



## 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. **No stroll if there is snow and ice.**

Emmy 01403 255517 or Doreen 01403 230293

**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



## 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>

**Fri 1 Mar 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. Sue 07751092103

**Sat 2 Mar 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 3 Mar 9.30am Bacon Butty Walk to Copsale 2 - 5 miles 2/3 hours**

Park in Southwater Country Park Stakers Lane RH13 9UN. Car Park Charge £2.00 for 3 hours, £3.00 for 3/4 hours. Join us for a walk down the Downs Link, as far as you would like to walk, pace to suit you, and then on the way backdrop into Copsale Village Hall for coffee and a bacon butty, served between 10 and 12noon. Listen to the band in the garden. Walk back to the car when you feel like it.

What3Wordstugging.glass.owned

Jill 07780 701184

**Sun 3 Mar 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 quite roads and footpaths to Parham Parks grounds with its vetran 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 4 Mar 10.30am Sedgwick Level 2 6 miles 3 hours**

Meet at Hillier Garden Centre, Brighton Road, Horsham, RH13 6QA (TQ187296). Please park on the gravel at the farthest end of the car park. Join us in a delightful walk up to Sedgwick and back using paths and lanes. It will be very muddy. The Mulberry and Thyme Cafe in the Garden Centre is a nice coffee/lunch stop. The Brighton Bus stops outside the Garden Centre, please check timetables for suitable bus. It will be muddy. No dogs. What3Words boats.career.ruler

Jill 07780 701184

**Tue 5 Mar 10.00am Okewood Hill via Ruckmans Level 2 5.5 miles 2.5 hrs**

Walk 2212, Meet in the car park of The Punchbowl Inn, Okewood Hill, RH5 5PU (TQ132373). A circular, undulating walk (two stiles), following hidden Stane Street before descending into shady woods, returning via Weare Street, farm tracks and the site of the old mill. Good views and interesting buildings. The pub serves good food and beer.

John 0796 6311 415

**Tue 5 Mar 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 7 Mar 10:00am Leith Hill Circular Level 3 6 miles 2.5 hrs**

Walk 3107. Meet at the Starveall Corner Car Park, RH5 6LX (TQ131432) which, heading north is situated just off (right hand side) the Leith Hill - Abinger Common Road. A circular walk along woodland tracks and heathland. No stiles, some steep slopes, loose stones and tree roots underfoot. Stunning views particularly at Leith Hill Tower where (if available) we stop for refreshments near the end of the walk. No dogs.

Geoff 01403 258180 / 07929952846

**Fri 8 Mar 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 9 Mar 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 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

**Sun 10 Mar 10.00am Waterfall Cottage & Downland Level 3 5 miles 2.25 hours**

Walk 3085. Meet at Storrington Rec Ground car park, RH20 4BG. A lovely walk up to Sullington Down and along the South Downs Way before dropping back into the Village for a well-earned cup of tea or coffee. This walk involves a steep climb. Dogs welcome and refreshments provided. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com

**Mon11 Mar 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 will be muddy. No Dogs. What3Words sometimes.parkland.community Jill 07780 701184

**Thu 14 Mar 10.30am Henfield to Rye Farm area Loop level 3 5 miles 2.5 hours**

Walk 3185. 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. We head south out of the village to Rye Farm track, on to Frogs hole cottage ( we will turn round in path flooded ) on to Buckwish farm back to Henfield via a steep path to the old Sand Pit. Throughout the walk we will be listening for birds that choose to be in Henfield Angela 07563149616

**Fri 15 Mar 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 16 Mar 2.00pm Thakeham Circular Level 2 4 miles 2 hours**

Walk 2040. Meet at Thakeham Village Hall 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 17 Mar 10.00am Figure of Eight Level 3 3 miles 1.5 hours**

Walk 3033. Meet at Kithurst Hill car park TQ070124. This walk enables walkers to enjoy the beauty of the South Downs by joining together two of our shorter walks. The walk contains long gradual hills. Dogs welcome refreshments provided. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com. What3Words jaundice.bucks.workforce

