

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

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

Level 3 = friends walks, approx. 2-3 hours

June 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2 10.30am Level 3 St. Nicolas Church to Mill Hill Nature Reserve
3 10.30am Level 2 Shoreham Library to the Old Toll Bridge	4	5 10.30am Level 2 Buckingham Park to Mill Hill	6	7 2.00pm Level 1 Southwick Library to Fishersgate	8 10.30am Level 3 Beeding Hill, Windmill Hill & River Adur from lay-by on A283 after cement works (Meet at Adur Rec. 10:00)	9
10 10.30am Level 1 Shoreham Library to Widewater Lagoon 30 Minute Walk also Available	11	12 10.30am Level 1 Perch Cafe Lancing to Brooklands Park	13	14 10.30am Level 2 St. Nicolas Church to Lancing College	15	16 10.30am Level 3 Steyning, Bramber & Beeding from Fletchers Croft car park (Meet at Adur Rec. 10:00)
17 10.30am Level 2 Shoreham Library to the Old Fort	18	19 10.30am Level 3 St. Nicolas Church to South Downs Way bridge	20	21 2.00pm Level 1 Southwick Library to East Breakwater	22 10.30am Level 3 Bramber, Beeding & River Adur from car park Bramber High St (Meet at Adur Rec. 10:00)	23
24 10.30am Level 2 Shoreham Library to the Old Toll Bridge	25 Carers walk 10.30am Level 1 Perch Cafe Lancing for gentle stroll along seafront	26 10.30am Level 2 Perch Cafe Lancing to Widewater	27	28 10.30am Level 2 Fishersgate Community Centre to Southwick Green and Southwick Recreation Ground	29	30 10.30am Level 3 Steyning Circular walk from Fletchers Croft car park (Meet at Adur Rec. 10:00)