

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

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.
 Emmy 01403 255517 or Doreen 01403 230293
- Wed 2.30pm Horsham Heritage Guided walks 1.5 miles 1 hr 45 mins**
 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
- 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. Can be muddy after rain. Toilets usually available in St Mary's Church at the start by kind permission of 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
- Sun 2.30pm Horsham Heritage Guided walks 2 miles 1 hr 45 mins**
 Every Wed & Sun afternoon between 1st April – 30th Sept. Meet outside the Museum in Causeway. See above (Wed) for details.



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)

June 2025

Sun 1 June 10:00am Chanctonbury 2 Level 3 5 miles 2.5 hours

Walk 3099. Meet at Washington South Downs Way 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 2 June 10:00am Littleworth Landscape Level 3 6.5 miles 3 hrs

Walk 3166. Meet at the Windmill Pub, Littleworth Lane, Partridge Green, RH13 8EJ. Please park in the lane, please, not at the pub unless you are planning to enter its portals and be aware of not parking in front of residents' driveways. A pleasant flat walk eastwards, taking in the Monastery, fields & byways. It might be muddy. No dogs
Jill 07780 701184

**Tue 3 June 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 5 June 10:00am Partridge Green Circular - Western Route 6 miles 2 hr 45 mins

Walk 2129. Meet in the car park at the Partridge Green Village Hall, RH13 8JY (TQ190191). A fairly flat circular walk to the South and West of the village of Partridge Green which can be muddy during the winter months. The walk will include part of the Downslink and if dry or in the Summer the River Adur path towards Ashurst.
Geoff 01403 258180 / 07929952846

Fri 6 June 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 7 June 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 8 June 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.registe

Mon 9 June 10:00am Cowfold Level 2 4.8 miles 2.5 hours

Walk 2060. Meet in the middle of the village at the football field, at the junction of Farthing Cottages and the A272, RH13 8BL (TQ214225). A gentle slight uphill circular walk through quiet lanes and paths, with some stiles. Might be muddy. No Dogs.
Jill 07780 701184

Thu 12 June 7:00pm Henfield Common & Other Restful Places Level 2 3 miles 1.5 hrs

Walk 2327. Henfield Evening Walk. Meet at Henfield Village hall 7.00 p.m. (carpark free after 6.p.m.) Henfield Common, Golden Square, The Rothery Field and other paths back to the hall. Mixed surfaces, mole hills etc.no stiles
Angela 07953 149616

June 2025

Fri 13 June 10:00am Ewhurst Elegy 4.5 miles 2 hours Level 2

Walk 2215. The walk begins at the main car park off the B2127, The Mount GU6 7PX, what3words:screen.printing.toned near to the church in Ewhurst, Surrey, opposite Ewhurst Village Hall. Ewhurst boasts a very old and interesting history. A walk with starting through the church yard moving on to explore mixed woodlands, well-made paths and rolling meadows. The walk passes around parts of Sayers Croft Rural Centre and on to the edge of Cranleigh before following a circular route back to Ewhurst. It will be muddy in parts given current conditions. Good food available local pub Jan 01403 753528

Fri 13 June 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 14 June 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 15 June 10.00am Findon Valley, Buddington Bottom, and Chanctonbury Ring Level 3 5.5 miles. 2.5 hours

Walk 3176. Meet at Washington South Downs Way car park. Drive south on the A24 from Washington Roundabout and take the first left into Washington Bostal. Take the rough track on the right to the free car park. What3Words bashed.hack.puffed. Exploring downland from Washington taking in Findon Valley, Buddington Bottom, Chanctonbury Ring, and the South Downs Way. Long steep climbs. Rolling hills. Great views. Dogs welcome. Cuppa, cookies, chat afterwards.

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

Mon 16 June 10:00am Sussex Day Walk Level 3 6 miles 3.3 hours

Walk 3197. Sussex Day is the County Day to celebrate the rich heritage and culture in our beautiful county. It is celebrated on the Feast Day of St Richard, Sussex's patron saint. The date marks the anniversary when the body of St Richard was transferred into the Cathedral in Chichester on 16th June 1276.

Meet at the Ansty Community Sports Club RH17 5AS. Parking there by kind permission of the Trustees.

