

# April 2023

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