

# Walks Programme

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

**Health Walks** are over easy terrain are aimed at beginners and those with long term health conditions. Health Walks are accredited by the national Ramblers Walking for Health scheme.

**Level 2 and 3 Walks** are over longer distances, can be more strenuous and may include hills and stiles. Level 2 and 3 are organised by Horsham District Council in conjunction with other walking groups.

## DUE TO COVID-19 YOU MUST ADHERE TO THE FOLLOWING

1. You must **NOT** attend the walk if you have any COVID-19 symptoms (typical symptoms include: high temperature, new continuous cough, loss of taste and smell). If a walk leader suspects you are showing signs of COVID-19 you must accept and respect the walk leaders decision to ask you to leave the group
2. Walk leader are not allowed to let you join the walk if your contact details are not provided before the start of each walk to support NHS contact tracing. If the mobile number for the walk leader is shown in the programme you may do this by text in the 24 hrs before the start of the walk. If you do not provide contact details you must accept and respect the walk leaders decision not to allow you to join the walk
3. You **MUST** accept and respect the Walk Leaders decision not to allow you to join a walk if the maximum number of 30 allowed under current guideline walkers has been reached
4. During the walk please follow to the government guidelines on social distancing
5. We recommend that you bring your own alcohol-based hand sanitiser and face covering
6. Avoid touching gates and stiles where possible
7. Do not share food & drink, or equipment such as walking poles
8. Please arrive at least 15 minutes earlier than the published start time of the walk as parking is restricted on some walks and wait patiently while contact details are collected

The information above is based on government guidelines issued at the time this programme was produced. The guidelines to protect the public are under constant review. We will make changes/cancellations, without notice, to our programme to comply with the guidelines the government announce to combat the pandemic.

**IT IS A CONDITION OF JOINING OUR WALKS THAT YOU ACCEPT AND RESPECT THE WALK LEADER'S DECISION TO ASK YOU TO LEAVE THE GROUP IF:**

- The walk leader suspects you are showing signs of COVID-19, or
- You do not provide your contact details to support NHS contact tracing, or
- The maximum number of 30 walkers, including the walk leader/s, has been reached, or
- You do not arrive at least 15 minutes earlier than the published start time of the walk, or
- You do not adhere to the government guidelines to protect the public from COVID-19

**WEEKLY WALKS**

**Mon 10:45am North Heath, Horsham 2 miles 30 or 75 mins Health**

Walk 1001. 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 30 or 60 mins Health**

Walk 1007. Meet at bandstand in Carfax (RH12 1FD). Choose a 30 or 60 mins flat walk on good paths, an incline under Albion Way, around park and pond. Suitable for elderly and those recovering from illness.

Wheelchairs and buggies welcome. Stop for a coffee in Conservatory Café. Dogs must be kept on a lead.

Emmy 01403 255517 or Doreen 01403 230293

**Fri 10:30am St Mary's Church, Horsham 2.5 miles 90 mins Health**

Walk 1002. Meet outside St Mary's Church in Causeway, Horsham, RH12 1HE. Walk along public footpaths and private estates by special permission through farmland or edge of woodland. No stiles, gentle slopes.

Wheelchairs and buggies welcome. Keep dogs on lead if passing sheep or cattle. Toilets in St Mary's Church.

Peter and Viv Tobutt 01403 260783

## December

- Wed 2 10:30am Horsham Park Stroll** **1+ mile 30 or 60 mins Health**  
Walk 1007. See Weekly Walks Doreen 01403 230293 Emmy 01403 255517
- Fri 4 10:30am St Mary's Church, Horsham** **2.5 miles 90 mins Health**  
Walk 1002. See Weekly Walks at start of Programme
- Sat 5 2:00pm Cootham** **3 miles 1.5 hrs Level 2**  
Walk 2047. Meet at Storrington Recreation Ground Car Park, RH20 4BG. It is an easy flat route and suitable for all abilities. Dogs welcome. Mick01903 745971
- Sun 6 10:00am Houghton** **4.4 miles 2 hrs 15 mins Level 3**  
Walk 3014. Meet at the car park just off Whiteways roundabout BN18 9FD at the junction of A29 and A284. Enjoy one of the best views in Sussex this is the walk for you. Dogs welcome. From Whiteways we drop down to the River Arun and follow it for a short distance before wending our way back to the top of the hill Mick 01903 745971
- Mon 7 10:30am Chesworth Wander** **4.5 miles 2 hrs Level 2**  
Walk 2198. Park at Hillier Garden Centre site, Brighton Road, Horsham, RH13 6QA (TQ187296), on the gravel farthest away from the entrance. Bus 17 from the Carfax stops right outside the Garden Centre. Leaving Hillier we walk towards Chesworth Farm on parts of the Riverside Walk and travel various pathways around the Farm, returning to Hillier. Toilets are available in the cafe. Can be muddy in places. Dogs welcome Jill Shuker 07780 701184
- Mon 7 10:45am North Heath, Horsham** **2 miles 30 or 75 mins Health**  
Walk 1001. See Weekly Walks at start of Programme
- Wed 9 10:30am Horsham Park Stroll** **1+ mile 30 or 60 mins Health**  
Walk 1007. See Weekly Walks Doreen 01403 230293 Emmy 01403 255517
- Fri 11 10:30am St Mary's Church, Horsham** **2.5 miles 90 mins Health**  
Walk 1002. See Weekly Walks at start of Programme
- Sat 12 2:00pm Under the Downs** **3.6 miles 1 hr 45 mins Level 2**  
Walk 2037. Meet at Storrington Rec. Ground C.P Car Park RH20 4BG. This is a short walk towards the bottom of the South Downs escarpment, it then returns via the Church and Glebe Meadow. Dogs welcome. Mick 01903 745971
- Sun 13 10:00am Lords Piece - Coates** **3.3 miles 1.5 hrs Level 2**  
Walk 2270. Meet in Car Park, Lords Piece Coates Lane, RH20 1PZ. Following part of the Serpent Trail his walk takes in the wonderful heathland at Lords Piece and the surrounding open countryside. Dogs welcome Mick 01903 745971
- Mon 14 10:30am Handcross Jaunt** **4 - 5 miles 2 hrs Level 3**  
Walk 3157. Meet in Car Park, northern end of Handcross on B2110 by sports pavilion/children's play area (RH17 6BJ) near Water Lane. There is no parking P sign, just a yellow height barrier near and on the same side as Water Lane. A variety of walks start here gentle undulating ground, tracks, paths, woodland etc. Quite shady but can be muddy in parts after rain. No dogs. Jill 07780 701184
- Mon 14 10:45am North Heath, Horsham** **2 miles 30 or 75 mins Health**  
Walk 1001. See Weekly Walks at start of Programme

