



HEALTH & LEISURE WALKS

All welcome to guided, **free**, sociable, HDC walks led by trained volunteers; no need to book, just turn-up at the start point. A booklet containing over 250 walks is available from the Walks Co-ordinator on 07720 714306 or online at www.horshamhealthwalks.co.uk Beginners are recommended to contact the Walk Leader: to discuss suitability. All walks can be wet and muddy in places. Forthcoming walks in the Nuthurst Parish and neighbouring areas are as follows:-

Fri 9 & 23 November 11:00am: Southwater (1) A 2½ mile flat circular walk along bridleways, country lanes and the Downs Link.. Meet in the Country Park car park (off Cripplegate Lane) RH13 7UN TQ 161258. **Southwater Country Car Park Charge (50p for one hour £1.50 for up to 3 hours- Apr to Oct) (Free weekdays Nov to Mar)** No stiles but not suitable for wheelchairs, buggies and prams, as can be muddy. No dogs please. The Park café will be open for refreshments at the end if you wish. **Contact: Alex 01403 273751**

Sat 10 November 10:00am: Roosthole. Park in the Forestry Commission car park on Hammerpond Road, RH13 6PG (TQ208298). This 3½ mile walk, taking 1¾ hours, will most likely be muddy and slippery. The walk is through open paths and wooded areas with some steep inclines to increase your heart rate. We may encounter dogs and horses. Well behaved dogs on a lead are welcome. **Leaders: Liz 01403 263920 or Simon 01403 260599**

Sun 11 & 25 November 10:30am: Leechpool and Owlbeech Weekend Walk A lovely woodland 2¼ mile walk, taking 1¼ hours, generally following main paths and easy under foot, although a small part of the walk will be on narrower paths with tree roots, stubs and uneven ground. Some inclines. Can be muddy in places. No Dogs. Meet at Leechpool Wood car park, Horsham (TQ194313), off Harwood Road (B2195) **Leader: Alex 01403 273751**

Mon 19 November 10.30am: Sedgwick Park Circular. We have had permission to park at Hillier Garden Centre, Brighton Road. (RH13 6QA) Please drive into the parking area, then drive right down to the bottom on the gravel and park there. There is a bus stop right outside the Garden centre, it is route 17 to Brighton. A lovely 6 mile walk, taking 2½ hours, along the byways and footpaths just south of Horsham We go down Kerves Lane and then across to Sedgwick Park. Lovely views across Horsham and the south east, particularly in the winter. There will be horses and cows in the fields we cross, so please no dogs. Maybe muddy in places. The café in the Garden Centre offers tasty snacks at lunchtime. **Leader: Jill 07780 701184**

Mon 26 November 10:30am: Horsham Going South Meet at the Park & Ride Hop Oast Worthing Road Horsham. Free parking all day. A 5-mile circular walk, taking 2½ hours, to the back of Southwater and then into Horsham along Pedlars Way and via delights of Chesworth Farm. Lovely views of Horsham. Some stiles. Possibility of stopping in Horsham for a coffee and then walking or catching the bus back to the Park & Ride. Sorry no dogs. **Leader: Jill 07780 70118**