

HEALTH & LEISURE

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 5 & 19 January 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. Dogs allowed on a lead. Walkers can choose to walk for 30 or 75 minutes. The Park café will be open for refreshments at the end if you wish. Contact: Jill 07780 701184

Mon 8 January 10:30 am: NEW WALK Copsale – avoiding the Sussex Mud. Park in Downs Link car park opposite old Bridge House pub RH13 6QT in Bar Lane. A linear 3 mile walk, taking 1½ hours, along the Downs Link through to Southwater Country Park, around the Park and then back. Possible stop for coffee in Park. All good walking surfaces. Leaders: Jill 07780 701184 or Jean 07734 323321

Tue 9 & 23 January 9:30am: Buchan Country Park (2). Meet in the car park off Horsham Road (A2220), RH11 9HQ, on the Crawley to Horsham side of the dual carriageway (entrance TQ245347). A wooded area with some open heathland, meadows and ponds. An easy 3 mile walk, taking 1 hour, with well-defined paths. Nature Reserve area with toilets next to the Countryside Centre. No dogs. Leaders: Richard 01403 230293 or Emmy 01403 255517

Sun 14, 21 & 28 January 10:30am: Leechpool and Owlbeech Woods A lovely woodland 2½ mile walk, taking 1½ 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. Dogs on a lead are welcome. Meet at Leechpool Wood car park, Horsham (TQ194313), off Harwood Road (B2195). Leader: Armelle 01403 260342

Tue 16 January 10:30 am: NEW WALK St Leonards Forest Park in the Forestry Commission Car Park - Roosthole - on Hammerpond Road RH13 6PG -(TQ20298). This is a circular 4 mile walk, taking 2 hours, through the Forest. It WILL be muddy. No stiles. Well behaved dogs welcome. Leader: Jill 07780 701184

Wed 24 January 11:00am: Rookwood Golf Course, Horsham (1) Park at far end of car park (RH12 3RR TQ 162318) and meet in reception, for a 2½ mile flat walk along the riverside between Warnham Mill Bridge and Farthing Bridge. Refreshments & toilets available at Rookwood. 1¼ hours. No dogs. Leader: Michael 07719 467861

Tue 30 January 10:00am: Leechpool & Owlbeech Woods (1), various 2/3 mile generally easy circular walks, some gentle slopes. Suitable for new walkers and families most welcome. Meet in the Leechpool Wood car park (Roffey End), off Harwood Road (B2195), Horsham (TQ 194313). No dogs please. 1 to 1 ½ hours. Leader: Emmy 01403 255517

Tue 30 January 10:30am: Cowfold (2) "Snowdrop Walk", A 4¾ mile gentle flat circular walk (some stiles) taking 2½ hours, through quiet lanes and paths. WILL be wet and muddy in places. May see snowdrops Meet in the middle of the village at the football field, at the junction of Farthing Cottages and the A272, RH13 8BL (TQ214225). No Dogs. Leader: Jill 07780 701184