# 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
- During extreme weather – heatwave, snow, ice – please check with the walk leader to see if the walk will go ahead
- 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.

## 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) 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". Steve 07493 307635




**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*

**Sun 1 Nov 10:00am North Pulborough Level 3 4 miles 2 hours**
Walk 3198. Meet at Pulborough Library car park, RH20 2BQ. This walk explores the varied countryside to the north of Pulborough with view towards the South Downs. Dogs welcome refreshments provided. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com. What3Words canal.sunflower.basic

**Mon 2 Nov 10:00am Lower Beeding Stunning Scenic Sussex Scramble. Level 3. 6 miles. 3 hrs**
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

**Tue 3 Nov 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 Nov CANCELLED 10:00am Beyond Billingshurst Level 2 5 miles 2.5 hours**
~~Walk: 2305 Meet at Jubilee Fields free carpark RH14 9HZ (TQ08278 26329) signposted 'Recycling Centre, Billingshurst CC and Pavilion', just off the western junction of the A29 and A272. Do not turn left into the recycling centre but continue ahead to reach the car park. A fairly flat walk through fields exploring the westward area towards Wisborough Green and following part of the Wey South Path. The walk may vary as underfoot conditions will be weather dependent and can be muddy and wet. Walking boots advisable. No dogs as we may meet livestock.~~ Jan 07475736474

**Fri 6 Nov 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 7 Nov 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 8 Nov 10:00am Hurston Place Level 3 4.8 miles 1.75 hours**
Walk 3018. Meet at Storrington Rec Ground car park, RH20 4BG. 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

**Mon 9 Nov 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

**Thu 12 Nov 10:00am Ockley Forest Green Level 2 6 miles 2.5 hrs**
Walk 2107. Park/meet in the car park just off the A29 on the Horsham side of the village cricket field (TQ146399). A fairly flat circular walk mostly over farmland on the Sussex/Surrey border. Good views of the North Downs. Many interesting old farm buildings and houses along the way. Some stiles and wet and muddy in places. No dogs. Geoff 01403 258180 / 07929952846

**Fri 13 Nov 10:00am Cranleigh and Ewhurst Green Level 2 5 miles 2.5 hrs**
Walk 2299. Park in Grove Road considerately near the junction with Horsham Road, Cranleigh GU6 7LP(TQ060311), what3words: scans.hobby.sensitive From the outskirts east of Cranleigh heading north through open fields and woods towards Ewhurst Green returning back south on a circular route to the starting point. Fairly flat walk. Likely to be muddy in parts if wet. Some stiles. No dogs as we may encounter livestock. Jan 07475736474

**Fri 13 Nov 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 14 Nov 2:00pm Thakeham & 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.

**Sun 15 Nov 10:00am Downs Farm Level 3 6 miles 2.5 hours**
Walk 3013. Meet at Kithurst Hill car park, TQ070124. This wonderful walk goes away from the South Downs Way to a little explored area of the Downs. Take the left turn 1.3 miles from Tesco's roundabout, Storrington. After taking the turning, drive to the Car Park at the very top of the hill. The walk includes steep hills. Dogs welcome refreshments provided. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com. What3Words jaundice.bucks.workforce

**Mon 16 Nov 10:00am Southwater – Nuthurst 6 miles 3 hours Level 2**
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 Nov 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

**Wed 18 Nov 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/ 0792995284

**Fri 20 Nov 10:00am Loxwood Lanes Level 2 5 miles 2.5hrs**
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 07475736474

**Fri 20 Nov 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 21 Nov 2:00pm Lee Farm 1 Level 3 4.5 miles 2 hours**
Walk 3010. Meet at Kithurst Hill car park TQ070124. This walk takes us to historic Lee Farm which lies in the heart of the South Downs behind Storrington. The walk includes a steep hill. Dogs welcome and no stiles. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com. What3Words jaundice.bucks.workforce

**Sun 22 Nov 10:00am Gumber Farm & The Bottoms Level 3 6.7 miles 2.5 hours**
Walk 3175. Meet at Whiteways car park, BN18 9FD. 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 Stain Street, Gumber Farm, Great Bottom, Little Bottom, and Trot Row. Dogs welcome. Cuppa, cake, and chat afterwards. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com

**Mon 23 Nov 10:00am Discovering Tilgate Forest Level 2 5.5 miles 2.5 hours**
Walk 2333. Please meet on the Old Brighton Road South Pease Pottage. RH11 9AH Find the pub, the Black Swan in the middle of the village and, **with your back to the pub**, turn down the road opposite, the Old Brighton Road. You will pass Finches Field and the Community Hall on the right. Carry on down this road. It is a dead end and you can turn around at the end and come back to park on the left hand side. We walk into the Forest and back, past the new development and the cafe at St Catherine's at the end for coffee and/or lunch. It can be muddy. No dogs Jill 07780 701184

**Wed 25 Nov 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 Nov 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 Nov 10:00am Kirdford 5 miles 2.5 hours Level 2**
Walk No: 3158 Meet on The Green outside the Foresters Arms, Kirdford, RH14 (TQ014270), what 3words: rebel.case.among. Parking in laybys alongside the road, adjacent to the pub. A circular walk north and east of Kirdford through, fields and woods, good views and some stiles. Can be muddy in parts dependent upon weather. No dogs as we may meet livestock. Jan 07475736474

**Fri 27 Nov 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 28 Nov 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 29 Nov 10:00am Three Woods Walk Level 3 6.5 miles 3 hours**
Walk 3092. Meet at Georges Lane NT car park, RH20 4BG. 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 30 Nov 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

**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

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