



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.



If you're new to Horsham District or simply looking to learn more about the area, tune in to our *Welcome Walks* podcast. You'll hear from the locals and discover what's happening in the towns and villages.

<https://www.whistlestoparts.org/welcome>

August 2024

Fri 2 Aug 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. Sue 07751092103

Sat 3 Aug 2.00pm Kithurst Hill Walk 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 Mick Denness on 01903 745971

Sun 4 Aug 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 5 Aug 10.30am Ardingly Reservoir & The Ouse Valley Viaduct. Level 2 5 miles 2.5 hrs

Park in the free car park at the dam at the southern end of Ardingly Reservoir. 'Ardingly Reservoir car park' in Google Maps gets you there, or what3words: embraced.blanket.landowner, or use RH17 6SQ which brings you quarter of a mile short and you need to keep going down the lane to the very end and not into the college. The walk is on footpaths except for a short stretch on a quiet lane. We walk south then west away from the reservoir to the viaduct and enjoy the optical spectacle, then eventually rise out of the valley for scenic views circling back. There will be stiles, muddy sections and possibly livestock, so no dogs please. Alan 07890 118171

Tue 6 Aug 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. Well behaved dogs welcome.

Ann 01903 297553 / Jacky 01903 815543

Thu 8 Aug 10:00am Shermanbury - Wineham Level 2 6 miles 2 hrs 45 mins

Walk 2055. Meet in the lay by on the west side of the A281, 200 yards south of the Bull Inn at Mockbridge (TQ212179).. A mostly flat circular walk over farmland along the River Adur to Wineham and return to Shermanbury by a route north of the river. Some stiles. No dogs because of possible livestock.

Geoff 01403 258180 /07929952846

Fri 9 Aug 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.

Sat 10 Aug 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 land 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 11 Aug 10.00am Pulborough Brooks Level 3 5 miles 2.25 hours

Walk 3017. Meet at Pulborough Library car park, RH20 2BQ. This walk has two distinct elements, firstly the farmed landscape to the north of Pulborough, then the RSPB's Pulborough Brooks Nature Reserve. Dogs welcome refreshments provided. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com. What3Words canal.sunflower.basic

August 2024

Mon 12 Aug 10.30am Lower Beeding Stunning Scenic 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

Thu 15 Aug 10.30am Some Bridges of Henfield level 3 5 Miles 2.5 hrs approx.
Walk 3192. 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. A walk through Henfield to the river. Views of the downs, River bank through pasture land with Cattle and back in to Henfield 124 ft of ascent . Some high stiles and steps. No Dogs.
Angela 07563149616

Fri 16 Aug 11:00am Southwater (1) Level 1 2.6 miles 75 m
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

Fri 16 Aug 10.00am Cranleigh and Ewhurst Green Level 2 5 miles 2.5 hours
Walk 2299. Park in Grove Road considerably near the junction with Horsham Road, Cranleigh GU6 7LP(TQ0653847381), what3words: scans.hobby.sensitive From the outskirts east of Cranleigh heading north through open fields and woods towards Ewhurst Green returning back south on a circular route to the starting point. Fairly flat walk. Can be muddy if wet. Some stiles. No dogs as we may encounter livestock.
Jan 01403 753528

Sat 17 Aug 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 18 Aug 10.00am Washington, Ashington & Wiston Level 3 6 miles 2.5 hours
Walk 3124. Meet at Georges Lane NT car park, RH20 3JH. Meet at Georges Lane car park: on the A283 to Storrington from Washington roundabout, turn right at Clayton Farm. What3Words sidelined.remark.intruding. A very pretty walk exploring woodland, farmland, and open country, with stunning views of Chanctonbury Ring. Includes Washington Common, Ashington, Trickle Wood, Wiston, Rock Common, and Warren Hill. Stiles. Dogs welcome. Afterwards cuppa, cake, and chat.
Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com

Mon 19 Aug 10.30am An Amble at Ashurst Level 3 6 miles 3 hours
Meet at the Ashurst Village Hall Car park. BN44 3AP Please park at the Village Hall, with kind permission from the secretary. The hall does have regular hall hirers on Mondays so please double park starting from the pub end to leave the section by the decking for the hirers who have about 8 cars max. This is a level walk, taking in rivers and the Downs Link with views to the Downs. What3Words stopwatch.servicing.titles
Jill 07780 701184

Tue 20 Aug 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. Well behaved dogs welcome.
Ann 01903 297553 / Jacky 01903 815543

August 2024

Wed 21 Aug 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

Thu 22 Aug 10:00am Wisborough Green Level 2 6 miles 2 hrs 45 mins

Walk 2175. Meet in the car park at the Village Hall in Wisborough Green RH14 0DU (TQ051258) or around the village green. A flat circular walk with some stiles through woods and across farmland on footpaths and bridleways and alongside the River Arun/Canal, passing Lording's Lock, with views of the South Downs. No dogs please as we may encounter livestock.

Geoff 01403 258180 /07929952846

Fri 23 Aug 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 24 Aug 2.00pm Chanctonbury Hill 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 25 Aug 10.00am Houghton Level 3 4.4 miles 2.25 hours

Walk 3014. Meet at Whiteways car park, BN18 9FD. Please note car park charges apply. If you want to enjoy one of the best views in Sussex this is the walk for you. Dogs welcome. From Whiteways we drop down to the River Arun and follow it for a short distance before wending our way back to the top of the hill and well-earned refreshments.

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

Mon 26 Aug 10.30am Horsham Going South Level 2 6 miles 3 hours

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 going South from Horsham. Possibility of staying in Horsham for coffee and getting the Park and Ride bus back. It could be muddy.

Jill 07780 701184

Thu 29 Aug 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 30 Aug 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

Fri 30 Aug 10.00am Beyond Billingshurst Summer Walk Level 2 5.5miles 2 hours 30 mins

Walk: 2305 Meet at Jubilee Fields free carpark RH14 9HZ (TQ082263) signposted 'Recycling Centre, Billingshurst CC and Pavilion'; what3words: following.vibrate.hissing. The turning is 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 taking advantage of drier weather conditions through fields avoiding country roads where possible. The walk may vary as underfoot conditions will be weather dependent. No dogs as we may meet livestock.

Jan 01403 753528

August 2024

Sat 31 Aug 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 1 Sep 10.00am Washington to Sullington Level 3 5 miles 2.5 hours

Walk 3184. Meet at Old London Road, Washington, RH20 3BN. 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 . This walk takes us across the countryside to Sullington before walking along the foot of the downs, with wonderful views, to Washington Village. Dogs welcome and refreshments provided.

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

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

No need to book – just turn up on the day
Email: conversationstarterproject@gmail.com