

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