



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 25th December and 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. **NO WALK on 12th and 26th December** 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



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>

Sun 1 Dec 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 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 2 Dec 10:00am 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, and then down into the town. Possibility of staying in Horsham for coffee and getting the Park and Ride bus back. It will be muddy. No dogs. Jill 07780 701184

**Tue 3 Dec 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 5 Dec 10:00am Partridge Green West Circular Level 2 6 miles 2 hr 45 mins

Walk 2129. Meet in the car park at the Partridge Green Village Hall, RH13 8JY (TQ190191). A fairly flat circular walk to the South and West of the village of Partridge Green which can be muddy during the winter months . The walk will include part of the Downslink and if dry or in the Summer the River Adur path towards Ashurst . Geoff 01403 258180 / 07929952846

Fri 6 Dec 10.00am Alfold Amble Level 2 5 mile 2.5. hours

Walk No3188. Meet at the car park behind the Onslow Arms, RH14 0RD (TQ 041312), What 3words: humans.move.unloading. Not quite a leisurely stroll across fields and lanes including part of the Wey and Arun Canal and ancient Loxwood woods returning back to Alfold across the fields. Good views. Two low level sturdy stiles. If wet likely to be very muddy in parts. No dogs as we may encounter livestock.

Jan 01403 753528 / 07475736474

Fri 6 Dec 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 7 Dec 2:00pm Under The Downs Level 2 3.6 miles 1.75 hours

Walk 2037. Meet a Storrington Rec Ground car park, RH20 4BG. This is a 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 8 Dec 10:00am Kings Building & Houghton Forest Level 3 4.3 miles 1.75 hrs

Meet at Whiteways car park, BN18 9FD. Note car parking charges apply. This leisurely downland walk incorporates parts of the Southdowns and Monarchs Ways as well as enjoying walking through Houghton Forest. Dogs welcome, steep hill and refreshments provided. W3W foiled.horn.fattening. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com

Mon 9 Dec 10:00am Cowfold: Paths Less Travelled Level 2 5 miles 2.5 hours

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, slippery (slabby) surfaces, mud (gubber), sheep, sweet chestnuts and perhaps pheasants. No dogs please. Alan 07890 118171

December 2024

Fri 13 Dec 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 OPT. 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 14 Dec 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 15 Dec 10:00am Highden & Windlesham Level 3 4.6 miles 1.75 hours

Walk 3020. Meet at Chantry Hill car park, TQ086119. This is a circular downland walk with wonderful views using the South Downs Way and tracks around Windlesham. Includes a steep hill. Dogs welcome. W3W toads.syndicate.unlisted. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com.

Mon 16 Dec 10:00am Buchan Park Level 2 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 Cottessmore Golf Club. No dogs. It will be muddy. Toilets in the park. .Jill 07780 701184

**Tue 17 Dec 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 19 Dec 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 / 07929952846

Fri 20 Dec 10.00am Kirdford to the South East Level 2 4 miles 2 hours

Walk No: 3158 Meet on The Green outside the Foresters Arms, Kirdford, RH14 (TQ014270), what 3words: configure.fork.teachers. Parking in laybys alongside the road, adjacent to the pub. A circular walk, fields, woods, good views and some stiles. If wet likely to be very muddy in parts. No dogs as we may meet livestock.
Jan 01403 753528 / 07475736474

Fri 20 Dec 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 21 Dec 10:00am Winter Solstice Walk Level 2 6 miles 2.5 hours

Meet at the Kissingate Brewery Church Lane Estate, Lower Beeding, RH13 6LU by kind invitation of our Hosts Gary and Bunny. Parking available at the business park.
Join us on a walk to celebrate the shortest day of the year, a mirror to our walk on Midsummer's Day. Nice footpaths and woodland, and then back to the Brewery for lunch. Soup and a roll and/or sausage rolls and a nice pint of beer. Tea, coffee and soft drinks are available too. No need to book, just turn up. It will be muddy.
Jill 07780701184

Sat 21 Dec 2:00pm Sandgate Park & Sullington Warren Level 2 3.6 miles 1.75 hrs
 Walk 2041. Meet at Storrington Rec Ground car park, RH20 4BG. This walk offers visits to two wonderful areas very close to Storrington. Both of which are managed for public enjoyment and nature conservation. An easy flat route. Dogs welcome refreshments provided. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com.

Sun 22 Dec 10:00am 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



Wed 25 Dec 10.00am Southwater Paths and Tracks Level 3 5.5 miles 2.5 hours

Walk 2217. Park in the car park of the Country Park, (off Cripplegate Lane, RH13 9UN, TQ161259). A mainly flat, circular walk along quiet footpaths tracks and lanes. Two stiles. Good views to the South Downs. We are likely to encounter cattle. The cafe in Southwater Country Park will not be open. No dogs. Be prepared for there to be a parking charge. John 0796 6311 415

Thu 26 Dec 10.00am Barns Green – South Level 3 5.25 miles 2 hours
 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

Fri 27 Dec 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

Fri 27 Dec 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

Sat 28 Dec 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 29 Dec 10.00am Thakeham to Ashington Circular Level 3 5.5 miles 2.5 hours
 Walk 3195. Meet at the car park on Abingworth Crescent, next to Abingworth Football Club off the B2139. What3words sleep.overlaid.inkjet. Woodland, farms, great views across open countryside, Ashington, and the Norman church The Holy Sepulchre at Warminghurst used by William Penn, founder of Pennsylvania. Stiles. Can be very muddy. Dogs welcome. Cuppa, cake, and chat afterwards.
 Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com.

Mon 30 Dec 10:00am St Georges – Stunning Seasonal Sussex Level 2 5 miles 2.5 hrs
 Walk 2157. Park and meet at St George's Church, Steyning Road, West Grinstead, RH13 8LR. From Horsham (A24), take the B 2135 signposted Partridge Green, first right at a house. Go down the lane and park at Church. A flat circular walk with far reaching views of the South Downs, interesting buildings and houses along the way. Possibility of cattle, horses & sheep and it will be muddy. honesty box for car park. No dogs. Jill 07780 701184

December 2024



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 at 10.00am-11.00am

Venue: **Southwater Country Park**

Every Friday 12-12.40pm

(Meet at Iggy The Dinosaur, Lintot Square)

No need to book – just turn up on the day

Email: conversationstarterproject@gmail.com