

# July 2020

**Level 1** = health walks, approx. 30 mins-1 hour

**Level 2** = health walks, approx. 1-1½ hours

**Level 3** = beyond Walking for Health, 2-3 hours

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		<b>1</b> 10.30am <b>Level 1</b> Perch Cafe Lancing to Brooklands Park	<b>2</b>	<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 3</b> Lychpole Hill from Sainsburys, Lyons Farm Retail Park
<b>6</b> 10.30am <b>Level 2</b> Shoreham Library to the Old Toll Bridge	<b>7</b>	<b>8</b> 10.30am <b>Level 3</b> Adur Rec. to Cuckoo Corner	<b>9</b>	<b>10</b> 2.00pm <b>Level 1</b> Southwick Library to Fishersgate	<b>11</b> 10.30am <b>Level 3</b> Adur Rec. to Mill Hill	<b>12</b>
<b>13</b> 10.30am <b>Level 1</b> Shoreham Library to Widewater Lagoon  <b>30 Minute Walk also available</b>	<b>14</b>	<b>15</b> 10.30am <b>Level 2</b> Perch Café Lancing to Widewater	<b>16</b>	<b>17</b> 10.30am <b>Level 3</b> Beggars Bush to No Man's Land	<b>18</b>	<b>19</b> 10.30am <b>Level 3</b> Lancing Ring car park to Coombes Farm
<b>20</b> 10.30am <b>Level 2</b> Shoreham library to the Old Fort	<b>21</b>	<b>22</b> 10.30am <b>Level 2</b> Mill Hill Nature Reserve to Old Erringham Farm (Meet at Adur Rec. 10.00)	<b>23</b>	<b>24</b> 2.00pm <b>Level 1</b> Southwick Library to East Breakwater	<b>25</b> 10.30am <b>Level 3</b> Holmbush shopping centre to Southwick Hill via New Erringham Farm	<b>26</b>
<b>27</b> 10.30am <b>Level 2</b> Shoreham Library to the Old Toll Bridge	<b>28</b>	<b>29</b> 10.30am <b>Level 1</b> Perch Cafe Lancing to Brooklands Park	<b>30</b>	<b>31</b> 10.30am <b>Level 3</b> Beggars Bush to Cissbury Ring		