

# Walks Programme

Free, sociable, family friendly walks led by volunteers. No need to book, just turn-up.

**Health Walks** are over easy terrain and aimed at beginners and those with long term health conditions.

Health Walks are accredited by the national Ramblers Walking for Health scheme.

**Level 2 and 3 Walks** are over longer distances, more strenuous and may include hills and stiles.

Level 2 and 3 walks are organised by Horsham District Council in conjunction with other walking groups.

## DUE TO COVID-19 YOU MUST ADHERE TO THE FOLLOWING

1. You must **NOT** attend the walk if you have any COVID-19 symptoms (typical symptoms include: high temperature, new continuous cough, loss of taste and smell). If a walk leader suspects you are showing signs of COVID-19 you must accept and respect the walk leaders decision to ask you to leave the group
2. Walk leader are not allowed to let you join the walk if your contact details are not provided before the start of each walk to support NHS contact tracing. If the mobile number for the walk leader is shown in the programme you may do this by text in the 24 hrs before the start of the walk. If you do not provide contact details you must accept and respect the walk leaders decision not to allow you to join the walk
3. You **MUST** accept and respect the Walk Leaders decision not to allow you to join a walk if the maximum number of 30 allowed under current guideline walkers has been reached
4. During the walk please follow to the government guidelines on social distancing
5. We recommend that you bring your own alcohol-based hand sanitiser and face covering
6. Avoid touching gates and stiles where possible
7. Do not share food & drink, or equipment such as walking poles
8. Please arrive 15 minutes earlier than the published start time of the walk as parking is restricted on some walks and wait patiently while contact details are collected

The information above is based on government guidelines issued at the time this programme was produced. The guidelines to protect the public are under constant review. We will make changes/cancellations, without notice, to our programme to comply with the guidelines the government announce to combat the pandemic.

**IT IS A CONDITION OF JOINING OUR WALKS THAT YOU ACCEPT AND RESPECT THE WALK LEADER'S DECISION TO ASK YOU TO LEAVE THE GROUP IF:**

- The walk leader suspects you are showing signs of COVID-19, or
- You do not provide your contact details to support NHS contact tracing, or
- The maximum number of 30 walkers, including the walk leader/s, has been reached, or
- You do not arrive at least 15 minutes earlier than the published start time of the walk, or
- You do not adhere to the government guidelines to protect the public from COVID-19

**WEEKLY WALKS**

**Mon 10:45am North Heath, Horsham 2 miles 30 or 75 mins Health**

Walk 1001. 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 30 or 60 mins Health**

Walk 1007. Meet at bandstand in Carfax (RH12 1FD). Choose a 30 or 60 mins flat walk on good paths, an incline under Albion Way, around park and pond. Suitable for elderly and those recovering from illness.

Wheelchairs and buggies welcome. Stop for a coffee in Conservatory Café. Dogs must be kept on a lead.

Emmy 01403 255517 or Doreen 01403 230293

**Fri 10:30am St Mary's Church, Horsham 2.5 miles 90 mins Health**

Walk 1002. Meet outside St Mary's Church, Causeway, Horsham, RH12 1HE. Walk along public footpaths and private estates by special permission through farmland or edge of woodland. Gentle slopes, no stiles.

Wheelchairs and buggies welcome. Keep dogs on lead if passing sheep or cattle. Toilets in the Church.

Peter and Viv Tobutt 01403 260783

Download this programme at: <https://www.horsham.gov.uk/leisurepages/Leisure/sports/walking>

This Walks Programme is managed by Horsham District Council which is responsible for the processing of your personal data and is the data controller for all such information. We regard your privacy as very important. Any personal information you provide us with will be dealt with in accordance with our Privacy Policy and the Terms of Use and will only be used in relation to this scheme

Chatter Cheema, Health Walks Coordinator; 07720 714 306 email: [chatter.cheema@horsham.gov.uk](mailto:chatter.cheema@horsham.gov.uk)

