



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
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
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				



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:
<https://menwalktalk.co.uk/walks>

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

Sat 1 Nov 2:00pm Kithurst Hill Level 2 2.5 miles 1.25 hours

Walk 2035. Meet at Kithurst Hill car park, TQ070124. This lovely downland walk takes us along part of the South Downs Way to Chantry Post. The walk offers superb views over Storrington and Sullington and also into the heart of the downs towards sea. This is amongst the best views to be had along the 100 mile length of the South Downs Way. Dogs welcome and refreshments provided. What3Words jaundice.bucks.workforce

Sun 2 Nov 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 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 3 Nov 10:00am Discovering Tilgate Park & Forest Level 2 5.5 miles 2.5 hours

Walk 2333. This is a new walk, mainly to show support for the cafe at the new St Catherine's Hospice. It is also a very varied walk, taking in the Forest, golf course, lakes and park at Tilgate.

Parking on the lane by the new houses in hospice development, Parish Lane. RH11 9SL

What3words abundance.videos.gravest. Find the Pease Pottage services (junction 11 off the M23), head for the services. You will see the Woodgate development on the left as you get to the big services roundabout. Go straight on, turn left at the next small roundabout into Bensons Hill Road. Then turn immediately right into Parish Lane. Parking on the right - plenty of off road/ verge parking all the way down the lane. Toilets at the park about half way round, and then the cafe at St Catherine's at the end for coffee and/or lunch. It can be muddy. No dogs. Jill 07780 701184

**Tue 4 Nov 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 6 Nov 10:00am Sidney Wood/Wey and Arun Canal Level 2 5.8 miles 2.5 hrs

Walk 2072. Meet Forestry Commission car park (TQ026350) which is reached by taking the Dunsfold Road (B2130) for approximately 1 mile from Alfold Crossways (A281). The car park can be found by taking a left turn onto a track situated on a sharp right hand bend in the road just past a sign for the "Springbok Estate". A flat walk through mainly wooded countryside including an old canal tow path, lakes and views across farmland. Some stiles and can be wet and muddy. No dogs. Geoff 01403 258180 / 07929 952846

Fri 7 Nov 10:00am Peaceful Plaistow 4.5 miles 1.45 hours Level 2

Walk: 2304 Meet outside the Plaistow Stores RH14 0PX (TQ0050 30874); What3words: slurred.swooned.bookings. Free parking around the village centre. A gentle walk, initially heading eastwards towards Ifold and returning along through, fields, woodland and a scenic farm track with good views and historic housing. Can be muddy and wet. Walking boots advisable. No dogs please as we may encounter livestock. Jan 01403 753528

Fri 7 Nov 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 8 Nov 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 9 Nov 10:00am Hurston Place Level 3 4.8 miles 1.75 hours

Walk 3018. Meet at Storrington Rec Ground car park, RH20 4BG. This walk takes us to the lanes and footpaths to the north of Storrington. Dogs welcome and refreshments provided. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com

Mon 10 Nov 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

Wed 12 Nov 10:00am Warnham Nature Reserve Level 1 2.5 miles 2 hours

Walk 1552. Warnham Nature Reserve, RH12 2RA. Meet at the pedestrian entrance. Please note that there is an entrance fee. This is a quarterly walk around the nature reserve so we can experience all four seasons. Toilets are available and there is a cafe. Don't forget your binoculars. Sorry, no dogs.

Michael 07719 467861

Fri 14 Nov 10.00am Beyond Billingshurst 4.5 miles 2.5 hours Level 2

Walk: 2305 Meet at Jubilee Fields free carpark RH14 9HZ (TQ08278 26329) signposted 'Recycling Centre, Billingshurst CC and Pavilion', just off the western junction of the A29 and A272. Do not turn left into the recycling centre but continue ahead to reach the car park. A fairly flat walk through fields exploring the westward area towards Wisborough Green and following part of the Wey South Path. The walk may vary as underfoot conditions will be weather dependent and can be muddy and wet. Walking boots advisable. No dogs as we may meet livestock. Jan 01403 753528

Fri 14 Nov 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 15 Nov 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 Pak 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 16 Nov 10:00am 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

Mon 17 Nov 10:00am Lower Beeding – Stunning Sussex Scramble Level 3 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. 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. No dogs. w3w gentle.feasted.beeline Jill 07780 701184

Tue 18 Nov 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 20 Nov 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

Thu 20 Nov 11am Henfield-The Short One-Church and Church Yard 1 KM approx. 40 mins. Level 1

Walk 1559. Slight inclines but mostly tarmac and slab paved paths. Meet outside Sharky's, Henfield leisure centre Pinchnose green Church and church yard. Possibility of tea at Sharky's after the walk if you would like to join us, bring card or cash. Leader Angela 07563149616

Fri 21 Nov 10.00am Kingsfold, The Owl 4.5 miles 2.5 hours Level 2

Walk 3203. Meet at the Owl Inn car park on the main A24 Dorking-Worthing Road, just north of Horsham RH12 3SA, (TQ 16767 35726) What3words scars.aquatics.protests. A walk through meadows, streams and woods and part of the Sussex Border Path with stunning views and no roads to cross. Several stiles. Good views. Walking boots advisable. No dogs as we may encounter livestock. Jan 01403 753528

Fri 21 Nov 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 22 Nov 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 23 Nov 10:00am Wiston Circular Level 3 5.5 miles 2.5 hours

Walk 3205. Meet at the car park opposite Abbot's Farm, Hole Street. What3Words sleeping.carpentry.framework. On the A283 from Washington to Steyning turn left at Buncton Crossways for Wiston. A charming undulating walk exploring farmland, woodlands, open meadows, picture book cottages, farmhouses, and fine views. Dogs welcome. Refreshments and chat afterwards. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com

Mon 24 Nov 10:00am Ansty Level 3 6 miles 3 hours

Walk 3197. Meet at the Ansty Community Sports Club RH17 5AS. Parking there by kind permission of the Trustees. Please park as far away as possible from the entrance to allow for their visitor access. A delightful undulating walk with twisting paths and nice views. It can be muddy. No dogs. Jill 07780701184

Thu 27 Nov 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

Fri 28 Nov 10:00am Adversane 5 miles 2.45 hours Level 2

Walk 2337. Meet at the Blacksmiths Arms, Stane Street, Adversane RH14 9JH situated at the junction of A29 and the B2133. (TQ07285 23333). Drive down the right-hand side of the pub to find the car park behind. This is a fairly flat walk through open farmland and along part of the Wey South Path. Can be muddy underfoot. Walking boots advisable. No dogs as we may encounter livestock. Jan 01403 753528

Fri 28 Nov 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 29 Nov 2:00pm Sullington Church Level 2 3.3 miles 1.5 hours

Walk 2049. Meet at Storrington Rec 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. What3Words culling.retraced.pictured

Sun 30 Nov 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



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)

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