



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) 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

September 2023

Fri 1 Sep 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 2 Sep 2.00pm Downs Farm Level 3 6 miles 2.5 hours

Walk 3013. Meet at Kithurst Hill car park, TQ070124. This wonderful walk goes away from the South Downs Way to a little explored area of the Downs. Take the left turn 1.3 miles from Tesco's roundabout, Storrington. After taking the turning, drive to the Car Park at the very top of the hill. The walk includes a steep hill. Dogs welcome.

Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com. What3Words jaundice.bucks.workforce

Sun 3 Sep 10.00am Wepham Down Level 3 6.5 miles 2.75 hours

Walk 3009. Meet at Kithurst Hill car park TQ070124. This is a downland walk which explores part of the South Downs National Park around Lee Farm. Dogs welcome and refreshments provided. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com. What3Words jaundice.bucks.workforce

Mon 4 Sep 10.30am Bolney - Warninglid Level 3 5.5 miles 2.75 hrs

Walk 3180. Park on London Road 100 yds out of the 30-mph area and before the bend with the Bolney Stage RH17 5RL. The road is very wide and parking does not inhibit two-way traffic. We walk east with fine views of the south downs and the magnificent mansions of Wykehurst Park, then Colwood Park, and then ascend north to Warninglid. Turning east and then south we return to Bolney with more views. A hilly walk with three stiles but good paths. Muddy in a few places if wet. Possibly horses in one field and loose barking dogs defending a farm. No dogs. Jill 07780 701184

Tue 5 Sep 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 7 Sep 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 / 07929 952846

Fri 8 Sep 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 9 Sep 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. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com. What3Words cullimg.retraced.pictured

Sun 10 Sep 10.00am Three Churches at Findon, Patching & Clapham Level 3 6 miles 2.5hrs
 Walk 3169. Meet at Wild Heart Hill Campsite car park, BN14 0RJ. From Findon roundabout on the A24 go west along Long Furlong for 0.4 miles; turn left just past the Huntsman's Dog and Cat Hotel. What3Words points.little.socialite. Parking by very kind permission of Wild Hill Heart Campsite.

Linking three 12thC churches at Findon, Patching, and Clapham. A very varied walk including Monarch's Way, long steep climbs, woodland tracks, vast open spaces, quaint villages, and great views across Long Furlong valley. Many stiles. Dogs welcome. Refreshments provided after the walk.

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

Mon 11 Sep 10.30am Warnham Wander Level 3 3 hours 6 miles

Park at Warnham Nature Reserve. RH12 2RA Parking with permission from Horsham District Council. We walk across to Warnham and then back via the fabulous new all-purpose path. Good cafe at the Reserve. Toilets.

Jill 07780 701184

Thu 14 Sep 10:00am Box Hill Circular Level 3 8 miles 5 hrs 45 mins

Walk 3110. Meet at the Ryka's Cafe car park off the A24 at the Burford Bridge Roundabout (opposite the Buford Bridge Hotel) (TQ171519 RH5 6BY). An all-day circular walk The walk will include Mickleham Downs, Box Hill and Headley Heath There will be a lunch stop at a convenient Public House on the route. Dogs welcome.

Mike Powell 07855 502023

Fri 15 Sep 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 16 Sep 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 provided. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com. What3Words jaundice.bucks.workforce

Sun 17 Sep 10.00am Arundel to Amberley Circular Level 3 7.5 miles 3.5 hours

Walk 3181. A glorious walk, with stunning views, that takes us along the banks of the River Arun and over the Gurka bridge towards Amberley, returning via part of the Monarch's Way through Arundel Park back to the start point. Some stiles, couple of hills, one steep descent. Meet at Swanbourne Lake, Arundel. Parking on road by Wildlife Centre or in Mill Road. Refreshments provided.

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

Mon 18 Sep 10.30am 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

Tue 19 Sep 11:00am Steyning Health Centre Walk Level 2 2 miles 75 min

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 20 Sep 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 21 Sep 10:00am The Star Inn, 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 / 01403 258180

Fri 22 Sep 10.30am Henfield Country Walk Level 2 3.5 miles 1.5 – 2 hours
Walk 2296. Meet at Henfield Car Park, High Street. A splendid walk with long distance country views with local historical references. Level 2/3 with one or two stiles. OK for Dogs on lead. Appropriate footwear and appropriate weather dependent clothing required. Finish at Henfield Car Park. Walk Leader - Kenneth

Fri 22 Sep 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 23 Sep 2.00pm Hareswith Level 3 3.9 miles 1.5 hours
Walk 3019. Meet at Storrington Rec Ground car park, RH20 4BG. This lovely short walk offers uninterrupted views towards the South Downs as route goes through the landscape to the north of Storrington before returning through Fryern Park. Includes stiles. Dogs welcome and refreshments provided. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com. What3Words culling.retraced.pictured

Sun 24 Sep 10.00am Pulborough Brooks Level 3 5 miles 2.25 hours
Walk 3017. Meet a Pulborough Library car park RH20 2BP. This walk has two distinct elements, firstly the farmed landscape to the north of Pulborough, then the RSPB's Pulborough Brooks Nature Reserve. Dogs welcome refreshments provided. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com. What3Words canal.sunflower.basic

Mon 25 Sep 10.30am Cowfold Level 2 4.8 miles 2.5 hours
Walk 2060. Meet in the middle of the village at the football field, at the junction of Farthing Cottages and the A272, RH13 8BL (TQ214225). A gentle slight uphill circular walk through quiet lanes and paths, with some stiles. Will be muddy in places. No Dogs.
Jill 07780 701184

Tue 26 Sep 10.00am Brockham Going West Level 2 5.5 miles 2.5 hours
Walk 2288. Meet and Park at the Inn on the Green (Grumpy Mole) Brockham Green Brockham Surrey RH3 7JS (TQ195495). A circular walk through a varied landscape with a couple of gentle hills. No dogs please as we may encounter livestock.
Mike Powell 07855 502023

Thu 28 Sep 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 28 Sep 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 TrackBN5 9QY TQ 206159. No stiles Mixed surface, crushed stone and grass 24 ft assent. 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 and an extra Jumper. Dogs on Leads welcome
Angela 0756314966

September 2023

Fri 29 Sep 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 30 Sep 2.00pm The Burgh Level 3 4.5 miles 1.75 hours
Walk 3023. Meet at Kithurst Hill car park TQ070124. A pleasant walk which takes us into the very heart of the South Downs. The walk includes a long gentle incline. Dogs welcome refreshments provided. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com. What3Words jaundice.bucks.workforce



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-11.00am
Every Friday at 12 noon – 12.40pm “Friday Social”

Venue: **Southwater Country Park**

Every Friday 12-12.40pm
(Meet at Iggy The Dinosaur, Lintot Square)

No need to book – just turn up on the day

Email: conversationstarterproject@gmail.com