

# January 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>30</b> 10.30am <b>Level 2</b> Shoreham Library to the Old Fort	<b>31</b>					<b>1</b> <b>New Years Day</b>
<b>2 Bank Holiday</b> 10.30am <b>Level 1</b> Shoreham Library to Widewater Lagoon <b>30 Minute Walk also Available</b> <i>(Meet outside library)</i>	<b>3</b>	<b>4</b> 10.30am <b>Level 2</b> Perch Café Lancing to Widewater	<b>5</b>	<b>6</b> 2.00pm <b>Level 1</b> Southwick Library to Fishersgate	<b>7</b>	<b>8</b> 10.30am <b>Level 3</b> St. Nicolas Church to Mill Hill Nature Reserve
<b>9</b> 10.30am <b>Level 2</b> Shoreham Library to the Old Fort	<b>10</b>	<b>11</b> 10.30am <b>Level 2</b> Buckingham Park to Mill Hill	<b>12</b>	<b>13</b> 10.30am <b>Level 2</b> St. Nicolas Church to Lancing College	<b>14</b> 10.30am <b>Level 3</b> Beeding Hill, Windmill Hill & River Adur from lay-by on A283 after cement works <i>(Meet at Adur Rec. 10:00)</i>	<b>15</b>
<b>16</b> 10.30am <b>Level 2</b> Shoreham Library to the Old Toll Bridge	<b>17</b>	<b>18</b> 10.30am <b>Level 1</b> Perch Café Lancing to Brooklands Park	<b>19</b>	<b>20</b> 10.30am <b>Level 1</b> Sompting Brooks From Loose Lane <i>(Meet at Adur Rec. 10:00)</i>	<b>21</b>	<b>22</b> 10.30am <b>Level 3</b> Steyning, Bramber & Beeding from Fletchers Croft car park <i>(Meet at Adur Rec. 10:00)</i>
<b>23</b> 10.30am <b>Level 1</b> Shoreham Library to Widewater Lagoon  <b>30 Minute Walk also Available</b>	<b>24</b> <b>Carers walk</b> 10.30am <b>Level 1</b> Perch Cafe Lancing for gentle stroll along seafront	<b>25</b> 10.30am <b>Level 3</b> St. Nicolas Church to South Downs Way bridge	<b>26</b>	<b>27</b> 10.30am <b>Level 2</b> Fishersgate Community Centre to Southwick Green and Southwick Recreation Ground	<b>28</b> 10.30am <b>Level 3</b> Bramber, Beeding & River Adur from car park Bramber High St <i>(Meet at Adur Rec. 10:00)</i>	<b>29</b>