

2024 Health Walks Programme



THE HORSHAM
& SHIPLEY
COMMUNITY
project

- ❖ EVERY THIRD WEDNESDAY FROM SPRING TO AUTUMN
- ❖ CIRCULAR WALKS OF VARYING DISTANCE AROUND OUR LOCAL AREA
- ❖ MORNING START, THE SHORTER WALKS TO BE FINISHED BY LUNCH TIME
- ❖ LED BY OUR KEEN WALKER MEMBERS

You must bring / carry

- ✓ Good walking shoes or boots
- ✓ Suitable clothing (and spares!)
- ✓ Water/drinks
- ✓ Snacks / Lunch for the longer walks
- ✓ Reasonable fitness for the longer walks!



Logistics We meet at a pre-agreed time and place. Lift sharing encouraged! We will stop for snacks/lunch and to admire views! Directions and full details of each walk will be available nearer the time.

Please note we all walk at our own risk, and neither the organisers nor the Horsham & Shipley Community Project can be held responsible or be liable for any loss or injury.

Dogs will be welcome on most walks, but must be kept on a lead on lanes, roads and when near other animals.

WE WOULD LIKE TO KNOW!

We have a WhatsApp group for those interested which gives more details of each walk as the time approaches. If you would like to be part of the WhatsApp Group to stay informed, please let us know asap. Email helenkgibbs@yahoo.com. Any questions please ask Richard on richardmharris60@gmail.com, or call 07503 347811

27 March – Richard | Coolham & Knepp | 5-6 miles | Knepp estate & Coolham Airfield | 9:00am, meet at The Selsey Arms, Coolham.

17 April – Audrey | A ramble in Baynards | 5 miles approx. | 9:15am, meet at The Milk Churn car park | farm tracks, fields and woods.

8 May – Val | Dunsfold in Spring | 12 miles | 9:15am, meet at Dunsfold Village Car Park | Picnic lunch and pub at end!

29 May – Caroline & John | Thakeham Figure of 8 | about 5 miles | 9:15am, meet at Thakeham Village Hall car park

19 June – Russell | Hartwood Ramble | about 5 miles | 9:15am, meet tba

10 July – Caroline Price | Ditchling Downs | 7 miles | 9:15am, meet at Ditchling Recreation Ground

31 July – Keith & Parker 🐕 | Southwater Stroll | 5-6 miles | 9:15am, meet point tba

21 August – Derek T | Storrington South Downs | 11.5 miles, hilly | 9:15am meet in Sullington Warren (tbc) | secret Storrington, Parham House grounds, Amberley, Kithurst Hill | Picnic lunch

11 September – Alison | Kingsfold | 5 miles | 9:15am, meet at The Owl at Kingsfold

2 October – Richard | Horsham Riverside Walk | 13 miles | 9:00am, meet at Roffey FC | Picnic lunch

