

**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

# October 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>1</b>	<b>2</b> 10.30am <b>Level 1</b> Perch Café Lancing to Brooklands Park	<b>3</b>	<b>4</b> 10.30am <b>Level 1</b> Hill to Hill Beeding Hill to Truleigh Hill ( <i>Meet at Adur Rec. 10:00</i> )	<b>5</b>	<b>6</b> 10.30am <b>Level 3</b> Holmbush Shopping Centre to Southwick Hill Returning Via Buckingham Park
<b>7</b> 10.30am <b>Level 2</b> Shoreham Library to the Old Fort	<b>8</b>	<b>9</b> 10.30am <b>Level 2</b> Car park Bramber High St. to South Downs Way bridge ( <i>Meet at Adur Rec 10:00</i> )	<b>10</b>	<b>11</b> 2.00pm <b>Level 1</b> Southwick Library to East Breakwater	<b>12</b> Coffee Morning @ Methodist Church Hall Brunswick Road Shoreham 10.00- 12.00	<b>13</b> 10.30am <b>Level 3</b> Steyning Circular walk from Fletchers Croft car park ( <i>Meet at Adur Rec. 10:00</i> ) <b>Alternative walk</b>
<b>14</b> 10.30am <b>Level 2</b> Shoreham Library to the Old Toll Bridge	<b>15</b>	<b>16</b> 10.30am <b>Level 2</b> Perch Café Lancing to Widewater	<b>17</b>	<b>18</b> 10.30am <b>Level 2</b> Lancing Leisure Centre to Lancing Ring	<b>19</b> 10.30am <b>Level 3</b> Truleigh Triangle from Beeding Hill ( <i>Meet at Adur Rec. 10:00</i> )	<b>20</b>
<b>21</b> 10.30am <b>Level 1</b> Shoreham Library to Widewater Lagoon  <b>30 Minute Walk also Available</b>	<b>22</b> Carers walk 10.30am <b>Level 1</b> Perch Cafe Lancing for gentle stroll along seafront	<b>23</b> 10.30am <b>Level 3</b> Adur Rec. to Cuckoo Corner	<b>24</b>	<b>25</b> 2.00pm <b>Level 1</b> Southwick Library to Fishersgate	<b>26</b> 10.30am <b>Level 3</b> Foredown Tower to Devil's Dyke ( <i>Meet at Adur Rec. 10:00</i> )	<b>27</b>
<b>28</b> 10.30am <b>Level 2</b> Shoreham Library to the Old Fort	<b>29</b>	<b>30</b> 10.30am <b>Level 1</b> Perch Café Lancing to Brooklands Park	<b>31</b>			