



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

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
- 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



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

Every Friday at 12 noon – 12.40pm

First Saturday of the month at 2.00pm – 3.00pm

Venue: Southwater Country Park
(Meet at the Co-op, Lintot Square)

No need to book – just turn up on the day.

Email: drqc@icloud.com

Wellbeing Walks – January 2023

- Sun 1 Jan 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.
 Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com
- Tue 3 Jan 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
- Weds 4 Jan 10.00am Warnham Level 2 3.5 – 5.5 miles 2 – 2.5 hrs**
 Walk 2112. Meet at the Rookwood Golf Club, RH12 3RR. Please park at the far end of the car park. The walk will be clockwise or anti-clockwise to Warnham via the deer park and the new bridleway and can be muddy. We will take a short break part way. Toilets are available in the club house. The Barn is also open for refreshments. Sorry, no dogs. Michael 07719 467861
- Thu 5 Jan 10.30am Horsham Reconnaissance (New Walk) 5 miles 2 hours**
 Meet at the Pavilions Car Park Hurst Rd, Horsham RH12 2DF. Parking for 3 hours costs £2.40. Walk off the Christmas Pudding! We walk through our lovely Park and then a bit of road walking to Warnham Nature Reserve. We follow the Riverside Walk all the way to Chesworth. We come back via local roads and through the Park again. Mostly hard paths, so not too much mud. Jill 07780 701184
- Fri 6 Jan 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. Jill 07780 701184
- Sat 7 Jan 2.00pm Nutbourne Level 2 3 miles 1.5 hours**
 Walk 2034. Meet at West Chiltington Village Hall, RH20 2PZ. This is one of our prettiest and most varied short walks. We should see vineyards, llamas a windmill and lovely houses. Dogs welcome and refreshments provided. Several stiles. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com
- Sun 8 Jan 10.00am Kithurst South Circular Level 2 3 miles 1.5 hours**
 Walk 2046. Meet at Kithurst Hill car park, TQ070124. This is a health walk which enables walkers to enjoy the beauty of the South Downs in an easy and relaxed way. The walk is level and has a long gradual climb. Dogs welcome and refreshments provide. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com
- Mon 9 Jan 10.30am West Grinstead Level 3 6 miles 3 hours**
 West Grinstead Old Railway Station. Please park at the Railway Station RH13 8LY. It is on the A272 going east towards Cowfold. The entrance is just after the Orchard Restaurant on the left if you are coming from Buck Barn crossroads. It is easy to miss the turning so do slow down and take it carefully. We walk eastwards to Cowfold and then through the village and back through fields. There may be cattle. There are a number of stiles. It will be very muddy. Jill 07780 701184
- Fri 13 Jan 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

Wellbeing Walks – January 2023

- Sat 14 Jan 2.00pm 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. Dogs welcome refreshments provided. Contact Mick Denness on 01903 745971
- Sun 15 Jan 10.00am Eartham Wood, Nore Wood, and Stane Street Level 3 6.1 miles 3 hrs**
 Walk 3163. A lovely and varied walk which includes rough woodland, forest, undulating hills, downland, Littlewood Lookout, and the Roman road Stane Street (AD 53). Great views. Stiles and gates. Dogs welcome. Refreshments provided. Meet at the Forestry Commission car park and picnic area PO18 0LU, Map OS OL10 938107. Directions: go west on the A27, keep right after Denmans Gardens, take the right turn for Great Ballard school, and keep going north past the George Inn. Mick Denness 01903 745971
- Mon 16 Jan 10.30am 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 will be muddy. Jill 07780 701184
- Tue 17 Jan 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 18 Jan 10:30am Storrington Riverside Walk Level 1 2.5 miles 90 mins**
 Walk 1507. Meet at Storrington Recreation Ground Car Park, RH20 4PG. Come and explore Storrington's 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/hills. Refreshments provided. Mick 01903 745971
- Thu 19 Jan 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
- Fri 20 Jan 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. Jill 07780 701184
- Sat 21 Jan 2.00pm Washington Common & Rodell Level 2 3.5 miles 1.5 hours**
 Walk 2161. Meet at Old London Rd, Washington, RH20 3BN. Please note the new meeting place for this walk. We are parking in Old London Road. To reach this drive north up the A24 from the Washington Roundabout, take the first left and then sharp left again into Old London Road. Dogs welcome, refreshments provided. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com
- Sun 22 Jan 10.00am North Stoke Level 3 7.4 miles 3 hours**
 Walk 3065. Meet at Kithurst Hill car park, TQ070124. This longer walks explores the South Downs above Amberley before dropping down to North Stoke, then it wends back towards the South Downs Way. The walk includes a steep hill. Dogs welcome, refreshments provided.
 Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com
- Mon 23 Jan 10.30am Horsham Going South Level 2 5 miles 2.5 hours**
 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. Opportunity to catch the bus back if you would only like to walk one way. It will be muddy. Jill 07780 701184

Wellbeing Walks – January 2023

Tues 24 Jan 10.30am Broadbridge Heath Circular Level 2 4.5 miles 2 hrs 15 mins
Walk 2211. Meet at The Green, Heath, junction of Old Guildford Road / Broadbridge Heath Road, RH12 3JY (TQ149317). Lay-by and on-street parking. A mostly level walk along hard tracks (including the Downs Link) and across fields. Some interesting features along the route. 2 stiles. Can be wet and muddy.
John 07966 311415

Thu 26 Jan 10:00am West Chiltington (1) Level 2 4 – 5 miles 2 hrs
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

Fri 27 Jan 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 Jan 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

Sun 29 Jan 10.00am Hareswith Level 3 3.9 miles 1.5 hours
Walk 3019. Meet at Storrington Rec. 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

Mon 30 Jan 10.30am Cowfold (possible snowdrop walk) 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. Will be muddy in places. No Dogs. Jill 07780 701184
