

September 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	3	4 New Walk 10.30am Level 3 Holmbush Shopping Centre to Southwick Hill returning via Buckingham Park
5 10.30am Level 2 Shoreham Library to the Old Toll Bridge	6	7 10.30am Level 1 Hill to Hill Beeding Hill to Truleigh Hill (Meet at Adur Rec. 10:00)	8	9 2.00pm Level 1 Southwick Library to Fishersgate	10 10.30am Level 3 Adur Rec.to Cuckoo Corner	11
12 10.30am Level 1 Shoreham Library to Widewater Lagoon 30 Minute Walk also Available	13	14 10.30am Level 2 Perch Café Lancing to Widewater	15	16 10.30am Level 1 Lancing Leisure Centre to Lancing Ring	17	18 10.30am Level 3 Truleigh Triangle from Beeding Hill (Meet at Adur Rec. 10:00)
19 10.30am Level 2 Shoreham Library to the Old Fort	20	21 10.30am Level 2 Mill Hill Nature Reserve to Old Erringham Farm (Meet at Adur Rec. 10:00)	22	23 2.00pm Level 1 Southwick Library to East Breakwater	24 10.30am Level 3 Lychpole Hill from Sainsburys Lyons Farm Retail Park	25
26 10.30am Level 2 Shoreham Library to the Old Toll Bridge	27 Carers walk 10.30am Level 1 Perch Cafe Lancing for gentle stroll along seafront	28 10.30am Level 1 Perch Café Lancing To Brooklands Park	29	30 10.30am Level 2 Car park Bramber High St. to South Downs Way bridge (Meet at Adur Rec. 10:00)		