



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

Walk 1001. 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

Walk 1007. 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 07512 945338

Thursdays 11:00am Billingshurst (2) NO WALK on 9th July 2.3 miles 60 mins

Walk 1013. Meet at Billingshurst Library, Mill Lane, RH14 9JZ. Walk around Billingshurst's footpaths or Jubilee Fields. Stay for coffee afterwards. It 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

Walk 1002. Meet at St Mary's Church, Causeway. Gentle walk around Chesworth Farm or Denne Hill. It 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".

Wednesdays & Sundays 2:30pm Horsham Heritage Guided Town Walks 1.5 miles 1hr 30mins

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

Fri 3 July 10:00am Newpound Nosh 5miles 2.45hrs Level 3
 Walk 3208: Meet in the car park at The Bat and Ball Country Pub, Newpound Lane, Wisborough Green, RH14 0EH. what3words: promising.probing.poses. If coming from Billingshurst take the A272, then right onto the B2133 and turn left onto Newpound Lane and first left into the large car park. Please do sample the pub's excellent facilities as they allow us to park for free. A fairly flat walk exploring fields and part of the Wey and Arun canal. No dogs please as we may encounter livestock. Jan 01403 753528

Fri 3 July 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 4 July 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 5 July 10:00am Chanctonbury & Wiston Level 3 6.5 miles 2.5 hours
 Walk 3001. Meet at Washington South Downs Way car park, TQ120119. This route takes us along the South Downs way to Chanctonbury Ring and from there we continue in the direction of Steyning before dropping down to the foot of the Downs through a lovely piece of woodland. When at the foot of the Downs we wend our way back towards Washington observing Wiston House in the distance as we go. The route contains stiles, steep hills and can be muddy. Dogs welcome and refreshments provided. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com

Mon 6 July 10:00am Ansty 6 miles Level 3 3 hours
 Walk 3197. 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 7 July 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

WALK CANCELLED DUE TO THE EXTREMELY HOT WEATHER

Thu 9 July 10:00am Partridge Green Circular - Western Route Level 2 6 miles 2 hr 45
 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 10 July 10:00am The Mens Nature Reserve 5 miles 2.5 hrs Level 3
 Walk No: 2336 Meet in the small car park at the reserve situated on the right hand side near to the entrance of Crimbourne Lane, signposted Hawkhurst Court just off the A272, RH14 0HR, (TQ023236), what 3words: mops.gambles.defeated. If approaching from Wisborough Green the reserve is on the left on the A272 to Petworth. This is a circular woodland walk through the Woodland Trust's nature reserve just north of Fittleworth with a claim to fame that Elgar lived nearby for a time at Brinkwells composing several chamber works from the cottage he rented. Some stiles. No dogs as we may encounter livestock. Jan 01403 753528

Fri 10 July 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 11 July 2:00pm 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

Sun 12 July 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 Pulborough, then the RSPB's Pulborough Brooks Nature Reserve. Dogs welcome refreshments provided. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com. What3Words canal.sunflower.basic

Mon 13 July 10.00am Lower Beeding Stunning Scenic Sussex Scramble 3 hours. 6 miles.

Walk 2285. Park at Lower Beeding Village Hall car park, Leechpond Hill RH13 6NR. Parking by kind permission of the Secretary. The walk takes us through some of our most delightful Sussex scenery. Woods and lakes. We walk east around Leonardslee and then across to Prings Lane and back. It could be muddy. No dogs w3w gentle.feasted.beeline Jill 07780 701184

Fri 17 July :10:00am Scarlett Walliswood 5.5 miles 2.45hrs Level 2

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! No dogs please as we may encounter livestock. Jan 01403 753528

Fri 17 July 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 18 July 2:00pm Kithurst Hill Level 2 2.5 miles 1.25 hours

Walk 2035. Meet at Kithurst Hill car park, TQ070124. This lovely downland walk takes us along part of the South Downs Way to Chantry Post. The walk offers superb views over Storrington and Sullington and also into the heart of the downs towards sea. This is amongst the best views to be had along the 100 mile length of the South Downs Way. Dogs welcome and refreshments provided. What3Words jaundice.bucks.workforce Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com

Sun 19 July 10:00am Wiggonholt Common & Parham Park Level 3 5.2 miles 2 hours

Walk 3036. Meet at Rackham Old Scholl, RH20 2EU. Park on verge opposite the entrance to the Old School. This walk takes us to through the RSPB reserve and from their along quite 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 20 July 10.00am An Amble at Ashurst Level 3 6 miles 3 hours

Walk 2320 Meet at the Ashurst Village Hall Car park. BN44 3AP Please park at the Village Hall, with kind permission from the secretary. The hall does have regular hall hirers on Mondays so please double park starting from the pub end to leave the section by the decking for the hirers who have about 8 cars max. This is a level walk, taking in rivers and the Downs Link with views to the Downs. What3Words stopwatch.servicing.titles Jill 07780 701184

**Tue 21 July 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 23 July 10:00am Leith Hill Circular Level 3 5.5 miles 2.5 hrs

Walk 3107. Meet at the Starveall Corner Car Park, RH5 6LX (TQ131432) which, heading north is situated just off (right hand side) the Leith Hill - Abinger Common Road. A circular walk along woodland tracks and heathland. No stiles, some steep slopes, loose stones and tree roots underfoot. Stunning views particularly at Leith Hill Tower where (if available) we stop for refreshments near the end of the walk. No dogs.

Geoff 01403 258180 / 07929952846

Thu 23 July 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 24 July 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 25 July 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 a 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 26 July 10:00am Sullington Hill Level 3 6 miles 3 hours

Walk 3030. Meet at Storrington Rec Ground car park, RH20 4BG. This walk takes us from the village up to the top of the downs via flower and butterfly rich Chantry Hill. We then walk a short section of the South Downs Way before dropping down to Sullington Church before winding our way back to the village. Dogs welcome and refreshments provided. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com. What3Words jaundice.bucks.workforce

Mon 27th July 10.00 am Ouse Valley Views Level 2 5 miles 2.25 hrs

Walk 3187. Meet at Whiteman's Green recreation ground car park on Staplefield Road, RH17 5HX, what3words: traded.pioneered.double. We pass through alleyways in Whiteman's Green into open countryside on made up surfaces for 1.5 miles before taking to footpaths for the rest of the walk – including a couple of stiles. We circle anticlockwise with fine views across the Ouse Valley, and finish by coming up across Cuckfield Golf Course.

Alan 07890 118171

Wed 29 July 10:00am Butterfly Count Level 1 3 miles 2 hrs

Walk 1558. Meet at St. Mary's Church in Horsham to do the annual butterfly count. We will walk around the Chesworth Farm area with breaks to take the count.

Michael 07719 467861

Fri 31 July 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