**Mon 18 Mar 10.30am An Amble at Ashurst, level 3 6 miles 3 hours**

Meet at the Village Hall Car park. BN44 3AP Please park at the Village Hall, with kind permission from the secretary. The hall does have regular hall hirers on Mondays so please double park starting from the pub end to leave the section by the decking for the hirers who have about 8 cars max. This is a level walk, taking in rivers and the Downs Link with views to the Downs. It will be very slubby. (Sussex word for muddy) What3Words stopwatch.servicing.titles Jill 07780 701184

**Tue 19 Mar 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 20 Mar 10:00am Ockley Forest Green Level 2 6 miles 2.5 hrs**

Walk 2107. Park/meet in the car park just off the A29 on the Horsham side of the village cricket field (TQ146399). A fairly flat circular walk mostly over farmland on the Sussex/Surrey border. Good views of the North Downs. Many interesting old farm buildings and houses along the way. Some stiles and wet and muddy in places. No dogs. Geoff 01403 258180 / 07929952846

**Thu 21 Mar 11:00am Henfield The Short One - The Haven & South View Level 1 0.6 miles 1 hr**

Walk 1556. No stiles. Mixed surfaces, tarmac and hard gravel, one area of playing field. Slight incline. Meet outside the Haven BN 5 9DT. The compass 100 bus and the stagecoach 17 bus stop by the shell garage. Walk west by the side of the shell garage and flats and follow the signs to the Haven. A short walk through twittens to south view terrace, ( on a clear day a lovely view of the downs ) Rothery field and back to the Haven. If you would like to join us for a snack at the Haven bring card or cash

Angela 079563149616

**Fri 22 Mar 10:00am Rudgwick and Rowhook Level 3 6 miles 3 hours**

Walk 3186. Meet in the free off-road parking strip RH12 3HF, w3w.co/digit.resemble.pats near to the King's Head on the B2128 signposted Rudgwick off the A281. A flat easy walk through woodland paths and green meadows across to Rowhook. The return to Rudgwick includes the Sussex Border path. It will be muddy in parts given current conditions, several stiles. Good food available locally. Jan 01403 753528

**Fri 22 Mar 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 23 Mar 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 24 Mar 10:00am Stopham Daffodil Walk Level 3 4.7 miles 2.25 hours**

Walk 3079. 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. Wide open countryside and woodland tracks, a tunnel of trees, and views of the South Downs on the horizon. Including the 11<sup>th</sup> C church St Mary the Blessed Virgin, Harwood's Green, Chance Copse, Fittleworth Woods, and Walter's Plantation. Daffodils and bluebells in season. 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 25 Mar 10:30am St Leonards Forest Level 2 6 miles 3 hrs**

Walk 2264. Park in the Forestry Commission Car Park - Roosthole - on Hammerpond Road RH13 6PG. This is a circular walk through the Forest and across Grouse Road. Several steep inclines. It will be stoachy - another Sussex word for muddy. No dogs What3Words cares.buffoon.photocopy Jill 07780 701184

**Tue 26 Mar 10:00am Leith Hill / Redlands Level 3 6 miles 2 hrs 45 mins.**

Walk 3145. Meet at The National Trust Landslip car park, Abinger Lane, Coldharbour, RH5 6HG. (NT members free, non-members donation). A circular walk through Coldharbour and Forestry Commission woodland to Redlands, returning through farmland. Several hills, some stiles, tree roots and loose stones underfoot. A panoramic view over Dorking and the Mole Valley. John 0796 6311 415

**Thu 28 Mar 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

March 2024

**Fri 29 Mar 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. Sue 07751092103

**Sat 30 Mar 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 31 Mar 10.00am Warminghurst Church Level 3 4.7 miles 1.75 hours**

Walk 3024. Meet at Georges Lane NT car park RH20 3JH. This route explores ancient tracks and byways to Warminghurst. We will have time to explore the redundant church at Warminghurst, a 13th-century sandstone church with splendid views across to Chanctonbury Ring. The route is quite easy walking. Dogs welcome. What3Words sidlined.remark.intruding . . Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com.

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### **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)