



## Wellbeing Walks Programme

**\*\*\*During extreme heat, please check with the walk leader to see if the walk is still taking place\*\*\***

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

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

Walk 1001. Meet Sussex Barn pub car park, off North Heath Lane, junction with St Mark's Lane, RH12 5PJ. Choose 30 or 75 minutes gentle walk around the North Heath area riverside. Refreshment and toilets in pub. Ann & John 01403 268885

**Wednesdays 10:30am Horsham Park Stroll 1+ mile up to 30 or 50 mins**

Walk 1007. 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 07512 945338

**Thursdays 11:00am Billingshurst (2) 2.3 miles 60 mins**

Walk 1013. Meet at Billingshurst Library, Mill Lane, RH14 9JZ. Walk around Billingshurst's footpaths or Jubilee Fields. Stay for coffee afterwards. It can be muddy, wear suitable footwear. Dogs on leads allowed. Parking 75p per hour - annual parking permits are available. Chris 07790 762052

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

Walk 1002. Meet at St Mary's Church, Causeway. Gentle walk around Chesworth Farm or Denne Hill. It can be muddy after rain. Toilets usually available in St Mary's Church at the start by kind permission of the clergy. Suitable for wheelchairs. We are a friendly bunch, no one is left on their own. Our motto is "Walk and Talk". Steve 07493 307635

**Wednesdays & Sundays 2:30pm Horsham Heritage Guided Town Walks 1.5 miles 1hr 30mins**

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)



**Men** – We're talking to you !

**Walk** – It's good for you, your mental health and your physical health !

**Talk** – Because there is more evidence to support talking over isolation !

Traditionally, men often avoid seeking support but we can change this, by providing that support in a more accessible and easy way. Together, we want to reduce the number of male suicides, we want to provide a community of support for guys to know they are not alone and they can speak up.

Join Matt for our **Horsham walk and talk\***. Meet at the end of the Causeway/entrance to St Mary's church. (what three words - ///stays.script.ruled) Finishing at Esquire's coffee shop. (what three words - ///crop.grades.admits)

**Walks** – every other Saturday, 10-11am You can view the schedule [here](https://menwalktalk.co.uk/walks) on the MenWalkTalk website:

*\* These walks are independently organised and are not affiliated with Horsham District Council or Horsham District Wellbeing*

## August 2026 Walks Programme

**Sat 1 Aug 2:00pm Chanctonbury Ring 1 Level 3 3 miles 1.5 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 Aug 10:00am Amberley Wildbrooks Level 3 5.7 miles 2.5 hours**

Walk 3012. Meet at Rackham Old School, RH20 2EU. This walk explores Amberley Wildbrooks which forms part of the flood plain of the River Arun. The walk also takes in part of Amberley Village with its chocolate box, thatched cottages. The route can be muddy and is liable to change if flooded. It contains some stiles. Dogs welcome. Please park considerately. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com. What3Words chesnuts.squares.amaze

**Mon 3 Aug 10:00am Discovering Tilgate Forest Level 2 5.5 miles 2.5 hours**

Walk 2333. Please meet on the Old Brighton Road South Pease Pottage. RH11 9AH Find the pub, the Black Swan in the middle of the village and, **with your back to the pub**, turn down the road opposite, the Old Brighton Road. You will pass Finches Field and the Community Hall on the right. Carry on down this road. It is a dead end and you can turn around at the end and come back to park on the left hand side. We walk into the Forest and back, past the new development and the cafe at St Catherine's at the end for coffee and/or lunch. It can be muddy. No dogs.

Jill 07780 701184

**Tue 4 Aug 11:00am Steyning Health Centre Walk Level 2 2 miles approx  
1hr 15m – 1 hr 30m approx**

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. Well behaved dogs welcome.

Ann 01903 297553 / Hilary 01903 368625

**Fri 7 Aug 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

**Fri 7 Aug 10:00am The Haven 5 miles 2.5 hrs Level 3**

Walk No: 3159: Meet outside the Blue Ship Pub, The Haven, Billingshurst, RH14 9BS (TQ082305) what3words: certified.disco.organic. Please park on the roadside, not in the pub car park. A curiosity ramble around the Sussex countryside including Tisman's Common to Gibbons Mill and back to The Haven. Some stiles. No dogs

Jan 07475 736474

**Sat 8 Aug 2:00pm Rackham Hill Level 2 2.7 miles 1.25 hours**

Walk 2043. Meet at Kithurst Hill car park, TQ070124. Rackham Hill provides stunning views over Parham Park and Amberley Wildbrooks. Refreshments provided and dogs welcome. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com. What3Words jaundice.bucks.workforce

