



## 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
- 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.

**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](mailto: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**

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 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](mailto:events@horshamsociety.org)

**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 (Wed) for details.

**Mon 1 April - Easter Monday 10:30am Lower Beeding Stunning Scenic Sussex Scramble**

**6 miles 3 hours**

Walk 2285. Park at Lower Beeding Village Hall car park, Leechpond Hill RH13 6NR. Parking by kind permission of the Secretary. The walk takes us through some of our most delightful Sussex scenery. Woods and lakes. We walk east around Leonardslee and then across to Prings Lane and back. It could be muddy. No dogs. w3w gentle.feasted.beeline Jill 07780 701184

**Tue 2 April 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

**Fri 5 April 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 6 April 10.00am Pat Harriss Memorial Walk – Warnham Nature Reserve 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

**Sat 6 April 2.00pm Washington Common & Rodell Level 2 3.5 miles 1.5 hours**

Walk 2161. Meet at Old London Road, Washington RH20 3BN. A lovely circular walk exploring the footpaths along the foot of the South Downs and National Trust land. To reach the meeting place drive north up the A24 form the Washington Roundabout take the first left and then sharp left again into Old London Road. W3W airbrush.roots.acrobatic Dogs welcome, refreshments provided. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com.

**Sun 7 April 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 whistle.episode.sideboard. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com.

**Mon 8 April 10.00am Wisborough Wander - Wisborough Green 5 miles 2.5 hours**

Park at the green in the middle of the village in the laybys – from Chichester follow the A285 road to Petworth, through Petworth then turn right on A272 and follow the road to Wisborough Green about 6.5 miles. Turn left signposted to Loxwood and then park. If coming from the A24 side, follow the road to Billingshurst and then take the A272 to Midhurst. As you enter Wisborough Green, pass the Three Crowns and then turn right and park.. A delightful walk around Wisborough Green, taking in the Wey and Arun canal and various bridleways.

Please note – it may be changed if the river has flooded through rainfall. No dogs

w3wspeeches.juggled.statue

Jill 07780 701184

**Thu 11 April 2.00pm The Short One - Small Dole, Tottington Woods 1km 40 mins Level 1**

Meet SMALL DOLE village hall area BN5 9XE no stiles, mixed surfaces all weather path We will be looking at spring flowers and trees. Dogs on leads please Bus 100 stop at small dole post office.

Angela 07563149616

**Fri 12 April 10.00am Loxwood Landscapes Level 2 4.5 miles 2 hours**

Walk 2308. Meet at the car park behind the Onslow Arms, RH14 0RD (TQ 041312), w.3words: humans.move.unloading. A circular flat walk exploring the footpaths, bridleways and the Sussex Border path to Ifold before returning by the Wey and Arun Canal. May see bluebells. No more than 2 stiles. Good views. Can be very muddy in some sections. No dogs as we may encounter livestock. Good food at Onslow Arms. Jan 01403 753528

**Fri 12 April 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. Sue 07751092103

**Sat 13 April 2.00pm Fryern Park Level 2 3 miles 1.25 hours**

Walk 2042. Meet at Storrington Rec. Ground 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. Includes 5 stiles. Dogs welcome.. W3W acids.alive.informal - Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com.

**Sun 14 April 10.00am Lee Farm 1 Level 3 4.5 miles 2 hours**

Walk 3010. Meet at Kithurst Hill car park TQ070124. This walk takes us to historic Lee Farm which lies in the heart of the South Downs behind Storrington. The walk includes a steep hill. Dogs welcome and no stiles. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com. What3Words jaundice.bucks.workforce

**Mon 15 April 10.30am Ardingly Reservoir & Ouse Valley Viaduct Level 2 2.5 hours**

***2nd visit to Balcombe viaduct for those that missed the first, and for those who would like repeat viewing.***

Park in the car park at the dam on the southern end of Ardingly Reservoir, RH17 6SQ. This is half a mile after turning off College Road. Look out for the brown sign on College Road, just south of the main entrance to the College. Our turning also has the blue Ardingly College signs. When the lane splits with the directions to the College going straight on, we keep left and continue down hill to the car park on your right. The walk is on footpaths except for a short stretch on a quiet lane. We walk away from the reservoir and later go under the viaduct and can enjoy the optical spectacle. There will be stiles, muddy sections and possibly livestock, so no dogs please. w3w embraced.blanket.landowner Jill 07780 701184