## December

**Tue 15 11:00am Steyning Health Centre Walk 2 miles 75 mins Level 2**  
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 16 10:30am Storrington Riverside Walk (2) 2.5 miles 1.5 hrs Health**  
Walk 1507. Meet at Storrington Rec. Ground C.P. (RH20 4PG). Explore Storrington's Riverside Walk. Easy, flat, well surfaced walk with pleasant views. Suitable for children's buggies. Dogs welcome, no stiles or hills. Mick 01903 745971

**Wed 16 10:30am Horsham Park Stroll 1+ mile 30 or 60 mins Health**  
Walk 1007. See Weekly Walks Doreen 01403 230293 Emmy 01403 255517

**Fri 18 10:30am St Mary's Church, Horsham 2.5 miles 90 mins Health**  
Walk 1002. See Weekly Walks at start of Programme

**Sat 19 2:00pm Parham Glider Field 3.6 miles 1 hr 45 mins Level 2**  
Walk 2039. Meet at Storrington Recreation Ground Car Park, RH20 4BG. This walk explores the country paths to Parham Glider Field. A flat and easy route. Dogs welcome. Mick 01903 745971

**Sun 20 10:00am Eartham & Nore Wood, Littlewood Lookout 6.5miles 3hrs Level 3**  
Walk 3163 in reverse for Christmas!. A lovely and varied walk which includes rough woodland, forest, undulating hills, downland, the new Littlewood Lookout, and the Roman road Stane Street (AD 53). Great views. Stiles and gates. Includes a snack stop. Meet at the Forestry Commission car park and picnic area PO18 0LU, Map OS OL10 938107. Go west on the A27, keep right after Denmans Gardens, take the right turn for Great Ballard school, and keep going north past the George Inn. Mick Denness 01903 745971

**Mon 21 10:30am Horsham Going South 3 or 5 miles 2.5 hrs Level 2**  
Walk 2064. Meet at the Hop Oast Park and Ride, Horsham Worthing Road, RH13 0AR. Bus 23 and 98 from Horsham takes you to the Park and Ride. Free parking all day. Delightful circular walk taking in views and the centre of Horsham but also reaching out into the lovely green spaces south of Horsham. If walkers would like to stop for a coffee/ lunch in Horsham they can, and catch the bus back afterwards. No dogs Jill 07780 701184

**Mon 21 10:45am North Heath, Horsham 2 miles 30 or 75 mins Health**  
Walk 1001. See Weekly Walks at start of Programme

**Wed 23 10:30am Horsham Park Stroll 1+ mile 30 or 60 mins Health**  
Walk 1007. See Weekly Walks Doreen 01403 230293 Emmy 01403 255517

**Sun 27 10:00am Wepham Down 6.5 miles 2 hrs 45 mins Level 3**  
Walk 3009. Meet in Kithurst Hill car park (TQ070124). This is a downland walk which explores part of the South Downs National Park. The car park is off the Storrington to Amberley Road (B2139). It is a 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. Dogs welcome. Mick 01903 745971

# December

## NEW WALK

**Mon 28 10:30am Slaugham Stroll** **5 miles** **2.5hrs** **Level 2**  
Walk Number 2281. Meet at Slaugham Church RH17 6AQ. Please park considerately. A gentle walk through fields, paths and lanes, coming back through Warninglid. It will be muddy. Jill 07780 701184

**Mon 28 10:45am North Heath, Horsham** **2 miles** **30 or 75 mins** **Health**  
Walk 1001. See Weekly Walks at start of Programme

**Wed 30 10:30am Horsham Park Stroll** **1+ mile** **30 or 60 mins** **Health**  
Walk 1007. See Weekly Walks Doreen 01403 230293 Emmy 01403 255517

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### A volunteer walk leader will be at the start of the walk whatever the weather

- We reserve the right to change or cancel a walk without notice
- Please wear suitable clothing and footwear
- Children under 16s 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

### 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

Download this programme at: <https://www.horsham.gov.uk/leisurepages/Leisure/sports/walking>

This Walks Programme is managed by Horsham District Council which is responsible for the processing of your personal data and is the data controller for all such information. We regard your privacy as very important. Any personal information you provide us with will be dealt with in accordance with our Privacy Policy and the Terms of Use and will only be used in relation to this scheme

Chatter Cheema, Health Walks Coordinator; 07720 714 306 email: [chatter.cheema@horsham.gov.uk](mailto:chatter.cheema@horsham.gov.uk)