

## 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 expect walk leaders to be treated with respect at all times
- 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

**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](mailto: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; lower slopes on public footpaths, no stiles or steep hills. Can be muddy after rain. Toilets usually available in St Mary's Church at the start by kind permission of clergy. Suitable for wheelchairs, children accompanied by adults and well-behaved dogs. You are advised to bring drinking water. We are a friendly bunch, no one is left on their own. Our motto is "Walk and Talk".

Peter Tobutt 01403 260783

**Wed 1 Feb 10:00am Broadbridge Heath Level 2 5 miles 2.5 hrs**  
 Walk 2111. Meet at the Rookwood Golf Club, RH12 3RR. Please park at the far end of the car park. The walk will be clockwise or anti-clockwise to Broadbridge Heath via conker alley and part of the Riverside Walk and can be muddy. We will take a short break part way. Toilets are available in the club house. The Barn is also open for refreshments. Sorry, no dogs.  
 Michael 07719 467861

**Fri 3 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.  
 Jill 07780 701184

**Sat 4 Feb 2.00pm Thakeham Circular Level 2 4 miles 2 hours**  
 Walk 2040. Meet at Thakeham Village Hall car park, RH20 3GP. Note revised starting point if Car Park is busy park in adjacent Abingworth Crescent. This popular walk explores the tracks, footpaths and byways north of Thakeham Village. Parts of this route can be wet and muddy. Dogs welcome, the route includes stiles.  
 Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com

**Sun 5 Feb 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 apply. 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. It includes a steep hill. Dogs welcome.  
 Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com

**Tue 7 Feb 10.00am Milton Heath to Dorking Level 3 5.5 miles 2hrs 45**  
 Walk 3134. Meet at Milton Heath and The Nower free car park (height restriction 2m), off Westcott Road, Dorking RH4 3JT (TQ155488). Ignore the small car park on your right as you turn off the road, instead continue on and take the next turning on the left. A walk through fields and woods, passing some interesting properties, returning on the southwest edge of Dorking. A couple of steep climbs. Good views. Some stiles.  
 John Mace 07966 311415

**Tue 7 Feb 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

**Fri 10 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 11 Feb 2.00pm Chanctonbury Hill (1) Level 3 3 miles 1.25 hours**  
 Walk 3016. Meet at Washington South Downs Way car park TQ120 119. 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.  
 Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com

**Sun 12 Feb 10:00am West Chiltington, Thakeham, Warminghurst 5.75miles 2.5hrs**  
 Walk 3164. Charming villages, woodland, farms, and great views across open countryside. Connecting three Norman churches: St Mary's West Chiltington, St Mary's Thakeham, and The Holy Sepulchre at Warminghurst used by William Penn, founder of Pennsylvania. Stiles. Dogs welcome. Refreshments. Meet at Thakeham Village Football Club, Abingworth on the B2139. Map reference OS Explorer OL10 103169. Access opposite Massey Close, RH20 3GZ.  
 Mick Denness 01903 745971

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**Thu 16 Feb 10:00am Leith Hill Circular Level 3 6 miles 2.5 hrs**

Walk 3107. Meet at the Starveall Corner Car Park (TQ131432) which, heading north is situated just off (right hand side) the Leith Hill - Abinger Common Road. A circular walk along woodland tracks and heathland. No stiles, some steep slopes, loose stones and tree roots underfoot. Stunning views particularly at Leith Hill Tower where (if available) we stop for refreshments near the end of the walk. No dogs.

Geoff 01403 258180 / 07929952846

**Fri 17 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.

Jill 07780 701184

**Sat 18 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 mickdenness5@gmail.com

**Sun 19 Feb 10.00am Three Woods Walk Level 3 6.5 miles 3 hours**

Walk 3092. Meet at Georges Lane NT car park RH20 3JH. 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.

Contact Mick Denness on 01903 745971

**Mon 20 Feb 10.30am Handcross Jaunt Level 3 3-5 miles 1.5 to 2 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

**Tue 21 Feb 10.00am Kirdford – New Walk Level 2/3 5 miles 2hrs 30**

A new walk. Please check this website nearer to the date for full details, alternatively you can phone the walk leader.

John Mace 07966 311415

**Tue 21 Feb 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

**Wed 22 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

**Wed 22 Feb 10:30am Storrington Riverside Walk Level 1 2.5 miles 90 mins**

Walk 1507. Meet at Storrington Recreation Ground Car Park, RH20 4PG. Come and explore Storrington's y Riverside Walk. This flat, well surfaced walk is ideal for people who want an easy walk with pleasant views. Suitable for children's buggies. Dogs welcome, no stiles/hills. Refreshments provided.

Mick 01903 745971

**Thu 23 Feb 10:00am West Chiltington (1) Level 2 4 – 5 miles 2 hrs**

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

February 2023

**Fri 24 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 25 Feb 2.00pm 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. Dogs welcome and refreshments provided.

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

**Sun 26 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.

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

**Mon 27 Feb 10.30am Pease Pottage Level 2 5 miles 2.5 hours**

Please meet on the Old Brighton Road South, Pease Pottage RH11 9AH. Find the pub, the Black Swan in the middle of the village and, **with your back to the pub**, turn down the road opposite, the Old Brighton Road. You will pass Finches Field and the Community Hall on the right. Carry on down this road. It is a dead end and you can turn around at the end and come back to park on the left hand side. We walk down to Buchan Park - where there are toilets - and then back through Cottesmore Golf Club. It will be muddy.

Jill 07780 701184

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