## January

**Fri 1 10:30am St Mary's Church, Horsham 2.5 miles 90 mins Health**  
Walk 1002. See Weekly Walks at start of Programme

**Sat 2 2:00pm Cootham 3 miles 1.5 hrs Level 2**  
Walk 2047. Meet at Storrington Recreation Ground Car Park, RH20 4BG. It is an easy flat route and suitable for all abilities. Dogs welcome. Mick01903 745971

**Sun 3 10am Lee Farm (1) 4.5 miles 2 hrs Level 3**  
Walk 3010. Meet at Kithurst Hill car park (TQ070124). This walk takes us to historic Lee Farm in the heart of the South Downs behind Storrington. The Car Park is off the Storrington to Amberley Road (B2139). 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. Dogs welcome. Mick 01903 745971

**Mon 4 10:30am Noggin of Nuthurst 5 miles 2 hrs Level 2**  
Walk 2274. Meet outside the Church in Nuthurst, RH13 6LH, please park in the road. One of two delightful circular walks through woodland and fields in the heart of Sussex catching occasional glimpses of our precious Downs. Can be very muddy. Jill 07780 701184

**Mon 4 10:45am North Heath, Horsham 2 miles 30 or 75 mins Health**  
Walk 1001. See Weekly Walks at start of Programme

**Tue 5 11:00am Steyning Health Centre Walk 2 miles 75 mins Level 2**  
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

**Wed 6 10:30am Horsham Park Stroll 1+ mile 30 or 60 mins Health**  
Walk 1007. See Weekly Walks Doreen 01403 230293 Emmy 01403 255517

**Fri 8 10:30am St Mary's Church, Horsham 2.5 miles 90 mins Health**  
Walk 1002. See Weekly Walks at start of Programme

**Sat 9 2:00pm Sandgate Park & Sullington Warren 3.6 miles 1 hr 45 mins Level 2**  
Walk 2041. Meet at Storrington Rec. Ground C.P Car Park RH20 4BG. This walk offers visits to two wonderful areas very close to Storrington. Both are managed for public enjoyment and nature conservation. An easy flat route. Dogs welcome. Mick 01903 745971

**Sun 10 10:00am Wiggonholt Common and Parham Park 5.2 miles 2 hrs Level 3**  
Walk 3036. Meet in the RSPB Wiggonholt Overflow Car Park, RH20 2EL. This walk takes us through the RSPB reserve and from there along quiet roads and footpaths to Parham Park grounds with its veteran trees and herd of deer. Dogs welcome. Mick 01903 745971

**Mon 11 10.30am Sedgwick Park Circular 6 miles 3 hrs Level 2**  
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. Will be very muddy in parts. After the walk, the cafe at the Garden Centre is a great place for lunch. Toilets at the Garden Centre. The Brighton Bus stops outside the Garden Centre, please check timetables for suitable bus. Sorry, no dogs. Jill 07780 701184

