

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

February 2021

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