



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 Co-ordinator 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

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

NO WALK on 4th December, 25th December and 1st January (2026)

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

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 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](https://menwalktalk.co.uk/walks) on the MenWalkTalk website:

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

Mon 1 Dec 10:00am Sussex Stroll Level 2 5.5 miles 2.75 hours
 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,** RH17 6EB / W3W sour.renovated.reinforce Toilets available in the car park. A gentle walk through the woods, down through Staplefield and then back up the hill via Slaugham. It will be muddy. No dogs
 Jill 07780701184

**Tue 2 Dec 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 4 Dec 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 5 Dec 10:00am Scarlett Walliswood Level 2 3.5 miles 2 hours
 Walk 2319. Park and meet at the large car parking space opposite the Scarlett Arms at Walliswood RH5 5RD, TQ119382, what3words: broke.glorified.smoker, signposted Okewood Hill off the A29 Bognor Road, just over 1mile south of Ockley. At Okewood Hill, take the right fork for Walliswood, Forest Green. After 1 mile bear right at a junction. Pub is a short distance on your right. A gentle, easy walk through woodland and fields, including the option of visiting the hidden church of St John the Baptist in the woods. Meadows and several stiles are included free of charge! Muddy, dependent upon weather conditions. Walking boots advisable. No dogs please as we may encounter livestock.
 Jan 01403 753528

Fri 5 Dec 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 6 Dec 2:00pm Threals Lane Level 2 3.5 miles 1.5 hours
 Walk 2334. Meet at Thakeham Football Club car park, RH20 3GW. A charming undulating walk exploring farmland, woodlands, open meadows, picture book cottages, farmhouses, and fine views. This circular takes us from Abingworth to Threals Lane before returning via Thakeham Village. Parts of this route can be wet and muddy. Dogs welcomes and refreshments provided. What three words poet.clenser.parties. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com

Sun 7 Dec 10:00am Three Woods Walk Level 3 6.5 miles 3 hours
 Walk 3092. Meet at Georges Lane car park, RH20 3JH. An attractive lowland walk with great variety including Warren Hill, Sandgate Woods, Sullington Warren, Sullington Church, Barns Farm and Rowdell. Habitats visited include woodland, farmland and open heath. Stiles. Refreshments provided and dogs welcome. What3Words sidelined.remark.intruding

Mon 8 Dec 10:00am Buchan Park Level 2 5 miles 2.5 hours
 Walk 2307. Please meet at Buchan Park RH11 9HQ - Horsham Road Crawley. Parking there by kind permission of the West Sussex County Council Rangers. We walk up to Pease Pottage and then back to the Park through Cottessmore Golf Club. No dogs. toilets in the park.
 .Jill 07780 701184

Fri 12 Dec 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 OPT. 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 13 Dec 2:00pm 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. What3Words culling.retraced.pictured

Sun 14 Dec 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.clenser.parties. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com

Mon 15 Dec 10:00am Littleworth Landscapes Level 3 6.5 miles 3 hours

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 16 Dec 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 19 Dec 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 20 Dec 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 21 Dec 10:00am Waterfall Cottage & Downland Level 3 5 miles 2.25 hours

Walk 3085. Meet at Storrington Rec Ground car park, RH20 4BG. A lovely walk up to Sullington Down and along the South Downs Way before dropping back into the Village for a well-earned cup of tea or coffee. This walk involves a steep climb. Dogs welcome and refreshments provided. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com.

Mon 22 Dec 10:00am Lanes West of Bolney Level 2 6 miles 2.75 hours

Walk 2317. 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. The road is very wide and parking does not inhibit two-way traffic. This is a walk deliberately **all on lanes** to give some relief from mud on other walks! Hence, no stiles, water jumps or other impediments - but occasional vehicles and there are still hills. We go west then north to Warninglid, then east and south to return to Bolney. A chance to chat, enjoy woodland and open views without constantly having to watch one's feet! Alan 07890 118171

Sat 27 Dec 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 28 Dec 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 29 Dec 10:00am St Georges – Stunning Seasonal Sussex Level 2 5 miles 2.5 hours

Walk 2157. 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 the lane and park at Church. A flat circular walk with far reaching views of the South Downs, interesting buildings and houses along the way. Possibility of cattle, horses & sheep and it will be muddy. honesty box for car park. No dogs.

Jill 07780701184