Please park as far away as possible from the entrance to allow for their visitor access. A delightful undulating walk with twisting paths and nice views. It can be muddy. No dogs. Jill 07780701184

Tue 17 June 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 18 June 10:00am Headley to Langley Vale Level 2 6 miles 2.5 hours

Walk 2332. Meet in the car park of the Cock Inn, Headley KT18 6LE, TQ204547. A circular walk going East, through a varied landscape with a couple of gentle hills. No dogs please as we may encounter livestock. Mike Powell 07855 502023

Fri 20 June 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 21 June 10:00am Midsummers Day Walk Level 3 6 miles 3 hours**
 Walk 2312. Come along and join us as we celebrate Midsummer, with Gary and Bunny the brewers and hosts at the Kissingate Brewery in Lower Beeding. Please park in the Church Lane Estate RH13 6LU. Please park neatly and carefully in the trading estate. This is a pretty circular Sussex walk along lanes and footpaths to Nuthurst and back, to give us an appetite for lunch and maybe a pint of delicious beer, cider or soft drink, tea and coffee also available. If you would like to book lunch, please see the website for details and booking. BBQ, burgers and/or sausages, vegetarian available. Or ring Bunny 07796265293/01403 891335 or any other questions do ring Jill - walk leader - 07780 701184 <https://www.kissingate.co.uk/>
- Sat 21 June 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 22 June 10:00am Washington to Sullington Level 3 5 miles 2.5 hours**
 Walk 3184. Meet at Old London Road, Washington RH20 3BN. 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 . This walk takes across the countryside to Sullington before walking along the foot of the downs, with wonderful views, to Washington Village. Dogs welcome and refreshments provided. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com.
- Mon 23 June 10:00am Down By The Riverside – Henfield Level 2 6 miles 3 hours**
 Walk 2311. Meet at the car park next to The Old Railway pub, Upper Station Road, Henfield, BN5 9PJ. There is also plenty of street parking available. This walk follows the contours of the Adur, before returning north along the Downs Link. A few stiles but otherwise over a very flat terrain. Lots of wildlife to see along the tranquil riverbank and a variety of birdsong to listen out for. Just before the end of the walk is a lovely café (The Cabin) which serves food and hot drink (also has toilet) No dogs Jill 07780701184
- Wed 25 June 10:00am Slinfold Level 2 5.5 miles 2.5 hrs**
 Walk 2168.. Meet in the centre of the village opposite the Red Lyon Pub (RH13 0RR) . A fairly flat walk through farmland and woods surrounding the lovely village of Slinfold . Some gradual inclines and stiles and in the winter could be wet and muddy in places . No dogs because of possible livestock.
 Geoff 01403258180/ 07929952846
- Thu 26 June 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
- Thu 26 June 2.00pm Henfield - The Short One (4) Henfield Common & Twittens Level 1 1 mile 1 hour**
 Walk 1557. 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. Mixed surfaces, tarmac, gravel etc. No stiles. Dogs welcome. If you would like to join us for a cuppa at Fiona's Café at Stokes bring card or cash, customer toilets available.
 Angela 079563 149616
- Fri 27 June 10.00am Blue Idol Tranquillity 6.5 miles 3hrs Level 3**
 Walk 3171. Meet in Oldhouse Lane off the A272, park outside the Quaker Meeting House, Coolham RH13 9QP (TQ 103237), what3words: mailers.fizzled.teaching. The circular walk is mostly flat with some stiles taking in fields and woods to the outskirts of Billingshurst before returning to the Blue Idol via Balls Green. Parts of historic interest with good views. Can be muddy. No dogs as we may encounter livestock. Good food available local pub.
 Jan 01403 753528

June 2025

Fri 27 June 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 28 June 2:00pm Sullington Warren & Church Level 2 4 miles 1.75 hours

Walk 2038. Meet at Storrington Rec Ground car park, RH20 4BG. This walk visits Sullington Church, a pretty little country church which predates the Doomsday Book. We return via the National Trust's Sullington Warren heathland site. The route contains stiles and can be muddy. Dogs welcome refreshments provided. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com. What3Words culling.retraced.pictured

Sun 29 June 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 Pulbrough, then the RSPB's Pulbrough Brooks Nature Reserve. Dogs welcome refreshments provided. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com. What3Words canal.sunflower.basic

Mon 30 June 10.00am Southwater – Nuthurst Level 2 6 miles 3 hours

Walk 2286. Park at Southwater Country Park, Cripplegate Lane, Southwater, Horsham RH13 9UN. We join the Downs Link and walk across to Nuthurst on a circular route back to the Park. One sharp hill. Toilets and café at the Park. Please note a parking fee (for 4 hours parking) no credit cards - just cash- is payable at the Country Park. It could be muddy. No dogs
Jill 07780 701184



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>