

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
- Wed 2.30pm Horsham Heritage Guided walks 1.5 miles 1 hr 45 mins**
Every Wed & Sun afternoon between 1st April – 30th Sept. Meet outside the Museum in Causeway whatever the weather. These free walks are led by experienced Guides who put their own individual touch on their presentation.
Find out about the hidden history of this old and interesting town with an experienced guide.
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 Marys Church.
Meet your guide outside Horsham Museum, Causeway at 2.30pm. Nigel Friswell 01403 261905
- Thu 11:00am Billingshurst (2) NO WALK on 13 July 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
- 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 for details
01403 261905

July 2023

- Mon 3 July 10.30am Buchan Park Level 2 5 miles 2.5 hours**
Please meet at Buchan Park RH11 9HQ - Horsham Road Crawley. Parking there by kind permission of the West Sussex County Council Rangers. We walk up to Pease Pottage and then back to the Park through Cottesmore Golf Club. It might be muddy. Toilets available at the Park. Jill 07780 701184
- Tue 4 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 6 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
- Fri 7 July 10.30am Henfield Village and Common Level 2 3.5 miles 1.5 hours**
Meet by the entrance to the Henfield Hall. Public toilets are available (Coopers Way Car Park BN5 9FE) Car parking is by the Henfield Hall that for £1.70 one can park for 4 hours or free if you have a Horsham District Council parking permit. So do join us on a walk of discovery through the old lanes and byways of Historic Henfield. Beautiful views and plenty of delightful cottages.
- Fri 7 July 10:30am The Haven Harmony Level 3 6 miles 2.5 hrs**
Walk 3159. Meet outside the Blue Ship Pub, The Haven, Billingshurst, RH14 9BS (TQ082305). Park on the roadside, not in the pub car park. A curiosity ramble around the Sussex countryside through Tisman's Common to Gibbons Mill and back to The Haven. No dogs as we may meet livestock. Jan 01403 753528
- Fri 7 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. Jill 07780 701184
- Sun 9 July 10.00am Arundel Park and South Stoke Level 3 5.2 miles 2.5 hours**
Walk 3168. Meet in front of the Swanbourne Lodge Tearooms, Mill Road, Arundel, BN18 9PA. What3Words navy.slowness.voting. Free parking in Mill Road. Including the Arun riverbank, South Stoke, St Leonard's 11th century church, a very steep climb (400ft) to the top of Arundel Park with its wonderful views in all directions, Michael's Beeches, and Swanbourne Lake. Some stiles. Dogs welcome. Refreshments provided. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com
- Mon 10 July 10.30am Littleworth – Partridge Green Level 3 6.5 miles 3 hours**
Walk 3166. Meet at the Windmill Pub, Littleworth Lane, Partridge Green, RH13 8EJ. Please park in the lane, not at the pub, and be aware of not parking in front of residents' driveways. A pleasant flat walk eastwards, taking in the Monastery, fields & byways. It could be muddy. Jill 07780 701184
- Thu 13 July 10.30am Buchan Park Level 2 3 miles 2 hours**
Please meet at Buchan Park RH11 9HQ - Horsham Road Crawley. Parking there by kind permission of the West Sussex County Council Rangers. This is a gentle flat walk around the Park for those of us who would like to walk a little more slowly. . The cafe at the Park will be open, so there is an opportunity to stay for a coffee afterwards. Toilets at the Park. Jill 07780 701184
- Thu 13 July 10.30am Mill Stream Loop Level 2 3 miles 1.5 hours**
Meet by Footbridge 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 car park and toilets by kind permission of Sussex wildlife trust. Please park neatly so there is room for other users. Two stiles, 51 foot of elevation One footbridge, cattle grazing in fields during summer, muddy after rain. Follow the Mill Stream to the Downs link, Stretham Manor bridge, River Adur, Newhall Lane back to the Mill. Then a walk round the reserve for those who would like to join me. No dogs. Angela 07563149616

July 2023

Fri 14 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

Mon 17 July 10.30am Noggin of Nuthurst Level 2 5 miles 2.5 hours

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 might be muddy.

Jill 07780 701184

Tue 18 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

Wed 19 July 10:30am Storrington Riverside Walk Level 1 m2.5 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 20 July 10:00am Partridge Green Circular - Western Route Level 2 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 the River Adur path towards Ashurst. No dogs please as we may encounter livestock.

Geoff 01403 258180

Thu 20 July 2.00pm Henfield – The Short One Level 1 1 mile 45 mins

Meet on pavement by Braziers garage and Downs Link Track. On Street parking Hollands Lane BN5 9QY TQ 206159. No stiles. Mixed surface, crushed stone and grass 24 ft ascent. Public toilets in Henfield high Street. Downs Link track south to junction with Sandy Lane, Blackhouse Farm, to The cabin, back to the Hollands lane entrance. Dogs on leads welcome. Weather dependant, Outside seating only, If you would like to join us for a Cuppa at the Cabin bring card or cash.

Angela 0756314966

Fri 21 July 10:00am Kirdford Level 3 6 - 7 miles 3 hrs

Walk 3158. Meet on The Green outside the Foresters Arms, Kirdford, RH14 (TQ014270). Park alongside the road, adjacent to the pub. A mystery circular walk, fairly flat, some stiles. No dogs as we may meet livestock.

Jan 01403 753528

Fri 21 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.

Jill 07780 701184

Mon 24 July 10.30am Sedgwick Park Circular Level 2 6 miles 3 hours

Walk 2255. 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 might be muddy. The Brighton Bus stops outside the Garden Centre, please check timetables for suitable bus. Cafe and toilets at the Garden Centre. No dogs.

Jill 07780 701184

Thu 27 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

July 2023

Thu 27 July 10.30am South West from Henfield Level 3 2.5 hours

Join us to explore the rural area southwest of Henfield including walks along Downslink (former railway), banks of River Adur and surrounding meadows, passing beautiful views and historic buildings. Meet at Henfield Hall, BN5 9EQ (£1.70 for 4 hours or HDC park permit) Toilets and refreshments in High St. Includes stiles along riverbank section. No dogs.

Fri 28 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

Mon 31 July 10.30am West Grinstead to Cowfold Level 3 6 miles 3 hours

West Grinstead Old Railway Station. Please park at the Railway Station RH13 8LY. It is on the A272 going east towards Cowfold. The entrance is just after the Orchard Restaurant on the left if you are coming from Buck Barn crossroads. It is easy to miss the turning so do slow down and take it carefully. We walk eastwards to Cowfold and then through the village and back through fields. There may be cattle. There are a number of stiles. It might be muddy.

Jill 07780 701184



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

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

First Saturday of the month at 2.00pm – 3.00pm

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

Email: drqc@icloud.com