**Tue 16 April 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

**Fri 19 April 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 April 2.00pm Hareswith Level 3 3.9 miles 1.5 hours**

Walk 3019. Meet at Storrington Rec. Ground car park RH20 4BG. This lovely short walk offers uninterrupted views towards the South Downs as route goes through the landscape to the north of Storrington before returning through Fryern Park. Includes stiles. Dogs welcome and refreshments provided. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com. What3Words culling.retraced.pictured

**Sun 21 April 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 April 10.30am Bluebell walk number one St Georges – Stunning Seasonal Sussex  
Level 2 5 miles 2.5 hours**

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 presenter, frock, scarf  
Jill 07780 701184

**Thu 25 Feb 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 01403 255710

**Thu 25 April 10.30am Henfield to Rye Farm area Loop level 3 5 miles 2.5 hours**

Walk 3185. Meet by the HENFIELD village Hall.. BN5 9FE car park fees payable. Bus 100 and 17 stop in Henfield High Street Public toilets by bus shelter. Various stiles and foot bridges, 117 ft of elevation, paths can be wet. We head south out of the village to Rye Farm track, on to Frogs hole cottage (we will turn round if path flooded) on to Buckwish farm back to Henfield via a steep path to the old Sand Pit. Throughout the walk we will be listening for birds that choose to be in Henfield  
Angela 07563149616

**Fri 26 April 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 07751092103

**Sat 27 April 2.00pm Parham Glider Field Level 2 3.6 miles 1.75 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. W3W acids.alive.informal Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com.

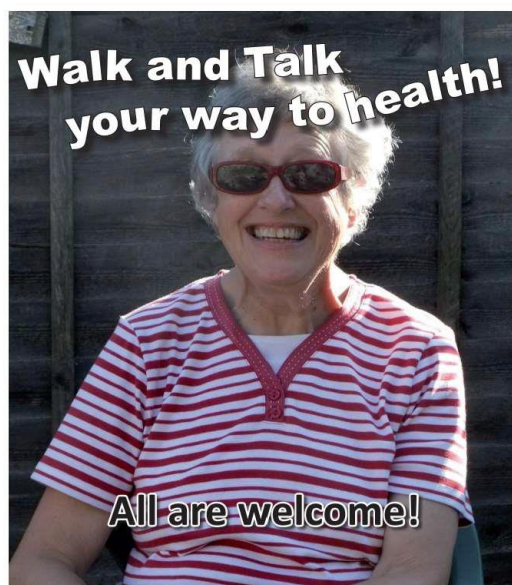
**Sun 28 April 10.00am Washington, Ashington & Wiston Level 3 6 miles 2.5 hours**

Walk 3124. Meet at Georges Lane car park: on the A283 to Storrington from Washington roundabout, turn right at Clayton Farm. What3Words sidelined.remark.intruding. A very pretty walk exploring woodland, farmland, and open country, with stunning views of Chanctonbury Ring. Includes Washington Common, Ashington, Trickle Wood, Wiston, Rock Common, and Warren Hill. Stiles. Dogs welcome. Afterwards cuppa, cake, and chat.  
Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com

**Mon 29 April 10.30am Bluebell walk number two! Handcross level 2 5 miles 2.5 hours**

Walk 3157. Meet in Car Park, northern end of Handcross on B2110 by sports pavilion/children's play area (RH17 6BJ) near Water Lane. There is no parking P sign, just a yellow height barrier near and on the same side as Water Lane. A variety of walks start here: gentle undulating ground, tracks, paths, woodland etc. Quite shady but can be muddy in parts after rain. No dogs w3w paces.nobody.hers  
Jill 07780 701184

April 2024



In memory of Pat Harriss

**In memory of Pat Harriss**

**VENUE**

**The Warnham Nature Reserve**

**DATE/TIME**

**Saturday 6th April @ 10:00**

**CONTACT**

Michael Vertue

07719 467861

A walk around the reserve to remember Pat and visit her bench

**Those we love don't go away,  
They walk beside us every day**

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**welcome walks**

If you're new to Horsham District or simply looking to learn more about the area, tune in to our *Welcome Walks* podcast. You'll hear from the locals and discover what's happening in the towns and villages.

<https://www.whistlestoparts.org/welcome>