

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

April 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2 Good Friday	3	4 Easter Sunday 10.30am Level 3 Beeding Hill, Windmill Hill & River Adur from lay-by on A283 after cement works (<i>Meet at Adur Rec. 10:00</i>)
5 Easter Monday 10.30am Level 2 Shoreham Library to the Old Fort (<i>Meet outside library</i>)	6	7 10.30am Level 3 St Nicolas Church to Mill Hill Nature Reserve	8	9 2.00pm Level 1 Southwick Library to East Breakwater	10 10.30am Level 3 Steyning, Bramber & Beeding from Fletchers Croft car park (<i>Meet at Adur Rec. 10:00</i>)	11
12 10.30am Level 2 Shoreham Library to the Old Toll Bridge	13	14 10.30am Level 1 Perch Cafe Lancing to Brooklands Park	15	16 10.30am Level 3 Lancing Ring car park to Coombes Farm (<i>Lambing Time</i>)	17	18 10.30am Level 3 Bramber, Beeding & River Adur from car park Bramber High St (<i>Meet at Adur Rec. 10:00</i>)
19 10.30am Level 1 Shoreham Library to Widewater Lagoon 30 Minute Walk also Available	20	21 10.30am Level 2 St. Nicolas Church to Lancing College	22	23 2.00pm Level 1 Southwick Library to Fishersgate	24 10.30am Level 3 Steyning Circular walk from Fletchers Croft car park (<i>Meet at Adur Rec. 10:00</i>)	25
26 10.30am Level 2 Shoreham Library to the Old Fort	27	28 10.30am Level 2 Perch Cafe Lancing to Widewater	29	30 10.30am Level 2 Fishersgate Community Centre to Southwick Green and Southwick Recreation Ground		