

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

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

No Walk on 3rd & 10th May 2023

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 01403 255517 or Doreen 01403 230293

Wed 2.30pm Horsham Heritage Guided walks 1.5 miles 1 hr 45 mins

Every Wed & Sun afternoon between 1st April – 30th Sept. Meet 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.

Find out about the hidden history of this old and interesting town with an experienced guide.

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 Marys Church.

Meet your guide outside Horsham Museum, Causeway at 2.30pm.

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 stiles 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 wheelchairs, 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

Every Wed & Sun afternoon between 1st April – 30th Sept. Meet outside the Museum in Causeway. See above for details.

May 2023

Mon 1 May 10.30am New Walk – 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 will be very 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.

Jill 07780 701184

Tue 2 May 11:00am Steyning Health Centre Walk Level 2 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

Weds 3 May 10.00am Warnham Level 2 5 miles 2.5 hours

Walk 2112. Meet at the Rookwood Golf Club, RH12 3RR. Please park at the far end of the car park. The walk will be clockwise or anti-clockwise to Warnham via the deer park and the new bridleway and can be muddy. We will take a short break part way. Toilets are available in the club house. The Barn is also open for refreshments. Sorry, no dogs.

Michael 07719 467861

Fri 5 May 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

Sun 7 May 10.00am Kings Buildings & Houghton Forest Level 3 4.3 miles 1.75 hours

Walk 3147. Meet at Whiteways Car Park, BN18 9FD. Note car parking charges apply. This leisurely downland walk incorporates parts of the Southdowns and Monarchs Ways as well as enjoying walking through Houghton Forest. Dogs welcome and refreshments provided. W3W foiled.horn.fattening.

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

Tue 9 May 10.00am Barns Green, going 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. No dogs.

John 07966 311415

Thu 11 May 10.00am Sidney Woods / Wey Arun Canal Level 2 5.8 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. Some stiles and can be wet and muddy. No dogs.

Geoff 01403 258180 / 07929 952846

Fri 12 May 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.

Jill 07780 701184

Sat 13 May 2.00pm Knepp Castle Rewilding Level 3 5.5 miles 2.25 hours

Walk 3162. Meet on the road at Dial Post, RH13 8NQ. The rewilding work at Knepp is becoming world famous. The estate have done away with traditional farming ways and now cattle, pigs, ponies and deer roam freely over the 3,500 acre estate. We will be following the Blue waymarked route. Car parking donation requested. The walk is flat and can be very muddy in places. Dogs welcome.

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

May 2023

Sun 14 May 10.00am Nepcote & Buddington Bottom Level 3 6.3 miles 2.5 hours
Walk 3172. Going South on the A24, turn left 2.4 miles south of Washington roundabout at North End for New Barn at What3Words "probable.became.suggested". Please car share if possible.
Including Monarch's Way, South Downs Way, and delightful Buddington Bottom with its meadows and tunnel of trees. Long steep climbs, hills, woodland tracks, vast open spaces, and great views including Cissbury Ring, Chanctonbury Ring, and the sea from the Isle of Wight to Brighton.
Refreshments provided after the walk. Mick Denness 01903 745971

Mon 15 May 10.30am West Grinstead Level 3 5 miles 2.5 hours
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 Orchard Restaurant 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. 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 will be very muddy. Jill 07780 701184

Tue 16 May 11:00am Steyning Health Centre Walk Level 2 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

Weds 17 May 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

Weds 17 May 10:30am Storrington Riverside Walk Level 1 2.5 miles 90 mins
Walk 1507. Meet at Storrington Recreation Ground Car Park, RH20 4PG. Come and explore Storrington's 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/hills. Refreshments provided. Mick 01903 745971

Thu 18 May 10.00am Leith Hill – Below The Tower Level 3 5.5 miles 2.45 hours
Walk 3143. Meet at Starveall Corner car park on the Leith Hill to Abinger Common road (TQ131432). A circular walk with some steep hills. We pass Leith Hill Tower before descending through woods to open farmland below. Lovely views and interesting buildings. 8 stiles. Our return uphill starts gradually, some level paths, but is steeper towards the end. Bring a drink. No dogs. John 07966 311415

Thu 18 May 10.00am Loxwood Lanes Level 2 5 miles 2.5 hours
Meet at the car park North Hall (Loxwood Village Hall), RH14 0SF (TQ039831932), Guildford Road, B2133. Along lanes and fields and the ancient nearby woods where bluebells may be on display. Good views. Some stiles. Can be muddy if wet. No dogs as we may encounter livestock. Jan 01403 753528

Fri 19 May 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 20 May 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. What3Words jaundice.bucks.workforce.
Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com

May 2023

Sun 21 May 10.00am Chanctonbury 2 Level 3 5 miles 2.5 hours
Walk 3099. Meet at Washington South Downs Way car park, RH20 4AL. This walk takes us to the Ring via the escarpment of the South Downs, therefore expect a steep climb. We return by a slightly different route passing a wonderful dew pond on the way. Dogs welcome and refreshments provided. W3W factored.tricycle.bonfires. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com.

Mon 22 May 10.30am Warnham Wander Level 3 3 hours 6 miles
Park at Warnham Nature Reserve. RH12 2RA Parking with permission from Horsham District Council. We walk across to Warnham and then back via the fabulous new all-purpose path. Good cafe at the Reserve. Toilets. Jill 07780 701184

Wed 24 May 10:00am West Chiltington (1) Level 2 4 – 5 miles 2 hrs
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

Thu 25 May 10.00am Vachery Estate Level 2 5 miles 2.5 hours
Park in Grove Road considerably near the junction with Horsham Road, Cranleigh). GU6 7LP and TQ067380. A mainly level walk around the Vachery Estate heading north through open fields and woods towards Ewhurst before returning south to Cranleigh. Likely to be muddy if wet. Some stiles. No dogs as we may encounter livestock. Jan 01403 753528

Fri 26 May 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. Jill 07780 701184

Sat 27 May 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. Several stiles. Dogs welcome refreshments provided. What3Words cullingg.retraced.pictured
Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com.

Sun 28 May 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. What3Words canal.sunflower.basic
Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com.

Mon 29 May 10.30am A Different Staplefield Stride Level 3 6 miles 3 hours
Please park neatly in the lane on the Green behind the cricket club, probably more room at the end nearest the Jolly Tanners, RH17 6EU. Lovely walk southwards through fields, lanes and ghylls. Interesting buildings too. No Dogs. Jill 07780 701184



Walk and Talk sessions in Horsham Park where people can connect, talk and enjoy sunlight and fresh air.

May 2023

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 at 10.00am

Every Friday at 12 noon – 12.40pm

Venue: **Southwater Country Park**
(Meet at the Co-op, Lintot Square)

First Saturday of the month at 2.00pm – 3.00pm

No need to book – just turn up on the day.

Email: drqc@icloud.com