



## 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](mailto: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**

**IF THERE IS SNOW THERE WILL BE NO WALK**

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 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 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



**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 10.00am-11.00am

Venue: **Southwater Country Park**

Every Friday 12-12.40pm

(Meet at Iggy The Dinosaur, Lintot Square)

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

**Fri 2 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. Sue Bridger 07751092103

**Sat 3 Jan 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 4 Jan 10:00am Codmore Hill Level 3 5.5 miles 2.5 hours**

Walk 3209. Meet at Stopham Bridge, RH20 1DS in the slip road to the White Hart pub. What3Words horseshoe.mermaids.register. Please park considerately, and car share if possible. Wide open countryside and horse gallops lovely views of the South Downs. Long slopes and short steep climbs, the route can be muddy in places.. Dogs welcome. Cuppa, cake, and chat afterwards. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com

**Mon 5 Jan 10:00am Knepp Estate Walk Level 3 6 miles 3 hours**

Walk 3167. Please park at the Estate which provides a car park for walkers off Worthing Road (A24 access road), Dial Post, RH13 8NQ. honesty box - park at your own risk. Possibility of seeing pigs, cows, deer and horses, paths may be muddy. Delicious cafe for lunch or coffee and accessible toilets. No dogs Jill 07780 701184

**Tue 6 Jan 10:00am Okewood Hill – South Level 2 5 miles 2.5 hours**

Walk 2212. Meet at the car park of 'The Punch Bowl pub' RH5 5PU (TQ132373). A circular, undulating walk (two stiles), following hidden Stane Street before descending into shady woods, returning via Weare Street, farm tracks and the site of the old mill. Good views and interesting buildings. The pub serves good food and beer. Sorry no dogs. John 0796 6311 415

**Tue 6 Jan 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 9 Jan 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 9 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 10 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.

Mick 01903 745971

**Sun 11 Jan 10:00am Wiggonholt Common & Parham Park Level 3 5.2 miles 2 hours**

Walk 3036. Meet at Rackham Old School, RH20 2EU. Park on verge opposite the entrance to the Old School. This walk takes us to through the RSPB reserve and from there along quiet roads and footpaths to Parham Parks grounds with its veteran trees and herd of deer. Dogs welcome refreshments provided .

Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com. What3Words chesnuts.squares.amaze

**Mon 12 Jan 10:00am Warnham Wander Level 2 5 miles 2.5 hours**

Walk 2287. Please park at Warnham Local Nature Reserve, by kind permission of the Horsham District Council Wardens. Please park farthest away from the cafe and pedestrian entrance to the Nature Reserve, thank you. Flat walk around Warnham, taking lanes and footpaths, we cross the deer park and take the delightful new cycle path back to the Nature Reserve. A very nice cafe at the reserve serving good coffee and nice edible things. Toilets also available.

Jill 07780 701184

**Fri 16 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.

Sue Bridger 07751092103

**Sat 17 Jan 2:00pm Strawberry Lane Level 2 4 miles 2 hours**

Walk 2314. 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 land before proceeding to Thakeham Village with its pretty houses and gardens. 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 18 Jan 10:00am Three Woods Walk Level 3 6.5 miles 3 hours**

Walk 3092. Meet at Georges Lane NT car park, RH20 4AG. 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 Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com

**Mon 19 Jan 10:00am Southwater Stroll Level 2 5.5 miles 3 hours**

Walk 2324 Park at Southwater Sports Club RH13 9BT. Enter the village along Worthing Road. At the Tipsy Fox Pub turn into Church Lane. In some 150 metres turn left at the T-junction and then immediately right to continue on Church Lane. In 50 metres the cricket club will appear on your right with the entrance opposite the church. This is the entrance to Southwater Sports Club. Car parking is available adjacent to the clubhouse. This is a new circular walk taking in some of the Downs Link and local footpaths and bridleways. Small climb to the top of Sharpenhurst Hill for views over Horsham. It can be muddy, no dogs. ///massing.gilding.trades

Jill 07780 701184

**Tue 20 Jan 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 22 Jan 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 01403255710

**Fri 23 Jan 10:00am Adversane 5 miles 2.45 hours Level 2**

Walk 2337. Meet at the Blacksmiths Arms, Stane Street, Adversane RH14 9JH situated at the junction of A29 and the B2133. (TQ07285 23333). Drive down the right-hand side of the pub to find the car park behind. This is a fairly flat walk through open farmland and along part of the Wey South Path. Can be muddy underfoot. Walking boots advisable. No dogs as we may encounter livestock. Jan 01403 753528

**Fri 23 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 24 Jan 2:00pm Chanctonbury Ring 1 Level 3 3 miles 1.25 hours**

Walk 3016. Meet at Washington South Downs Way car park, TQ120 119. Chanctonbury Ring dates back to the Bronze Age and is a significant landscape feature for many of us living in Horsham District. The walk is an opportunity to visit this special site and enjoy extensive views into the bargain. Dogs welcome, steep hill and no stiles. W3W factored.tricycle.bonfires. Contact Mick Denness on 01903 745971 or email [mickdenness5@gmail.com](mailto:mickdenness5@gmail.com)

**Sun 25 Jan 10:00am Gumber Farm & The Bottoms Level 3 6.5 miles 2.5 hours**

Walk 3175. Meet at the car park at Whiteways roundabout at the junction of the A29 and A284, BN18 9FD. What3Words latest.skidding.vent. Exploring Houghton Forest, Monarch's Way, the Roman road Stane Street, Gumber Farm, Great Bottom, Little Bottom, and Trot Row. Hills. Dogs welcome. Cuppa, cake, and chat afterwards. Contact Mick Denness on 01903 745971 or email [mickdenness5@gmail.com](mailto:mickdenness5@gmail.com).

**Mon 26 Jan 10:00am Snowdrop Walk from Cowfold Level 2 4.8 miles 2.5 hours**

Walk 2060. Meet in the middle of Cowfold 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. No Dogs. Jill 07780 701184

**Tue 27 Jan 10:00am Broadbridge Heath Circular Level 2 4.5 miles 2.25 hours**

Walk 2211. Meet at the Village Green at the junction of Old Guildford Road and Broadbridge Heath Road, RH12 3JY (TQ149317). 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. Sorry no dogs.

John 0796 6311 415

**Fri 30 Jan 10:00am Loxwood Lanes 4.5 miles 2hrs Level 3**

Walk No: 3170 Meet at the car park behind the Onslow Arms, RH14 0RD (TQ 041312), what3words: funky.tests.seaside. A circular flat walk exploring the footpaths, bridleways and the Sussex Border Path before returning by the Wey and Arun Canal.. Several stiles. Good views. Can be muddy underfoot. walking boots advisable. No dogs as we may encounter livestock. Jan 01403 753528

**Fri 30 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. Sue Bridger 07751092103

**Sat 31 Jan 2:00pm Fryern Park Level 2 3 miles 1.25 hours**

Walk 2042. Meet at Storrington Rec Ground car park, RH20 4BG. This lovely short walk offers uninterrupted views towards the South Downs as route goes through Fryern Park with its landscaped pleasure gardens and waterfall. Includes 5 stiles. Dogs welcome.. W3W acids.alive.informal - Contact Mick Denness on 01903 745971 or email [mickdenness5@gmail.com](mailto:mickdenness5@gmail.com)