

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

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; 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



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

Every Friday at 12 noon – 12.40pm

First Saturday of the month at 2.00pm – 3.00pm

Venue: Southwater Country Park
 (Meet at the Co-op, Lintot Square)

No need to book – just turn up on the day.

Email: drqc@icloud.com

Sat 1 April 2.00pm Washington Common & Rodell Level 2 3.5 miles 1.5 hours
 Walk 2161. Please note the new meeting place for this walk. We are parking in Old London Road. To reach this 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 2 April 10.00am Three Woods Walk Level 3 6.5 miles 3 hours
 Walk 3092. Meet at Geoges Lane National Trust 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. What3Words sidelined.remark.intruding.
 Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com.

Mon 3 April 10.00am Southwater – Nuthurst Level 2 6 miles 3 hours
 Walk 2286. Park at Southwater Country Park, Cripplegate Lane, Southwater, Horsham RH13 9UN. We join the Downs Link and walk across to Nuthurst on a circular route back to the Park. One sharp hill. Toilets and café at the Park. Please note a parking fee of £3.00 (for 4 hours parking) is payable at the Country Park. It will be muddy.
 Jill 07780 701184

Tue 4 April 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

Weds 5 April 10.00am Broadbridge Heath Level 2 5 miles 2.5 hours
 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 7 April 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 April 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 with some stiles. Dogs welcome and refreshments provided. What3Words cullingg.retraced.pictured
 Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com.

Easter Sunday 9 April 10.00am Amberley Wildbrooks Level 3 5.7 miles 2.5 hours
 Walk 3012. Meet at Rackham Old School, RH20 3EU. 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. What3Words chesnuds.squares.amaze
 Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com.

Easter Monday 10 April 10.30am Horsham Going South Level 2 6 miles 3 hours
 Walk 2064. Meet at the Hop Oast Park and Ride, Horsham Worthing Road, RH13 0AR. Bus 23 and 98 from Horsham takes you to the Park and Ride. Free parking all day. Delightful circular walk going South from Horsham. It will be muddy.
 Jill 07780 701184

- Thu 13 April 10:00am Ockley Forest Green Level 2 5.3 miles 2.5 hrs**
Walk 2107. Park/meet in the car park just off the A29 on the Horsham side of the village cricket field (TQ146399). A fairly flat circular walk mostly over farmland on the Sussex/Surrey border. Good views of the North Downs. Many interesting old farm buildings and houses along the way. Some stiles and wet and muddy in places. No dogs. Geoff 01403 258180 / 07929952846
- Fri 14 April 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 15 April 2.00pm Chanctonbury Hill 1 Level 3 3 miles 1.2 hours**
Walk 3016. Meet at Washington South Downs 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 and no stiles. W3W factored.tricycle.bonfires.
Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com.
- Sun 16 April 10.00am Stopham Daffodil Walk Level 3 4.5 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, Harwoods Green, Chance Copse, Fittleworth Woods, and Walter's Plantation. Daffodils and bluebells in season. Long slopes and short steep climbs. Dogs welcome. Refreshments provided.
Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com.
- Mon 17 April 10.00am Knepp Estate Walk Level 3 6 miles 3 hours**
Walk 3167. Park at new Car Park in Worthing Road, Dial Post RH13 8NQ (off A24), honesty box. Possibility of seeing pigs, cows, deer and horses, paths will be muddy. No dogs. Jill 07780 701184
- Tue 18 April 10.00am Kirdford – New Walk Level 2 5 miles 2.5 hours**
Walk 2293. Meet outside the Foresters Arms. Plenty of roadside parking on Village Road. A walk to the north through fields and woods, passing some interesting properties, returning on the southeast edge of Kirdford. Good views. Some stiles. Well behaved dogs on leads allowed. John Mace 0796 6311 415
- Tue 18 April 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 19 April 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
- Fri 21 April 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 22 April 2.00pm Lee Farm 1 Level 3 4.5 miles 2 hours**
Walk 3010. Meet at Kithurst Hill car park, TQ070124. This walk takes us to historic Lee Farm which lies in the heart of the South Downs behind Storrington. The Car Park Car Park at the very top of Chantry Lane. The walk includes a steep hill. Dogs welcome and no stiles. What3Words jaundice.bucks.workforce
Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com.

Sun 23 April 10.00am Thakeham Circular Level 2 4 miles 2 hours
 Walk 2040. Meet at Thakeham Village 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 welcomes, the route includes stiles. W3W norms.marathons.wimp.

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

Mon 24 April 10.30am St Georges – Stunning Seasonal Sussex Level 2 5 miles 2.5 hours
 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 will be muddy in places. honesty box for car park.. Jill 07780 701184

Wed 26 April 10:00am The Kings Head Rudgwick - Baynards Level 3 6 miles 3 hrs
 Walk 3087. Meet in the car park opposite the pub (RH12 3EB, TQ091343). A fairly flat circular walk but does include a few short steep slopes, gradual inclines and some stiles. The walk takes us along the Sussex/ Surrey Border Path through woods and farmland, returns along the Downs Link path via the restored Baynards Railway Station. Can be muddy in places. Good food and drink available in the pub after the walk. No dogs. Geoff 01403 258180 / 07929952846

Thu 27 April 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

Fri 28 April 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 29 April 10:00am Barns Green going North Level 2 5.25 mil 2 hrs 15 mins
 Walk 2252. Meet in the new car park above the Village Hall, Barns Green RH13 OPT (approached across the yellow road markings in front of the Village Hall). Across fields and through woodland. Some stiles, some slight inclines. Spring flowers. Good views. Can be muddy. No dogs as we may encounter livestock. John 07966 311415

Sat 29 April 2.00pm Harrow Hill Level 3 4.5 miles 3 hours
 Walk 3035. Meet at Chantry Hill car park, TQ086119. Venturing along the South Downs Way and into the Angmering Park Estate, around Harrow Hill and Lee Farm. Hills and stiles. Dogs welcome and refreshments provided. W3W whistle.eisode.sideboard
 Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com.

Sun 30 April 10.00am Wiggonholt Common & Parham Park Level 3 5.2 miles 2 hours
 Walk 3036. Meet at Rackham Old School, RH20 2EU. Please note new parking place. Park on verge opposite the entrance to the Old School. This walk takes us to through the RSPB reserve and from there along quiet roads and footpaths to Parham Park grounds with its veteran trees and herd of deer. Dogs welcome, refreshments provided . What3Words chesnuts.squares.amaze
 Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com.
