

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

January 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 New Years Day 10.30am Level 2 Shoreham Library to the Old Fort	2	3 10.30am Level 2 Car park Bramber High St. to South Downs Way bridge (Meet at Adur Rec. 10:00)	4	5 2.00pm Level 1 Southwick Library to East Breakwater	6 10.30am Level 3 Bramber, Beeding & River Adur from car park Bramber High St (Meet at Adur Rec. 10:00)	7
8 10.30am Level 2 Shoreham Library to the Old Toll Bridge	9	10 10.30am Level 2 Perch Café Lancing to Widewater	11	12 10.30am Level 1 Hill to Hill Beeding Hill to Truleigh Hill (Meet at Adur Rec. 10:00)	13	14 10.30am Level 3 Holmbush Shopping Centre to Southwick Hill Returning Via Buckingham Park
15 10.30am Level 1 Shoreham Library to Widewater Lagoon 30 Minute Walk also Available (Meet outside library)	16	17 10.30am Level 3 Adur Rec. to Cuckoo Corner	18	19 2.00pm Level 1 Southwick Library to Fishersgate	20 10.30am Level 3 Steyning Circular walk from Fletchers Croft car park (Meet at Adur Rec. 10:00) Alternative walk	21
22 10.30am Level 2 Shoreham Library to the Old Fort	23 Carers walk 10.30am Level 1 Perch Cafe Lancing for gentle stroll along seafront	24 10.30am Level 1 Perch Café Lancing to Brooklands Park	25	26 10.30am Level 3 Truleigh Triangle from Beeding Hill (Meet at Adur Rec. 10:00)	27	28 10.30am Level 3 Foredown Tower to Devil's Dyke (Meet at Adur Rec. 10:00)
29 10.30am Level 2 Shoreham Library to the Old Toll Bridge	30	31 10.30am Level 2 Mill Hill Nature Reserve to Old Erringham Farm (Meet at Adur Rec. 10:00)				