

Walks Programme

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

Level 1 are over easy terrain and aimed at beginners and those with long term health conditions

Level 2 and 3 Walks are over longer distances, more strenuous and may include hills and stiles

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

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 you do not provide your contact details before the start the walk to support NHS contact tracing. 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. Please arrive 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
4. During the walk please follow to the government guidelines on social distancing. We recommend that you bring your own alcohol-based hand sanitiser and face covering. Avoid touching gates and stiles where possible. Do not share food & drink, or equipment such as walking poles

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.

WEEKLY WALKS

Mon 10:45am North Heath, Horsham 2 miles 30 or 75 mins Level 1

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 Level 1

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

Thu 11:00am Billingshurst (2) 2.3 miles 60 mins Level 1

Walk 1013. 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 Level 1

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. Please keep dogs on lead if passing sheep or cattle. We will stop break half way round so walkers may wish to bring their own water/snacks. Toilets in the Church.

Peter and Viv Tobutt 01403 260783

Benefits of walking

Regular walking can help you control your weight, stay healthy and live longer.

Walking is a great way of discovering your local area and meeting new friends.

Helps increase energy levels, improve mood, fight stress and improve mental health.

It is a gentle, low impact exercise easily introduced into your lifestyle and benefits include:

- Reduces cholesterol
- Lowers blood pressure
- You will be more flexible and fitter
- Helps prevent strokes – your heart will be healthier
- Improves co-ordination making you less prone to accidents
- Strengthens bones preventing fractures and osteoporosis

- Sat 1 2:00pm Thakeham Circular 3 miles 1.5 hrs Level 2**
 Walk 2040. Meet in Thakeham Church car park, RH20 3EP. This popular short walk explores the tracks, footpaths and byways north of Thakeham Village. Parts of this route can be wet and muddy. Dogs welcome. Not suitable for buggies as the route includes stiles. Mick 01903 745971
- Sun 2 10am Gumber Farm and the Bottoms 6.7 miles 2.5hrs Level 3**
 Walk 3080. Exploring Houghton Forest and The Denture to Gumber Farm via Gumber Corner. Then along Monarch's Way and the Roman Road to Gumber Farm, where we turn east and head for home via Great Bottom, Little Bottom, and Trot Row. Dogs welcome. Meet at the car park just off the Whiteways roundabout at the junction of the A29 and A284, BN18 9FD. Mick 01903 745971
- Mon 3 10:30am Bluebell Walk 3 or 5 miles 2hrs or 2.5hrs Level 2**
 Walk 2157. Choice of 2 walks. Park and meet at St George's Church, Steyning Road, West Grinstead, RH13 8LR. From Horsham (A24), take the B 2135 signposted Partridge Green, first right at a house. Go down lane and park at Church. A flat circular walk with far reaching views of the South Downs, interesting buildings and houses along the way. The walk may be muddy in places. Possibility of cattle, horses & sheep, no dogs. Jean 07734 323321 or Jill 07780 701184
- Tue 4 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
- Fri 7 11:00am Barns Green (1) 2 miles 60 mins Level 1**
 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. Chatter 07720 714306
- Sat 8 2:00pm Sullington Church 3.3 miles 1.5 hrs Level 2**
 Walk 2049. Meet at Storrington Recreation Ground Car Park, RH20 4BG. This walk takes us to picturesque Sullington Church which is tucked away at the foot of the South Downs. The route is flat and easy. Dogs welcome. Mick01903 745971
- Sun 9 10:00am Wiggonholt Common and Parham Park 5.2 miles 2 hrs Level 3**
 Walk 3036. Meet in the RSPB Wiggonholt Overflow Car Park, RH20 2EL. This walk takes us through the RSPB reserve and from there along quiet roads and footpaths to Parham Park grounds with its veteran trees and herd of deer. Dogs welcome. Mick 01903 745971
- Mon 10 10:30am Noggin of Nuthurst 5 miles 2.5 hrs Level 2**
 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. Can be very muddy after rain. Jill 07780 701184
- Sat 15 2:00pm Kithurst South Circular 3 miles 1.5 hrs Level 2**
 Walk 2046. Meet at Kithurst Hill car park (TQ070124). Enjoy the beauty of the South Downs on this walk in an easy and relaxed way. The Car Park is off the Storrington to Amberley Road (B2139). 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 is level and has no steep hills. Dogs welcome. Mick 01903 745971

