

January 2019

Level 1 = health walks, approx. 30 mins-1 hour

Level 2 = health walks, approx. 1-1½ hours

Level 3 = beyond Walking for Health, 2–3 hours

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 New Years Day	2 10.30am Level 2 The Perch Cafe Lancing to Brooklands park	3	4 2.00pm Level 1 Southwick Library to East Breakwater	5 10.30am Level 3 Adur Rec. to Mill Hill <i>(Shorter option)</i>	6
7 10.30am Level 1 Shoreham Library to Widewater Lagoon 30 Minute Walk also Available	8	9 10.30am Level 3 Lychpole Hill from Sainsburys, Lyons Farm Retail Park	10	11 10.30am Level 3 Lancing Leisure Centre to Steep Down	12	13 10.30am Level 3 Holmbush Shopping Centre to Mile Oak Farm
14 10.30am Level 2 Shoreham Library to the Old Fort	15	16 10.30am Level 2 The Perch Cafe Lancing to Widewater	17	18 2.00pm Level 1 Southwick Library to Fishersgate	19 10.30am Level 2 Buckingham Park to Mill Hill	20
21 10.30am Level 2 Shoreham Library to the Old Toll Bridge	22	23 10.30am Level 3 Adur Rec. Mill Hill Nature Reserve <i>(Longer option)</i>	24	25 10.30am Level 3 Beggars Bush to Cissbury Ring	26	27 10.30am Level 3 St. Nicolas Church to South Downs Way Bridge
28 10.30am Level 1 Shoreham Library to Widewater Lagoon 30 Minute Walk also Available	29	30 10.30am Level 2 The Perch Cafe Lancing to Brooklands park	31			