

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

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

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. Can be muddy after rain. Toilets usually available in St Mary's Church at the start by kind permission of clergy. Suitable for wheelchairs. We are a friendly bunch, no one is left on their own. Our motto is "Walk and Talk"

Michael Vertue 07719 467861

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.

June 2024

Sat 1 June 2.00pm Chanctonbury Ring 1 Level 3 3 miles 1.25 hours

Walk 3016. Meet at Washington South Downs Way car park, TQ120119. Chanctonbury Ring dates back to the Bronze Age and is a significant landscape feature for many of us living in Horsham District. The walk is an opportunity to visit this special site and enjoy extensive views into the bargain. Dogs welcome, steep hill and no stiles. W3W factored.tricycle.bonfires. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com

Sun 2 June 10.00am Wiggonholt Common & Parham Park Level 3 5.2 miles 2 hours

Walk 3036. Meet at Rackham Old School, RH20 2EU. Park on verge opposite the entrance to the Old School. This walk takes us to through the RSPB reserve and from their along quiet roads and footpaths to Parham Parks grounds with its veteran trees and herd of deer. Dogs welcome refreshments provided . Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com. What3Words chesnuts.squares.amaze

Mon 3 June 10.30am A Different Staplefield Stride Level 3 6 miles 3 hours

Please park neatly in the lane on the Green behind the cricket club, probably more room at the end nearest The Jolly Tanners, RH17 6EU. Lovely walk southwards through fields, lanes and ghylls. Interesting buildings too. It could be muddy. No Dogs. What3Words sometimes.parkland.community Jill 07780 701184

Tue 4 June 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 6 June 10:00am Slinfold Level 2 5.5 miles 2.5 hrs

Walk 2168.. Meet in the centre of the village opposite the Red Lyon Pub (RH13 0RR) . A fairly flat walk through farmland and woods surrounding the lovely village of Slinfold . Some gradual inclines and stiles and in the winter could be wet and muddy in places . No dogs because of possible livestock. Geoff 01403258180/ 07929952846

Thu 6 June 10.30am Henfield - Lepride loop Level 3 5 miles 2.5 hours

Walk 3189. Meet by the HENFIELD village Hall, BN5 9FE. Car park fees payable. Bus 100 and 17 stop in Henfield High Street. Public toilets by bus shelter. Various stiles and foot bridges, 117 ft of elevation ,paths can be wet and muddy. Cattle grazing in pasture. We will be listening out for Birds that choose to be in Henfield at this time. Leave Henfield Village Hall, Broadmare Common , Lepride , Downs link , back to the Village Hall. No Dogs as livestock in fields. Angela 07563149616

Friday 7 June 10.00 Vachery Estate Level 2 5 miles 2 hrs

Park in Grove Road near the junction with Horsham Road, Cranleigh, GU6 7LE (TQ065384), what3words: scans.hobby.sensitive. The walk includes part of the pleasant Vachery estate and Downs Link through open fields and woods towards Baynards before returning south back to the south edge of Cranleigh. Likely to be muddy if wet. No dogs as we may encounter livestock. Jan 01403 753528

Fri 7 June 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 8 June 2.00pm Parham Glider Field Level 2 3.6 miles 1.75 hours

Walk 2039. Meet at Storrington Rec. Ground car park, RH20 4BG. This walk explores the country paths to Parham Glider Field, the route is flat and easy. Dogs welcome refreshments provided. Contact Mick Denness on 01903 745971 or email mick.denness5@gmail.com.

June 2024

Sun 9 June 10.00am Three Woods Walk Level 3 6.5 miles 3 hours

Walk 3092. Meet at Georges Lane National Trust Car Park, RH20 3BN. An attractive lowland walk with great variety including Warren Hill, Sandgate Woods, Sullington Warren, Sullington Church, Barns Farm and Rowdell. Habitats visited include woodland, farmland and open heath. Stiles. Refreshments provided and dogs welcome. What3Words sidelined.remark.intruding . Contact Mick Denness on 01903 745971 or email mick.denness5@gmail.com.

Mon 10 June 10.30am Southwater – Nuthurst Level 2 6 miles 3 hours

Walk 2286. Park at Southwater Country Park, Cripplegate Lane, Southwater, Horsham RH13 9UN. We join the Downs Link and walk across to Nuthurst on a circular route back to the Park. One sharp hill. Toilets and café at the Park. Please note a parking fee of £3.40 (for 4 hours parking) is payable at the Country Park. It could be muddy. No dogs
Jill 07780 701184

**Thu 13 June 2.00pm Henfield - The Short One (4) Henfield Common & Twittens Level 1
1 mile 1 hour**

Walk 1557. Meet by the HENFIELD village Hall, BN5 9FE. Car park fees payable. Bus 100 and 17 stop in Henfield High Street. Public toilets by bus shelter. Mixed surfaces, tarmac, gravel etc. No stiles. Dogs welcome. If you would like to join us for a cuppa at Fiona's Café at Stokes bring card or cash, customer toilets available.
Angela 079563149616

Fri 14 June 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 15 June 2.00pm Under The Downs Level 2 3.6 miles 1.75 hours

Walk 2037. Meet at Storrington Rec Ground car park, RH20 4BG. This is short walk from Storrington towards the bottom of the South Downs escarpment, it then returns via the Church and Glebe Meadow. Dogs welcome refreshments provided. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com. What3Words culling.retraced.pictured

Sun 16 June 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 17 June 10.30am Buchan Park 5 miles 2.5 hours.

