

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

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 01403 255517				
Thursdays	11:00am	Billingshurst (2)	2.3 miles	60 mins
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
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". Michael 07719 467861				
Wednesdays & Sundays	2:30pm	Horsham Heritage Guided Town Walks	1.5 miles	1hr 30mins
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				



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](https://menwalktalk.co.uk/walks) on the MenWalkTalk website:

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

April 2026

Thu 2 April 2:00pm The Short One – Henfield Common & Twittens Level 1 1 Mile

Walk 1557. Meet by the HENFIELD village Hall.. BN5 9EQ car park fees payable. Bus 100 and 17 stop in Henfield High Street. Public toilets by bus shelter. Mixed surfaces, tarmac, gravel etc. No stiles. Dogs welcome. If you would like to join us for a cuppa at Fionas Café at Stokes bring card or cash , customer toilets available .
Angela 07563 149616

Fri 3 April 10:00am Peaceful Plaistow Level 3 5 miles 2 hours

Walk: 2304 Meet outside the Plaistow Stores RH14 0PX (TQ004309). What3words: slurred.swooned.bookings. Free parking around the village centre. Walk through fields, woodland, and farm tracks with some historic landmarks and several stiles. Can be muddy in parts dependent upon weather. No dogs please as we may encounter livestock.
Jan 01403 753528

Fri 3 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 4 April 2:00pm Parham Glider Field Level 2 4.5 miles 2 hours

Walk 2039. Meet at Storrington Rec Ground car park. 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 5 April 10:00am Houghton Level 3 4.4 miles 2.25 hours

Walk 3014. Meet at Whiteways car park, BN18 9FD. Please note car park charges may apply check on arrival. If you want to enjoy one of the best views in Sussex this is the walk for you. Dogs welcome. From Whiteways we drop down to the River Arun and follow it for a short distance before wending our way back to the top of the hill and well-earned refreshments. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com

Mon 6 April 10:00am Noggin of Nuthurst Level 2 5 miles 2.5 hours

Easter Monday - Happy Easter!

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. It can be muddy. No dogs. ///tricks.bounding.emeralds
Jill 07780 701184

Tue 7 April 10:00am Fittleworth Level 2 5.5 miles 2.5 hours

Walk 2256. Meet at Hesworth Common Car Park, on the south side of the A283-B2138 junction, West of Fittleworth (nearest post code RH20 1JF; TQ007192). A circular walk through heathland, woods and farmland. A few stiles and some long inclines. Good views. Will be a bit muddy. Dogs welcomed.

John 07966311415

**Tue 7 April 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

Fri 10 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 Bridger 07751092103

April 2026

Sat 11 April 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 12 April 10:00am Sullington Hill Level 3 6 miles 3 hours

Walk 3030. Meet at Storrington Rec Ground car park, RH20 4BG. This walk takes us from the village up to the top of the downs via flower and butterfly rich Chantry Hill. We then walk a short section of the South Downs Way before dropping down to Sullington Church before winding our way back to the village. Dogs welcome and refreshments provided. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com. What3Words jaundice.bucks.workforce

Mon 13 April 10:00am Buchan Park Level 2 5 miles 2.5 hours

walk 2307. Please meet at Buchan Park RH11 9HQ - Horsham Road Crawley. Parking there by kind permission of the West Sussex County Council Rangers. We walk up to Pease Pottage and then back to the Park through Cottesmore Golf Club. No dogs. Toilets in the park. Jill 07780 701184

Thu 16 April 10:30am Henfield Lepride Loop Level 3 5 miles 2.5 hours

Walk 3189. Meet by the HENFIELD village Hall, BN5 9EQ. 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 and muddy . No Dogs as live stock in fields. Cattle grazing in pasture. We will be listening out for birds that choose to be in Henfield at this time. Leave Henfield Village Hall, Broadmare Common , Lepride, Downs Link, back to Henfield. Angela 07563 149616

