

November 2022

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

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