

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

February 2023

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