Please meet at Buchan Park RH11 9HQ - Horsham Road Crawley. Parking there by kind permission of the West Sussex County Council Rangers. We walk up to Pease Pottage and then back to the Park through Cottessmore Golf Club. It could be muddy. No dogs.
Jill 07780 701184

Tue 18 June 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

Wed 19 June 10:00am Sidney Wood/Wey and Arun Canal Level 2 5.8 miles 2.5 hrs

Walk 2072. Meet Forestry Commission car park (TQ026350) which is reached by taking the Dunsfold Road (B2130) for approximately 1 mile from Alfold Crossways (A281). The car park can be found by taking a left turn onto a track situated on a sharp right hand bend in the road just past a sign for the "Springbok Estate". A flat walk through mainly wooded countryside including an old canal tow path, lakes and views across farmland. Some stiles and can be wet and muddy. No dogs.
Geoff 01403 258180 / 07929 952846

Fri 21 June 10.30am Celebrating Sussex Day & Midsummer Day

Park at Kissinggate Brewery, Church Lane Estate, Lower Beeding, Horsham, West Sussex, RH13 6LU by very kind permission of Gary and Bunny, the brewers and hosts of today's celebrations. Please park neatly and carefully in the trading estate. This is a pretty circular Sussex walk along lanes and footpaths to Nuthurst and back, to give us an appetite for lunch and maybe a gluten free pint of delicious beer, cider or soft drink, tea and coffee also available. If you would like to book lunch, please see the website for details and booking. Or ring Bunny 07796265293/ 01403 891335. <https://www.kissinggate.co.uk/> No Dogs.
Jill 07780 701184

Fri 21 June 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 22 June 2.00pm Kithurst Hill Level 2 2.5 miles 1.25 hours

Walk 2035. Meet at Kithurst Hill car park, TQ070124. This lovely downland walk takes us along part of the South Downs Way to Chantry Post. The walk offers superb views over Storrington and Sullington and also into the heart of the downs towards the sea. This is amongst the best views to be had along the 100 mile length of the South Downs Way. Dogs welcome and refreshments provided. What3Words jaundice.bucks.workforce. Contact Mick Denness on 01903 745971 or email mick.denness5@gmail.com

Sun 23 June 10.00am Stopham and Fittleworth Level 3 5.5 miles 2.5 hours

Walk 3021. Meet at Stopham Bridge, RH20 1DS, in the slip road to the White Hart pub. What3Words horseshoe.mermaids.register. Please park considerately, and car share if possible. A charming and varied walk exploring coppiced chestnut woods, Fittleworth Wood, the Serpent Trail, Hesworth Common, a 14th century inn, picture book cottages, and breathtaking views. Long slopes and short steep climbs. Dogs welcome. Cuppa, cake, and chat afterwards.

Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com.

Mon 24 June 10.00 am please note different time Down by the Riverside – Henfield Level 2 6 miles 3 hours

Walk 2311. Meet at the car park next to The Old Railway pub, Upper Station Road, Henfield, BN5 9PJ. There is also plenty of street parking available. This walk follows the contours of the Adur, before returning north along the Downs Link. A few stiles but otherwise over a very flat terrain. Lots of wildlife to see along the tranquil riverbank and a variety of birdsong to listen out for. Just before the end of the walk is a lovely café (The Cabin) which serves food and hots drink (also has toilet) No dogs. Jill 07780 701184

Thu 27 June 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 28 June 10.30am Blue Idol Tranquillity Level 3 6.5 miles 3hrs

Walk 3171. Meet in Oldhouse Lane off the A272, park outside the Quaker Meeting House, Coolham RH13 9QP (TQ 103237) The circular walk is mostly flat with some stiles taking in fields and woods from West Chiltington to the outskirts of Billingshurst before returning to the Blue Idol via Balls Green. Parts of historic interest with good views. Can be muddy. No dogs as we may encounter livestock. Jan 01403 753528

Fri 28 June 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

June 2024

Sat 29 June 2.00pm Sullington Church Level 2 3.3 miles 1.5 hours

Walk 2049. Meet at Storrington Rec Ground car park, RH20 4BG. This walk takes us to pictureque Sullington Church which is tucked away at the foot of the South Downs. The route is flat and easy with some stiles. Dogs welcome and refreshments provided. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com. What3Words culling.retraced.pictured

Sun 30 June 10.00am Downs Farm Level 3 6 miles 2.5 hours

Walk 3013. Meet at Kithurst Hill car park, TQ070124. This wonderful walk goes away from the South Downs Way to a little explored area of the Downs. Take the left turn 1.3 miles from Tesco's roundabout, Storrington. After taking the turning, drive to the Car Park at the very top of the hill. The walk includes steep hills. Dogs welcome refreshments provided. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com. What3Words jaundice.bucks.workforce



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



welcome walks

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.

<https://www.whistlestoparts.org/welcome>