

## Wellbeing Walks Programme

Free, sociable, family friendly walks led by volunteers. No need to book, just turn-up.

Please read the walk descriptions carefully and choose walks appropriate for your health and fitness level

Our guided walks are split into two categories:

- **Level 1 walks** Under 1.5 hours over easy terrain and aimed at beginners and those with long term health conditions.
- **Level 2 and 3 walks** Longer, more strenuous and may include hills and stiles.

### Important Information

- A volunteer walk leader will be at the start of the walk whatever the weather unless it is unsafe for them to travel
- We reserve the right to change or cancel a walk without notice
- If a walk is cancelled at the last minute we will endeavour to update the online programme
- If you are unsure if a walk is going ahead please contact the walk leader and check the website
- Please wear suitable clothing and footwear
- Children under 16 must be accompanied by an adult
- Vehicles are parked at owners' risks and parking charges may apply
- We expect walk leaders to be treated with respect at all times
- Please read the walk description before planning your walk so that you can choose a walk that is appropriate for your current fitness level. We would recommend starting with a Level 1 walk to see how you get on.

**If you would like to become a volunteer walk leader please contact the Walks Coordinator**

### Guidelines for Dog Owners

Dogs are welcome on some walks. Walk leaders are responsible for the safety of walkers and may offer advice or request removal of the dog from the walk if it causes a nuisance. Please:

- Ensure your dog does not run back and forth through a line of walkers
- Clear up after your dog and remember dogs may need a drink of water
- You should consider putting your dog on a lead to ensure you can stay 2 metres away from others
- Keep dogs on a lead in a field of sheep, if you encounter cattle and they come towards you, let the dog go as they see dogs as a threat to them and their calves

Hazel Fisher, Walks Coordinator 01403 215111 email: [wellbeing@horsham.gov.uk](mailto:wellbeing@horsham.gov.uk)

Download this programme: <https://www.horsham.gov.uk/sport-and-leisure/walking/wellbeing-walks>

## WEEKLY WALKS Level 1

- Mon 10:45am North Heath, Horsham 2 miles 30 or 75 mins**  
Meet Sussex Barn pub car park, off North Heath Lane, junction with St Mark's Lane, RH12 5PJ. Choose 30 or 75 mins gentle walk around the North Heath area riverside. Refreshment and toilets in pub.  
Ann & John 01403 268885
- Wed 10:30am Horsham Park Stroll 1+ mile up to 30 or 50 mins**  
Meet at bandstand in Carfax (RH12 1FD). Choose a very short walk or a longer one on good paths around the park. There is an incline under and out of Albion Way. Suitable for older people and those recovering from illness. Wheelchairs, buggies and dogs on leads welcome. We are a very friendly group and stop for a coffee and lots of chat at The Pavilion Sports Centre Cafe.  
Emmy 01403 255517 or Doreen 01403 230293
- Wed 2.30pm Horsham Heritage Guided walks 1.5 miles 1 hr 45 mins**  
Every Wednesday & Sunday afternoon between 1st April and 30th Sept. Meet outside the Museum in Causeway whatever the weather. The walks are led by experienced Town Guides who put their own individual touch on their presentation. Find out about the hidden history of this old and interesting town. These walks are free and there is no need to book. Accessible to all as the route is around Causeway, Carfax, East Street, West Street, The Forum and St Mary's Churchyard.  
Meet your guide outside Horsham Museum, Causeway at 2.30pm.  
If you have any queries, please contact [events@horshamsociety.org](mailto:events@horshamsociety.org)
- Thu 11:00am Billingshurst (2) 2.3 miles 60 mins**  
Meet at Billingshurst Library, Mill Lane, RH14 9JZ. Walk around Billingshurst's footpaths or Jubilee Fields. Stay for coffee afterwards. Can be muddy, wear suitable footwear. Dogs on leads allowed. Parking 75p per hour - annual parking permits are available  
Chris 01403 782745
- Fri 10:30am St Mary's Church, Horsham 2.5 miles 90 mins**  
Gentle walk around Chesworth Farm or Denne Hill; lower slopes on public footpaths, no stiles or steep hills. Can be muddy after rain. Toilets usually available in St Mary's Church at the start by kind permission of clergy. Suitable for wheelchairs, children accompanied by adults and well-behaved dogs. You are advised to bring drinking water. We are a friendly bunch, no one is left on their own. Our motto is "Walk and Talk".  
Peter Tobutt 01403 260783
- Sun 2.30pm Horsham Heritage Guided walks 2 miles 1 hr 45 mins**  
Every Wed & Sun afternoon between 1st April – 30th Sept. Meet outside the Museum in Causeway. See above (Wed) for details.



