

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

November 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 10.30am Level 2 Shoreham Library to the Old Fort						1
2 10.30am Level 1 Shoreham Library to Widewater Lagoon 30 Minute Walk also Available	3	4 10.30am Level 3 Steyning Circular walk from Fletchers Croft car park (<i>Meet at Adur Rec. 10:00</i>) Alternative walk	5	6 2.00pm Level 1 Southwick Library to Fishersgate	7 10.30am Level 3 St. Nicolas Church to Mill Hill Nature Reserve	8
9 10.30am Level 2 Shoreham Library to the Old Fort	10	11 10.30am Level 2 Perch Cafe Lancing to Widewater	12	13 10.30am Level 1 Hill to Hill Beeding Hill to Truleigh Hill (<i>Meet at Adur Rec. 10:00</i>)	14 Coffee Morning @ Methodist Church Hall, Brunswick Road, Shoreham 10:00 – 12:00	15 10.30am Level 3 Beeding Hill, Windmill Hill & River Adur from lay-by on A283 after cement work (<i>Meet at Adur Rec. 10:00</i>)
16 10.30am Level 2 Shoreham Library to the Old Toll Bridge	17	18 10.30am Level 3 Foredown tower to Devil's Dyke (<i>Meet at Adur Rec. 10:00</i>)	19	20	21 10.30am Level 3 Steyning, Bramer & Beeding from Fletchers Croft car park (<i>Meet at Adur Rec. 10:00</i>)	22
23 10.30am Level 1 Shoreham Library to Widewater Lagoon 30 Minute Walk also Available	24	25 10.30am Level 1 Perch Cafe Lancing to Brooklands Park	26	27 10.30am Level 3 Truleigh Triangle from Beeding Hill (<i>Meet at Adur Rec. 10:00</i>)	28	29 10.30am Level 3 Bramer, Beeding & River Adur from car park Bramer High St. (<i>Meet at Adur Rec. 10:00</i>)