

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. ****NO WALK ON 1ST JANUARY****
Emmy 01403 255517 or Doreen 01403 230293
- 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".
Stephen Hook 01403 260450



welcome walks

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>

January 2025

Fri 3 Jan 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 4 Jan 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 5 Jan 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 6 Jan 10.00am Southwater – Nuthurst Level 2 6 miles 3 hours

Walk 2286. Park at Southwater Country Park, Cripplegate Lane, Southwater, Horsham RH13 9UN. We join the Downs Link and walk across to Nuthurst on a circular route back to the Park. One sharp hill. Toilets and café at the Park. Please note a parking fee of £3.40 (for 4 hours parking) is payable at the Country Park. It could be muddy. No dogs. Jill 07780 701184

**Tue 7 Jan 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 10 Jan 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 11 Jan 2:00pm Parham Glider Field Level 2 3.6 miles 1.75 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 mick.denness@waitrose.com.

Sun 12 Jan 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 sidelined.remark.intruding .

Mon 13 Jan 10.00am 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

January 2025

- Tue 14 Jan Leith Hill - Below the Tower Level 3 5.5 miles 3 hrs**
Walk 3143. Meet at Starveall Corner car park on the Leith Hill to Abinger Common road (TQ131432). A circular walk with some steep hills. We pass Leith Hill Tower before descending through woods to open farmland below. Lovely views and interesting buildings. 8 stiles. Our return uphill starts gradually, some level paths, but is steeper towards the end.
John 0796 6311 415
- Fri 17 Jan 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 18 Jan 2:00pm Nutbourne Level 2 3 miles 1.5 hours**
Walk 2034. 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.
- Sun 19 Jan 10:00am Gumber Farm and The Bottoms Level 3 6.5 miles 3 hours**
Walk 3175. Meet at Whiteways car park, BN18 9FD. Meet at the car park at Whiteways roundabout at the junction of the A29 and A284, BN18 9FD. What3Words latest.skidding.vent. Exploring Houghton Forest, Monarch's Way, the Roman road Stain Street, Gumber Farm, Great Bottom, Little Bottom, and Trot Row. Dogs welcome. Cuppa, cake, and chat afterwards. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com
- Mon 20 Jan 10.00am West Grinstead Level 3 5 miles 2.5 hours**
Walk 3178. West Grinstead Old Railway Station. Please park at the Railway Station RH13 8LY. It is on the A272 going east towards Cowfold. The entrance is just after the nursery on the left if you are coming from Buck Barn crossroads. It is easy to miss the turning so do slow down and take it carefully. We walk South towards St George's Church, then back up the Downs Link . There may be cattle. There are a number of stiles. It could be muddy. No dogs.
Jill 07780 701184
- Tue 21 Jan 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 23 Jan 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 24 Jan 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 25 Jan 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 26 Jan 10:00am West Chiltington & Nutbourne Level 3 5 miles 2.25 hours
Walk . 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 27 Jan 10.00am Handcross level 2 5 miles 2.5 hours
Walk 3157. 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
Jill 07780 701184

Tue 28 Jan 10.00am Broadbridge Heath Circular Level 2 4.5 miles 2 hrs15 mins
Walk 2211. Meet at The Green, Heath, junction of Old Guildford Road / Broadbridge Heath Road, RH12 3JY (TQ149317). Lay-by and on-street parking. A mostly level walk along tracks (including the Downs Link) and across fields. Some interesting features along the route. 2 stiles. Can be wet and muddy.
John 0796 6311 415

Fri 31 Jan 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



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