

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

May 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Bank Holiday 10.30am Level 2 Shoreham Library to the Old Toll Bridge <i>(Meet outside library)</i>	2	3 10.30am Level 2 Mill Hill Nature Reserve to Old Erringham Farm <i>(Meet at Adur Rec. 10:00)</i>	4	5 10.30am Level 1 Southwick Library to Fishersgate	6 10.30am Level 3 Adur Rec. to Cuckoo Corner	7
8 10.30am Level 1 Shoreham Library to Widewater Lagoon 30 Minute Walk also Available	9	10 10.30am Level 1 Perch Cafe Lancing to Brooklands Park	11	12 10.30am Level 2 Car park Bramber High St. to South Downs Way bridge <i>(Meet at Adur Rec. 10:00)</i>	13	14 10.30am Level 3 Holmbush shopping centre to Southwick Hill via New Erringham Farm
15 10.30am Level 2 Shoreham Library to the Old Fort	16	17 10.30am Level 1 Hill to Hill Beeding Hill to Truleigh Hill <i>(Meet at Adur Rec. 10:00)</i>	18	19 2.00pm Level 1 Southwick Library to East Breakwater	20 10.30am Level 3 Lychpole Hill from Sainsburys Lyons Farm Retail Park	21
22 10.30am Level 2 Shoreham Library to the Old Toll Bridge	23 Carers walk 10.30am Level 1 Perch Cafe Lancing for gentle stroll along seafront	24 10.30am Level 2 Perch Cafe Lancing to Widewater	25	26 10.30am Level 1 Sompting Brooks from Loose Lane <i>(Meet at Adur Rec. 10:00)</i>	27	28 10.30am Level 3 Truleigh Triangle from Beeding Hill <i>(Meet at Adur Rec. 10:00)</i>
29 Bank Holiday 10.30am Level 1 Shoreham Library to Widewater Lagoon 30 Minute Walk also Available	30	31 10.30am Level 1 Lancing Leisure Centre to Lancing Ring				