

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**
NO WALK/STROLL IF THERE IS SNOW OR VERY ICY WEATHER
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
- 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



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

March 2025

Sat 1 March 2:00pm Washington Common & Rodell Level 2 3.5 miles 1.5 hours

Walk 2161. Meet at Old London Road, Washington, RH20 3BN. A lovely circular walk exploring the footpaths along the foot of the South Downs and National Trust land. 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 Dogs welcome refreshments provided.

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

Sun 2 March 10:00am Sullington Hill Level 3 6 miles 3 hours

Walk 3030. Meet at Storrington Rec. Ground car park, RH20 4BG. This walk takes us from the village up to the top of the downs via flower and butterfly rich Chantry Hill. We then walk a short section of the South Downs Way before dropping down to Sullington Church before winding our way back to the village. Dogs welcome and refreshments provided. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com. What3Words jaundice.bucks.workforce

Mon 3 March 10.00am Southwater Stroll Level 2 5.5 miles 3 hours

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. No Dogs. It can be muddy. ///massing.gilding.trades Jill 07780 701184

**Tue 4 March 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 7 March 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 8 March 2:00pm Lee Farm 1 Level 3 4.5 miles 2 hours

Walk 3010. Meet at Kithurst Hill car park, TQ070124. This walk takes us to historic Lee Farm which lies in the heart of the South Downs behind Storrington. The walk includes a steep hill. Dogs welcome and no stiles. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com. What3Words jaundice.bucks.workforce

Sun 9 March 10:00am North of Pulborough Brooks Level 3 5 miles 2.25 hours

Walk 3198. Meet Pulborough Library Car Park. This is a pleasant walk exploring the farmland and countryside to the north of Pulborough. The walk mainly follows local footpaths and bridleways. Refreshments provided and dogs are welcome. For further information contact mickdenness5@gmail.com or phone 01903745971.

Mon 10 March 10.00am Buchan Park 5 miles 2.5 hours

Please meet at Buchan Park RH11 9HQ - Horsham Road Crawley. Parking there by kind permission of the West Sussex County Council Rangers. We walk up to Pease Pottage and then back to the Park through Cottesmore Golf Club. No dogs. It will be muddy. toilets in the park. Jill 07780 701184

March 2025

- Tue 11 March 10:00am King's Head Rudgwick Level 2 2.25 hours**
Kings Head, Rudgwick - going East 4 miles 2 hrs Walk 2154. Meet in the car park opposite the pub (TQ 091343, RH12 3EB). North off A281 along B2128 for about 1 mile towards Cranleigh. Mainly flat walk, some slopes, towards Rowhook through woods and fields along the southern slope of the border ridge between Sussex and Surrey.
John 0796 6311 415
- Fri 14 March 10.00am Cranleigh and Ewhurst Green Level 2 5 miles 2.5hrs**
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. Likely to be muddy in parts. Some stiles. No dogs as we may encounter livestock.
Jan 01403 753528
- Fri 14 March 11:00am Southwater (1) Level 2.6 mile 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 15 March 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 16 March 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 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.
- Mon 17 March 10:00am Noggin of Nuthurst 5 miles 2.5 hrs Level 2**
Walk 2274. Meet outside the Church in Nuthurst, RH13 6LH, please park in the road. One of two delightful circular walks through woodland and fields in the heart of Sussex catching occasional glimpses of our precious Downs. It can be muddy. No dogs //tricks.bounding.emeralds
Jill 07780 701184
- Tue 18 March 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 March 2pm Henfield The Short One Church & churchyard 1km 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
- Thu 20 March 10:00am Holmbury Hill – Peaslake Level 3 6 miles 2.45 hours**
Walk 3122. Meet in the car park of the Holmbury St. Mary Village Hall (located at the end of Felday Glade in Holmbury St Mary off the B2126 Horsham Road) (road runs beside the Royal Oak Public House in Holmbury St. Mary) RH5 6PG (TQ107441). A hilly circular walk through the wooded Hurtwood Estate with an optional coffee stop at the Peaselake Village Shop on route. We will get fine views from Holmbury Hill, weather permitting.
Geoff 01403 258180 / 07929 952846

Fri 21 March 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 22 March 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 23 March 10:00am West Chiltington, Thakeham & Warminghurst Level 3 5.7 miles 2.5 hrs

Walk 3164. Meet at Thakeham Village Football Club, Abingworth Crescent off the B2139. What3Words sleep.overlaid.inkjet. Charming villages, woodland, farms, and great views across open countryside. Connecting three Norman churches: St Mary's West Chiltington, St Mary's Thakeham, and The Holy Sepulchre at Warminghurst used by William Penn, founder of Pennsylvania. Stiles. Dogs welcome. Cuppa, cookies, chat afterwards.

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

Mon 24 March 10.00am Sedgwick Circular Level 2 6 miles 3 hours

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 will be very 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. What3Words boats.career.ruler Jill 07780 701184

Tue 25 March 10:00am Barns Green - South Level 2 2.5 hours

Barns Green going South 5 miles 2.5 hrs Walk 2170. Meet in the car park above the Village Hall, Barns Green RH13 0PT (approached across the yellow road markings at front of the village hall). A fairly flat walk, with a couple of inclines, through fields and woodland. 5+ stiles. Can be muddy. No dogs.

John 0796 6311 415.

Thu 27 March 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 March 10.00am Beyond Billingshurst Winter Walk Level 2 5.miles 2.5hrs

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 farm tracks and country lanes where possible and if wet. The walk may vary as underfoot conditions will be weather dependent but likely to be muddy in parts. No dogs as we may meet livestock. Jan 01403 753528

Fri 28 March 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 29 March 2:00pm Chanctonbury Ring 1 Level 3 3 miles 1.25 hours

Walk 3016. Meet at Washington South Downs Way car park, TQ120119. Meet in the 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. Refreshments provided.

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

March 2025

Sun 30 March 10:00am Houghton Forest and Bignor Hill Level 3 5.5 miles 2.25 hours
Walk 3022. Meet at Whiteways car park, BN18 9FD. This walk takes in the South Downs Way, Monarch's Way, Bignor Hill and Houghton Forest. It affords wonderful views over Bury and Bignor and includes a steep hill. Dogs welcome. Refreshments provided after the walk. Meet at the car park just off the Whiteways roundabout at the junction of the A29 and A284, BN18 9FD.

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

Mon 31 March 10.00am Ardingly Reservoir & 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.

Greg 07876548584

