

# 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

## **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

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

1. Do **NOT** attend walks if you have any COVID-19 symptoms. If a walk leader suspects you have 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 you do not provide your contact details before the start the walk to support NHS contact tracing
3. Please arrive 15 minutes earlier than the published start time for contact details to be collected and during the walk please adhere to any COVID-19 related Government advice that applies at the time

*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.*

## **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

## WEEKLY WALKS

**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 30 or 60 mins**

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

**Wed 2.30pm Horsham Heritage Guided walks 2 miles 1 hr 45 mins**

The walks take place Wed & Sun afternoons from outside the Museum in Causeway whatever the weather. These free walks are led by experienced Guides who put their own individual touch on their presentation.

These walks are not just for visitors to the Town; about half the people are locals keen to know more about the Town and often add interesting anecdotes to the guide's talk.

The walk includes Market Square, East Street, Carfax, West Street, The Forum and the outside of St Mary's Parish Church and we will try to accommodate any special requests.

The Walks are aimed at small groups, there is no need to book but children and vulnerable adults must be accompanied by an adult. We can also accommodate larger groups, societies, etc by pre-arrangement. These walks are run by The Horsham Society. Information leaflets available in Museum or 01403 261905

**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; lower slopes on public footpaths, no styles 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 wheel chairs, 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

**Sun 2.30pm Horsham Heritage Guided walks 2 miles 1 hr 45 mins**

Meet outside Horsham Museum in the Causeway – see above for details

01403 261905

- Sun 1 10:00am Figure of Eight 5 miles 2 hrs 15 mins**  
 Walk 3033. Meet at Kithurst Hill car park (TQ070124). This walk explores the South Downs around Kithurst and includes wonderful views towards the North Downs and the coast. 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 includes a steep hill. Dogs welcome. Refreshments provided. Mick 01903 745971
- Mon 2 10:30am Slaugham Stride 5 miles 2.5 hrs**  
 Walk 2282. Please park neatly at Slaugham Church. RH17 6AG This could be one of several lovely walks that are available to us, from the Church - depends on the mood of the leader! Jill 07780 701184
- Tue 3 11:00am Steyning Health Centre Walk 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
- Sat 7 2:00pm The Burgh 4.5 miles 1 hr 45 mins**  
 Walk 3023. Meet at Kithurst Hill car park (TQ070124). A pleasant walk which takes us into the very heart of the South Downs. The Car Park is off the Storrington to Amberley Road (B2139). It is a left turn 1.3 miles from Tesco's roundabout in Storrington. After taking the turning, drive to the Car Park at the very top of the hill. The walk includes a long gentle incline. Dogs welcome. Refreshments provided. Mick 01903 745971
- Sun 8 10:00am Wepham Down, Perry Hill & Lee Farm 6.5 miles 2 hrs 45 mins**  
 Walk 3009. Exploring part of the South Downs National Park, with open country, great views from Arundel to Bignor Hill, and a steep hill. Dogs welcome. Refreshments. Meet at Kithurst Hill carpark. Drive from Tesco's roundabout Storrington towards Amberley along the B2139 and after 1.3 miles turn left. Mick Denness 01903 745971.

#### NEW WALK

- Mon 9 10:30am Knepp Estate Walk 6 miles 3 hrs**  
 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 can be muddy. No dogs. Jill 07780 701184
- Fri 13 11:00am Barns Green (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. Chatter 07720 714306
- Sat 14 2:00pm Fryern Park 3 miles 1 hr 15 mins**  
 Walk 2042. Meet at Storrington Rec. Ground C.P Car Park RH20 4BG. This lovely short walk offers uninterrupted views towards the South Downs as route goes through Fryern Park with its landscaped pleasure gardens and waterfall. Some stiles. Dogs welcome. Refreshments provided. Mick 01903 745971
- Sun 15 10:00am Wiggonholt Common and Parham Park 5.2 miles 2 hrs**  
 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, refreshments provided. Mick 01903 745971

#### NEW WALK

- Mon 16 10:30am Lower Beeding 5 miles 2.5 hrs**  
 Walk 2285. Park at Lower Beeding Village Hall car park, Leechpond Hill RH13 6NR. This walk takes us east around Leonardslea and then across to Prings Lane and back. Jill 07780 701184

