

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.



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)

May 2025

Fri 2 May 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 3 May 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 4 May 10:00am Abingworth Circular Level 3 5 miles 2.25 hours

Walk 3200. 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 lane before proceeding to Thakeham Village. From the village we cross the road to the to explore the countryside to the west of the village. Parts of this route can be wet and muddy. Dogs welcome and refreshments provided. What three words poet.cleanser.parties. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com.

Mon 5 May 10:00am Ardingly Reservoir And Environs Level 2 5 miles 2.5 hrs

Walk 2329. Park in the free car park at the dam at the southern end of Ardingly Reservoir. 'Ardingly Reservoir car park' in Google Maps, 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 mainly on footpaths and takes us north on the east side of the reservoir before looping back through woods and alongside the South of England Centre and the edge of Ardingly. It could be muddy and there may be livestock, so dogs please. Alan 07890 118171

Tue 6 May 10:00am Okewood Hill Level 2 5 miles 2.5 hours

Walk 2177, starting 1000hrs. Meet in the car park of The Punchbowl Inn, Okewood Hill, RH5 5PU (TQ132373). A walk through woods and farmland to the isolated Grade II 12th Century St John the Baptist church at Okewood Hill. Good food and drink available in the pub after the walk. John 0796 6311 415

**Tue 6 May 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 8 May 10:30am Woods Mill & surrounding farm land Loop 5 miles, Level 3 approx. 2 ½ hrs

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. 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. We will be listening out for birds that choose to be in Henfield at this time of year. Sorry no dogs.

Angela 07563149616

Thu 8 May 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

May 2025

Fri 9 May 10:00am Peaceful Plaistow Level 2 5 miles 2 hours

Walk: 2304 Meet outside the Plaistow Stores RH14 0PX (TQ004309); What3words:

slurred.swooned.bookings. 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. Can be muddy in parts dependent upon weather. No dogs please as we may encounter livestock. Jan 01403 753528

Fri 9 May 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 10 May 2:00pm Thakeham Circular Level 2 4 miles 2 hours

Walk 2040. 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 popular walk explores the tracks, footpaths and byways north of Thakeham Village. Parts of this route can be wet and muddy. What three words poet.clenser.parties Dogs welcomes, the route includes stiles. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com.

Sat 10 May 2:00pm Care & Wellbeing Event – Red Oaks Care Home Level 2 3 miles 1.5 hrs

BN5 9UY. Meet by the Community Partnership Stand for a walk on Henfield Common, Golden Square, Rothery Field, Southview Terrace, Windmill Lane, back to Red Oaks. Mixed surface paths and tracks, possible tree roots and mole hills. No stiles. Slight gradual incline. Angela 07563 149616

Sun 11 May 10:00am Washington, Ashington & Wiston Level 3 6 miles 2.5 hours

Walk 3124. Meet at Georges Lane NT car park RH20 3JH. Walk 3124. Meet at Georges Lane NT car park. What3Words trifle.string.loaning. From Washington Roundabout on the A283 to Storrington, take the second right turning at East Clayton Farm. A very pretty walk exploring woodland, farmland, and open country, with stunning views of Chanctonbury Ring. Includes Washington Common, Ashington, Trickles Wood, Wiston, and Rock Common. Stiles. Dogs welcome. Cuppa, cookies, and chat afterwards.

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

Mon 12 May 10.00 am 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

Wed 14 May 10:00am Warnham Nature Reserve Level 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 15 May 10:00am Sidney Wood/Wey and Arun Canal Level 2 5.8 miles 2.5 hrs

Walk 2072. Meet Forestry Commission car park (TQ026350) which is reached by taking the Dunsfold Road (B2130) for approximately 1 mile from Alfold Crossways (A281). The car park can be found by taking a left turn onto a track situated on a sharp right hand bend in the road just past a sign for the "Springbok Estate". A flat walk through mainly wooded countryside including an old canal tow path, lakes and views across farmland. Some stiles and can be wet and muddy. No dogs. Geoff 01403 258180 / 07929 952846

May 2025

Fri 16 May 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 17 May 2:00pm Parham Glider Field Level 2 4.5 miles 2 hours

Walk 2039. Meet at Storrington Rec Ground car park, RH20 4BG This 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 18 May 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 chesnuds.squares.amaze

Mon 19 May 10.00am A Different Staplefield Stride Level 3 6 miles 3 hours

Walk no 3198 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. Interesting buildings too. It could be muddy. No Dogs. What3Words sometimes.parkland.community

Jill 07780 701184

Tue 20 May 10:00am Milton Heath, Dorking Level 3 5.5 miles 2.45 hours

Walk 3134, , starting 1000hrs. Meet at Milton Heath and The Nower free car park (height restriction 2m), off Westcott Road, Dorking RH4 3GB (TQ155488). A walk through fields and woods, passing some interesting properties, returning on the south west edge of Dorking. A couple of steep climbs. Good views. Some stiles.

John 0796 6311 415

Tue 20 May 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 21 May 10:00am Betchworth Circular Level 2 5 miles 2 hours

Walk 2328. Park and meet in the car park of St Michael's Church Betchworth, nearly opposite the Dolphin Public House Betchworth, RH3 7DN TQ210497. A circular walk going North then East through a varied landscape with a couple of gentle hills. No dogs please as we may encounter livestock.

Mike Powell 07855 502023

Thu 22 May 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

Thu 22 May 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 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. Dogs on Leads welcome

Angela 07563149616

May 2025

Fri 23 May 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 24 May 2:00pm Rackham Hill Level 2 2.7 miles 1.25 hours

Walk 2043. Meet at Kithurst Hill car park TQ070124. Rackham Hill provides stunning views over Parham Park and Amberley Wildbrooks. Refreshments provided and dogs welcome. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com. What3Words jaundice.bucks.workforce

Sun 25 May 10:00am Cissbury Ring Level 3 5 miles 2.5 hours

Walk 3201. Meet at Storrington Rise car park, TQ129076. This is a fantastic walk which explores the downland around Cissbury Ring, the famous iron age hill fort which is managed by the National Trust. Dogs welcome, the walk includes a steep hill. W3W reseller.fluctuate.firepower.

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

Mon 26 May 10.00am An Amble at Ashurst Level 3 6 miles 3 hours

Walk 3199. Meet at the Ashurst Village Hall Car park. BN44 3AP Please park at the Village Hall, with kind permission from the secretary. The hall does have regular hall hirers on Mondays so please double park starting from the pub end to leave the section by the decking for the hirers who have about 8 cars max. This is a level walk, taking in rivers and the Downs Link with views to the Downs. What3Words stopwatch.servicing.titles
Jill 07780 701184

Fri 30 May 10.00am Kirdford Level 2 5 miles 2.5 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 northeast of Kirdford through, fields and woods, good views and some stiles. Can be muddy in parts dependent upon weather. No dogs as we may meet livestock.
Jan 01403 753528

Fri 30 May 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 31 May 2:00pm Kithurst South Circular Level 2 3 miles 1.5 hours

Walk 2046. Meet at Kithurst Hill car park, TQ070124. This is a health walk which enables walkers to enjoy the beauty of the South Downs in an easy and relaxed way. The walk is level and has a long gradual climb. Dogs welcome and refreshments provide. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com. What3Words jaundice.bucks.workforce

