



## 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

**Mondays      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

**Wednesdays      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

**Thursdays      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

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

Gentle walk around Chesworth Farm or Denne Hill. Can be muddy after rain. Toilets usually available in St Mary's Church at the start by kind permission of clergy. Suitable for wheelchairs. We are a friendly bunch, no one is left on their own. Our motto is "Walk and Talk".

Michael Vertue 07719 467861

**Fri 3 Oct 10:00am Three Compasses and Beyond Level 3 4.5 miles 2 hours**

Walk 3206. Park in the generous space opposite the Three Compasses, Dunsfold Road, Alfold, Cranleigh GU6 8HY, (TQ03543596), what3words:drives.putty.presides. An interesting walk following a little known part of the Wey South Path heading across through fields and woods to the outskirts of Cranleigh before returning westwards exploring hidden paths. Likely to be muddy in parts if wet. No dogs as we may encounter livestock. Jan 01403 753528

**Fri 3 Oct 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 OPT. 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 Oct 2:00pm Strawberry Lane Level 2 4 miles 2 hours**

Walk 2314. 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 Pak and avoid on street parking if possible. This circular walk takes us to the lovely Strawberry land before proceeding to Thakeham Village with its pretty houses and gardens. Parts of this route can be wet and muddy. Dogs welcome and refreshments provided. What three words poet.clenser.parties. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com

**Sun 5 Oct 10:00am Roundabout West Chiltington Level 2 3.8 miles 1.75 hours**

Walk 2166. Meet at West Chiltington Village Hall, RH20 2PZ. A lovely, varied walk around West Chiltington. W3W legs.mermaids.split Dogs welcome refreshments provided. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com.

**Mon 6 Oct 10:00am Cowfold Canter Level 2 4.8 miles 2.5 hrs**

Walk 2060. Meet in the middle of the village at the football field, at the junction of Fairfield Cottages and the A272, RH13 8BL (TQ214225). Gentle shady slight uphill circular walk through quiet lanes and paths, with some stiles. May be wet and muddy in places. No Dogs. Jill 07780 701184

**Tue 7 Oct 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 Oct 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 11 Oct 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. Dogs welcome refreshments provided. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com. What3Words culling.retraced.pictured

**Sun 12 Oct 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 13 Oct 10:00am Horsham Going South Level 2 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. If walkers would like to stop for a coffee/ lunch in Horsham they can and catch the bus back afterwards. No dogs.

Jill 07780 701184

**Thu 16 Oct 10:00am Ranmore Common around Polesden Lacey 5.5 miles 2 hrs 15 mins**

Walk 3056. Meet at the Denbies Hillside National Trust car park on Ranmore Common Road (RH5 6SR TQ141503). Please note there is a car park charge for non National Trust members. A circular walk on woodland and farm tracks within the wooded valleys around the Polesden Lacey estate. No stiles but the walk includes some steep slopes and moderate inclines.

Geoff Smith 07929 952846

**Thu 16 Oct 10.30am Mill Stream Loop Level 3 5 miles 2.5 hours**

Walk 3182. Meet by Foot bridge at Woods Mill Nature reserve Compass bus 100 stops outside reserve entrance ask for woods mill nature reserve stop if you are not familiar with the area Park in woods mill carpark and Toilets by kind permission of Sussex wildlife trust Please park neatly so there is room for other users Two stiles Three footbridges possibly cattle, sheep and Ponies grazing in fields , muddy after rain. Sorry no dogs Walk through the reserve then following the Mill Stream to the Downs link, Stretham Manor bridge, River Adur, Newhall Lane, Sands Farm and east entrance to the reserve back to the Mill. We will be listening out for birds that choose to be in Henfield at this time of year No dogs.

Angela 07563149616

**Fri 17 Oct 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 Oct 2:00pm Parham Glider Field Level 2 4.5 miles 2 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. Contact Mick Denness on 01903 745971 or email mick.denness@waitrose.com.

**Sun 19 Oct 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. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com. What3Words canal.sunflower.basic

**Mon 20 Oct 10:00am St Leonards Forest Level 2 6 miles 2.5 hrs**

Walk 2264. Park in the Forestry Commission Car Park - Roosthole - on Hammerpond Road RH13 6PG (TQ20298). This is a circular walk through the Forest and across Grouse Road. It will be muddy.

Jill 07780 701184

**Tue 21 Oct 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

**Thu 23 Oct 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 23 Oct 2.00pm Henfield - The Short One (4) Henfield Common & Twittens Level 1 1 mile 1 hour**

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 Fiona's Café at Stokes bring card or cash, customer toilets available.  
Angela 079563149616

**Fri 24 Oct 10:00am Cranleigh and Ewhurst Green Level 2 5 miles 2.5 hrs**

Walk 2299. Park in Grove Road considerably near the junction with Horsham Road, Cranleigh GU6 7LP(TQ060311), what3words: scans.hobby.sensitive From the outskirts east of Cranleigh heading north through open fields and woods towards Ewhurst Green returning back south on a circular route to the starting point. Fairly flat walk. Likely to be muddy in parts if wet. Some stiles. No dogs as we may encounter livestock.  
Jan 01403 753528

**Fri 24 Oct 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 25 Oct 2:00pm Thakeham to Ashington Circular Level 3 5.5 miles 2.5 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 Pak 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.

**Sun 26 Oct 10:00am Three Churches at Findon, Patching & Clapham Level 3 6 miles 3hrs**

Walk 3169. Meet at Findon Cemetery. W3W hiked.touchy.condense. If driving south on the A24, the entrance is immediately south of Findon roundabout on the left. Linking three 12<sup>th</sup>C churches at Findon, Patching, and Clapham. A very varied walk including Monarch's Way, long steep climbs, woodland tracks, vast open spaces, quaint villages, and great views across Long Furlong valley. Stiles. Dogs welcome. Refreshments and chat after the walk.  
Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com

**Mon 27 Oct 10:00am Southwater to Nuthurst Level 2 6 miles 3 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. Please note a car parking fee is payable at the Country Park.  
Jill 07780 701184

**Thu 30 Oct 10:00am Ockley Forest Green Level 2 6 miles 2.5 hrs**

Walk 2107. Park/meet in the car park just off the A29 on the Horsham side of the village cricket field (TQ146399). A fairly flat circular walk mostly over farmland on the Sussex/Surrey border. Good views of the North Downs. Many interesting old farm buildings and houses along the way. Some stiles and wet and muddy in places. No dogs.  
Geoff 01403 258180 / 07929952846

**Fri 31 Oct 10:00am The Mens Nature Reserve Level 2 4 miles 2 hrs**

Walk 2336. Meet in the small car park at the reserve situated on the right-hand side near to the entrance of Crimbourne Lane, signposted Hawkhurst Court just off the A272, RH14 0HR,(TQ023236), what 3words: mops.gambles.defeated. If approaching from Wisborough Green the reserve is on the left on the A272 to Petworth. This is a circular woodland walk through the Woodland Trust's nature reserve just north of Fittleworth with a claim to fame that Elgar lived nearby for a time at Brinkwells composing several chamber works from the cottage he rented. Likely to be muddy in parts if wet. Some stiles. No dogs as we may encounter livestock.  
Jan 01403 753528

**Fri 31 Oct 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 OPT. 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



**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 at 10.00am-11.00am

Venue: **Southwater Country Park**

Every Friday 12-12.40pm

(Meet at Iggy The Dinosaur, Lintot Square)



**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.