

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

April 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 10.30am Level 1 Shoreham Library to Widewater Lagoon 30 Minute Walk also Available	2	3 10.30am Level 3 Adur Rec. to Mill Hill <i>(Shorter option)</i>	4	5 10.30am Level 2 St.Nicolas Church to Lancing College	6	7 10.30am Level 3 Lancing Ring car park to Coombes Farm <i>(Lambing Time)</i>
8 10.30am Level 2 Shoreham Library to the Old Fort	9	10 10.30am Level 2 The Perch Cafe Lancing to Widewater	11	12 2.00pm Level 1 Southwick Library to Fishersgate	13 10.30am Level 3 Holmbush Shopping Centre to Mile Oak Farm	14
15 10.30am Level 2 Shoreham Library to the Old Toll Bridge	16	17 10.30am Level 2 Buckingham Park to Mill Hill	18	19 Good Friday 10.30am Level 3 Beggars Bush to Cissbury Ring	20	21 Easter Sunday 10.30am Level 2 Fishersgate Community Centre to Southwick Green and Southwick Recreation Ground
22 Easter Monday 10.30am Level 1 Shoreham Library to Widewater Lagoon 30 Minute Walk also Available (Meet outside Library)	23	24 10.30am Level 2 The Perch Cafe Lancing to Brooklands park	25	26 2.00pm Level 1 Southwick Library to East Breakwater	27 10.30am Level 3 Adur rec. to Mill Hill Nature Reserve <i>(Longer Option)</i>	28
29 10.30am Level 2 Shoreham Library to the Old Fort	30					