



## Wellbeing Walks Programme

**\*\*\*23/06/2026 During the current extreme heatwave, please check with the walk leader if the walk is still taking place\*\*\***

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

<b>Mondays</b>	<b>10:45am</b>	<b>North Heath, Horsham</b>	<b>2 miles</b>	<b>30 or 75 mins</b>
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				
<b>Wednesdays</b>	<b>10:30am</b>	<b>Horsham Park Stroll</b>	<b>1+ mile</b>	<b>up to 30 or 50 mins</b>
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 07512 945338				
<b>Thursdays</b>	<b>11:00am</b>	<b>Billingshurst (2)</b>	<b>2.3 miles</b>	<b>60 mins</b>
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				
<b>Fridays</b>	<b>10:30am</b>	<b>St Mary's Church, Horsham</b>	<b>2.5 miles</b>	<b>90 mins</b>
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". Steve 07493 307635				
<b>Wednesdays &amp; Sundays</b>	<b>2:30pm</b>	<b>Horsham Heritage Guided Town Walks</b>	<b>1.5 miles</b>	<b>1hr 30mins</b>
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: <a href="mailto:events@horshamsociety.org">events@horshamsociety.org</a>				



**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:

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

June 2026 Walks

- Mon 1 June 10:00am Sussex Stroll 6 miles level 2 2.5 hrs**  
 Walk 3157. We are parking and meeting at Nymans National Trust gardens which is free to all to use. There are also toilets there. A gentle walk through the woods, down through Staplefield and then back up the hill via Slaugham. It will be muddy. No dogs  
 Jill 07780 701184
- Tue 2 June 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
- Fri 5 June 10.00am Kirdford Canter 5 miles 2.5 hours Level 2**  
 Walk No: 3158 Meet on The Green outside the Foresters Arms, Kirdford, RH14 (TQ014270), what 3words: rebel.case.among. Parking in laybys alongside the road, adjacent to the pub. A circular walk west of Kirdford through, fields and woods, good views and some stiles. No dogs as we may meet livestock.  
 Jan 01403 753528
- Fri 5 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.  
 Sue Bridger 07751092103
- Sat 6 June 2:00pm Hareswith Level 3 3.9 miles 1.5 hours**  
 Walk 3019. Meet at Storrington Rec Ground car park, RH20 4BG. This lovely short walk offers uninterrupted views towards the South Downs as route goes through the landscape to the north of Storrington before returning through Fryern Park. Includes stiles. Dogs welcome and refreshments provided. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com. What3Words culling.retraced.pictured
- Sun 7 Jun 10:00am Houghton Forest & Bignor Hill Level 3 5.5 miles 2.25 hours**  
 Walk 3022. Meet at Whiteways car park, BN18 9FD. 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. Car parking charges **may** apply.
- Mon 8 June 10:00am Warnham Wander 5 miles 2.5 hrs level 2**  
 Walk 2287. Please park at Warnham Local Nature Reserve, by kind permission of the Horsham District Council Wardens. Please park farthest away from the cafe and pedestrian 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
- Thu 11 June 10:00am Sidney Wood/Wey and Arun Canal Level 2 5.5 mile 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. One stile and can be wet and muddy. No dogs. Geoff 01403 258180 / 07929 952846
- Fri 12 June 11:00am Barns Green (1) Level 1 2 miles 60 minutes**  
 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

## June 2026 Walks

**Sat 13 June 2:00pm Parham Glider Field Level 2 4.5 miles 2 hours**

Walk 2039. Meet at Storrington Rec Ground car park, RH20 4BG. This a walk explores the country paths to Parham Glider Field, the route is flat and easy. Dogs welcome refreshments provided .  
Contact Mick Denness on 01903 745971 or email [mickdenness5@gmail.com](mailto:mickdenness5@gmail.com)



**Saturday 13<sup>th</sup> June  
Heli Hike is back in Sussex for 2026 – packed with excitement!  
Support Kent Surrey & Sussex Air Ambulance**

Grab your friends, family, and even the dog, and embark on a hike through stunning countryside, all while raising vital funds to keep your local air ambulance flying\*

This isn't just a walk – it's an adventure. Choose from our 3-mile or 7.5-mile routes. Whatever your age or ability, there's a route to suit you.

Every step you take supports our vital work. Your fundraising will help ensure our crews reach those who urgently need our lifesaving care.

Sign up today, take on the challenge, and become a Heli Hike hero.

Find out more here: [Heli Hike in Sussex - Air Ambulance Charity Kent Surrey Sussex](#)

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**Sun 14 June 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](mailto:mickdenness5@gmail.com). What3Words canal.sunflower.basic

**Mon 15 June 10.00am Southwater Stroll Level 2 5.5 miles 3 hours**

walk no: 2324 Park at Southwater Sports Club RH13 9BT. Enter the village along Worthing Road. At the Topsy Fox Pub turn into Church Lane. 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. This is a new circular walk taking in some of the Downs Link and local footpaths and bridleways. Small climb to the top of Sharpenhurst Hill for views over Horsham. It can be muddy, no dogs.

