



## 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](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 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. Nigel Friswell 01403 261905
- 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  
01403 261905

June 2023

**Fri 2 June 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 3 June 2.00pm The Burgh Level 3 4.5 miles 1 hr 45 mins**

Walk 3023. Meet at Kithurst Hill Car Park (TQ070124). A pleasant walk which takes us into the very heart of the South Downs. The walk includes a long gentle incline. Dogs welcome. Refreshments provided.

Contact Mick Denness on 01903 745971 or email [mickdenness5@gmail.com](mailto:mickdenness5@gmail.com)

What3Words jaundice.bucks.workforce

**Sun 4 June 10:00am New walk - Thakeham to Ashington Circular Level 3 5.3 miles 2.5 hours**

Meet at Thakeham Village Hall Car Park (RH20 3GP). A lovely circular walk linking Thakeham and Ashington. If Car Park is busy park in adjacent Abingworth Crescent. Parts of this route can be wet and muddy. Dogs welcome, the route includes stiles. Refreshments provided.

Contact Mick Denness on 01903 745971 or email [mickdenness5@gmail.com](mailto:mickdenness5@gmail.com)

What3Words norms.marathons.wimp

**Tue 6 June 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

**Thu 8 June Holmbury Hill Level 3 6 miles 2 hrs 45 mins**

Walk 3122. Meet in the car park of the Holmbury St. Mary Village Hall (located at the end of Felday Glade in Holmbury St Mary off the B2126 Horsham Road) (road runs beside the Royal Oak Public House in Holmbury St. Mary) RH5 6PG (TQ107441). A hilly circular walk through the wooded Hurtwood Estate with an optional coffee stop at the Peaselake Village Shop on route. We will get fine views from Holmbury Hill, weather permitting. Geoff 01403 258180 / 07929 952846

**Fri 9 June 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 10 June 2.00pm Roundabout West Chiltington Level 2 3.8 miles 1 hr 45 mins**

Walk 2166. Meet at West Chiltington Village Hall (RH20 2PZ). A lovely varied walk around West Chiltington. Dogs welcome refreshments provided.

Contact Mick Denness on 01903 745971 or email [mickdenness5@gmail.com](mailto:mickdenness5@gmail.com)

What3Words kebabs.airbase.dozed

**Sun 11 June 10.00am Downs Farm Level 3 6 miles 2.5 hours**

Walk 3013. Meet at Kithurst Hill Car Park (TQ070124). This wonderful walk goes away from the South Downs Way to a little explored area of the Downs. Take the left turn 1.3 miles from Tesco's roundabout, Storrington. After taking the turning, drive to the Car Park at the very top of the hill. The walk includes a steep hill. Dogs welcome.

Contact Mick Denness on 01903 745971 or email [mickdenness5@gmail.com](mailto:mickdenness5@gmail.com)

What3Words jaundice.bucks.workforce

June 2023

**Mon 12 June 10.30am Southwater Level 2 5 miles 2.5 hours**

Park at Southwater Sports Club RH13 9BT. Enter the village along Worthing Road. At the Topsy Fox Pub turn into Church Lane, in a westerly direction. 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. It will be muddy, no dogs. Jill 07780 701184

**Fri 16 June 10.30am Special Stunning Scenic Sussex Day Scramble Level 2 6 miles 3 hrs**

Walk 2285. Park at Lower Beeding Village Hall car park, Leechpond Hill RH13 6NR. Parking by kind permission of the Secretary. This is an extra celebratory walk in the calendar as 16th June is St Richard's Day and has been designated Sussex Day. 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. Jill 07780 701184

**Fri 16 June 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 June 2.00pm Sullington Church Level 2 3.3 miles 90 mins**

Walk 2049. Meet at Storrington Recreation Ground Car Park (RH20 4BG). This walk takes us to picturesque Sullington Church which is tucked away at the foot of the South Downs. The route is flat and easy with some stiles. Dogs welcome and refreshments provided.

Contact Mick Denness on 01903 745971 or email [mickdenness5@gmail.com](mailto:mickdenness5@gmail.com)  
What3Words culling.retraced.pictured

**Sun 18 June 10.00am Highden and Windlesham Level 3 4.6 miles 1 hr 45 mins**

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.

Contact Mick Denness on 01903 745971 or email [mickdenness5@gmail.com](mailto:mickdenness5@gmail.com)  
What3Words whistle.episode.sideboard

**Mon 19 June 10.30am 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 Jill 07780 701184

**Tue 20 June 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

**Wed 21 June 10:00am Slinfold 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

June 2023

**Wed 21 June 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.

Contact Mick Denness on 01903 745971 or email [mickdenness5@gmail.com](mailto:mickdenness5@gmail.com)  
What3Words whistle.episode.sideboard

**Thu 22 June 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

**Fri 23 June 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 24 June 2.00pm Parham Glider Field Level 2 3.6 miles 1 hr 45 mins**

Walk 2039. Meet at Storrington Recreation Ground Car Park (RH20 4BG). This walk explores the country paths to Parham Glider Field, the route is flat and easy with some stiles. Dogs welcome and refreshments provided.

Contact Mick Denness on 01903 745971 or email [mickdenness5@gmail.com](mailto:mickdenness5@gmail.com)  
What3Words cullingg.retraced.pictured

**Sun 25 June 10:00am Washington, Ashington & Wiston Level 3 6 miles 2.5 hours**

Walk 3124. Meet at Georges Lane car park: on the A283 Storrington Road from Washington roundabout, turn right at Clayton Farm. A very pretty walk exploring woodland, farmland, and open country, with stunning views of Chanctonbury Ring. Washington Common, Ashington, Trickle Wood, Wiston, Rock Common, and Warren Hill. Stiles. Dogs welcome and refreshments provided.

Contact Mick Denness on 01903 745971 or email [mickdenness5@gmail.com](mailto:mickdenness5@gmail.com)  
What3Words sidelined.remark.intruding

**Mon 26 June 10.00am Knepp Estate Walk Level 3 6 miles 3 hours**

Walk 3167. Park at Swallows Lane, Dial Post. RH13 8NN (off A24), honesty box - park at your own risk. Possibility of seeing pigs, cows, deer and horses, paths will be muddy. No dogs.

Louise 07714949421

**Fri 30 June 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

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