

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

October 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3 10.30am Level 3 Adur Rec. to Mill Hill	4
5 10.30am Level 2 Shoreham Library to the Old Toll Bridge	6	7 10.30am Level 2 Perch Cafe Lancing to Widewater	8	9 2.00pm Level 1 Southwick Library to Fishersgate	10	11 10.30am Level 3 Lancing Leisure Centre to Steep Down
12 10.30am Level 1 Shoreham Library to Widewater Lagoon 30 Minute Walk also Available	13	14 10.30am Level 3 Beggars Bush to No Man's Land	15	16 10.30am Level 2 Buckingham Park to Mill Hill	17 10.30am Level 2 St. Nicolas Church to Lancing College	18
19 10.30am Level 2 Shoreham Library to the Old Fort	20	21 10.30am Level 1 Perch Cafe Lancing to Brooklands Park	22	23 2.00pm Level 1 Southwick Library to East Breakwater	24	25 10.30am Level 3 St. Nicolas Church to South Downs Way Bridge
26 10.30am Level 2 Shoreham Library to the Old Toll Bridge	27	28 10.30am Level 3 Beggars Bush to Cissbury Ring	29	30 10.30am Level 2 Mill Hill Nature Reserve to Old Erringham Farm (Meet at Adur Rec. 10.00)	31 10.30am Level 2 Fishersgate Community Centre to Southwick Green and Southwick Recreation Ground	