

September 2024

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