



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

Mondays 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 minutes gentle walk around the North Heath area riverside. Refreshment and toilets in pub.

Ann & John 01403 268885

Wednesdays 10:30am Horsham Park Stroll 1+ mile up to 30 or 50 mins

No walk if it is snowing or icy

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

Thursdays 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 07790 762052

Fridays 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 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

Peter Tobutt's Memorial Bench



Sun 1 Feb 10:00am Abingworth Circular Level 3 5 miles 2.25 hours

Walk 3200. Meet at Thakeham Football Club car park, RH20 3GW. If this car park is in use by footballers please park in the nearby Village Hall Car Park and avoid on street parking if possible. This circular takes us to the lovely Strawberry Lane before proceeding to Thakeham Village. From the village we cross the road to the to explore the countryside to the west of the village. Parts of this route can be wet and muddy. Dogs welcome and refreshments provided. What three words poet.clesner.parties.

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

Mon 2 Feb 10:00am Upper Beeding Walk About Level 2 5 Miles 2.5 hours

Walk 2338. Please park courteously in Deacons Way or Pepperscombe Lane, Upper Beeding BN44 3HQ. We will meet at the Pound Lane end of either road. This is a flat gentle walk along either side of the River Adur, with views of the Downs and maybe some birdlife. It will be muddy.

Greg 07876 548584

Tue 3 Feb 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 Feb 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 Feb 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. W3W legs.mermaids.split Dogs welcome and refreshments provided. Several stiles Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com

Sun 8 Feb 10:00am River, Heath & Pleasure Garden Level 3 4 miles 2 hours

Walk 3144. Meet at Storrington Rec Ground car park, RH20 4BG. This walk explores Storrington's lovely Riverside Walk which runs through the centre of the village and the National Trust's Sullington Warren before returning via Fryern Park with its disused pleasure grounds. The walk includes a number of stiles. Dogs welcome and refreshments provided. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com. What3Words culling.retraced.pictured

Mon 9 Feb 10:00am 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. 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

Tue 10 Feb 10:00am Milton Heath Level 3 5.5 miles 2.45 hours

Walk 3149. Meet Milton Heath and The Nower free car park (height restriction 2m), off Westcott Road, Dorking RH4 3GB (TQ155488). An undulating walk passing a pretty mill cottage and waterfall, before a steep climb up with good views to Ranmore and Boxhill. No stiles. Dogs welcomed provided kept on non-extending leads.

John 0796 6311 415

Fri 13 Feb 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 Feb 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 15 Feb 10:00am Parham Glider Field Level 2 4.5 miles 2 hours

Walk 2039. Meet at Storrington Rec Ground car park, RH20 4BG. This a walk explores the country paths to Parham Glider Field, the route is flat and easy. Dogs welcome refreshments provided .Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com

Mon 16 Feb 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 of £3.40 (for 4 hours parking) is payable at the Country Park. It could be muddy. No dogs.

Jill 07780 701184

Tue 17 Feb 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 20 Feb 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 Feb 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 22 Feb 10:00am West Chiltington, Thakeham & Warminghurst Level 3. 5 miles. 2.5 hrs

Walk 3164. Meet at Abingworth on the B2139, RH20 3GZ. What3Words clarifies.creeps.explored. Charming villages, woodland, farms, and great views across open countryside. Connecting three Norman churches: St Mary's West Chiltington, St Mary's Thakeham, and The Holy Sepulchre at Warminghurst used by William Penn, founder of Pennsylvania. Stiles. Dogs welcome. Cuppa, cake, and chat afterwards. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com

Mon 23 Feb 10:00am A Different Staplefield Stride Level 3 6 miles 3 hours

Walk 3204. 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 could be muddy. No Dogs. What3Words sometimes.parkland.community

Jill 07780 701184

Tue 24 Feb 10:00am Broadbridge Heath Circular Level 2 4.5 miles 2 hrs 30 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. No dogs.

John 0796 6311 415

Wed 25 Feb 10:00am Warnham Nature Reserve Level 1 2.5 miles 2 hours

Walk 1552. Warnham Nature Reserve, RH12 2RA. Meet at the pedestrian entrance. Please note that there is an entrance fee. This is a quarterly walk around the nature reserve so we can experience all four seasons. Toilets are available and there is a cafe. Don't forget your binoculars. Sorry, no dogs.

Michael 07719 467861

Thu 26 Feb 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 Feb 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

Fri 27 Feb 10:00am South West of Cranleigh Level 2 5 miles 2.5hrs

Walk 2325. Park in considerately in Grove Road, near the junction with Horsham Road, Cranleigh GU6 7LP(TQ0653847381), what3words: scans.hobby.sensitive. From the outskirts east of Cranleigh the walk heads southwest through part of the Vachery Estate, open fields and woods, returning through the Holdhurst Estate. This walk aims to avoid the worst of muddy footpaths by including well surfaced bridleways, footpaths and the Downs Link with good, mainly dry surfaces. One stile. No dogs as we may encounter livestock.

Jan 01403 753528

Sat 28 Feb 2:00pm Thakeham to Warminghurst Circular Level 3 3.8 miles 2 hours

Walk 3195. Meet at Thakeham Football Club car park, RH20 3GW. If this car park is in use by footballers please park in the nearby Village Hall Car Pak and avoid on street parking if possible. Woodland, farms, great views across open countryside, Ashington, and the Norman church The Holy Sepulchre at Warminghurst used by William Penn, founder of Pennsylvania. Stiles. Dogs welcome. Cuppa, cake, and chat afterwards. Meet at the carpark on Abingworth Crescent, next to Abingworth Football Club off the B2139. What3words sleep.overlaid.inkjet. Dogs welcome. Cuppa, cake, and chat afterwards.

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



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