

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

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

Level 3 = friends walks, approx. 2-3 hours

December 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2 2.00pm Level 1 Southwick Library to Fishersgate	3	4 10.30am Level 3 Beggars Bush to Cissbury Ring
5 10.30am Level 1 Shoreham Library to Widewater Lagoon 30 Minute Walk also Available	6 Christmas Lunch 1.00pm Windsor House Hotel Worthing	7 10.30am Level 2 Perch Café Lancing to Widewater	8	9 10.30am Level 2 Mill Hill Nature Reserve to Old Erringham Farm (Meet at Adur Rec. 10:00)	10 10.30am Level 3 Lancing Leisure Centre to Steep Down	11
12 10.30am Level 2 Shoreham Library to the Old Fort	13	14 10.30am Level 3 Holmbush Shopping Centre to Southwick Hill returning via Buckingham Park	18	16 2.00pm Level 1 Southwick Library to East Breakwater	17	18 10.30am Level 3 Adur Rec. to Mill Hill
19 10.30am Level 2 Shoreham Library to the Old Toll Bridge	20	21 10.30am Level 1 Perch Café Lancing to Brooklands Park	22	23 10.30am Level 3 Lychpole Hill from Sainsburys Lyons Farm Retail Park	24 Christmas Eve 10.30am Level 3 Adur Rec.to Cuckoo Corner	25 Christmas Day
26 Boxing Day	27 Bank Holiday Carers walk 10.30am Level 1 Perch Cafe Lancing for gentle stroll along seafront	28 10.30am Level 3 Holmbush Shopping Centre to Mile Oak Farm	29	30	31 New Years Eve 10.30am Level 3 Beggars Bush to No Man's Land	