



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.

No Walk on Monday 25th December

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.

No walk on Wednesday 27th December

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

No Walk on Thursday 14th & Thursday 28th December

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



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>

December 2023

Fri 1 Dec 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 2 Dec 2.00pm Under The Downs Level 2 3.6 miles 1.75 hours

Walk 2037. Meet at Storrington Rec Ground car park RH20 4BG. This is short walk from Storrington towards the bottom of the South Downs escarpment, it then returns via the Church and Glebe Meadow. Dogs welcome refreshments provided. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com. What3Words culling.retraced.pictured

Sun 3 Dec 10.00am The Burgh Level 3 1.75 hours 4.5 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

Mon 4 Dec 10.30am Warnham Wander Level 2 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

Tue 5 Dec 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 8 Dec 10.30am Blue Idol Tranquillity Level 3 6.5 miles 3hrs

Walk 3171. Meet in Oldhouse Lane off the A272, park outside the Quaker Meeting House, Coolham RH13 9QP (TQ 103237) The circular walk is mostly flat with some stiles taking in fields and woods from West Chiltonington to the outskirts of Billingshurst before returning to the Blue Idol via Balls Green. Parts of historic interest with good views. Can be muddy. No dogs as we may encounter livestock. Jan 01403 753528

Fri 8 Dec 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 9 Dec 2.00pm Chanctonbury Ring 1 Level 3 1.25 hours 3 miles

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 and no stiles. W3W factored.tricycle.bonfires. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com

Sun 10 Dec 10.00am Lee Farm 1 Level 3 2 hours 4.5 miles

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

- Mon 11 Dec 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 12 Dec 10.00am Leith Hill - Below the Tower Level 3 5.5 miles 2 hrs 45mins**
 Walk 3143. Meet at Starveall Corner car park on the Leith Hill to Abinger Common road RH5 6JJ (TQ131432). A circular walk with some steep hills. We pass Leith Hill Tower before descending through woods to open farmland below. Lovely views and interesting buildings. 8 stiles. Our return uphill starts gradually, some level paths, but is steeper towards the end. Bring a drink. No dogs. John 0796 6311 415
- Fri 15 Dec 10:00am Loxwood South 5.5 miles 2 hours 30 mins Level 2**
 Walk 2303. Park and meet at the Arun Trust car park beyond the Onslow Arms Public House, Loxwood, RH14 0RD (TQ041319). This flat circular walk briefly follows part of the Wey & Arun canal, before heading South West through fields, woods and quiet country lanes with some fine views and only a couple of stiles. No dogs please as we may encounter livestock. Likely to be muddy, particularly after rain! Jan 01403 753528
- Fri 15 Dec 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 16 Dec 2.00pm Kithurst Hill Level 2 2.5 miles 1.25 hours**
 Walk 2035. Meet at Kithurst Hill car park TQ070124. This lovely downland walk takes us along part of the South Downs Way to Chantry Post. The walk offers superb views over Storrington and Sullington and also into the heart of the downs towards sea. This is amongst the best views to be had along the 100 mile length of the South Downs Way. Dogs welcome and refreshments provided. What3Words jaundice.bucks.workforce
- Sun 17 Dec 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 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 18 Dec 10.30am Bolney – Warninglid Level 3, 5.5 miles 2.75 hrs**
 Park on London Road 100 yds out of the 30 mph area and before the bend with the The Bolney Stage RH17 5RL. The road is very wide and parking does not inhibit two-way traffic. We walk into the edge of Bolney village before turning north and uphill on the east side of Wykehurst Park, then turn west into Warninglid and pause by the pond. We turn south and mostly downhill with fine views of the south downs and then east past the magnificent mansions of Collwood Park and then Wykehurst Park. A hilly walk with three stiles but good paths. Muddy in a few places if wet. Possibly horses in one field. No dogs please. Alan 07890 118171
- Tue 19 Dec 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 20 Dec 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 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 Dec 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 very muddy. No dogs
 Jill 07780 701184

Fri 22 Dec 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 23 Dec 2.00pm Sullington Warren and Church Level 2 4 miles 1.75 hours
 Walk 2038. Meet at Storrington Rec Ground car park RH20 4BG. This walk visits Sullington Church, a pretty little country church which predates the Doomsday Book. We return via the National Trust's Sullington Warren heathland site. The route contains stiles and can be muddy. Dogs welcome refreshments provided. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com. What3Words culling.retraced.pictured



Mon 25 Dec 10.00am Southwater Footpaths and Lanes Level 2 5.5 miles 2.5 hrs

Walk 2217. Park in the car park of the Southwater Country Park, (off Cripplegate Lane, RH13 9UN, TQ161259). Mainly flat, circular walk along quiet footpaths, tracks and lanes. Two stiles. Good views to the South Downs. We are likely to encounter cattle. The cafe at the Park will be open for coffee and/or lunch. May be a parking charge.
 John 0796 6311 415



Tue 26 Dec 10.00am Barns Green going South Level 2 5 miles 2.5 hrs
 Walk 2170. Meet in the car park above the Village Hall, Barns Green RH13 0PT (approached across the yellow road markings at front of the village hall). A fairly flat walk, with a couple of inclines, through fields and woodland. 5+ stiles. Can be muddy.
 John 0796 6311 415

Thu 28 Dec 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

Fri 29 Dec 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 30 Dec 2.00pm River, Heath & Pleasure Garden Level 3 4 miles 2 hours
 Walk 3144. Meet at Storrington Rec Ground car park RH20 4BG. This walk explore Storrington's lovely Riverside Walk which runs throught the centre of the village and the National Trust's Sullington Warren before returning via Fryern Park with its disused pleasure grounds. The walk includes a number of stiles. Dogs welcome and refreshments provided. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com. What3Words culling.retraced.pictured

Sun 31 Dec 10.00am Thakeham Circular Level 2 4 miles 2 hours
 Walk 2040. Meet at Thakeham Village Hall car park RH20 3GP. If Car Park is busy park in adjacent Abingworth Crescent. W3W poet.clenser.parties 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. Contact Mick Denness on 01903 745971 or email mickdenness5@gmail.com.

December 2023



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

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