

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

June 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2 2.00pm Level 1 Southwick Library to Fishersgate	3 10.30am Level 3 Lancing Ring car park to Coombes Farm	4
5 10.30am Level 2 Shoreham Library to the Old Fort	6	7 10.30am Level 1 Perch Cafe Lancing to Brooklands Park	8	9 10.30am Level 3 Holmbush shopping centre to Mile Oak Farm	10	11 10.30am Level 3 Lancing Leisure Centre to Steep Down
12 10.30am Level 2 Shoreham Library to the Old Toll Bridge	13	14 10.30am Level 2 Buckingham Park to Mill Hill	15	16 2.00pm Level 1 Southwick Library to East Breakwater	17 10.30am Level 3 Beggars Bush to No Man's Land	18
19 10.30am Level 1 Shoreham Library to Widewater Lagoon 30 Minute Walk also Available	20	21 10.30am Level 2 Perch Cafe Lancing to Widewater	22	23 10.30am Level 3 Adur Rec. to Mill Hill	24	25 10.30am Level 3 St. Nicolas Church to South Downs Way bridge
26 10.30am Level 2 Shoreham Library to the Old Fort	27 Carers walk 10.30am Level 1 Perch Cafe Lancing for gentle stroll along seafront	28 10.30am Level 2 St. Nicolas Church to Lancing College	29	30 10.30am Level 3 Beggars Bush to Cissbury Ring		