**Tue 17 11:00am Steyning Health Centre Walk 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

**Wed 18 10:30am Storrington Riverside Walk 2.5 miles 90 mins**  
Walk 1507. Meet at Storrington Recreation Ground Car Park, RH20 4PG. Come and explore Storrington's y Riverside Walk. This flat, well surfaced walk is ideal for people who want an easy walk with pleasant views. Suitable for children's buggies. Dogs welcome, no stiles or hills. Refreshments provided.  
Mick 01903 745971

**Thu 19 10:45am Haskins Snowhill, Copthorne 4.5 miles 2 hrs**  
Walk 2158. Meet at the Haskins Snowhill Garden Centre car park, Snowhill Lane, Copthorne RH10 3EY. From J10 of the M23 take the A264 towards East Grinstead. Exit left at the roundabout near the Dukes Head pub, heading north towards Newchapel. Go past the Copthorne Effingham Park hotel and Haskins Snowhill is opposite the next roundabout. They have kindly allowed us to use their car park. A variety of circular countryside walks near Copthorne and Felbridge. The walks can go through open countryside, farmland, or woods and there may be stiles and some gentle inclines. After the walk you can visit the cafe for afternoon refreshments or browse around this lovely garden centre.  
Pat 01342 712591

**Sat 21 2:00pm Sullington Church 3.3 miles 1.5 hrs**  
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. Refreshments provided.  
Mick01903 745971

**Sun 22 10:00am Rowdell 6.5 miles 2 hrs 45 mins**  
Walk 3002. Meet at Storrington Rec. Ground C.P Car Park RH20 4BG. Today's walk takes us from the village centre along the foot of the Downs towards Washington to Rowdell. From here we climb up to the top of the South Downs past Chanctonbury Ring and follow the South Downs Way before dropping back down to the village. Dogs welcome, refreshments provided.  
Mick 01903 745971

#### NEW WALK

**Mon 23 10:30am Southwater to Nuthurst 5 miles 2.5 hrs**  
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. Note a parking fee of £2.00 for 3 hours is payable at the Country Park. Jill 07780 701184

**Fri 27 11:00am Barns Green (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. Chatter 07720 714306

**Sat 28 2:00pm Washington Common & Rowdell 3.5 miles 1.5 hrs**  
Walk 2161. Meet Old London Rd, Washington RH20 3BN, from Washington roundabout drive north on the A24 for 200 yards, turn left and then immediate left again onto the Old London Road. Drive to the far end. A pleasant circular route which starts at the National Trust's Washington Common woods before heading towards Washington Village. From there our route takes us along the foot of the downs past Rowdell before heading back along quite lanes to our starting point. Dogs welcome. Refreshments provided.  
Mick 01903 745971

**Sun 29 10:00am Harrow Hill**

**6 miles**

**2.5 hrs**

Walk 3035. Venturing along the South Downs Way and deep into the Angmering Park Estate, taking in Harrow Hill and Lee Farm. Hills and stiles. Great views. Dogs welcome and refreshments provided at the end of the walk. Meet at Kithurst Hill carpark. Drive from Tesco's roundabout Storrington towards Amberley along the B2139 and after 1.3 miles turn left. Drive to the very top of the hill. Mick 01903 745971

**Mon 30 10:30am Horsham Going South**

**5 miles**

**2.5 hrs**

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.

Jill 07780 701184

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## **SATURDAY 11th SEPTEMBER 10am - ANNUAL RIVERSIDE WALK**

Start and finish at New House Farm, Old Crawley Road, Faygate, Horsham RH12 4RU.  
The owner has kindly agreed to allow walkers to use their car park.

This 13-mile circular walk is free to walkers and runners of all ages. For further information see: <https://www.horsham.community/2021-annual-riverside-walk/>

We hope you, your family, friends and colleagues (and dog) will be able to join us but you must adhere to COVID related Government advice and restrictions that apply at the time

A free mini bus will wait at agreed points to transport walkers back to the farm car park if they do not wish to walk the total distance.

To help planning please email [horshamriversidewalk@gmail.com](mailto:horshamriversidewalk@gmail.com) or phone 07906 211030  
Those taking part can donate to the local branch of the charity, Parkinson's UK.

Organised by Horsham Town Community Partnership this walk will be led by Jill Shuker

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