If you're new to Horsham District or simply looking to learn more about the area, tune in to our *Welcome Walks* podcast. You'll hear from the locals and discover what's happening in the towns and villages.

May 2024

**Fri 3 May 11:00am Barns Green (1) Level 1 2 miles 60 mins**

Walk 1010. Meet in new car park above the Village Hall, enter by way of the car park outside the Village Hall which is marked by yellow road markings RH13 OPT. Firm going underfoot on the outskirts of Barns Green. One gentle incline, some views but can be muddy. Well behaved dogs welcome.

Contact the Walks Coordinator

**Fri 3 May 10.00am Kirdford Figure of Eight Level 3 6 miles 3 hours**

Walk No: 3158 Meet on The Green outside the Foresters Arms, Kirdford, RH14 (TQ014270), what 3words: configure.fork.teachers. Parking in laybys alongside the road, adjacent to the pub. A circular walk, fields, woods, good views and some stiles. For those wishing for a shorter walk the figure of eight crosses back through the village at the halfway point. No dogs as we may meet livestock. Jan 01403 753528

**Sat 4 May 2.00pm Thakeham Circular Level 2 4 miles 2 hours**

Walk 2040. Meet at Thakeham Village car park, RH20 3GP. If Car Park is busy park in adjacent Abingworth Crescent. This popular walk explores the tracks, footpaths and byways north of Thakeham Village. Parts of this route can be wet and muddy. What three words poet.clenser.parties Dogs welcomes, the route includes stiles. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com.

**Sun 5 May 10.00am Pulborough Brooks Level 3 5 miles 2.25 hours**

Walk 3017. Meet at Pulborough Library car park, RH20 2BQ. This walk has two distinct elements, firstly the farmed landscape to the north of Pulborough, then the RSPB's Pulborough Brooks Nature Reserve. Dogs welcome refreshments provided. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com. What3Words canal.sunflower.basic

**Mon 6 May 10.30am Bolney - Warninglid, 5.5 miles. 2.5 hrs. Level 2-3**

Park on London Road 100 yds north of the 30 mph out of Bolney and before the bend with the The Bolney Stage RH17 5RL. The road is very wide and parking does not inhibit two-way traffic. We walk east with fine views of the south downs and the magnificent mansions of Wykehurst Park, then Colwood Park, and then ascend north to Warninglid. Turning east and then south we return to Bolney with more views. A hilly walk with three stiles but good paths. Muddy in a few places if wet. Possibly horses in one field and loose barking dogs defending a farm. Alan 07890 118171

**Tue 7 May 11:00am Steyning Health Centre Walk Level 2 2 miles 75 mins**

Walk 2276. Meet at Steyning Health Centre, Tanyard Lane, BN44 3RJ (TQ176113). Various routes taking in parts of Steyning and the outskirts. Includes some stiles and inclines. Can be muddy across fields, please wear sensible footwear. Toilets available in Health Centre. Ann 01903 297553 / Jacky 01903 815543

**Thu 9 May 10.30am Mill Stream Loop Level 3 5 miles 2.5 hours**

Walk 3182. Meet by Foot bridge at Woods Mill Nature reserve Compass bus 100 stops outside reserve entrance ask for woods mill nature reserve stop if you are not familiar with the area Park in woods mill carpark and Toilets by kind permission of Sussex wildlife trust Please park neatly so there is room for other users Two stiles Three footbridges possibly cattle, sheep and Ponies grazing in fields , muddy after rain. Sorry no dogs Walk through the reserve then following the Mill Stream to the Downs link, Stretham Manor bridge, River Adur, Newhall Lane, Sands Farm and east entrance to the reserve back to the Mill. No dogs. Angela 07563149616

**Fri 10 May 11:00am Southwater (1) Level 1 2.6 miles 75 mins**

Walk 1009. Meet in car park of the Country Park, (off Cripplegate Lane, RH13 9UN). Along bridleways and country lanes and return via the Downs Link. No stiles but can be muddy. Not suitable for wheelchairs or prams. The café and toilets at the Park will be open. There is a parking charge at Southwater Country Park. Sorry no dogs. Sue 07751092103

**Sat 11 May 2.00pm Nutbourne Level 2 3 miles 1.5 hours**

Walk 2034. Meet at West Chiltington Village car park, RH20 2PZ. This is one of our prettiest and most varied short walks. We should see vineyards, llamas a windmill and lovely houses. W3W legs.mermaids.split Dogs welcome and refreshments provided. Several stiles Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com.

