

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

September 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2 10.30am Level 3 Steyping Circular walk from Fletchers Croft car park (<i>Meet at Adur Rec. 10.00</i>)	3 10.30am Level 1 Lancing Leisure Centre to Lancing Ring	4	5 10.30am Level 3 Adur Rec. to Cuckoo Corner	6
7 10.30am Level 2 Shoreham Library to the Old Fort	8	9 10.30am Level 2 Perch Cafe Lancing to Widewater	10	11 10.30am Level 3 Truleigh Triangle from Beeding Hill (<i>Meet at Adur Rec. 10.00</i>)	12	13 10.30am Level 3 Holmbush shopping centre to Southwick Hill via New Erringham Farm
14 10.30am Level 2 Shoreham Library to the Old Toll Bridge	15	16 10.30am Level 3 Holmbush Shopping Centre to Mile Oak Farm	17	18 2.00pm Level 1 Southwick Library to East Breakwater	19 10.30am Level 3 Foredown tower to Devil's Dyke (<i>Meet at Adur Rec. 10:00</i>)	20
21 10.30am Level 1 Shoreham Library to Widewater Lagoon 30 Minute Walk also available	22	23 10.30am Level 1 Perch Cafe Lancing to Brooklands Park	24	25 10.30am Level 2 Car park Bramber High St. to South Downs Way bridge (<i>Meet at Adur Rec. 10.00</i>)	26	27 10.30am Level 3 Lychpole Hill from Sainsburys, Lyons Farm Retail Park
28 10.30am Level 2 Shoreham Library to the Old Fort	29	30 10.30am Level 1 Hill to Hill Beeding Hill to Truleigh Hill (<i>Meet at Adur Rec. 10.00</i>)				