



## 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

<b>Mondays</b>	<b>10:45am</b>	<b>North Heath, Horsham</b>	<b>2 miles</b>	<b>30 or 75 mins</b>
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				
<b>Wednesdays</b>	<b>10:30am</b>	<b>Horsham Park Stroll</b>	<b>1+ mile</b>	<b>up to 30 or 50 mins</b>
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 01403 255517				
<b>Thursdays</b>	<b>11:00am</b>	<b>Billingshurst (2)</b>	<b>2.3 miles</b>	<b>60 mins</b>
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				
<b>Fridays</b>	<b>10:30am</b>	<b>St Mary's Church, Horsham</b>	<b>2.5 miles</b>	<b>90 mins</b>
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". Michael Vertue 07719 467861				



**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](#) on the MenWalkTalk website: <https://menwalktalk.co.uk/walks>

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

**Sun 1 Mar 10:00am North Pulborough Level 3 4 miles 2 hours**

Walk 3198. Meet at Pulborough Library car park, RH20 2BQ. This walk explores the varied countryside to the north of Pulborough with view towards the South Downs. Dogs welcome refreshments provided. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com. What3Words canal.sunflower.basic

**Mon 2 Mar 10:00am Lower Beeding Stunning Scenic Sussex Scramble Level 3 6 miles 3 hrs**

Walk 2285. Park at Lower Beeding Village Hall car park, Leechpond Hill RH13 6NR. Parking by kind permission of the Secretary. The walk takes us through some of our most delightful Sussex scenery. Woods and lakes. We walk east around Leonardslee and then across to Prings Lane and back. It could be muddy. No dogs w3w gentle.feasted.beeline.

Jill 07780 701184

**Tue 3 Mar 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 6 Mar 10.00am Kirdford 5 miles 2.5 hours Level 2**

Walk No: 3158 Meet on The Green outside the Foresters Arms, Kirdford, RH14 (TQ014270), what 3words: rebel.case.among. Parking in laybys alongside the road, adjacent to the pub. A circular walk west of Kirdford through, fields and woods, good views and some stiles. Can be muddy in parts dependent upon weather. No dogs as we may meet livestock.

Jan 01403 753528

**Fri 6 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 7 Mar 2:00pm Hareswith Level 3 3.9 miles 1.5 hours**

Walk 3019. Meet at Storrington Rec Ground car park. 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 8 Mar 10:00am Chanctonbury (2) Level 3 5 miles 2.5 hours**

Walk 3099. Meet at Washington SDW car park RH20 4AL. This walk takes us to the Ring via the escarpment of the South Downs, therefore expect a steep climb. We return by a slightly different route passing a wonderful dew pond on the way. Dogs welcome and refreshments provided. W3W factored.tricycle.bonfires. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com.

**Mon 9 Mar 10:00am Sussex Stroll Level 3**

Walk 3157. This is a version of the Handcross walk, but we are [parking and meeting at Nymans National Trust gardens which is free to all to use](#). There are also toilets there. A gentle walk through the woods, down through Staplefield and then back up the hill via Slaugham. It will be muddy. No dogs

Jill 07780 701184

**Tue 10 Mar 10:00am Leith Hill via the site of the old Abinger Magnetic Observatory**

**5 miles, 2 hrs 30 mins.**

Walk 3196. Meet at the Starveall Corner Car Park, Leith Hill Road, Leith Hill, post code RH5 6LX. A walk with some moderate hills, through forests with gaps revealing some beautiful views. There is an opportunity for coffee and cake at the Tower Café. Good walking shoes or boots recommended. No stiles. Dogs welcomed if on leads.

John 0796 6311 415

**Fri 13 Mar 10:00am Alfold Amble Level 2 5 miles 2.5. hours**

Walk No: 3188 Meet at the car park behind the Onslow Arms, RH14 0RD (TQ 041312), What 3words: humans.move.unloading. Not quite a leisurely stroll across fields and lanes including part of the Wey and Arun Canal and 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

**Fri 13 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 Bridger 07751092103

**Sat 14 Mar 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 15 Mar 10:00am Roundabout West Chiltington Level 2 3.8 miles 1.75 hours**

Walk 2166. Meet at West Chiltington Village Hall, RH20 2PZ. A lovely, varied walk around West Chiltington. W3W legs.mermaids.split Dogs welcome refreshments provided.

