

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

May 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 10.30am Level 3 Steyning, Bramber & Beeding from Fletchers Croft car park (Meet at Adur Rec 10:00)	2	3 10.30am Level 1 Hill to Hill Beeding Hill to Truleigh Hill	4	5 10.30am Level 3 Holmbush shopping centre to Southwick Hill via New Erringham Farm
6 Bank Holiday 10.30am Level 2 Shoreham Library to the Old Toll Bridge (Meet outside library)	7	8 10.30am Level 2 The Perch Cafe Lancing to Widewater	9 10.30am Level 1 Lancing Leisure Centre to Lancing Ring	10 2.00pm Level 1 Southwick Library to Fishersgate	11 10.30am Level 3 Steyning Circular walk from Fletchers Croft car park (Meet at Adur Rec. 10:00)	12
13 10.30am Level 1 Shoreham Library to Widewater Lagoon 30 Minute Walk also Available	14	15 10.30am Level 3 Beeding Hill, Windmill Hill & River Adur from lay-by on A283 after cement works (Meet at Adur Rec. 10:00)	16	17 10.30am Level 2 Car park Bramber High St. to South Downs Way bridge (Meet at Adur Rec. 10:00)	18	19 10.30am Level 3 Foredown tower to Devil's Dyke (Meet at Adur Rec. 10:00)
20 10.30am Level 2 Shoreham Library to the Old Fort (Meet outside library)	21	22 10.30am Level 2 The Perch Cafe Lancing to Brooklands Park	23	24 2.00pm Level 1 Southwick Library to East Breakwater	25 10.30am Level 3 Lychpole Hill from Sainsburys, Lyons Farm Retail Park	26
27 Bank Holiday 10.30am Level 2 Shoreham Library to the Old Toll Bridge (Meet outside library)	28	29 10.30am Level 3 Bramber, Beeding & River Adur from car park Bramber High St. (Meet at Adur Rec. 10:00)	30	31 10.30am Level 3 Truleigh Triangle from Beeding Hill		