Sun 16 10:00am Amberley Wildbrooks 5.7 miles 2.5 hrs Level 3
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. Mick 01903 745971

NEW WALK

Mon 17 10:30am Knepp Estate Walk 3 or 6 miles 2 or 3 hrs Level 2
Walk Number 2283. Choice of 2 walks. Park at Swallows Lane Dial Post RH13 8NN, off A24 (Honesty box - park at your own risk). Possibility of seeing pigs, cows, deer and horses plus storks nesting on both walks, which can be muddy. Sorry no dogs. Jean 07734 323321 or Jill 07780 701184

Tue 18 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 19 10:30am Storrington Riverside Walk 2.5 miles 90 mins Health
Walk 1507. Meet at Storrington Recreation Ground Car Park, RH20 4PG. Come and explore Storrington's lovely Riverside Walk. This flat, well surfaced walk is ideal for people who want an easy walk with pleasant views. Suitable for children's buggies. Dogs welcome, no stiles or hills. Mick 01903 745971

Fri 21 11:00am Barns Green (1) 2 miles 60 mins Level 1
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. Chatter 07720 714306

Sat 22 2pm Hareswith 3.9 miles 1.5 hrs Level 3
Walk 3019. Meet at Storrington Rec. Ground C.P Car Park, Storrington RH20 4BG. Explore the unspoilt fields and meadows of Fryern Park before reaching Perrett's Farm with its stunning views of the South Downs and West Chiltington. We continue to Hareswith and follow ancient tracks to East Wantley and back to Storrington via Love Lane, also an ancient track. Some stiles, dogs welcome. Mick 01903 745971

Sun 23 10:00am Highden Hill & Windlesham 4.6 miles 1 hr 45 mins Level 3
Walk 3020. Meet in Chantry Hill car park, Chantry Lane, Storrington (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. Mick 01903 745971

Mon 24 10.30am Sedgwick Park Circular 6 miles 3 hrs Level 2
Walk 2255. 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. Can be very muddy in parts. After the walk, the cafe at the Garden Centre is a great place for lunch. Toilets at the Garden Centre. The Brighton Bus stops outside the Garden Centre, please check timetables for suitable bus. No dogs. Jill 07780 701184

Sat 29 2:00pm Washington Common & Rowdell 3.5 miles 1.5 hrs Level 2
Walk 2161. Meet Old London Rd, Washington RH20 3BN, from Washington roundabout drive north on the A24 for 200 yards, turn left and then immediate left again onto the Old London Road. Drive to the far end.
A pleasant circular route which starts at the National Trust's Washington Common woods before heading towards Washington Village. From there our route takes us along the foot of the downs past Rowdell before heading back along quite lanes to our starting point. Dogs welcome. Mick 01903 745971

Sun 30 10am Figure of Eight 5 miles 2 hrs 15 mins Level 3
Walk 3033. Meet at Kithurst Hill car park (TQ070124). This walk explores the South Downs around Kithurst and includes wonderful views towards the North Downs and the coast. The Car Park is off the Storrington to Amberley Road (B2139). 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 a steep hill. Dogs welcome. Mick 01903 745971

Mon 31 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

Self Guided Walks

Horsham District Council have developed 12 self-guided walking routes. The routes include a map and directions can be downloaded at: <https://www.horsham.gov.uk/sport-and-leisure/walking/walking-routes>

Local history societies have created 20 self-guided heritage walking trails which include a map, directions, sites of special interest and stories from the past. Trail authors will lead guided walks along some of these routes starting in August. They can be downloaded at: <https://horshammuseum.org/learn/heritage-trails>

Horsham Town Community Partnership have produced a route map for the Horsham Riverside walk, a 13 mile self-guided circular walk along paths and watercourses around Horsham town. We are doing this as a guided walk at 10am Sat 11th September starting from New House Farm. Download the route map and directions at: https://www.horsham.gov.uk/_data/assets/pdf_file/0005/58298/Horsham-Riverside-Walk.pdf

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

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