

# August 2022

**Level 1** = wellbeing walks, approx. 30 mins-1 hour

**Level 2** = wellbeing walks, approx 1-1½ hours

**Level 3** = friends walks, 2-3 hours

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1</b> <b>10.30am Level 1</b> Shoreham Library to Widewater Lagoon  <b>30 Minute Walk also Available</b>	<b>2</b>	<b>3</b> <b>10.30am Level 1</b> Perch Café Lancing to Brooklands Park	<b>4</b>	<b>5</b> <b>10.30am Level 2</b> St. Nicolas Church to Lancing College	<b>6</b>	<b>7</b> <b>10.30am Level 3</b> Steyning, Bramber & Beeding from Fletchers Croft car park ( <i>Meet at Adur Rec. 10:00</i> )
<b>8</b> <b>10.30am Level 2</b> Shoreham Library to the Old Fort  <b>AGM</b>	<b>9</b>	<b>10</b> <b>10.30am Level 3</b> St. Nicolas Church to South Downs Way bridge	<b>11</b>	<b>12</b> <b>2.00pm Level 1</b> Southwick Library to East Breakwater	<b>13</b> <b>10.30am Level 3</b> Bramber, Beeding & River Adur from car park Bramber High St. ( <i>Meet at Adur Rec. 10:00</i> )	<b>14</b>
<b>15</b> <b>10.30am Level 2</b> Shoreham Library to the Old Toll Bridge	<b>16</b>	<b>17</b> <b>10.30am Level 2</b> Perch Café Lancing to Widewater	<b>18</b>	<b>19</b> <b>10.30am Level 3</b> St. Nicolas Church to Mill Hill Nature Reserve	<b>20</b>	<b>21</b> <b>10.30am Level 3</b> Steyning Circular walk from Fletchers Croft car park ( <i>Meet at Adur Rec. 10:00</i> )
<b>22</b> <b>10.30am Level 1</b> Shoreham Library to Widewater Lagoon  <b>30 Minute Walk also Available</b>	<b>23</b>	<b>24</b> <b>10.30am Level 3</b> Beeding Hill, Windmill Hill & River Adur from lay-by on A283 after cement works ( <i>Meet at Adur Rec. 10:00</i> )	<b>25</b>	<b>26</b> <b>10.30am Level 2</b> Fishersgate Community Centre to Southwick Green and Southwick Recreation Ground	<b>27</b> <b>10.30am Level 3</b> Foredown Tower to Devil's Dyke ( <i>Meet at Adur Rec. 10:00</i> )	<b>28</b>
<b>29 Bank Holiday</b> <b>10.30am Level 2</b> Car park Bramber High St. to South Downs Way bridge ( <i>Meet at Adur Rec. 10:00</i> )	<b>30</b> <b>Carers walk</b> <b>10.30am Level 1</b> Perch Cafe Lancing for gentle stroll along seafront	<b>31</b> <b>10.30am Level 1</b> Perch Café Lancing to Brooklands Park				