

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

March 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31 10.30am Level 2 Shoreham Library to the Old Toll Bridge					1 10.30am Level 3 Beeding Hill, Windmill Hill & River Adur from lay-by on A283 after cement works (<i>Meet at Adur Rec. 10:00</i>)	2
3 10.30am Level 2 Shoreham Library to the Old Fort	4	5 10.30am Level 2 Fishersgate Community Centre to Southwick Green and Southwick Recreation Ground	6	7 10.30am Level 3 St. Nicolas Church to South Downs Way bridge	8	9 10.30am Level 3 Steyning, Bramber & Beeding from Fletchers Croft car park (<i>Meet at Adur Rec. 10:00</i>)
10 10.30am Level 2 Shoreham Library to the Old Toll Bridge	11	12 10.30am Level 2 Perch Café Lancing to Widewater	13	14 2.00pm Level 1 Southwick Library to Fishersgate	15 10.30am Level 3 Bramber, Beeding & River Adur from car park Bramber High St (<i>Meet at Adur Rec. 10:00</i>)	16
17 10.30am Level 1 Shoreham Library to Widewater Lagoon 30 Minute Walk also Available	18	19 10.30am Level 2 St. Nicolas Church to Lancing College	20	21 10.30am Level 3 St. Nicolas Church to Mill Hill Nature Reserve	22	23 10.30am Level 3 Steyning Circular walk from Fletchers Croft car park (<i>Meet at Adur Rec. 10:00</i>)
24 10.30am Level 2 Shoreham Library to the Old Fort	25 Carers walk 10.30am Level 1 Perch Cafe Lancing for gentle stroll along seafront	26 10.30am Level 1 Perch Café Lancing to Brooklands Park	27	28 2.00pm Level 1 Southwick Library to East Breakwater	29 10.30am Level 3 Foredown Tower to Devil's Dyke (<i>Meet at Adur Rec. 10:00</i>)	30