

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

December 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 10.30am Level 2 St. Nicolas Church to Lancing College	2 10.30am Level 2 Steyning Lower Horseshoe from Fletchers Croft car park (<i>Meet at Adur Rec. 10:00</i>)	3
4 10.30am Level 1 Shoreham Library to Widewater Lagoon 30 Minute Walk also Available	5 Christmas Lunch 1.00pm	6 10.30am Level 2 Perch Café Lancing to Widewater	7	8 2.00pm Level 1 Southwick Library to East Breakwater	9	10 10.30am Level 3 Adur Rec. to Mill Hill
11 10.30am Level 2 Shoreham Library to the Old Fort	12	13 10.30am Level 2 Fishersgate Community Centre to Southwick Green and Southwick Recreation Ground	14	15 10.30am Level 2 Buckingham Park to Mill Hill	16 10.30am Level 3 St. Nicolas Church to Mill Hill Nature Reserve	17
18 10.30am Level 2 Shoreham Library to the Old Toll Bridge	19 Carers walk 10.30am Level 1 Perch Cafe Lancing for gentle stroll along seafront	20 10.30am Level 1 Perch Café Lancing to Brooklands Park	21	22 2.00pm Level 1 Southwick Library to Fishersgate	23	24 Christmas Eve 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>)
25 Christmas Day	26 Boxing Day	27 10.30am Level 3 Holmbush Shopping Centre to Mile Oak Farm	28	29 10.30am Level 3 St. Nicolas Church to South Downs Way bridge	30 10.30am Level 3 Steyning, Bramber & Beeding from Fletchers Croft car park (<i>Meet at Adur Rec. 10:00</i>)	31 New Years Eve