a lot less wholesome.



For more information about how to create your own wildflower meadow visit:

<https://www.thewildflowertrail.org/creating-your-own-wildflower-meadow/>

We hope you enjoy this walking trail that celebrates our wildflowers. There are lots of different areas to enjoy, including beautiful parks and gardens, community green spaces, and individual efforts.

This walking trail can be accessed by the following bus routes:

7, 16

For more information about our local green spaces, volunteers, and where to find the wildflowers, visit our websites:

www.thewildflowertrail.org

www.greentides.org.uk

We would like to take this opportunity to thank the amazing volunteers who work to improve our green spaces. We also want to thank the Rampion Community Benefit Fund at Sussex Community Foundation for the funding to achieve this project.



Green spaces need volunteers and we have around 40 amazing groups across Adur and Worthing. Getting outside with these lovely people is good for your health and soul, plus helps your community and its wildlife.

There are loads of ways to get involved, from getting outside and helping in the practical work, or supporting groups with administration, social media, accounting and more. For more information visit the websites above, or contact us directly at thewildflowertrail@gmail.com.



Wildflower Walking Trails

Sompting BN15 South

Enjoy this circular route walking trail. We suggest starting at Hamble Recreation Ground. It takes about an hour and three quarters, and it is an easy flat stroll.

Wildflowers are essential to our pollinators and many of our sites are cared for by volunteers