[///massing.gilding.trades](http://massing.gilding.trades)

Jill 07780 701184

**Tue 16 June 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

## June 2026 Walks

- Fri 19 June 10:00am Welldiggers Walkies 5.5 miles 2.45 hours Level 3**  
Walk 3212. Park and meet in the Welldiggers Arms car park at the bottom of Kingspit Lane adjoining the A283, Low Heath, Petworth GU28 0HG, What3words: shops.hope.hiked. A beautiful scenic walk along farm tracks, fields, woodland, with fantastic views of the Downs. Several stiles. No dogs please as we may encounter livestock. Jan 01403 753528
- Fri 19 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. Sue Bridger 07751092103
- Sat 20 June 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 21 June 10:00am Findon Valley & Chanctonbury Ring Level 3 5.5 miles 2.5 hours**  
Walk 3176. Meet at Washington South Downs Way car park, TQ120119. Walk 3176. Meet at Washington South Downs Way car park. Drive south on the A24 from Washington Roundabout and take the first left into Washington Bostal. Take the rough track on the right to the free car park. What3Words bashed.hack.puffed. Exploring downland from Washington taking in Findon Valley, Buddington Bottom, Chanctonbury Ring, and the South Downs Way. Long steep climbs. Rolling hills. Great views. Dogs welcome. Cuppa, cookies, chat afterwards. contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com.
- Mon 22 June 10.00am Down by the riverside – Henfield Level 2 6 miles 3 hours**  
Walk 2311. Meet at the car park next to The Old Railway pub, Upper Station Road, Henfield, BN5 9PJ. There is also plenty of street parking available. This walk follows the contours of the Adur, before returning north along the Downs Link. A few stiles but otherwise over a very flat terrain. Lots of wildlife to see along the tranquil riverbank and a variety of birdsong to listen out for. Just before the end of the walk is a lovely café (The Cabin) which serves food and hot drink (also has toilet) No dogs Jill 07780 701184
- Wed 24 June 10:00am Rusper South / West Level 3 6 miles 2.5 hrs**  
**WALK CANCELLED – DUE TO EXPECTED EXTREME HEAT**  
Walk 3055. Meet in the pub car park in the centre of Rusper (RH12 4RA) but if not staying for refreshments after the walk please park in the nearby village car park next to the church. A mostly flat circular walk but with some moderate inclines and a few stiles through farmland and woods south and west of the village. Could be wet and muddy in places. No dogs because of potential livestock. Good food and drink in The Star Inn at the end of the walk. Geoff Smith 07929 952846
- Thu 25 June 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
- Fri 26 June 10:00am Rudgwick and Rowhook 5.5 miles 2.5 hours Level 2**  
**WALK CANCELLED – DUE TO EXPECTED EXTREME HEAT**  
Walk no: 3186 Meet in the free off-road parking strip RH12 3HF, what3words:digit.resemble.pats, near to the King's Head on the B2128 signposted Rudgwick off the A281. A circular walk with several stiles, good footpaths through woodland and fields across to Rowhook returning via open farmland including parts of the Sussex Border path. Good food available locally. No dogs please as we may encounter livestock. Jan 01403 753528
- Fri 26 June 11:00am Barns Green (1) Level 1 2 miles 60 minutes**  
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 27 June 2:00pm Kithurst South Circular Level 2 3 miles 1.5 hours**

Walk 2046. Meet at Kithurst Hill car park, TQ070124. This is a health walk which enables walkers to enjoy the beauty of the South Downs in an easy and relaxed way. The walk is level and has a long gradual climb. Dogs welcome and refreshments provide. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com. What3Words jaundice.bucks.workforce

**Sun 28 June 10:00am Amberley Wildbrooks Level 3 5.7 miles 2.5 hours**

Walk 3012. Meet at Rackham Old School, RH20 2EU. This walk explores Amberley Wildbrooks which forms part of the flood plain of the River Arun. The walk also takes in part of Amberley Village with its chocolate box, thatched cottages. The route can be muddy and is liable to change if flooded. It contains some stiles. Dogs welcome. Please park considerately. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com. What3Words chesnuds.squares.amaze

**Mon 29 June 10:00am Cowfold: Paths Less Travelled Level 2 5 miles 2.5 hours**

Walk 2300. Park at the recreation ground free car park on the A272 towards Bolney just out of the middle of Cowfold RH13 8BL (NOT the restricted area behind). Limited spaces; so otherwise street parking nearby or just further out on the A272 down Oakfield Road RH13 8AB. Mainly footpaths gently undulating through old and new woodlands and open fields, heading east then north nearly reaching the back of Leonardslee before turning south on return. Some stiles, it may be muddy and slippery if wet. Possibly sheep and pheasants. No dogs please.

Alan 07890 118171



**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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