May 2024

**Sun 12 May 10.00am Washington to Sullington Level 3 5 miles 2.5 hours**

Walk 3184. Meet at Old London Road, Washington, RH20 3BN. To reach the meeting place drive north up the A24 from the Washington Roundabout take the first left and then sharp left again into Old London Road. W3W airbrush.roots.acrobatic . This walk takes across the countryside to Sullington before walking along the foot of the downs, with wonderful views, to Washington Village. Dogs welcome and refreshments provided. Contact Mick Denness on 01903 745971 or email [mickdenness5@gmail.com](mailto:mickdenness5@gmail.com).

**Mon 13 May 10.30am Warnham Wander Level 3 3 hours 6 miles**

Park at Warnham Nature Reserve. RH12 2RA Parking with permission from Horsham District Council. We walk across to Warnham and then back via the fabulous new all-purpose path. Good cafe at the Reserve. Toilets. No dogs. Jill 07780 701184

**Wed 15 May 10:00am Warnham Nature Reserve Level 1 2.5 miles 2 hours**

Walk 1552. Warnham Nature Reserve, RH12 2RA. Meet at the pedestrian entrance. Please note that there is an entrance fee. This is a quarterly walk around the nature reserve so we can experience all four seasons. Toilets are available and there is a cafe. Don't forget your binoculars. Sorry, no dogs.

Michael 07719 467861

**Thu 16 May 10.00am Holmbury Hill Level 3 6 miles 2 hrs 45 mins**

Walk 3122. Meet in the car park of the Holmbury St. Mary Village Hall (located at the end of Felday Glade in Holmbury St Mary off the B2126 Horsham Road) (road runs beside the Royal Oak Public House in Holmbury St. Mary) RH5 6PG (TQ107441). A hilly circular walk through the wooded Hurtwood Estate with an optional coffee stop at the Peaselake Village Shop on route. We will get fine views from Holmbury Hill, weather permitting. Geoff 01403 258180 / 07929 952846

**Thu 16 May 2.00pm Henfield the Short One ( The Cabin) Level 1 1 mile 45 mins**

Walk 1554. Meet on pavement by Braziers garage and Downs Link Track BN5 9QY TQ 206159. No stiles Mixed surface, crushed stone and grass 24 ft ascent. Public toilets in Henfield high Street .Customer toilets available at the Cabin. Downs Link track south to junction with sandy Lane, Blackhouse Farm, to The cabin, back to the Hollands lane entrance. Parking available locally in the Downs Link carpark Upper Station road. Weather dependant, Outside seating only, If you would like to join us for a Cuppa at the Cabin bring Card or cash and an extra Jumper. Dogs on Leads welcome Angela 07563149616

**Fri 17 May 11:00am Barns Green (1) Level 1 2 miles 60 mins**

Walk 1010. Meet in new car park above the Village Hall, enter by way of the car park outside the Village Hall which is marked by yellow road markings RH13 0PT. Firm going underfoot on the outskirts of Barns Green. One gentle incline, some views but can be muddy. Well behaved dogs welcome.

Contact the Walks Coordinator

**Sat 18 May 2.00pm Fryern Park Level 2 3 miles 1.25 hours**

Walk 2042. Meet at Storrington Rec. Ground car park, RH20 4BG. This lovely short walk offers uninterrupted views towards the South Downs as route goes through Fryern Park with its landscaped pleasure gardens and waterfall. Includes 5 stiles. Dogs welcome.. W3W acids.alive.informal - Contact Mick Denness on 01903 745971 or email [mickdenness5@gmail.com](mailto:mickdenness5@gmail.com).

**Sun 19 May 10.00am Arundel Park and South Stoke Level 3 5.2 miles 2.5 hours**

Walk 3168. Meet in front of the Swanbourne Lodge Tearooms, Mill Road, Arundel, BN18 9PA. What3Words navy.slowness.voting. Free parking in Mill Road. Including the Arun riverbank, South Stoke, St Leonard's 11<sup>th</sup> century church, a very steep climb (400ft) to the top of Arundel Park with its wonderful views in all directions, Michael's Beeches, and Swanbourne Lake. Some stiles. Dogs welcome. Refreshments provided. Contact Mick Denness on 01903 745971 or email [mickdenness5@gmail.com](mailto:mickdenness5@gmail.com).

