

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

February 2025

Sat 1 Feb 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 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 2 Feb 10:00am Wiggonholt Common & Parham Park Level 3 6.5 miles 2.5 hours

Walk 3084. Meet at Storrington Rec. Ground car park, RH20 4BG. Today's walk provides an opportunity to walk through Parham Deer Park as well as seeing the wonderful work being done by the RSPB to improve their nature reserve. This is a flat route which includes some stiles. Dogs welcome and refreshments provided. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com. What3Words culling.retraced.pictured

Mon 3 Feb 10.00 am Lanes West of Bolney Level 2 6 miles 2.75 hrs

Walk 2317. Park on London Road going north out of Bolney, 200 yds after leaving the 30 mph area and before the bend with The Bolney Stage RH17 5RL. The road is very wide and parking does not inhibit two-way traffic. This is a walk deliberately all on lanes to give some relief from mud on other walks! Hence, no stiles, water jumps or other impediments - but occasional vehicles and there are still hills. We go west then north to Warninglid, then east and south to return to Bolney. A chance to chat, enjoy woodland and open views without constantly having to watch one's feet! Alan 07890 118171

**Tue 4 Feb 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 Feb 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 Feb 2:00pm Roundabout West Chiltington Level 2 3.8 miles 1.75 hours

Walk 2166. Meet at West Chiltington Village Hall, RH20 2PZ. A lovely, varied walk around West Chiltington. W3W legs.mermaids.split Dogs welcome refreshments provided. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com

Sun 9 Feb 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 10 Feb 10:00am Snowdrop walk Cowfold Level 2 4.8 miles 2.5 hours

Walk 2060. Meet in the middle of the village at the football field, at the junction of Farthing Cottages and the A272, RH13 8BL (TQ214225). A gentle slight uphill circular walk through quiet lanes and paths, with some stiles. Will be muddy. No Dogs. Jill 07780 701184

- Tue 11 Feb 10:00am Redland Walk Level 3 6 miles 3 hours**
 Walk 3145. Leith Hill / Redlands. Meet at The National Trust Landslip car park, Abinger Lane, Coldharbour, RH5 6HG. (NT members free, non-members donation). A circular walk through Coldharbour and Forestry Commission woodland to Redlands, returning through farmland. Several hills, some stiles, tree roots and loose stones underfoot. A panoramic view over Dorking and the Mole Valley. Sorry, no dogs. John 0796 6311 415
- Fri 14 Feb 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 15 Feb 2:00pm Sandgate Park & Sullington Warren Level 2 3.6 miles 1.75 hours**
 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 16 Feb 10:00am Stopham Daffodil Walk Level 3 4.7 miles 2.25 hours**
 Walk 3079. Meet at Stopham Bridge, RH20 1DS, in the slip road to the White Hart pub. What3Words horseshoe.mermaids.register. Please park considerately, and car share if possible. Wide open countryside and woodland tracks, a tunnel of trees, and views of the South Downs on the horizon. Including the 11thC church St Mary the Blessed Virgin, Harwood's Green, Chance Copse, Fittleworth Woods, and Walter's Plantation. Daffodils and bluebells in season. Long slopes and short steep climbs. Dogs welcome. Cuppa, cake, and chat afterwards. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com
- Mon 17 Feb 10:00am Ansty Amble 6 miles Level 3 3 hours**
 Walk 3197. Meet at the Ansty Community Sports Club RH17 5AS. Parking there by kind permission of the Trustees. Please park as far away as possible from the entrance to allow for their visitor access. A delightful undulating walk with twisting paths and nice views. It will be muddy. Greg 07876548584
- Tue 18 Feb 10:00am West Grinstead Level 2/3 5 miles 2 hours**
 West Grinstead walk starting at 1000 from the St Georges church car park located off the B2135 Steyning Road at the bottom of Rectory Lane. Walk is 5 miles long and takes 2hrs and 30minutes mainly on tracks and roads. There are just two stiles. John 0796 6311 415
- Tue 18 Feb 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
- Wed 19 Feb 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 20 Feb 11:00am Henfield – The Short One: The Haven & South View Level 1 .6 mile**
 Walk 1555. Meet outside the Haven BN 5 9DT. The compass 100 bus and the stagecoach 17 bus stop by the shell garage. Walk west by the side of the shell garage and flats and follow the signs to the Haven A short walk through twittens to south view terrace, (on a clear day a lovely view of the downs) Rothery field and back to the Haven. No stiles. Mixed surfaces, tarmac and hard gravel ,one area of playing field . slight incline. If you would like to join us for a snack at the Haven bring card or cash.

Fri 21 Feb 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 Feb 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 23 Feb 10:00am Kings Building & Houghton Forest Level 3 4.3 miles 1.75 hours

Walk 3147. 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 24 Feb 10.00am West Grinstead Level 2 5 miles 2.5 hours

Walk 2290. 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 will be muddy. No dogs.

Jill 07780 701184

Thu 27 Feb 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 Feb 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



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>