



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

- 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
- Wed 2.30pm Horsham Heritage Guided walks 1.5 miles 1 hr 45 mins**
 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
- 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. 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
- Sun 2.30pm Horsham Heritage Guided walks 2 miles 1 hr 45 mins**
 Every Wed & Sun afternoon between 1st April – 30th Sept. Meet outside the Museum in Causeway. See above (Wed) for details.



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**
 Venue: **Southwater Country Park**
 (Meet at Iggy The Dinosaur, Lintot Square)

Every Wednesday at 10.00am-11.00am
 Every Friday 12-12.40pm

September 2025

Peter Tobutt

It is with much sadness that we have to report the passing of Peter Tobutt. Peter led the Friday walk from St. Mary's Church in Horsham from the beginning of the Wellbeing Walks until April 2024 when ill health forced him to hand over the reins. Everyone who met Peter knew him as a true gentleman. He always made people welcome and his generosity knew no bounds. He provided refreshments on the walk and after Covid also bought lunch at The Horsham Sports Club. He will be greatly missed.



Memorial Bench for Peter Tobutt

Our volunteer walk leaders would like to buy a bench to remember Peter, who has recently passed away. To donate towards this please see Michael Vertue who will be at St Mary's Church on Fridays at 10:30am. The suggested amount is £10 but any amount is welcome. The plan is to have the bench in Chesworth Farm, where Peter led many walks.

Mon 1 Sep 10:00am Ardingly Reservoir and environs Level 2 5 miles 2.5 hrs

Walk 2329. Park in the free car park at the dam at the southern end of Ardingly Reservoir. 'Ardingly Reservoir car park' in Google Maps, or what3words: embraced.blanket.landowner, or use RH17 6SQ which brings you quarter of a mile short but keep going down the lane to the very end and not into the college. The walk is mainly on footpaths and takes us up to the edge of Ardingly, along the back of the South of England Centre, then west down and up through woodland and back along the east side of the reservoir. It could be muddy and there may be livestock, so dogs please.

Alan 07890 118171

**Tue 2 Sep 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 Sep 10:30am Henfield to Woodmancote via 4 Farms Level 2 5 miles 2.5 hours

Walk 2335. Meet by the HENFIELD village Hall. BN5 9FE car park fees payable. Bus 100 and 17 stop in Henfield High Street Public toilets by bus shelter. Henfield common to swains farm, cross swains ford ,if area flooded Furners Lane will be used, Woodhouse Farm, Morley farm, Park Farm back to Henfield. Mixture of woodland and farmland, approx. 2 stiles, Possible Sheep, Cattle grids, foot bridges, some slopes, some fields wet if recent heavy rain.

Angela 07953 149616

Fri 5 Sep 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 6 Sep 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 7 Sep 10:00am Highden & Windlesham Level 3 4.6 miles 1.75 hours

Walk 3020. Meet at Chantry Hill car park TQ086119. This is a circular downland walk with wonderful views using the South Downs Way and tracks around Windlesham. Includes a steep hill. Dogs welcome. Refreshments included. W3W toads.syndicate.unlisted . Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com.

Mon 8 Sep 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

Thu 11 Sep 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

Fri 12 Sep 10:00am Loxwood Landscapes 4.5 miles 2hrs Level 3

Walk No: 2308. 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 to Ifold before returning by the Wey and Arun Canal.. No more than 2 stiles. Good views. No dogs as we may encounter livestock.

