

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.
Emmy 01403 255517 or Doreen 01403 230293
- Wed 2.30pm Horsham Heritage Guided walks 1.5 miles 1 hr 45 mins**
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 events@horshamsociety.org
- 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
- Sun 2.30pm Horsham Heritage Guided walks 2 miles 1 hr 45 mins**
Every Wed & Sun afternoon between 1st April – 30th Sept. Meet outside the Museum in Causeway. See above (Wed) for details.



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.

July 2024

Mon 1 July 10.30am Sedgwick Park Loop 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 can be 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 //boats.career.ruler Jill 07780 701184

Tue 2 July 11:00am Steyning Health Centre Walk Level 2 2 miles 75 mins
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. Ann 01903 297553 / Jacky 01903 815543

Thu 4 July 10.30am Mill Stream Loop Level 3 5 miles 2.5 hours
Walk 3182. Meet by Foot bridge at Woods Mill Nature reserve Compass bus 100 stops outside reserve entrance ask for woods mill nature reserve stop if you are not familiar with the area Park in woods mill carpark and Toilets by kind permission of Sussex wildlife trust Please park neatly so there is room for other users Two stiles Three footbridges possibly cattle, sheep and Ponies grazing in fields , muddy after rain. Sorry no dogs Walk through the reserve then following the Mill Stream to the Downs link, Stretham Manor bridge, River Adur, Newhall Lane, Sands Farm and east entrance to the reserve back to the Mill. No dogs. Angela 07563149616

Fri 5 July 10:00am Peaceful Plaistow Level 2 5 miles 2 hours
Walk:2304 Meet outside the Plaistow Stores RH14 0PX (TQ004309). Free parking around the village centre. A gentle 5 mile walk along a scenic farm track, fields, woodland, with some historic landmarks and several stiles. No dogs please as we may encounter livestock. Refreshments available at the Corner Cafe at the Plaistow Stores Jan 01403 753528

Fri 5 July 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 6 July 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 7 July 10.00am West Chiltington & Nutbourne Level 3 5 miles 2.25 hours
Walk 3191. 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 8 July 10:30am St Leonards Forest Level 2 6 miles 3 hrs
Walk 2264. Park in the Forestry Commission Car Park - Roosthole - on Hammerpond Road RH13 6PG. This is a very pretty circular walk through the Forest, and on lanes. It can be muddy. No dogs //cares.buffoon.photocopy Jill 07880 701184

Thu 11 July 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 / 07929 952846

July 2024

Thu 11 July 2.00pm Henfield the Short One (The Cabin) Level 1 1 mile 45 minutes

Walk 1554. Meet on pavement by Braziers garage and Downs Link Track BN5 9QY TQ 206159. No stiles Mixed surface, crushed stone and grass 24 ft ascent. Public toilets in Henfield high Street .Customer toilets available at the Cabin. Downs Link track south to junction with sandy Lane, Blackhouse Farm, to The cabin, back to the Hollands lane entrance. Parking available locally in the Downs Link carpark Upper Station road. Weather dependant, Outside seating only, If you would like to join us for a Cuppa at the Cabin bring Card or cash and an extra Jumper. Dogs on Leads welcome Angela 07563149616

Fri 12 July 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 13 July 2.00pm Sullington Warren & Church Level 2 4 miles 1.75 hours

Walk 2038. Meet at Storrington Rec Ground car park, RH20 4BG. This walk visits Sullington Church, a pretty little country church which predates the Doomsday Book. We return via the National Trust's Sullington Warren heathland site. The route contains stiles and can be muddy. Dogs welcome and refreshments provided. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com. What3Words culling.retraced.pictured

Sun 14 July 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 chesnuts.squares.amaze

Mon 15 July 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 16 July 11:00am Steyning Health Centre Walk Level 2 2 miles 75 mins

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. Ann 01903 297553 / Jacky 01903 815543

Thu 18 July 10:00am Partridge Green Circular - Western Route 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 19 July 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 20 July 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.

July 2024

Sun 21 July 10.00am Findon Valley, Buddington Bottom & Chanctonbury Ring Level 3
5.5 miles 2.5 hours

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 brick.zapped.recap. Exploring downland from Washington taking in Findon Valley, Buddington Bottom, Chanctonbury Ring, and the South Downs Way. Long steep climbs. Rolling hills. Great views. Refreshments provided at the end of the walk. Dogs welcome.

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

Mon 22 July 10.30am 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 a westerly direction. 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 circular walk taking in some of the Downs Link and local footpaths and bridleways. It can be muddy, no dogs. //massing.gilding.trades Jill 07780 701184

Thu 25 July 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 26 July 10:00am Loxwood South Level 2 5.5 miles 2 hours 30 mins

Walk 2303 . Park and meet at the Arun Trust car park beyond the Onslow Arms Public House, Loxwood, RH14 0RD (TQ041319). This flat circular walk briefly follows part of the Wey & Arun canal, before heading South West through fields, woods and quiet country lanes with some fine views and only a couple of stiles. No dogs please as we may encounter livestock. Jan 01403 753528

Fri 26 July 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 27 July 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 28 July 10.00am Houghton Forest & Bignor Hill Level 3 5.5 miles 2.25 hours

Walk 3022. Meet at Whiteways car park, BN18 9FD. Please note parking charges may apply (check at the car park). This walk takes the South Downs Way to Bignor Hill and affords wonderful views over Bury and Bignor. It then returns along the Monarch's Way to Houghton Forest. W3W palettes.gladiator.boring It includes a steep hill. Dogs welcome. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com.

Mon 29 July 10.30am Cowfold Canter 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 Fairfield Cottages and the A272, RH13 8BL (TQ214225). Parking either in the small car park, or on adjacent roads. A gentle slight uphill circular walk through quiet lanes and possibly overgrown paths, with some stiles. can be muddy. No Dogs. //written.rewrites.withdraw Jill 07780 701184

Wed 31 Jul 10:00am Rookwood Golf Centre 5½ miles 2½ hours

This walk is the annual butterfly count walk starting at the Rookwood Gold Centre, RH12 3RR. Please park at the far end of the car park and meet at the car park entrance. The walk is to the Warnham butterfly fields using the new bridleway, return through the deer farm and park. Some stiles. Toilets available at the start. Sorry, no dogs. Michael Vertue 07719 467861

July 2024



The Conversation Starter Project

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