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

**Mon 16 Mar 10:00am Ardingly Reservoir and Environs Level 2 5 miles 2.5 hrs**

Walk 2329 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 quarter of a mile short but keep going down the lane to the very end and not into the college. The walk is mainly on footpaths and takes us up to the edge of Ardingly, along the back of the South of England Centre, then west down and up through woodland and back along the east side of the reservoir. It could be muddy and there may be livestock, so dogs please.

Alan 07890 118171

**Tue 17 Mar 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

**Thu 19 Mar 11:00am Henfield – The Short One, Tottington Woods Level 1 0.6 miles**

**40 mins**

Walk 1553. Meet SMALL DOLE village hall BN5 9XE. No stiles, mixed surfaces all weather paths. No flipflop footwear. Dogs on leads please. Bus 100 stop at small dole post office. We will be looking at the trees and pond for signs of spring.

Angela 07563149616

**Fri 20 Mar 10:00am Drungewick Detour 4 miles 2 hours Level 2**

Walk 2318 : Park and meet at the free Arun Trust car park beyond the Onslow Arms Public House, Loxwood, RH14 0RD (TQ041319), Onslow Arms is south of Loxwood on the B2133.

What3words:twinge.hydrant.unguarded. The first half of this flat circular walk follows a winding and interesting part of the Wey & Arun Canal, passing Brewhurst and Baldwin's Knob Locks before leaving the canal at Drungewick. Passing by Drungewick Manor leaving the Wey South Path to return through bridleway, woodland, fields and quiet country lanes with some fine views. Please note NO STILES. Can be muddy. No dogs please as we may encounter livestock.

Jan 01403 753528

**Fri 20 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 21 Mar 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 22 Mar 10:00am Highden & Windlesham Level 3 4.6 miles 1.75 hours**

Walk 3020. Meet at Chantry Hill car park, TQ086119. This is a circular downland walk with wonderful views using the South Downs Way and tracks around Windlesham. Includes a steep hill. Dogs welcome. W3W toads.syndicate.unlisted. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com.

**Mon 23 Mar 10:00am Exploring NE of Bolney 5.25 miles level 2 2.5 hrs**

Walk 2339. A new walk on a Monday with a familiar starting point: park on London Road going north out of Bolney, 200 yds after leaving the 30 mph area and before the bend with the Bolney Stage RH17 5RL, what3 words: universal.albums.likes The road is very wide and so parking does not inhibit two-way traffic. We walk on footpaths and quiet lanes through woodland and open fields, climbing rewarded with views.

Surface mud and water on paths and fields. Will we see early bluebells? Alan 07890 118171

**Tue 24 Mar 10:00am Barns Green going North Level 2 5.25 miles 2 hrs 30 mins**

Walk No 2252. Meet in the car park above the Village Hall, Barns Green RH13 OPT (approached across the yellow road markings in front of the Village Hall). Across fields and through woodland. Some stiles, some slight inclines. Spring flowers. Good views. Can be muddy. No dogs as we may encounter livestock.

John 0796 6311 415

**Thu 26 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 Coxon 01403 255710

**Fri 27 Mar 10:00am Loxwood South 5.5 miles 2 hours 30 mins Level 2**

Walk 2303: Park and meet at the Arun Trust car park beyond the Onslow Arms Public House, Loxwood, RH14 0RD (TQ041319),what3words:funky.tests.seaside This flat circular walk briefly follows part of the Wey & Arun canal, before heading Southwest through fields, woods and quiet country lanes with some fine views and only a couple of stiles. Can be muddy. No dogs please as we may encounter livestock.

Jan 01403 753528

**Fri 27 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 Bridger 07751092103

**Sat 28 Mar 2:00pm Hurston Place Level 3 4.8 miles 1.75 hours**

Walk 3018. Meet at Storrington Rec Ground car park, RH20 4BG. This walk takes us to the lanes and footpaths to the north of Storrington. Dogs welcome and refreshments provided.

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

**Sun 29 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 11thC 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 30 Mar 10:00am Discovering Tilgate Forest 5.5 miles Level 2 2.5 hours**

Walk 2333. This is a variation on a fairly new walk.. 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



**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 10.00am-11.00am

Venue: **Southwater Country Park** Every Friday 12-12.40pm

(Meet at Iggy The Dinosaur, Lintot Square)

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