**Mon 20 May Please note - 10.00 am start Knepp Estate Walk Level 3 6 miles 3 hours**

3167 Park at Swallows Lane, Dial Post. RH13 8NN (off A24), honesty box - park at your own risk. Possibility of seeing pigs, cows, deer and horses, paths will be muddy. No dogs. Louise 07714949421

May 2024

**Tue 21 May 11:00am Steyning Health Centre Walk Level 2 2 miles 75 mins**  
Walk 2276. Meet at Steyning Health Centre, Tanyard Lane, BN44 3RJ (TQ176113). Various routes taking in parts of Steyning and the outskirts. Includes some stiles and inclines. Can be muddy across fields, please wear sensible footwear. Toilets available in Health Centre. Ann 01903 297553 / Jacky 01903 815543

**Thu 23 May 10.00am West Chiltington Level 2 4-5 miles 2 hours**  
Walk 2082. Meet in the public car park adjacent to West Chiltington Village Hall, Mill Rd, RH20 2PZ, (TQ083179). Various routes exploring West Chiltington and the surrounding area. Moderate slopes, some stiles, no dogs please as a number of the routes pass through fields with livestock. Sue 01403 255710

**Fri 24 May 11:00am Southwater (1) Level 1 2.6 miles 75 mins**  
Walk 1009. Meet in car park of the Country Park, (off Cripplegate Lane, RH13 9UN). Along bridleways and country lanes and return via the Downs Link. No stiles but can be muddy. Not suitable for wheelchairs or prams. The café and toilets at the Park will be open. There is a parking charge at Southwater Country Park. Sorry no dogs. Sue 07751092103

**Fri 24 May 10.00am Alfold Amble Level 3 6 miles 2.5. hours**  
If you wish to partake of some excellent food after the walk meet at the recently opened 'Stretched and Fired' car park at The Barn, 10 Chapelfield Close. Loxwood Road, Alfold GU6 8HA,(TQ039341), What3words: lifestyle.faces.mascots. Please park over the far side of the car park. If not using the food facilities please use the small but free car park opposite Alfold Post Office at GU6 8ER, a few minutes' walk away from The Barn. Not quite a leisurely stroll across fields and lanes including part of the Wey and Arun Canal, including a small part of ancient Loxwood woods returning back to Alfold across the fields. Good views. Two low level sturdy stiles. If wet likely to be very muddy in parts. No dogs as we may encounter livestock. Jan 01403 753528

**Sat 25 May 2.00pm Sandgate Park & Sullington Warren Level 2 3.6 miles 1.75 hours**  
Walk 2041. Meet at Storrington Rec. Ground car park, RH20 4BG. This walk offers visits to two wonderful areas very close to Storrington. Both of which are managed for public enjoyment and nature conservation. An easy flat route. Dogs welcome refreshments provided. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com.

**Sun 26 May 10.00am The Burgh Level 3 4.5 miles 1.75 hours**  
Walk 3023. Meet at Kithurst Hill car park, TQ070124. A pleasant walk which takes us into the very heart of the South Downs. The walk includes a long gentle incline. Dogs welcome refreshments provided. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com. What3Words jaundice.bucks.workforce

**Mon 27 May 10.30am West Grinstead Level 3 5 miles 2.5 hours**  
West Grinstead Old Railway Station. Please park at the Railway Station RH13 8LY. It is on the A272 going east towards Cowfold. The entrance is just after the nursery on the left if you are coming from Buck Barn crossroads. It is easy to miss the turning so do slow down and take it carefully. We walk South towards St George's Church, then back up the Downs Link. There may be cattle. There are a number of stiles. It could be muddy. No dogs. Jill 07780 701184

**Fri 31 May 11:00am Barns Green (1) Level 1 2 miles 60 mins**  
Walk 1010. Meet in new car park above the Village Hall, enter by way of the car park outside the Village Hall which is marked by yellow road markings RH13 0PT. Firm going underfoot on the outskirts of Barns Green. One gentle incline, some views but can be muddy. Well behaved dogs welcome.

Contact the Walks Coordinator

May 2024



### **The Conversation Starter Project**

Walk and Talk sessions in Horsham Park where people can connect, talk and enjoy sunlight and fresh air.

Walking and connecting are evidenced based for enhancing mood and overall wellbeing. We will develop specific walk and talks for sections of the community according to need and cover different topics related to emotional wellbeing.

Venue: **Human Nature Garden, Horsham Park**

Every Wednesday at 10.00am-11.00am

Venue: **Southwater Country Park**

Every Friday 12-12.40pm

(Meet at Iggy The Dinosaur, Lintot Square)

No need to book – just turn up on the day

Email: [conversationstarterproject@gmail.com](mailto:conversationstarterproject@gmail.com)