

**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
<b>1</b> <b>Easter Monday</b> 10.30am <b>Level 2</b> Shoreham Library to the Old Toll Bridge <i>(Meet outside library)</i>	<b>2</b>	<b>3</b> 10.30am <b>Level 2</b> Perch Cafe Lancing to Widewater	<b>4</b>	<b>5</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>6</b>	<b>7</b> 10.30am <b>Level 3</b> Truleigh Triangle from Beeding Hill <i>(Meet at Adur Rec. 10:00)</i>
<b>8</b> 10.30am <b>Level 1</b> Shoreham Library to Widewater Lagoon <b>30 Minute Walk also Available</b>	<b>9</b>	<b>10</b> 10.30am <b>Level 1</b> Sompting Brooks From Loose Lane <i>(Meet at Adur Rec. 10:00)</i>	<b>11</b>	<b>12</b> 2.00 pm <b>Level 1</b> Southwick Library to Fishergate	<b>13</b> 10.30am <b>Level 3</b> Holmbush Shopping Centre to Southwick Hill Returning Via Buckingham Park	<b>14</b>
<b>15</b> 10.30am <b>Level 2</b> Shoreham Library to the Old Fort	<b>16</b>	<b>17</b> 10.30am <b>Level 1</b> Perch Cafe Lancing to Brooklands Park	<b>18</b>	<b>19</b> 10.30am <b>Level 2</b> Lancing Leisure Centre to Lancing Ring	<b>20</b>	<b>21</b> 10.30am <b>Level 3</b> Adur Rec. to Cuckoo Corner
<b>22</b> 10.30am <b>Level 2</b> Shoreham Library to the Old Toll Bridge <i>(Meet outside library)</i>	<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 1</b> Hill to Hill Beeding Hill to Truleigh Hill <i>(Meet at Adur Rec. 10:00)</i>	<b>25</b>	<b>26</b> 2.00pm <b>Level 1</b> Southwick Library to East Breakwater	<b>27</b> 10.30am <b>Level 3</b> Foredown Tower to Devil's Dyke <i>(Meet at Adur Rec. 10:00)</i>	<b>28</b>
<b>29</b> 10.30am <b>Level 1</b> Shoreham Library to Widewater Lagoon <b>30 Minute Walk also Available</b>	<b>30</b>					