# 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**
**No Walk on 17th, 24th and 31st December 2026**
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**
**No Walk on 25th December and 1st January 2027**
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*

**Tue 1 Dec 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 3 Dec 10:00am Sidney Wood/Wey and Arun Canal Level 2 5.5 miles 2.5 hrs**
Walk 2072. Meet Forestry Commission car park (TQ026350) which is reached by taking the Dunsfold Road (B2130) for approximately 1 mile from Alfold Crossways (A281). The car park can be found by taking a left turn onto a track situated on a sharp right hand bend in the road just past a sign for the "Springbok Estate". A flat walk through mainly wooded countryside including an old canal tow path, lakes and views across farmland. One stile and can be wet and muddy. No dogs. Geoff 01403 258180 / 07929 952846

**Fri 4 Dec 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 5 Dec 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 6 Dec 10:00am Codmore Hill Level 3 5.5 miles 2.5 hours**
Walk 3213. Meet at Stopham Bridge, RH20 1DS, 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 horse gallops, lovely views of the South Downs . Long slopes and short steep climbs, the route can be muddy in places.. Dogs welcome. Cuppa, cake, and chat afterwards. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com

**Mon 7 Dec <u>10.00am</u> St Leonards Forest Level 2 6 miles 3 hrs**
Walk 2264. Park in the Forestry Commission Car Park - Roosthole - on Hammerpond Road RH13 6PG. This is a circular walk through the Forest. It might be stoachy - a Sussex word for muddy. No dogs. What3Words cares.buffoon.photocopy Jill 07780 701184

**Tue 8 Dec 10:00am Fittleworth Level 2 5.5 miles 2.75 hours**
Walk 2256. Walk at Fittleworth with parking at Hesworth Common car Park which is located at the west end of Fittleworth off Lower Street. This turning is just after you have made the sharp left hand bend followed by the right hand bend at the west end of Fittleworth. The What Three words for the car park is ///bids.ruffling.timer or Latitude 50 57 58.2840N Longitude 0 34 0.8796W. The car park is popular with dog walkers but when I did the recce for the walk there was about 7 spaces left. If you cannot get in, there is a lay-by just to the south of the car park with space for 4 cars. Call me on my mobile if you cannot find any parking 07966311415. The walk is about 5.5 miles long over mainly flatish ground. No stiles. Boots are recommended. See OS EXPLORER Map OL10. John 0796 6311 415

**Fri 11 Dec 10:00am Vachery Estate Level 2 4. 5 miles 2 hrs**
Walk no: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. If wet likely to be muddy in parts. No dogs as we may encounter livestock. Jan 07475736474

**Fri 11 Dec 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 12 Dec 2:00pm Strawberry Lane Level 2 4 miles 2 hours**
Walk 2314. 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. 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.

**Sun 13 Dec 10:00am Findon Valley & Chanctonbury Ring Level 3 5.5 miles 2.5 hours**
Walk 3176. Meet at Washington South downs Way car park, TQ120119. Walk 3176. Meet at Washington South Downs Way car park. Drive south on the A24 from Washington Roundabout and take the first left into Washington Bostal. Take the rough track on the right to the free car park. What3Words bashed.hack.puffed. Exploring downland from Washington taking in Findon Valley, Buddington Bottom, Chanctonbury Ring, and the South Downs Way. Long steep climbs. Rolling hills. Great views. Dogs welcome. Cuppa, cookies, chat afterwards. contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com.

**Mon 14 Dec 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. The Estate has now regularised the parking and please be prepared to pay for 3 hours parking, which may be £5. 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

**Tue 15 Dec 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 17 Dec 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

**Thu 17 Dec 10:00am The 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

**Fri 18 Dec 10:00am Alfold Amble Level 2 5 miles 2.5. hours**
Walk No: 3188 Meet at the car park behind the Onslow Arms, RH14 0RD (TQ 041312), What 3words: humans.move.unloading. Not quite a leisurely stroll across fields and lanes including part of the Wey and Arun Canal and ancient Loxwood woods returning back to Alfold across the fields. Good views. Two low level sturdy stiles. If wet likely to be very muddy in parts. No dogs as we may encounter livestock.
Jan 07475736474

**Fri 18 Dec 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

December 2026 Walks

**Sat 19 Dec 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 20 Dec 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 toads.syndicate.unlisted. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com.

**Mon 21 Dec 10.00am Sedgwick Park Circular Level 2 6 miles 3 hours**
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


**Fri 25 Dec 10:00am Barns Green – South Level 2 5 miles 2.5 hours**

Walk 2170. Meet in the car park above the Village Hall, Barns Green RH13 0PT (approached across the yellow road markings at front of the village hall). A fairly flat walk, with a couple of inclines, through fields and woodland. 5+ stiles. Can be muddy. Dogs welcomed. John 0796 6311 415


**Sat 26 Dec 10:00am Southwater Paths & Lanes Level 2 5.5 miles 2.5 hours**

Walk 2217. Park in the car park for the Country Park, (off Cripplegate Lane, RH13 9UN, TQ161259). A mainly flat, circular walk along quiet footpaths, tracks and lanes. Two stiles. Good views to the South Downs. We are likely to encounter cattle. Dogs welcomed. Be prepared for there to be a parking charge. John 0796 6311 415

**Sun 27 Dec 10:00am 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.

**Mon 28 Dec 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 70118

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