



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

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



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*

September Walks

**Tue 1 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 4 Sep 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 07475736474

Fri 4 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 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 5 Sep 2:00pm Sullington Church Level 2 3.3 miles 1.5 hours

Walk 2049. Meet at Storrington Rec Ground car park, RH20 4BG This walk takes us to picturesque Sullington Church which is tucked away at the foot of the South Downs. The route is flat and easy with some stiles. Dogs welcome and refreshments provided. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com. What3Words culling.retraced.pictured

Sun 6 Sep 10:00am Three Woods Walk Level 3 6.5 miles 3 hours

Walk 3092. Meet at Georges Lane NT car park, RH20 3JH. 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 7 Sep 10:00am St Georges–Stunning Seasonal Sussex Level 2 5 miles 2.5 hrs

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. w3w ///covertly.prowl.smooth Jill 07780701184

Fri 11 Sep 10:00am Rudgwick and Rowhook 5.5 miles 2.5 hours Level 2

Walk no: 3186 Meet in the free off-road parking strip RH12 3HF, what3words:digit.resemble.pats, near to the King's Head on the B2128 signposted Rudgwick off the A281. A circular walk with several stiles, good footpaths through woodland and fields across to Rowhook returning via open farmland including parts of the Sussex Border path. Good food available locally. No dogs please as we may encounter livestock.

Jan 07475736474

Fri 11 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 Bridger 07751092103

September Walks

Sat 12 Sep 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 13 Sep 10:00am Hurston Place Level 3 4.8 miles 1.75 hours

Walk 3018. Meet at Storrington Rec Ground car park, RH20 4BG. This walk takes us to the lanes and footpaths to the north of Storrington. Dogs welcome and refreshments provided. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com

Mon 14 Sep 10.00am Sedgwick Park Circular Level 2 6 miles 3 hours

Walk 2255. Meet at Hillier Garden Centre, Brighton Road, Horsham, RH13 6QA (TQ187296). Please park on the gravel at the farthest end of the car park. Join us in a delightful walk up to Sedgwick and back using paths and lanes. It can be muddy. The Mulberry and Thyme Cafe in the Garden Centre is a nice coffee/lunch stop. The Brighton Bus stops outside the Garden Centre, please check timetables for suitable bus. It will be muddy. No dogs.///boats.career.ruler Jill 07780 701184

**Tue 15 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 18 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 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

Fri 18 Sep 10:00am Drungewick Detour Level 2 4 miles 2 hours

Walk 2318. Park and meet at the free Arun Trust car park beyond the Onslow Arms Public House, Loxwood, RH14 0RD (TQ041319), Onslow Arms is south of Loxwood on the B2133.

What3words:twinge.hydrant.unguarded. The first half of this flat circular walk follows a winding and interesting part of the Wey & Arun Canal, passing Brewhurst and Baldwin's Knob Locks before leaving the canal at Drungewick. Passing by Drungewick Manor leaving the Wey South Path to return through bridleway, woodland, fields and quiet country lanes with some fine views. Please note NO STILES. Can be muddy. No dogs please as we may encounter livestock. Jan 07475736474

Sat 19 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 20 Sep 10:00am North Stoke Level 3 7.4 miles 3 hours

Walk 3065. Meet at Kithurst Hill car park, TQ070124. This longer walks explores the South Downs above Amberley before dropping down to North Stoke, then it wends back towards the South Downs Way. The walk includes a steep hill. Dogs welcome refreshments provided. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com. What3Words jaundice.bucks.workforce

September Walks

Mon 21 Sep 10:00am Horsham Going South 5 miles 2.5 hrs Level 2

Walk 2064. Meet at the Hop Oast Park and Ride, Horsham Worthing Road, RH13 0AR. Bus 23 and 98 from Horsham takes you to the Park and Ride. Free parking all day. Delightful circular walk taking in views and the centre of Horsham but also reaching out into the lovely green spaces south of Horsham. If walkers would like to stop for a coffee/ lunch in Horsham they can and catch the bus back afterwards. No dogs.

Jill 07780 701184

Thu 24 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 Coxon 01403 255710

Fri 25 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 Bridger 07751092103

Sat 26 Sep 2:00pm Sandgate Park & Sullington Warren Level 2 3.6 miles 1.75 hrs

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 27 Sep 10:00am Highden and 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 toads.syndicate.unlisted. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com.

Mon 28 Sep 10.00am West Grinstead 5 miles 2.5 hours Level 3

Walk 3178. Meet at West Grinstead Old Railway Station. Please park at the Railway Station RH13 8LY. It is on the A272 going east towards Cowfold. The entrance is just after the nursery on the left if you are coming from Buck Barn crossroads. It is easy to miss the turning so do slow down and take it carefully. If the car park is full, you can park on Park Lane which is on the opposite side of the A272. We walk South towards St George's Church, then back up the Downs Link. There may be cattle. There are a number of stiles. It could be muddy. No dogs. w3w ///boil.signified.famous

Jill 07780 701184



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:

**These walks are independently organised and are not affiliated with Horsham District Council or Horsham District Wellbeing*