

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
- 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



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>

Tue 1 Oct 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. Well behaved dogs welcome.

Ann 01903 297553 / Jacky 01903 815543

Thu 3 Oct 10:00am Rusper Going West Level 3 6 miles 2.5 hrs

Walk 3055. Meet in the pub car park in the centre of Rusper (RH12 4RA) but if not staying for refreshments after the walk please park in the nearby village car park next to the church . A mostly flat circular walk but with some moderate inclines and stiles through farmland and woods south and west of the village . Could be wet and muddy in places . No dogs because of potential livestock . Good food and drink in The Star Inn at the end of the walk .

Geoff Smith 07929 952846

Fri 4 Oct 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 5 Oct 2.00pm Kithurst Hill Level 2 2.5 miles 1.25 hours

Walk 2035. Meet at Kithurst Hill car park, TQ070124. This lovely downland walk takes us along part of the South Downs Way to Chantry Post. The walk offers superb views over Storrington and Sullington and also into the heart of the downs towards sea. This is amongst the best views to be had along the 100 mile length of the South Downs Way. Dogs welcome and refreshments provided. What3Words jaundice.bucks.workforce

Sun 6 Oct 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 7 Oct 10.30am A Different Staplefield Stride Level 3 6 miles 3 hours

Please park neatly in the lane on the Green behind the cricket club, probably more room at the end nearest the Jolly Tanners, RH17 6EU. Lovely walk southwards through fields, lanes and ghylls. Up onto Cuckfield golf course with fine views. It will be muddy. No Dogs.

Alan 07890 118171

Fri 11 Oct 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 12 Oct 2.00pm Under The Downs Level 2 3.6 miles 1.75 hours

Wal 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 13 Oct 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 14 Oct 10.00am please note earlier start time 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
Jill 07780 701184
w3w paces.nobody.hers

Tue 15 Oct 11:00am Steyning Health Centre Walk Level 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. Well behaved dogs welcome.
Ann 01903 297553 / Jacky 01903 815543

Thu 17 Oct 10:00am Ranmore Common - Polesden Lacey 5.5 miles 2 hrs 15 mins

Walk 3056. Meet at the Denbies Hillside National Trust car park on Ranmore Common Road (RH5 6SR TQ141503). Please note there is a car park charge for non-National Trust members. A circular walk on woodland and farm tracks within the wooded valleys around the Polesden Lacey estate. No stiles but the walk includes some steep slopes and moderate inclines.
Geoff Smith 07929 952846

Fri 18 Oct 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 19 Oct 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 20 Oct 10.00am Washington, Bunton & Rock Common Level 3 5.5 miles 2.5 hrs

Walk 3165. Meet at Wiston Recreation Ground. From Washington Roundabout, take the A238 to Steyning. At Bunton Crossways turn left onto Water Lane. Car park is opposite Abbots Farm in Hole Street. What3Words dentistry.soap.huddle. A charming and scenic walk with woodland, open fields, farmland, great views of Chanctonbury Ring, 11thC. All Saints Church at Bunton, Upper Chancton Farm, and Rock Common. Dogs welcome on leads. Cuppa, cake, and chat afterwards.
Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com

Mon 21 Oct 10.00am please note earlier start time Knepp Estate Walk Level 3 6 miles 3 hours

3167 The estate provides a car park for walkers off Worthing Road (A24 access road), Dial Post, RH13 8NQ. Honesty box - park at your own risk. Possibility of seeing pigs, cows, deer and horses, paths will be muddy. Delicious cafe for lunch or coffee and accessible toilets. No dogs
Jill 07780 701184

Thu 24 Oct 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 25 Oct 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.

October 2024

Sat 26 Oct 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 Domesday Book. We return via the National Trust's Sullington Warren heathland site. The route contains stiles and can be muddy. Dogs welcome refreshments provided. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com. What3Words [culling.retraced.pictured](https://www.what3words.com/culling.retraced.pictured)

Sun 27 Oct 10.00am Washington to Sullington Level 3 5 miles 2.5 hours

Walk 3194. 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](https://www.what3words.com/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.



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

No need to book – just turn up on the day
Email: conversationstarterproject@gmail.com