

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

- 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
- 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. 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
- 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.



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**
 Venue: **Southwater Country Park**
 (Meet at Iggy The Dinosaur, Lintot Square)

Every Wednesday at 10.00am-11.00am
 Every Friday 12-12.40pm

April 2025

**Tue 1 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

Thu 3 April 10:00am Leith Hill Circular Level 3 6 miles 2.5 hrs

Walk 3107. Meet at the Starveall Corner Car Park, RH5 6LX (TQ131432) which, heading north is situated just off (right hand side) the Leith Hill - Abinger Common Road. A circular walk along woodland tracks and heathland. No stiles, some steep slopes, loose stones and tree roots underfoot. Stunning views particularly at Leith Hill Tower where (if available) we stop for refreshments near the end of the walk. No dogs.

Geoff 01403 258180 / 07929952846

Fri 4 April 10:00am Drungewick Detour Level 2 3.5 miles 2 hours

Walk 2318. Park and meet at the free Arun Trust car park beyond the Onslow Arms Public House, Loxwood, RH14 0RD (TQ041319), Onslow Arms is south of Loxwood on the B2133.

What3words:twinge.hydrant.unguarded. The first half of this flat circular walk follows a winding and interesting part of the Wey & Arun Canal, passing Brewhurst and Baldwin's Knob Locks before leaving the canal at Drungewick. Passing by Drungewick Manor leaving the Wey South Path to return through bridleway, woodland, fields and quiet country lanes with some fine views. Please note NO STILES. Can be muddy. No dogs please as we may encounter livestock.

Jan 01403 753528

Fri 4 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 5 April 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 lane before proceeding to Thakeham Village with its pretty houses and gardens. Parts of this route can be wet and muddy. Dogs welcomes and refreshments provided. What three words poet.clenser.parties.

Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com.

Sun 6 April 10:00am West Chiltington & Nutbourne Level 3 5 miles 2.25 hours

Walk 3191. 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.

Mon 7 April 10.00am Knepp Estate Walk Level 3 6 miles 3 hours

3167 The estate provides a car park for walkers off Worthing Road (A24 access road), Dial Post, RH13 8NQ. honesty box - park at your own risk. Possibility of seeing pigs, cows, deer and horses, paths will be muddy. Delicious cafe for lunch or coffee and accessible toilets. No dogs

Jill 07780 701184

Thu 10 April 2:00pm Tottington Woods, Small Dole – The Short One 1 km 40 minutes

Walk 1553. Meet SMALL DOLE village hall area BN5 9XE No stiles, mixed surfaces all weather path. We will be looking at the trees and pond and hopefully Bluebells. Dogs on leads please. Bus 100 stop at small dole post office.

Angela 07563 149616

Fri 11 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

April 2025

Sat 12 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 13 April 10:00am Arundel Park & South Stoke Level 3 5.2 miles 2.5 hours

Walk 3168. Meet in front of the Swanbourne Lodge Tearooms, Mill Road, Arundel, BN18 9PA. What3Words navy.slowness.voting. Free parking in Mill Road. Including the Arun riverbank, South Stoke, St Leonard's 11th century church, a very steep long climb (400ft) to the top of Arundel Park with its wonderful views in all directions, Michael's Beeches, and Swanbourne Lake. Some stiles. Dogs welcome. Cuppa, cookies, chat afterwards.

Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com.

Mon 14 April 10:00am Warnham Wander Level 2 5 miles 2.5 hrs

Walk 2287. Please park at Warnham Local Nature Reserve, by kind permission of the Horsham District Council Wardens. Please park farthest away from the 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 15 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

Thu 17 April 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 18 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 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 19 April 2:00pm Chanctonbury Ring 1 Level 3 3 miles 1.25 hours

Walk 3016. Meet at Washington South Downs Way 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 20 April 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

April 2025

Mon 21 April 10:00am St Leonards Forest Level 2 6 miles 3 hours

Walk 2264. Park in the Forestry Commission Car Park - Roosthole - on Hammerpond Road RH13 6PG. This is a circular walk through the Forest. It might be stoachy - a Sussex word for muddy. No dogs What3Words cares.buffoon.photocopy Jill 07780 701184

Thu 24 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 01403 255710

Thu 24 April 10:30am Henfield to Rye Farm 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 use Hollands Lane if the Causeway is 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 07563 149616

Fri 25 April 10:00am Scarlett Walliswood Level 2 3.5 miles 2 hours

Walk 2319: Park and meet at the large car parking space opposite the Scarlett Arms at Walliswood RH5 5RD, TQ119382, signposted Okewood Hill off the A29 Bognor Road, just over 1mile south of Ockley. At Okewood Hill, take the right fork for Walliswood, Forest Green. After 1 mile bear right at a junction. Pub is a short distance on your right. What3words: broke.glorified.smoker. A gentle, easy walk through woodland, including visiting the hidden church of St John the Baptist in the woods. The walk includes passing by an alpaca farm and near the Hannah Peschar Sculpture Garden. Stables, meadows and only 3 stiles are included free of charge! Muddy in parts dependent upon weather conditions. No dogs please as we may encounter livestock. Jan 01403 753528

Fri 25 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 26 April 2:00pm 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

Sun 27 April 10:00am Three Woods Walk Level 3 6.5 miles 3 hours

Walk 3092. Meet at Georges Lane NT car park, RH20 4BG. An attractive lowland walk with great variety including Warren Hill, Sandgate Woods, Sullington Warren, Sullington Church, Barns Farm and Rowdell. Habitats visited include woodland, farmland and open heath. Stiles. Refreshments provided and dogs welcome. What3Words sidelined.remark.intruding .

Mon 28 April 10:00am Handcross - possible Bluebell Walk 3-5 miles 1.5-2 hours

Walk 3157. 10.00am 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 Alan 07890 118171

