

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

August 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31 Bank Holiday 10.30am Level 2 Car park Bramber High St. to South Downs Way bridge (Meet at Adur Rec. 10.00)					1	2 10.30am Level 2 Fishersgate Community Centre to Southwick Green and Southwick Recreation Ground
3 10.30am Level 1 Shoreham Library to Widewater Lagoon 30 Minute Walk also available	4	5 10.30am Level 3 Holmbush Shopping Centre to Mile Oak Farm	6	7	8 10.30am Level 3 St. Nicolas Church to Mill Hill Nature Reserve	9
10 10.30am Level 2 Shoreham Library to the Old Fort AGM 7.00pm Room 3 Shoreham Centre	11	12 10.30am Level 2 Perch Cafe Lancing to Widewater	13	14 10.30am Level 3 St. Nicolas Church to South Downs Way Bridge	15	16 10.30am Level 3 Beeding Hill, Windmill Hill & River Adur from lay-by on A283 after cement work (Meet at Adur Rec. 10.00)
17 10.30am Level 2 Shoreham Library to the Old Toll Bridge	18	19 10.30am Level 2 Buckingham Park to Mill Hill	20	21 2.00pm Level 1 Southwick Library to Fishersgate	22 10.30am Level 3 Steyning, Bramber & Beeding from Fletchers Croft car park (Meet at Adur Rec. 10.00)	23
24 10.30am Level 1 Shoreham Library to Widewater Lagoon 30 Minute Walk also available	25	26 10.30am Level 1 Perch Cafe Lancing to Brooklands Park	27	28 10.30am Level 2 St. Nicolas Church to Lancing College	29	30 10.30am Level 3 Bramber, Beeding & River Adur from car park Bramber High St. (Meet at Adur Rec. 10.00)