

April 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	2 10.30am Level 2 Car park Bramber High St. to South Downs Way bridge (Meet at Adur Rec. 10:00)	3	4 10.30am Level 1 Hill to Hill Beeding Hill to Truleigh Hill (Meet at Adur Rec.10:00)	5	6 10.30am Level 3 Adur Rec. to Cuckoo Corner
7 10.30am Level 1 Shoreham Library to Widewater Lagoon 30 Minute Walk also Available	8	9 10.30am Level 2 Perch Cafe Lancing to Widewater	10	11 2.00 pm Level 1 Southwick Library to Fishergate	12 10.30am Level 3 Holmbush shopping centre to Southwick Hill via New Erringham Farm	13
14 10.30am Level 2 Shoreham Library to the Old Fort	15	16 10.30am Level 3 Truleigh Triangle from Beeding Hill (Meet at Adur Rec.10:00)	17	18 Good Friday 10.30am Level 1 Sompting Brooks From Loose Lane (Meet at Adur Rec. 10:00)	19	20 Easter Sunday 10.30am Level 3 Arundel Wetland Centre car park to Houghton Bridge (Meet at Adur Rec. 9:30)
21 Easter Monday 10.30am Level 2 Shoreham Library to the Old Toll Bridge (Meet outside library)	22 Carers walk 10.30am Level 1 Perch Cafe Lancing for gentle stroll along seafront	23 10.30am Level 1 Perch Cafe Lancing to Brooklands Park	24	25 2.00pm Level 1 Southwick Library to East Breakwater	26 10.30am Level 2 Mill Hill Nature Reserve to Old Erringham Farm (Meet at Adur Rec. 10:00)	27
28 10.30am Level 1 Shoreham Library to Widewater Lagoon 30 Minute Walk also Available	29	30 10.30am Level 2 Lancing Leisure Centre to Lancing Ring				