

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

May 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31 Bank Holiday 10.30am Level 1 Shoreham Library to Widewater Lagoon 30 Minute Walk also Available <i>(Meet outside library)</i>					1	2 10.30am Level 3 Holmbush shopping centre to Southwick Hill via New Erringham Farm
3 Bank Holiday 10.30am Level 2 Shoreham Library to the Old Toll Bridge <i>(Meet outside library)</i>	4	5 10.30am Level 3 Truleigh Triangle from Beeding Hill <i>(Meet at Adur Rec. 10.00)</i>	6	7 10.30am Level 2 Car park Bramber High St. to South Downs Way bridge <i>(Meet at Adur Rec. 10.00)</i>	8 10.30am Level 3 Foredown tower to Devil's Dyke <i>(Meet at Adur Rec. 10:00)</i>	9
10 10.30am Level 1 Shoreham Library to Widewater Lagoon 30 Minute Walk also Available	11	12 10.30am Level 1 Perch Cafe Lancing to Brooklands Park	13	14	15	16 10.30am Level 3 Beggars Bush to No Man's Land
17 10.30am Level 2 Shoreham Library to the Old Fort	18	19 10.30am Level 1 Hill to Hill Beeding Hill to Truleigh Hill <i>(Meet at Adur Rec. 10.00)</i>	20	21 10.30am Level 3 Adur Rec. to Cuckoo Corner	22 10.30am Level 2 Mill Hill Nature Reserve to Old Erringham Farm <i>(Meet at Adur Rec. 10.00)</i>	23
24 10.30am Level 2 Shoreham Library to the Old Toll Bridge	25	26 10.30am Level 2 Perch Cafe Lancing to Widewater	27	28 2.00pm Level 1 Southwick Library to East Breakwater	29	30 10.30am Level 3 Lychpole Hill from Sainsburys, Lyons Farm Retail Park