



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
- During extreme weather – heatwave, snow, ice – please check with the walk leader to see if the walk will go ahead
- 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.

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 07512 945338

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". Steve 07493 307635



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*



Celebrating 25 Years of Wellbeing Walks in Storrington

Join local walk leaders to celebrate 25 years of Wellbeing Walks in Storrington. Whether you're a regular walker or trying a walk for the first time, everyone is welcome to come along and take part in this special event. Enjoy a choice of walks and help celebrate this fantastic milestone.

Sunday 4 October

Meet at North Street (Library) Car Park

10:00

Walk to Chantry Hill

6 miles

11:00

Walk to Hareswith

4 miles

Or just join at 12:30 for a Ploughman's Lunch, Tea and Cakes in
Storrington Village Hall

Lunch costs £10 and booking is essential. Please contact
Storrington Walk Leaders or mickdenness5@gmail.com



Fri 2 Oct 10:00am Peaceful Plaistow WALK CANCELLED

~~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 07475736474~~

Fri 2 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 3 Oct 2:00pm Chanctonbury Ring 1 Level 3 3 miles 1.25 hours

Walk 3016. Meet at Washington South Downs car park TQ120119. Chanctonbury Ring dates back to the Bronze Age and is a significant landscape feature for many of us living in Horsham District. The walk is an opportunity to visit this special site and enjoy extensive views into the bargain. Dogs welcome, steep hill and no stiles. W3W factored.tricycle.bonfires. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com

Sun 4 Oct 10:00am Sullington Hill Level 3 6 miles 3 hours

Walk 3030. Meet at Storrington Library car park, RH20 4BG. Note different departure location. 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 momentous.captive.fury

Sun 4 Oct 11:00am Hareswith Level 3 3.9 miles 1.5 hours

Walk 3019. Meet at Storrington Library car park RH20 4BG. Note different departure location. 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

Mon 5 Oct 10:00am Sussex Stroll Level 3 6 miles 2.5 hours

Walk 3157. We are **parking and meeting at Nymans National Trust gardens which is free to all to use.** There are also toilets there. We can take a number of different walks from here, depending on the weather. This one, I hope, will take in the Hyde Estate. It will be muddy. No dogs Jill 07780701184

**Tue 6 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

Wed 7 Oct 10:30am Broadbridge Heath & Wickhurst Green Level 2 3.5 miles 2 hrs

Walk 2330. Meet at the lay-by on The Common in Broadbridge Heath. A walk around Broadbridge Heath and Wickhurst Green. Highlights include the War Memorial, road names, the "Murder House", history arches and WW2 connections. Michael 07719 467861

Fri 9 Oct 10:00am Vachery Estate WALK CANCELLED

~~Walk no:2313 Park in Grove Road near the junction with Horsham Road, Cranleigh, GU6 7LE (TQ065384), what3words: scans.hobby.sensitive. The walk includes part of the pleasant Vachery estate and Downs Link through open fields and woods towards Baynards before returning back to the southern edge of Cranleigh. If wet likely to be muddy in parts. No dogs as we may encounter livestock. Jan 07475736474~~

Fri 9 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 Bridger 07751092103

Sat 10 Oct 2:00pm 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.

Sun 11 Oct 10:00am Kings Building & Houghton Forest Level 3 4.3 miles 1.75 hours

Walk 3147. Meet at Whiteways car park, BN18 9FD. Note car parking charges may apply. This leisurely downland walk incorporates parts of the Southdowns and Monarchs Ways as well as enjoying walking through Houghton Forest. Dogs welcome, steep hill and refreshments provided. W3W foiled.horn.fattening. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com

Mon 12 Oct 10:00am Down by the riverside – Henfield Level 2 6 miles 3 hours

Meet at the car park next to The Old Railway pub, Upper Station Road, Henfield, BN5 9PJ. There is also plenty of street parking available. This walk follows the contours of the Adur, before returning north along the Downs Link. A few stiles but otherwise over a very flat terrain. Lots of wildlife to see along the tranquil riverbank and a variety of birdsong to listen out for. Just before the end of the walk is a lovely café (The Cabin) which serves food and hot drinks (also has toilet) No dogs Jill 07780 701184

Thu 15 Oct 10:00am Rusper Going West / South Level 3 6 miles 2.5 hrs

Walk 3055. Meet in the pub car park in the centre of Rusper (RH12 4RA) but if not staying for refreshments after the walk please park in the nearby village car park next to the church. A mostly flat circular walk but with some moderate inclines and a few stiles through farmland and woods south and west of the village. Could be wet and muddy in places. No dogs because of potential livestock. Good food and drink in The Star Inn at the end of the walk. Geoff 07929 952846

