

**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

# October 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>31</b> 10.30am <b>Level 2</b> Shoreham Library to the Old Fort					<b>1</b>	<b>2</b> 10.30am <b>Level 3</b> Beggars Bush to No Man's Land
<b>3</b> 10.30am <b>Level 1</b> Shoreham Library to Widewater Lagoon  30 Minute Walk also Available	<b>4</b>	<b>5</b> 10.30am <b>Level 2</b> Fishersgate Community Centre to Southwick Green and Southwick Recreation Ground	<b>6</b>	<b>7</b>	<b>8</b> <b>Coffee Morning @ Methodist Church Hall, Brunswick Road, Shoreham</b> <b>10:00 – 12:00</b>	<b>9</b> 10.30am <b>Level 3</b> St. Nicolas Church to South Downs Way bridge
<b>10</b> 10.30am <b>Level 2</b> Shoreham Library to the Old Fort	<b>11</b>	<b>12</b> 10.30am <b>Level 2</b> Perch Café Lancing to Widewater	<b>13</b>	<b>14</b> 10.30am <b>Level 2</b> Buckingham Park to Mill Hill	<b>15</b> 10.30am <b>Level 3</b> Lancing Leisure Centre to Steep Down	<b>16</b>
<b>17</b> 10.30am <b>Level 2</b> Shoreham Library to the Old Toll Bridge	<b>18</b>	<b>19</b> 10.30am <b>Level 3</b> Holmbush Shopping Centre to Mile Oak Farm	<b>20</b>	<b>21</b> 2.00pm <b>Level 1</b> Southwick Library to Fishersgate	<b>22</b>	<b>23</b> 10.30am <b>Level 3</b> Beggars Bush to Cissbury Ring
<b>24</b> 10.30am <b>Level 1</b> Shoreham Library to Widewater Lagoon  30 Minute Walk also Available	<b>25</b> Carers walk 10.30am <b>Level 1</b> Perch Cafe Lancing for gentle stroll along seafront	<b>26</b> 10.30am <b>Level 1</b> Perch Café Lancing to Brooklands Park	<b>27</b>	<b>28</b> 10.30am <b>Level 2</b> St. Nicolas Church to Lancing College	<b>29</b> 10.30am <b>Level 3</b> Adur Rec. to Mill Hill	<b>30</b>