**Sun 9 Aug 10:00am River Rother Ramble Level 3 5 miles 2.25 hours**

Walk 3202. Meet at Stopham Bridge, RH20 1DS. This walk circumnavigates a beautiful stretch of the River Rother to the south of Fittleworth. The varied route passes through woodland, farmland, riverbank and a disused railway track. Because of the nature of the terrain we only programme it as a summer walk however it may still be muddy in places. Dogs welcome and refreshments provided. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com. What3Words horsehoe.mermaids.register

**Mon 10 Aug 10:00am Ardingly Reservoir & Ouse Valley Viaduct Level 2 5 miles 2.5 hrs**  
Park in the free car park at the dam at the southern end of Ardingly Reservoir: 'Ardingly Reservoir car park' in Google Maps, or what3words:embraced.blanket.landowner, or use RH17 6SQ which brings you a quarter of a mile short and keep going down the lane to the very end and not into the college. The walk is on footpaths except for a short stretch on a quiet lane. We walk west with views then drop to the river Ouse and follow it back east to the viaduct and enjoy the optical spectacle before rising back out of the valley. There will be stiles, muddy sections and possibly livestock, so no dogs please. Alan 07890 118171

**WALK CANCELLED DUE TO EXPECTED EXTREME HEAT**

**Thu 13 Aug 10:00am Shermanbury – Wineham Level 2 5.5 miles 2.5 hours**  
~~Walk 2055. Meet in the lay by on the west side of the A281, 200 yards south of the Bull Inn at Mockbridge (TQ212179). A mostly flat circular walk over farmland along the River Adur to Wineham and return to Shermanbury by a route north of the river. Some stiles. No dogs because of possible livestock.~~  
Geoff 01403 258180 / 07929952846

**Fri 14 Aug 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 Bridger 07751092103

**Sat 15 Aug 2:00pm Washington Common & Rodell Level 2 3.5 miles 1.5 hours**  
Walk 2161. Meet at Old London Road, Washington RH20 3BN. A lovely circular walk exploring the footpaths along the foot of the South Downs and National Trust land. 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 Dogs welcome refreshments provided. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com.

**Sun 16 Aug 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 Aug 10:00am Noggin of Nuthurst Level 2 5 miles 2.5 hours**  
Walk 2274. Meet outside the Church in Nuthurst, RH13 6LH, please park in the road. One of two delightful circular walks through woodland and fields in the heart of Sussex catching occasional glimpses of our precious Downs. It can be muddy. No dogs ///tricks.bounding.emeralds Jill 07780 701184

**Tue 18 Aug 11:00am Steyning Health Centre Walk Level 2 2 miles approx 1hr 15m – 1 hr 30m approx**  
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. Well behaved dogs welcome.  
Ann 01903 297553 / Hilary 01903 368625

**Wed 19 Aug 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

**Fri 21 Aug 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

## August 2026 Walks Programme

**Sat 22 Aug 2:00pm Hareswith Level 3 3.9 miles 1.5 hours**

Walk 3019. Meet at Storrington Reg Ground car park, rh20 4BG. This lovely short walk offers uninterrupted views towards the South Downs as route goes through the landscape to the north of Storrington before returning through Fryern Park. Includes stiles. Dogs welcome and refreshments provided. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com. What3Words culling.retraced.pictured

**Sun 23 Aug 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

**Mon 24 Aug 10:00am St Leonards Forest Level 2 6 miles 3 hours**

Walk 2264. Park in the Forestry Commission Car Park - Roosthole - on Hammerpond Road RH13 6PG. This is a circular walk across to Grouse Road and through the farmyard on the ridge. It has one very steep hill. No dogs What3Words cares.buffoon.photocopy Jill 07780 701184

**Thu 27 Aug 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 Coxon 01403 255710

**Fri 28 Aug 10:00am Peaceful Plaistow 2. 4 miles 2 hours Level 2**

Walk: 2304 Meet outside the Plaistow Stores RH14 0PX (TQ0050 30874); What3words: slurred.swooned.bookings. Free parking around the village centre. A gentle walk, initially heading eastwards towards Ifold and returning along through, fields, woodland and a scenic farm track with good views and historic housing. No dogs please as we may encounter livestock. Jan 07475 736474

**Fri 28 Aug 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 Bridger 07751092103

**Sat 29 Aug 2:00pm Cootham Level 2 3 miles 1.5 hours**

Walk 2047. Meet at Storrington Rec Ground car park, RH20 4BG. This is an easy flat route and suitable for all abilities. Dogs welcome and refreshments provided. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com. What3Words culling.retraced.pictured

**Sun 30 Aug 10:00am Houghton Forest & Bignor Hill Level 3 5.5 miles 2.25 hours**

Walk 3022. Meet at Whiteways car park, BN18 9FD. If you want to 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 and well-earned refreshments. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com. Car parking charges **may** apply.

**Mon 31 Aug 10:00am Buchan Park Level 2 5 miles 2.5 hours**

Walk 2307. 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. No dogs. toilets in the park. Jill 07780 701184