

Level 1 = health walks, approx. 30 mins-1 hour
Level 2 = health walks, approx -1½ hours
Level 3 = beyond Walking for Health, 2–3 hours

March 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 10.30am Level 2 Shoreham Library to the Old Toll Bridge	2	3 10.30am Level 2 Perch Cafe Lancing to Widewater	4	5	6	7 10.30am Level 3 Lychpole Hill from Sainsburys, Lyons Farm Retail Park
8 10.30am Level 1 Shoreham Library to Widewater Lagoon 30 Minute Walk also Available	9	10 10.30am Level 3 Adur Rec. to Mill Hill	11	12 10.30am Level 2 Buckingham Park to Mill Hill	13 10.30am Level 3 Lancing Leisure Centre to Steep Down	14
15 10.30am Level 2 Shoreham Library to the Old Fort	16	17 10.30am Level 1 Perch Cafe Lancing to Brooklands Park	18	19 2.00pm Level 1 Southwick Library to Fishersgate	20	21 10.30am Level 3 Beggars Bush to Cissbury Ring
22 10.30am Level 2 Shoreham Library to the Old Toll Bridge	23	24 10.30am Level 3 St. Nicolas Church to South Downs Way Bridge	25	26 10.30am Level 3 Holmbush Shopping Centre to Mile Oak Farm	27 10.30am Level 3 Beggars Bush to No Man's Land	28
29 10.30am Level 1 Shoreham Library to Widewater Lagoon 30 Minute Walk also Available	30	31 10.30am Level 2 Perch Cafe Lancing to Widewater				