Fri 17 April 10.00am Exploring Ellens Green Level 3 5 miles 2.45 hrs

Walk 3207. Park and meet at the back of the car park at Ellens Green Memorial Hall, RH12 3AR. what3words: wand.coolest.fingernails. Please note there are two memorial Halls sharing the same name within a short distance of each other. From Rudgwick follow the B2128, turn right at Furzens Lane and within 15 metres take the first left down a signposted driveway for the Hall. The walk centres around fields including the Sussex Border Path through rhododendron woods which may be in flower. Several stiles, Muddy, dependent upon weather conditions. Walking boots advisable. No dogs please as we may encounter livestock. Jan 01403 753528

Fri 17 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 18 April 2:00pm Thakeham Circular Level 2 4 miles 2 hours

Walk 2040. 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 Park and avoid on street parking if possible. This popular walk explores the tracks, footpaths and byways north of Thakeham Village. Parts of this route can be wet and muddy. What three words poet.clenser.parties Dogs welcomes, the route includes stiles. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com.

Sun 19 April 10:00am Thakeham to Warminghurst Circular Level 3 3.8 miles 2 hours

Walk 3195. 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 Park and avoid on street parking if possible. Woodland, farms, great views across open countryside, Ashington, and the Norman church The Holy Sepulchre at Warminghurst used by William Penn, founder of Pennsylvania. Stiles. Dogs welcome. Cuppa, cake, and chat afterwards. Meet at the carpark on Abingworth Crescent, next to Abingworth Football Club off the B2139. What3words sleep.overlaid.inkjet. Dogs welcome. Cuppa, cake, and chat afterwards. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com.

April 2026

Mon 20 April 10:00am Sedgwick Park Circular Level 2 6 miles 3 hours
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. 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

Tue 21 April 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

Wed 22 April 10:00am Slinfold – Bluebell Walk Level 2 5.5 miles 2.5 hrs
Walk 2168.. Meet in the centre of the village opposite the Red Lyon Pub (RH13 0RR) . A fairly flat walk through farmland and woods surrounding the lovely village of Slinfold . Some gradual inclines and stiles and in the winter could be wet and muddy in places . No dogs because of possible livestock.
Geoff 01403258180 / 07929952846

Thu 23 April 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

Fri 24 April 10:00am Blue Idol Tranquillity Level 3 6.5 miles 3 hours
Walk 3171. Meet in Oldhouse Lane off the A272, park outside the Quaker Meeting House, Coolham RH13 9QP (TQ 103237), what3words: mailers.fizzled.teaching. The circular walk is mostly flat with some stiles taking in fields and woods to the outskirts of Billingshurst before returning to the Blue Idol via Balls Green. Parts of historic interest with good views. Can be muddy. No dogs as we may encounter livestock. Good food available local pub.
Jan 01403 753528

Fri 24 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 Bridger 07751092103

Sat 25 April 2:00pm Cootham Level 2 3 miles 1.5 hours
Walk 2047. Meet at Storrington Rec Ground car park, RH20 4BG. This is an easy flat route and suitable for all abilities. Dogs welcome and refreshments provided. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com. What3Words culling.retraced.pictured

Sun 26 April 10:00am River Rother Ramble Level 3 5 miles 2.25 hours
Walk 3202. Meet at Stopham Bridge, RH20 1DS. This walk circumnavigates a beautiful stretch of the River Rother to the south of Fittleworth. The varied route passes through woodland, farmland, riverbank and a disused railway track. Because of the nature of the terrain we only programme it as a summer walk however it may still be muddy in places. Dogs welcome and refreshments provided. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com. What3Words horsehoe.mermaids.register

Mon 27 April 10:00 am St Georges – Stunning Seasonal Sussex- possibility of bluebells 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.
Jill 07780 701184

April 2026

Tue 28 April 10:00am Leith Hill / Redlands Level 3 6 miles 2 hrs 45 mins
Walk 3145. Starting at 1000. Meet at the National Trust car park off the Abinger Lane, Coldharbour RH5 6HG, (NT members free, non-members donation). A circular walk through Coldharbour and Forestry Commission woodlands to Redlands, returning through farmland. Several hills, some stiles, loose stones and tree roots underfoot. Panoramic views over Dorking and Mole Valley. Dogs welcomed.

John 07966 311415



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)

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