Jan 01403 753528

Fri 12 Sep 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 07751092103

Sat 13 Sep 2:00pm Strawberry Lane Level 2 4 miles 2 hours

Walk 2314. Meet at Thakeham Football Club car park RH20 3GW. If the 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 walk 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 14 Sep 10:00am Cissbury Ring Level 3 5 miles 2.5 hours

Walk 3201. Meet at Storrington Rise car park. TQ129076. This is a fantastic walk which explores the downland around Cissbury Ring - the famous iron age hill fort which is managed by the National Trust. Dogs welcome. The walk includes a steep hill . Refreshments included. W3W reseller.fluctuate.firepower. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com

Mon 15 Sep 10:00am Warnham Wander Level 2 5 miles 2.5 hrs

Walk 2287. Please park at Warnham Local Nature Reserve, by kind permission of the Horsham District Council Wardens. Please park farthest away from the 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

**Tue 16 Sep 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 Sep 10:00am Kirdford Circular 4.5 miles 3 hours Level 3

Walk No:3158 Meet on The Green outside the Foresters Arms, Kirdford, RH14 (TQ014270), what3words: rebel.case.among Parking in laybys alongside the road, adjacent to the pub. A circular walk, fields, woods, good views and some stiles. No dogs as we may meet livestock. Jan 01403 753528

Fri 19 Sep 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 20 Sep 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 mick.denness@waitrose.com.

Sun 21 Sep 10:00am Sullington Hill Level 2 6 miles 3 hours

Walk 2321. 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 22 Sep 10:00am Handcross Level 3

Walk 3157. Meet in Car Park, northern end of Handcross on B2110 by sports pavilion/children's play area(RH17 6BJ) near Water Lane. There is no parking P sign, just a yellow height barrier near and on the same side as Water Lane. A variety of walks start here: gentle undulating ground, tracks, paths, woodland etc. Quite shady but can be muddy in parts after rain. No dogs w3w paces.nobody.hers Jill 07780 701184

Wed 24 Sep 10:00am Broadbridge Heath & Wickhurst Green Level 2 3.5 miles 2 hours

Walk 2330. Meet at the lay-by on The Common in Broadbridge Heath. A walk around Broadbridge Heath and Wickhurst Green. Highlights include the War Memorial road names, the "Murder House", history arches and WW2 connections. Michael Vertue 07719 467861

Wed 24 Sep 10:00amThe White Horse Maplehurst Level 2 6 miles 2.5 hrs

Walk 2084. Meet at the pub car park (RH13 6LL TQ190246). A mostly flat circular walk, but with some moderate inclines, through fields and woodland. Some stiles and could be wet and muddy in places. No dogs. Real Ale and terrific value good food in the pub at the end of the walk.

Geoff 01403 258180 / 07929 952846

Thu 25 Sep 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 01403 255710

Thu 25 Sep 2:00pm Henfield History – The Short Walk Level 1 1 mile approx 40 minutes
Walk 1560. Meet by the HENFIELD village Hall, BN5 9FE. Car park fees payable. Bus 100 and 17 stop in Henfield High Street. Public toilets by bus shelter. Part of Henfield High Street, the Common, Backset Town, Furners mead to the Plough Inn back to the Hall. Mixed surfaces, Pavement, gravel, earth. No Stiles. If you would like to join us for refreshment at the Plough Inn please bring card or cash.
Angela 07953 149616

Fri 26 Sep 10:00am Loxwood South 5.5 miles 2 hours 30 mins Level 2
Walk 2303: Park and meet at the Arun Trust car park beyond the Onslow Arms Public House, Loxwood, RH14 0RD (TQ041319), what3words: funky.tests.seaside. This flat circular walk briefly follows part of the Wey & Arun canal, before heading Southwest through fields, woods and quiet country lanes with some fine views and no stiles. No dogs please as we may encounter livestock. Jan 01403 753528

Fri 26 Sep 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 07751092103

Sat 27 Sep 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 28 Sep 10:00am Stopham to Pallingham Quay Level 3 6 miles 2.5 hours
Walk 3190. Meet at Stopham Bridge RH20 1DS. Park 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 woodland tracks, with views of the South Downs. Including historic Pallingham Quay, the Harwood Estate gallops, the 11thC church St Mary the Blessed Virgin, and Harwoods Green. Dogs welcome. Cuppa, cake, and chat afterwards. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com.

Mon 29 Sep 10.00am An Amble at Ashurst Level 2 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