

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

November 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 10.30am Level 3 Holmbush shopping centre to Mile Oak Farm	2	3 10.30am Level 3 Beggars Bush to Cissbury Ring
4 10.30am Level 2 Shoreham Library to the Old Toll Bridge	5	6 10.30am Level 2 Mill Hill Nature Reserve to Old Erringham Farm <i>(Meet at Adur Rec. 10:00)</i>	7	8 2.00pm Level 1 Southwick Library to East Breakwater	9 10.30am Level 3 Adur Rec. to Mill Hill	10
11 10.30am Level 1 Shoreham Library to Widewater Lagoon 30 Minute Walk also Available	12	13 10.30am Level 2 Perch Café Lancing to Widewater	14	15 10.30am Level 2 Steyning Lower Horseshoe from Fletchers Croft car park <i>(Meet at Adur Rec. 10:00)</i>	16	17 10.30am Level 3 Beggars Bush to No Man's Land
18 10.30am Level 2 Shoreham Library to the Old Fort	19	20 10.30am Level 2 Buckingham Park to Mill Hill	21	22 2.00pm Level 1 Southwick Library to Fishersgate	23 10.30am Level 3 Lychpole Hill from Sainsburys Lyons Farm Retail Park	24
25 10.30am Level 2 Shoreham Library to the Old Toll Bridge	26 Carers Walk 10.30am Level 1 Perch Cafe Lancing for gentle stroll along seafront	27 10.30am Level 1 Perch Café Lancing to Brooklands Park	28	29 10.30am Level 3 Lancing Leisure Centre to Steep Down	30	