

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 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 10.30am Level 2 Shoreham Library to the Old Fort	31 New Years Eve					1 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>)
2 10.30am Level 1 Shoreham Library to Widewater Lagoon 30 Minute Walk also Available	3 Christmas Lunch 1.00pm	4 10.30am Level 2 St. Nicolas Church to Lancing College	5	6 2.00pm Level 1 Southwick Library to East Breakwater	7 10.30am Level 3 Steyning Bowl /Annington Hill from junction of Goring Rd.& Bramber Rd BN44 3GF. (<i>Meet at Adur Rec. 10:00</i>)	8
9 10.30am Level 2 Shoreham Library to the Old Fort	10	11 10.30am Level 2 Perch Café Lancing to Widewater	12	13 10.30am Level 3 St. Nicolas Church to South Downs Way Bridge	14	15 10.30am Level 3 Bramber, Beeding & River Adur from car park Bramber High St (<i>Meet at Adur Rec. 10:00</i>)
16 10.30am Level 2 Shoreham Library to the Old Toll Bridge	17 Carers walk 10.30am Level 1 Perch Cafe Lancing for gentle stroll along seafront	18 10.30am Level 3 St. Nicolas Church to Mill Hill Nature Reserve	19	20 2.00pm Level 1 Southwick Library to Fishersgate	21 10.30am Level 3 Steyning Circular walk from Fletchers Croft car park (<i>Meet at Adur Rec. 10:00</i>) Alternative walk	22
23 10.30am Level 1 Shoreham Library to Widewater Lagoon 30 Minute Walk also Available	24 Christmas Eve	25 Christmas Day	26 Boxing Day	27 10.30am Level 2 Fishersgate Community Centre to Southwick Green and Southwick Recreation Ground	28	29 10.30am Level 3 Foredown Tower to Devil's Dyke (<i>Meet at Adur Rec. 10:00</i>)