

## 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**  
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 01403 255517
- 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". Contact the Walks Coordinator
- Wednesdays & Sundays 2:30pm Horsham Heritage Guided Town Walks 1.5 miles 1hr 30mins**  
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](mailto:events@horshamsociety.org)



**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*

May 2026

**Fri 1 May 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 2 May 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 3 May 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. 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 and refreshments provided. W3W factored.tricycle.bonfires. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com

**Mon 4 May Bank Holiday 10:00am Horsham Going South 5 miles 2.5 hrs Level 2**

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

**Tue 5 May 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 6 May 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 8 May 10:00am Ewhurst Elegy 4.5 miles 2 hours Level 2**

Walk No: 2215 The walk begins at the main car park off the B2127, The Mount GU6 7PX, what3words:screen.printing.toned near to the church in Ewhurst, Surrey, opposite Ewhurst Village Hall. Ewhurst boasts a very old and interesting history. A walk commencing through the church yard and moving on to explore mixed woodlands, well-made paths and rolling meadows. The walk passes around parts of Sayers Croft Rural Centre and on to the outskirts of Cranleigh through a nature reserve back to Ewhurst. It could be muddy in parts given current conditions. Good food available local pub.

Jan 01403 753528

**Fri 8 May 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

May 2026

**Sat 9 May 2:00pm 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

**Sun 10 May 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 11 May 10:00am Littleworth Landscape Level 3 6.5 miles 3 hrs**

Walk 3166. Meet at the Windmill Pub, Littleworth Lane, Partridge Green, RH13 8EJ. Please park in the lane, not at the pub unless you are planning to enter its portals and be aware of not parking in front of residents' driveways. A pleasant flat walk eastwards, taking in the Monastery, fields & byways. It might be muddy. No dogs  
Jill 07780 701184

**Fri 15 May 10.00am Kingsfold, The Owl Level 3 5.2 miles 2.5 hours**

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 country walk exploring the northern western edge of the Sussex Border Path through meadows, streams and woods. Several stiles. Excellent views of open countryside. It could be muddy in parts given current conditions. No dogs as we may encounter livestock. Good food at the friendly local pub, please be encouraged to use the facilities as the parking is free.  
Jan 01403 753528

**Fri 15 May 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 16 May 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 17 May 10:00am Wiggonholt Common & Parham Park Level 3 5.2 miles 2 hrs**

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 their along quite 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 18 May 10.00am St Leonards Forest Level 2 6 miles 3 hrs**

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

**Tue 19 May 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

May 2026

**Fri 22 May 10.00am Slinfold Stretch Level 3 5 miles 2.45 hrs**

Walk 3207: Park and meet at the Red Lyon car park RH13 0RR . what3words: sprint.fruitcake.mobile . A varied walk heading through fields and woods up to Clemsfold towards Rowhook, including parts of the Sussex Literary Trail. Several stiles. Can be muddy, dependent upon weather conditions. Walking boots advisable. No dogs please as we may encounter livestock. Good food which can be ordered in advance before the walk commences.  
Jan 01403 753528

**Fri 22 May 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 23 May 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 Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com

**Sun 24 May 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.clenser.parties. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com

**Mon 25 May 10:00am Bolney - Warninglid Level 3 5.5 miles 2.75 hrs**

Walk 3180. Park on London Road 100 yds out of the 30 mph area and before the bend with the The Bolney Stage RH17 5RL., what3words: universal.albums.likes The road is very wide and parking does not inhibit two-way traffic. We walk east with fine views of the south downs and the magnificent mansions of Wykehurst Park, then Colwood Park, and then ascend north to Warninglid. Turning east and then south we return to Bolney with more views. A hilly walk mostly on footpaths and with three stiles. Muddy in a few places if wet. Possibly horses in one field so no dogs please.  
Alan 07890 118171

**Wed 27 May 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

**Wed 27 May 10:00am The White Horse Maplehurst Level 2 6 miles 2.5 hrs**

Walk 2084. Meet at the pub car park (RH13 6LL TQ190246). A mostly flat circular walk, but with some moderate inclines, through fields and woodland. Some stiles and could be wet and muddy in places. No dogs. Real Ale and terrific value good food in the pub at the end of the walk.  
Geoff 01403 258180 / 07929 952846

**Thu 28 May 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

May 2026

**Fri 29 May 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 30 May 2:00pm Chanctonbury Ring 1 Level 3 3 miles 1.25 hours**

Walk 3016. Meet at Washington South Downs Way car park, RH20 4AL (TQ120 119). 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 31 May 10:00am Three Woods Walk Level 3 6.5 miles 3 hours**

Walk 3092. Meet at Georges Lane NT car park, RH20 3BN. 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 sidlined.remark.intruding Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com



**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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