

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

February 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 2.00pm Level 1 Southwick Library to East Breakwater	2 10.30am Level 3 Steyning, Bramber & Beeding from Fletchers Croft car park (Meet at Adur Rec. 10:00)	3
4 10.30am Level 2 Shoreham Library to the Old Fort	5	6 10.30am Level 3 Steyning Circular walk from Fletchers Croft car park (Meet at Adur Rec. 10:00)	7	8 10.30am Level 2 St. Nicolas Church to Lancing College	9	10 10.30am Level 3 Bramber, Beeding & River Adur from car park Bramber High St. (Meet at Adur Rec. 10:00)
11 10.30am Level 2 Shoreham Library to the Old Toll Bridge	12	13 10.30am Level 2 The Perch Cafe Lancing to Widewater	14	15 2.00pm Level 1 Southwick Library to Fishersgate	16 10.30am Level 3 Foredown tower to Devil's Dyke (Meet at Adur Rec. 10:00)	17
18 10.30am Level 1 Shoreham Library to Widewater Lagoon 30 Minute Walk also Available	19	20 10.30am Level 2 Fishersgate Community Centre to Southwick Green and Southwick Recreation Ground	21	22 10.30 am Level 3 Beeding Hill, Windmill Hill & River Adur from lay-by on A283 after cement works (Meet at Adur Rec. 10:00)	23	24 10.30am Level 2 Mill Hill Nature Reserve to Old Erringham Farm
25 10.30am Level 2 Shoreham Library to the Old Fort	26	27 10.30am Level 2 The Perch Cafe Lancing to Brooklands park	28			