

January 2025

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 New Years Day 10.30am Level 1 Perch Café Lancing to Brooklands Park	2	3 2.00pm Level 1 Southwick Library to East Breakwater	4 10.30am Level 3 Holmbush Shopping Centre to Southwick Hill Returning Via Buckingham Park	5
6 10.30am Level 2 Shoreham Library to the Old Toll Bridge	7	8 10.30am Level 1 Hill to Hill Beeding Hill to Truleigh Hill <i>(Meet at Adur Rec. 10:00)</i>	9	10 10.30am Level 2 Lancing Leisure Centre to Lancing Ring	11	12 10.30am Level 3 Adur Rec. to Cuckoo Corner
13 10.30am Level 1 Shoreham Library to Widewater Lagoon 30 Minute Walk also Available	14	15 10.30am Level 2 Perch Café Lancing to Widewater	16	17 2.00pm Level 1 Southwick Library to Fishersgate	18 10.30am Level 2 Mill Hill Nature Reserve to Old Erringham Farm <i>(Meet at Adur Rec. 10:00)</i>	19
20 10.30am Level 2 Shoreham Library to the Old Fort	21	22 10.30am Level 2 Car park Bramber High St. to South Downs Way bridge <i>(Meet at Adur Rec. 10:00)</i>	23	24 10.30am Level 3 Truleigh Triangle from Beeding Hill <i>(Meet at Adur Rec. 10:00)</i>	25	26 10.30am Level 3 Lychpole Hill from Sainsburys Lyons Farm Retail Park
27 10.30am Level 2 Shoreham Library to the Old Toll Bridge	28 Carers walk 10.30am Level 1 Perch Cafe Lancing for gentle stroll along seafront	29 10.30am Level 1 Perch Café Lancing to Brooklands Park	30	31 2.00pm Level 1 Southwick Library to East Breakwater		