

**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

# December 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>1</b> Christmas Lunch 1.00pm Windsor Hotel Worthing	<b>2</b> 10.30am <b>Level 2</b> Car park Bramber High St. to South Downs Way bridge (Meet at Adur Rec. 10:00)	<b>3</b>	<b>4</b> 2.00pm <b>Level 1</b> Southwick Library to East Breakwater	<b>5</b> 10.30am <b>Level 3</b> Lychpole Hill from Sainsburys, Lyons Farm Retail Park	<b>6</b>
<b>7</b> 10.30am <b>Level 2</b> Shoreham Library to the Old Toll Bridge	<b>8</b>	<b>9</b> 10.30am <b>Level 2</b> Perch Cafe Lancing to Widewater	<b>10</b>	<b>11</b> 10.30am <b>Level 3</b> Beggars Bush to No Man's Land	<b>12</b>	<b>13</b> 10.30am <b>Level 2</b> Mill Hill Nature Reserve to Old Erringham Farm (Meet at Adur Rec. 10:00)
<b>14</b> 10.30am <b>Level 1</b> Shoreham Library to Widewater Lagoon  30 Minute Walk also Available	<b>15</b>	<b>16</b> 10.30am <b>Level 3</b> Beggars Bush to Cissbury Ring	<b>17</b>	<b>18</b> 2.00pm <b>Level 1</b> Southwick Library to Fishersgate	<b>19</b> 10.30am <b>Level 3</b> Holmbush shopping centre to Southwick Hill via New Erringham Farm	<b>20</b>
<b>21</b> 10.30am <b>Level 2</b> Shoreham Library to the Old Fort	<b>22</b>	<b>23</b> 10.30am <b>Level 1</b> Perch Cafe Lancing to Brooklands Park	<b>24</b> Christmas Eve	<b>25</b> Christmas Day	<b>26</b> Boxing Day	<b>27</b> 10.30am <b>Level 3</b> Lancing Leisure Centre to Steep Down
<b>28</b> Bank Holiday 10.30am <b>Level 2</b> Shoreham Library to the Old Toll Bridge (Meet outside library)	<b>29</b>	<b>30</b> 10.30am <b>Level 3</b> Adur Rec. to Cuckoo Corner	<b>31</b> New Years Eve			