



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 Café or the Park Café (check on the day).
 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

Fri 1 Aug 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 07751092103

Sat 2 Aug 2:00pm Threals Lane Level 2 3.5 miles 1.5 hours

Walk 2334. Meet at Thakeham Football Club car park, RH20 3GW. This circular takes us from Abingworth to Threals Lane before returning via Thakeham Village. 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 3 Aug 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 their 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 4 Aug 10.00 am 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 5 Aug 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 8 Aug 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 9 Aug 2:00pm Figure of Eight Level 3 3 miles 1.5 hours

Walk 3033. Meet at Kithurst Hill car park, TQ070124. This walk enables walkers to enjoy the beauty of the South Downs by joining together two of our shorter walks. The walk contains long gradual hills. Dogs welcome refreshments provided. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com. What3Words jaundice.bucks.workforce

Sun 10 Aug 10:00am Houghton Forest & Bignor Hill Level 3 5.5 miles 2.25 hours

Walk 3022. Meet at Whiteways car park BN18 9FD. If you want to enjoy one of the best views in Sussex this is the walk for you. Dogs welcome. From Whiteways we drop down to the River Arun and follow it for a short distance before wending our way back to the top of the hill and well-earned refreshments. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com.

Mon 11 Aug 10.00am Buchan Park 5 miles 2.5 hours

Walk 2307. Please meet at Buchan Park RH11 9HQ - Horsham Road Crawley. Parking there by kind permission of the West Sussex County Council Rangers. We walk up to Pease Pottage and then back to the Park through Cottessmore Golf Club. No dogs. toilets in the park. Jill 07780 701184

Thu 14 Aug 10:00am Wisborough Green Level 2 6 miles 2 hrs 45 mins

Walk 2175. Meet in the car park at the Village Hall in Wisborough Green, RH14 0DU (TQ051258). A walk with some stiles through woods, across farmland, bridleways and alongside River Arun/Canal, passing Lording's Lock, with views of the South Downs. No dogs, we may encounter livestock.

Geoff 01403 258180 /07929952846

Thu 14 Aug 11:00am Henfield – The Short One – Tottington Woods Level 1 0.6mile 40 mins

Meet SMALL DOLE village hall area BN5 9XE. No stiles, mixed surfaces all weather path, We will be looking at the trees and pond. Dogs on leads please. Bus 100 stop at small dole post office.

Angela 07563 149616

Fri 15 Aug 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 16 Aug 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. W3W legs.mermaids.split Dogs welcome, refreshments provided. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com.

Sun 17 Aug 10:00am Washington to Sullington Level 3 5 miles 2.5 hours

Walk 3184. Meet at Old London Road, Washington RH20 3BN. 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. This walk takes across the countryside to Sullington before walking along the foot of the downs, with wonderful views, to Washington Village. Dogs welcome and refreshments provided. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com.

Mon 18 Aug 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 Topsy 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 19 Aug 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 20 Aug 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

Fri 22 Aug 10.00am Vachery Estate Level 2 5 miles 2 hrs

Walk 2313. Park in Grove Road near the junction with Horsham Road, Cranleigh, GU6 7LE (TQ065384), what3words: scans.hobby.sensitive. The walk includes part of the pleasant Vachery estate and Downs Link through open fields and woods towards Baynards before returning back to the southern edge of Cranleigh. No dogs as we may encounter livestock.

Jan 01403 753528

Fri 22 Aug 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 23 Aug 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 24 Aug 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 25 Aug 10.00am Staplefield – Cuckfield Golf Course 5.8 miles Level 3

Depart from the cricket pavilion on the SW corner of Staplefield Green. Park up the side of the green, more space nearer the top (north). We walk east on a lane, then on footpaths, crossing the River Ouse, over farmland and up onto Cuckfield Golf Course with fine views, then return mostly on footpaths – including the Sussex Ouse Valley Way. There are stiles and certainly mud if wet. No dogs please as there are livestock.

Alan 07890 118171

Wed 27 Aug 10:00am Shermanbury - Wineham Level 2 6 miles 2hrs 45 mins

Walk 2055. Meet in the lay by on the west side of the A281, 200 yards south of the Bull Inn at Mockbridge (TQ212179).. A mostly flat circular walk over farmland along the River Adur to Wineham and return to Shermanbury by a route north of the river . Some stiles. No dogs because of possible livestock.

Geoff 01403 258180 / 07929952846

Thu 28 Aug 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 29 Aug 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

Fri 29 Aug 10:00am Rudgwick and Rowhook 5.5 miles 2.5 hours Level 2

Walk 3186. Meet in the free off-road parking strip RH12 3HF, w3w.co/digit.resemble.pats This is near to the King's Head on the B2128 signposted Rudgwick off the A281. A flat easy walk with several stiles, good footpaths through woodland and green meadows across to Rowhook. The return to Rudgwick includes the Sussex Border path. Good food available locally.

Jan 01403 753528

Sat 30 Aug 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 31 Aug 10.00am Wepham Down, Perry Hill & Historic Lee Farm Level 3. 5.5 miles. 2.5 hrs

Walk 3009. Meet at Kithurst Hill car park, What3Words jaundice.bucks.workforce. Drive from Storrington along the B2139 towards Amberley and turn left 1.3 miles from Tesco's petrol station in Storrington. Drive to the very top of the hill. Exploring part of the South Downs National Park, with open country and great views. Cuppa, cookies, and chat afterwards. Dogs welcome.

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



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](https://menwalktalk.co.uk/walks) on the MenWalkTalk website:
<https://menwalktalk.co.uk/walks>