## January

- Mon 11 10:45am North Heath, Horsham** 2 miles 30 or 75 mins **Health**  
Walk 1001. See Weekly Walks at start of Programme
- Wed 13 10:30am Horsham Park Stroll** 1+ mile 30 or 60 mins **Health**  
Walk 1007. See Weekly Walks Doreen 01403 230293 Emmy 01403 255517
- Fri 15 10:30am St Mary's Church, Horsham** 2.5 miles 90 mins **Health**  
Walk 1002. See Weekly Walks at start of Programme
- Sat 16 2:00pm Thakeham Circular** 3 miles 1.5 hrs **Level 2**  
Walk 2040. Meet in Thakeham Church car park, RH20 3EP. This popular short walk explores the tracks, footpaths and byways north of Thakeham Village. Parts of this route can be wet and muddy. Dogs welcome. Not suitable for buggies as the route includes stiles. Mick 01903 745971
- Sun 17 10:00am Kithurst South Circular** 3 miles 1.5 hrs **Level 2**  
Walk 2046. Meet at Kithurst Hill car park (TQ070124). Enjoy the beauty of the South Downs on this walk in an easy and relaxed way. The Car Park is off the Storrington to Amberley Road (B2139). 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 is level and has no steep hills. Dogs welcome. Mick01903 745971
- NEW WALK**
- Mon 18 10:30am Slaugham Stride** 5 miles 2.5 hrs **Level 2**  
Walk Number 2282. Please park neatly at Slaugham Church, RH17 6AQ. We walk under the motorway and then round Nymans, to pick up the lovely bridle way back down to Slaugham. It will be muddy. Jill 07780 701184
- Mon 18 10:45am North Heath, Horsham** 2 miles 30 or 75 mins **Health**  
Walk 1001. See Weekly Walks at start of Programme
- Tue 19 11:00am Steyning Health Centre Walk** 2 miles 75 mins **Level 2**  
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
- Wed 20 10:30am Storrington Riverside Walk (2)** 2.5 miles 1.5 hrs **Level 1**  
Walk 1507. Meet at Storrington Rec. Ground C.P. (RH20 4PG). Explore Storrington's Riverside Walk. Easy, flat, well surfaced walk with pleasant views. Suitable for children's buggies. Dogs welcome, no stiles or hills. Mick 01903 745971
- Wed 20 10:30am Horsham Park Stroll** 1+ mile 30 or 60 mins **Health**  
Walk 1007. See Weekly Walks Doreen 01403 230293 Emmy 01403 255517
- Fri 22 10:30am St Mary's Church, Horsham** 2.5 miles 90 mins **Health**  
Walk 1002. See Weekly Walks at start of Programme
- Sat 23 2:00pm Under the Downs** 3.6 miles 1 hr 45 mins **Level 2**  
Walk 2037. Meet at Storrington Rec. Ground C.P Car Park RH20 4BG. This is a short walk towards the bottom of the South Downs escarpment, it then returns via the Church and Glebe Meadow. Dogs welcome. Mick 01903 745971

# January

**Sun 24 10am Gumber Farm and the Bottoms 6.7 miles 2.5hrs Level 3**  
Walk 3080. Exploring Houghton Forest and The Denture to Gumber Farm via Gumber Corner. Then along Monarch's Way and the Roman Road to Gumber Farm, where we turn east and head for home via Great Bottom, Little Bottom, and Trot Row. Dogs welcome. Meet at the car park just off the Whiteways roundabout at the junction of the A29 and A284, BN18 9FD. Mick 01903 745971

**Mon 25 10:30am Cowfold (2) 4.8 miles 2.5 hrs Level 2**  
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 shady slight uphill circular walk through quiet lanes and paths, with some stiles. Can be wet and very muddy. We may see snowdrops. Sorry, no Dogs. Jill 07780 701184

**Mon 25 10:45am North Heath, Horsham 2 miles 30 or 75 mins Health**  
Walk 1001. See Weekly Walks at start of Programme

**Wed 27 10:30am Horsham Park Stroll 1+ mile 30 or 60 mins Health**  
Walk 1007. See Weekly Walks Doreen 01403 230293 Emmy 01403 255517

**Fri 29 10:30am St Mary's Church, Horsham 2.5 miles 90 mins Health**  
Walk 1002. See Weekly Walks at start of Programme

**Sat 30 2:00pm Sullington Church 3.3 miles 1.5 hrs Level 2**  
Walk 2049. Meet at Storrington Recreation 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. Dogs welcome. Mick01903 745971

**Sun 31 10:00am Roundabout West Chiltington 3.8 miles 1 hr 45 mins Level 2**  
Walk 2166. Meet at West Chiltington Village Hall, RH20 2PZ. A lovely varied walk around West Chiltington. Dogs welcome. Mick 01903 745971

## **A volunteer walk leader will be at the start of the walk whatever the weather**

- We reserve the right to change or cancel a walk without notice
- Please wear suitable clothing and footwear
- Children under 16s 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

## **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