



## 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](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

**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](mailto: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.

September 2024

**Sun 1 Sep 10.00am Washington to Sullington Level 3 5 miles 2.5 hours**

Walk 3184. Meet at Old London Road, Washington, RH20 3BN. To reach the meeting place 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 . This walk takes us across the countryside to Sullington before walking along the foot of the downs, with wonderful views, to Washington Village. Dogs welcome and refreshments provided. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com

**Mon 2 Sep 10.30 am 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 it will be muddy. honesty box for car park. No dogs Jill 07780 701184

**Tue 3 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. Well behaved dogs welcome.

Ann 01903 297553 / Jacky 01903 815543

**Thu 5 Sep 10:00am Ockley Forest Green Level 3 6 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 / 07929 952846

**Thu 5 Sep 10.30am Churches of Henfield to the River Level 3 5 Miles 2 ½ hrs**

Walk 3193. Meet by the HENFIELD village Hall.. BN5 9FE car park fees payable. Bus 100 and 17 stop in Henfield High Street. Public toilets by bus shelter. Leaving Henfield via some Churches and follow local paths to the river, depending on water levels. Some stiles ,farm land so possible live stock. Back into Henfield 124 ft of ascent. Angela 07563149616

**Fri 6 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 7 Sep 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 mick.denness@waitrose.com.

**Sun 8 Sep 10.00am Wiggonholt Common & Parham Park Level 3 5.2 miles 2 hours**

Walk 3036. Meet at Rackham Old School, RH20 2EU. Park on verge opposite the entrance to the Old School. This walk takes us to through the RSPB reserve and from their along quite roads and footpaths to Parham Parks grounds with its veteran trees and herd of deer. Dogs welcome refreshments provided . Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com. What3Words chesnuts.squares.amaze

**Mon 9 Sep 10.30am Buchan Park 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 could be muddy. Jill 07780 701184

September 2024

**Fri 13 Sep 10.00am Loxwood Landscapes 4.5 miles 2hrs Level 3**

Walk No: 2308 Meet at the car park behind the Onslow Arms, RH14 ORD (TQ 041312), w.3words: humans.move.unloading. A circular flat walk exploring the footpaths, bridleways and the Sussex Border path surrounding before returning by the Wey and Arun Canal. No more than 2 stiles. Good views. Can be very muddy in some sections. No dogs as we may encounter livestock. Good food at Onslow Arms.

Jan 01403 753528

**Fri 13 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.

Sue 07751092103

**Sat 14 Sep 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 walk includes a steep hill. Dogs welcome and no stiles. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com. What3Words jaundice.bucks.workforce

**Sun 15 Sep 10.00am Sullington Hill Level 3 6 miles 3 hours**

Walk 3030. Meet at Storrington Rec Ground car park, RH20 4BG. This walk takes us from the village up to the top of the downs via flower and butterfly rich Chantry Hill. We then walk a short section of the South Downs Way before dropping down to Sullington Church before winding our way back to the village. Dogs welcome and refreshments provided.

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

jaundice.bucks.workforce

**Mon 16 Sep 10.30am Down by the riverside – Henfield Level 2 6 miles 3 hours**

Meet at the car park next to The Old Railway pub, Upper Station Road, Henfield, BN5 9PJ. There is also plenty of street parking available. This walk follows the contours of the Adur, before returning north along the Downs Link. A few stiles but otherwise over a very flat terrain. Lots of wildlife to see along the tranquil riverbank and a variety of birdsong to listen out for. Just before the end of the walk is a lovely café (The Cabin) which serves food and drink (also has toilet) No dogs

Jill 07780 701184

**Tue 17 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. Well behaved dogs welcome.

Ann 01903 297553 / Jacky 01903 815543

**Wed 18 Sep 10:00am Leith Hill Circular Level 3 6 miles 2.5 hrs**

Walk 3107. Meet at the Starveall Corner Car Park, RH5 6LX (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 20 Sep 10.00am The Haven 4/5 miles 2/2.5 hrs Level 3**

Walk No: 2305 Meet outside the Blue Ship Pub, The Haven, Billingshurst, RH14 9BS (TQ082305) w.3 words: certified.disco.organic. Please park on the roadside, not in the pub car park. A curiosity ramble around the Sussex countryside including Tisman's Common to Gibbons Mill and back to The Haven. Some stiles. No dogs as we may meet livestock.

Jan 01403 753528

September 2024

**Fri 20 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 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 21 Sep 2.00pm Chanctonbury Ring 1 Level 3 3 miles 1.25 hours**

Walk 3016. Meet at Washington South Downs Way car park, TQ120119. 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, steep hill and no stiles. W3W factored.tricycle.bonfires.

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

**Sun 22 Sep 10.00am Wepham Down, Perry Hill & Historic Lee Farm Level 3 5.5 miles 2.5 hrs**

Walk 3009. Meet at Kithurst Hill car park, What3Words jaundice.bucks.workforce. Drive from Storrington along the B2139 towards Amberley and turn left 1.3 miles from Tesco's petrol station in Storrington. Drive to the very top of the hill. Exploring part of the South Downs National Park, with open country, a steep hill, and great views of Arundel Castle and Bignor Hill. Coffee, cake, and chat after the walk. Dogs welcome.

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

**Mon 23 Sep 10.30am 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 £3.40 (for 4 hours parking) is payable at the Country Park. It could be muddy. No dogs

Jill 07780 701184

**Wed 25 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 26 Sep 2.00pm Henfield the Short One ( The Cabin) Level 1 1 mile 45 mins**

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 07563149616

**Fri 27 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.

Sue 07751092103

**Sat 28 Sep 2.00pm Washington Common & Rodell Level 2 3.5 miles 1.5 hours**

Walk 2161. Meet at Old London Road, Washington, RH20 3BN. A lovely circular walk exploring the footpaths along the foot of the South Downs and National Trust land. To reach the meeting place 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 29 Sep 10.00am Highden & Windlesham Level 3 4.6 miles 3 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. W3W toads.syndicate.unlisted. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com.

September 2024

**Mon 30 Sep 10.30am A Different Staplefield Stride Level 3 6 miles 3 hours**  
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 via Slaugham up to Handcross and looping back through Nymans. It could be muddy. No Dogs. What3Words sometimes.parkland.community Jill 07780 701184



welcome walks

If you're new to Horsham District or simply looking to learn more about the area, tune in to our *Welcome Walks* podcast. You'll hear from the locals and discover what's happening in the towns and villages.

<https://www.whistlestoparts.org/welcome>

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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**  
Venue: **Southwater Country Park**  
(Meet at Iggy The Dinosaur, Lintot Square)

Every Wednesday at 10.00am-11.00am  
Every Friday 12-12.40pm

**No need to book – just turn up on the day**  
**Email: [conversationstarterproject@gmail.com](mailto:conversationstarterproject@gmail.com)**