

Level 1 = health walks, approx. 30 mins-1 hour
Level 2 = health walks, approx -1½ hours
Level 3 = beyond Walking for Health, 2–3 hours

March 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 2.00pm Level 1 Southwick Library to East Breakwater	2 10.30am Level 3 Lychpole Hill from Sainsburys, Lyons Farm Retail Park	3
4 10.30am Level 2 Shoreham Library to the Old Toll Bridge	5	6 10.30am Level 1 Hill to Hill Beeding Hill to Truleigh Hill	7	8 10.30am Level 2 Car park Bramber High St. to South Downs Way bridge (Meet at Adur Rec. 10:00)	9	10 10.30am Level 2 Mill Hill Nature Reserve to Old Erringham Farm
11 10.30am Level 1 Shoreham Library to Widewater Lagoon 30 Minute Walk also Available	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 Holmbush shopping centre to Southwick Hill via New Erringham Farm	17
18 10.30am Level 2 Shoreham Library to the Old Fort	19	20 10.30am Level 3 Beggars Bush to Cissbury Ring	21	22 10.30am Level 3 Beggars Bush to No Man's Land	23	24 10.30am Level 3 Truleigh Triangle from Beeding Hill
25 10.30am Level 2 Shoreham Library to the Old Toll Bridge	26	27 10.30am Level 2 The Perch Cafe Lancing to Brooklands park	28	29 2.00pm Level 1 Southwick Library to East Breakwater	30 10.30am Level 3 Lancing Leisure Centre to Steep Down	31