Fri 16 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 17 Oct 2:00pm Sullington Warren & Church Level 2 4 miles 1.75 hours

Walk 2038. Meet at Storrington Rec Ground car park, RH20 4BG. This walk visits Sullington Church, a pretty little country church which predates the Doomsday Book. We return via the National Trust's Sullington Warren heathland site. The route contains stiles and can be muddy. Dogs welcome refreshments provided. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com. What3Words culling.retraced.pictured

Sun 18 Oct 10:00am Wiggonholt Common & Parham Park Level 3 5.2 miles 2 hours

Walk 3036. Meet at Rackham Old School, RH20 2EU. Park on verge opposite the entrance to the Old School. This walk takes us to through the RSPB reserve and from there along quiet roads and footpaths to Parham Parks grounds with its veteran trees and herd of deer. Dogs welcome refreshments provided. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com. What3Words chesnuts.squares.amaze

Mon 19 Oct 10:00 am Warnham Wander 5 miles 2.5 hrs | level 2

Walk 2287. Please park at Warnham Local Nature Reserve, by kind permission of the Horsham District Council Wardens. Please park farthest away from the cafe and pedestrian entrance to the Nature Reserve, thank you. Flat walk around Warnham, taking lanes and footpaths, we cross the deer park and take the delightful new cycle path back to the Nature Reserve. A very nice cafe at the reserve serving good coffee and nice edible things. Toilets also available. Jill 07780 701184

**Tue 20 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 22 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 Coxon 01403 255710

Fri 23 Oct 10:00am Alfold Amble WALK CANCELLED

~~Walk No: 3188 Meet at the car park behind the Onslow Arms, RH14 0RD (TQ 041312). What 3 words: humans.move.unloading. Not quite a leisurely stroll across fields and lanes including part of the Wey and Arun Canal and ancient Loxwood woods returning back to Alfold across the fields. Good views. Two low level sturdy stiles. If wet likely to be very muddy in parts. No dogs as we may encounter livestock.~~

~~Jan 07475736474~~

Fri 23 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 Bridger 07751092103

Sat 24 Oct 2:00pm Rackham Hill Level 2 2.7 miles 1.25 hours

Walk 2043. Meet at Kithurst Hill car park, TQ070124. Rackham Hill provides stunning views over Parham Park and Amberley Wildbrooks. Refreshments provided and dogs welcome. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com. What3Words jaundice.bucks.workforce

Sun 25 Oct 10:00am Abingworth Circular Level 3 5 miles 2.25 hours

Walk 3200. 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 takes us to the lovely Strawberry lane before proceeding to Thakeham Village. From the village we cross the road to the to explore the countryside to the west of the village. Parts of this route can be wet and muddy. Dogs welcome and refreshments provided. What three words poet.cleanser.parties. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com.

Mon 26 Oct 10.00am Southwater Stroll Level 2 5.5 miles 3 hours
 Walk 2324. Park at Southwater Sports Club RH13 9BT. Enter the village along Worthing Road. At the Topsy Fox Pub turn into Church Lane. In some 150 metres turn left at the T-junction and then immediately right to continue on Church Lane. In 50 metres the cricket club will appear on your right with the entrance opposite the church. This is the entrance to Southwater Sports Club. Car parking is available adjacent to the clubhouse. This is a new circular walk taking in some of the Downs Link and local footpaths and bridleways. Small climb to the top of Sharpenhurst Hill for views over Horsham. It can be muddy. No dogs. [///massing.gilding.trades](http://massing.gilding.trades) Jill 07780 701184

Thu 29 Oct 10:00am Partridge Green Circular - Western Route 6 miles 2 hr 45 mins
 Walk 2129. Meet in the car park at the Partridge Green Village Hall, RH13 8JY (TQ190191). A fairly flat circular walk to the South and West of the village of Partridge Green which can be muddy during the winter months. The walk will include part of the Downslink and if dry or in the Summer the River Adur path towards Ashurst. Geoff 01403 258180 / 07929952846

Fri 30 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 31 Oct 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 from 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 1 Nov 10:00am North Pulborough Level 3 4 miles 3 hours
 Walk 3198. Meet at Pulborough Library car park, RH20 2BQ. This walk explores the varied countryside to the north of Pulborough with view towards the South Downs. Dogs welcome refreshments provided. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com. What3Words canal.sunflower.basi



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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