

## 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

**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

- Monday 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
- Wednesday 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. **No stroll if there is snow and ice.**  
Emmy 01403 255517 or Doreen 01403 230293
- Thursday 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
- Friday 10:30am St Mary's Church, Horsham 2.5 miles 90 mins**  
Gentle walk around Chesworth Farm or Denne Hill; lower slopes on public footpaths, no stiles or steep hills. Can be muddy after rain. Toilets usually available in St Mary's Church at the start by kind permission of clergy. Suitable for wheelchairs, children accompanied by adults and well-behaved dogs. You are advised to bring drinking water. We are a friendly bunch, no one is left on their own. Our motto is "Walk and Talk".  
Peter Tobutt 01403 260783



welcome walks

If you're new to Horsham District or simply looking to learn more about the area, tune in to our *Welcome Walks* podcast. You'll hear from the locals and discover what's happening in the towns and villages.

<https://www.whistlestoparts.org/welcome>

January 2024

**Tue 2 Jan 11:00am Steyning Health Centre Walk Level 2 2 miles 75 mins**

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. Ann 01903 297553 / Jacky 01903 815543

**Fri 5 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 07751 092103

**Sat 6 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

**Sun 7 Jan 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. W3W whistle.episode.sideboard. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com.

**Mon 8 Jan 10.30am Southwater – Nuthurst Level 2 6 miles 3 hours**

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 will be muddy. No dogs. Jill 07780 701184

**Tue 9 Jan 10.00am West Grinstead Circular walk Level 2 5.0 miles 2.5 hrs.**

Meet in the car park of St George's Church; to access take the Partridge Green turning off the A24 onto the B2135 and then take the first right hand turning. The walk is across made up tracks but standing water may be encountered. The walk has views across the estate to the South Downs and deer may well be seen. Dogs on a lead permitted. Contact John Mace 079 66311 415

**Fri 12 Jan 10:00am Peaceful Plaistow Level 2 5 miles 2 hours**

Walk:2304 Meet outside the Plaistow Stores RH14 0PX (TQ004309). Free parking around the village centre. A gentle 5 mile walk along a scenic farm track, fields, woodland, with some historic landmarks and several stiles. No dogs please as we may encounter livestock. Refreshments available at the Corner Cafe at the Plaistow Stores Jan 01403 753528

**Fri 12 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 13 Jan 2.00pm Strawberry Lane Level 2 4 miles 2 hours**

Walk 2306. Meet at Thakeham Village Hall car park, RH20 3GP. If Car Park is busy park in adjacent Abingworth Crescent. 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.

January 2024

**Sun 14 Jan 10.00am Three Woods Walk Level 3 6.5 miles 3 hours**

Walk 3029. 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 sidlined.remark.intruding .

**Mon 15 Jan 10.30am 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 07780 701184

**Tue 16 Jan 11:00am Steyning Health Centre Walk Level 2 2 miles 75 mins**

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. Ann 01903 297553 / Jacky 01903 815543

**Fri 19 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 07751 092103

**Sat 20 Jan 2.00pm Nutbourne Level 2 3 miles 1.5 hours**

Walk 2034. Meet at West Chiltington Village car park, 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 Jan 10.00am Wiggonholt Common & Parham Park Level 3 5.2 miles 2.5 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 their along quite roads and footpaths to Parham Parks grounds with its veteran trees and herd of deer. Dogswelcome refreshments provided . Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com. What3Words chesnuts.squares.amaze

**Mon 22 Jan 10.00am Knepp Estate Walk Level 3 6 miles 3 hours**

Walk 3167. Park at Swallows Lane, Dial Post. RH13 8NN (off A24), honesty box - park at your own risk. Possibility of seeing pigs, cows, deer and horses, paths will be muddy. No dogs.

Louise 07714 949421

**Thu 25 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 01403 255710

**Fri 26 Jan 10.00am Beyond Billingshurst Level 2 5.5miles 2 hours 30 mins**

Walk 2305. Meet at Jubilee Fields free carpark RH14 9HZ (TQ082263) 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 may follow 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. A variety of facilities available in Billingshurst for refreshments.

Jan 01403 753528

January 2024

**Fri 26 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 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 27 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 28 Jan 10.00am West Chiltington, Thakeham & Warminghurst Level 3 5.7 miles 2.5 hours**

Walk 3164. Meet at Thakeham Village Hall, Abingworth on the B2139, RH20 3GZ. What3Words clarifies.creeps.explored. Charming villages, woodland, farms, and great views across open countryside. Connecting three Norman churches: St Mary's West Chiltington, St Mary's Thakeham, and The Holy Sepulcher at Warminghurst used by William Penn, founder of Pennsylvania. Stiles. Dogs welcome. Cuppa, cake, and chat afterwards.

Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com

**Mon 29 Jan Snowdrop Walk, Cowfold 10.30am Level 2 4.8 miles 2.5 hours**

Walk 2060. Meet in the middle of the 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

**Tues 30 Jan 10.00am Milton Heath, Dorking Level 3 5.5 miles 2 hrs 45 mins**

Walk 3134. Meet at Milton Heath and The Nower free car park (height restriction 2m), off Westcott Road, Dorking RH4 3JU (TQ155488). A walk through fields and woods, passing some interesting properties, returning on the southwest edge of Dorking. A couple of steep climbs. Good views. Some stiles. No dogs.

John 0796 6311 415

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### The Conversation Starter Project

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 at 10.00am-11.00am

Venue: **Southwater Country Park**

Every Friday 12-12.40pm

(Meet at Iggy The Dinosaur, Lintot Square)

No need to book – just turn up on the day

Email: [conversationstarterproject@gmail.com](mailto:conversationstarterproject@gmail.com)