# HeartSmart Walks Logo

# Welcome to the ‘Phased Return’ HeartSmart Walks programme

## April to May 2021



Pre-booking only – online or via telephone

* You must not attend a walk if you are unwell or have any Covid-19 symptoms. Symptoms include a high temperature, a new continuous cough and the loss, or a change to your sense of smell or taste.
* 5 – 10 walkers per walk – if the government guidelines change the numbers will be updated to reflected these.
* If you turn up without having pre booked you will not be able to walk with the group.
* Walks will be available for booking one week in advance

To book head to the Chichester District Council Website or

call 01243 521041

# Restarting group walks

## Quick Guide for Walkers

**What’s changed?**

Due to COVID-19 we need to change the way Ramblers group walks are organised – by limiting the group size, and taking extra measures to keep each other safe.

This guide outlines the steps that everyone must take when joining a HeartSmart walk.

1. Booking onto a walk

* Check the walk listing - Look at the walk listings to help you choose a walk – you may want to try a shorter or easier route if you haven’t been walking as much as you normally would. The walk listing will include details of how to book a place. If it doesn’t, contact the walk leader or Scheme coordinator.
* **Book onto the walk in advance** [**head to the Chichester District Council Website**](http://www.chichester.gov.uk/heartsmart) **or call 01243 521041.**
* Don’t turn up to a walk without booking - we need to limit numbers for everyone’s safety. Remember you can’t bring any additional people along if they haven’t booked. Let the walk leader know if you need to cancel - If things change and you can’t make it, please cancel your place or let the walk leader know as soon as possible so that someone else can go.

1. Before the walk

* Food and drink - Bring your own food or snacks and plenty of water, as cafes may still be closed.
* Clothing and equipment - Wear suitable clothing and footwear for the conditions – if in doubt, ask the walk leader. You may want to bring your own alcohol-based hand sanitiser, gloves or first aid supplies. The walk leader may have a first aid kit, but for minor incidents it may be better to use your own supplies.
* Getting to the walk - Plan how you will get to the walk. Remember you are not allowed to share a car with someone outside of your household or social bubble, and it may not be possible to use public transport.

1. On the walk

* Follow the government guidelines on social contact and physical distancing - Listen to the walk leader’s briefing so you know what to do, and maintain 2 metres distance from anyone outside your household or social bubble.
* Avoid touching gates and path furniture - If you do – wash your hands as soon as possible. We recommend carrying alcohol-based hand sanitiser. You might want to wear gloves too.
* DO not share food and drink, or equipment such as walking poles.
* Walk responsibly - When other walkers are passing, remember to stand back and give way. Let the walk leader or back marker know if you are having problems, feel unwell, or need to slow down or stop.

## Ramblers and Walking for health logo

* **These walks are led by Volunteer Walk Leaders and are designed to cater for all ages and abilities. The walks offer opportunities to exercise and meet new people in a safe and friendly environment.**
* **If you would like to be informed about walk cancellations and changes then please email us at:** [**info@chichesterwellbeing.org.uk**](mailto:info@chichesterwellbeing.org.uk) **and we can add you to our HeartSmart mailing list.**
* **All walks finish at their starting point unless otherwise stated.**
* **Please arrive 10 minutes before the walk is due to start.**
* **Please inform the Walk Leader if you will be leaving the walk early.**
* **We recommend always bringing a mobile phone with the number below stored in case of emergency.**
* **Please wear footwear suitable for country walks and you may like to bring a drink of water.**
* **Please note that the walks are smoke free.**
* **Dogs are welcome on walks unless otherwise stated but must be kept on the lead.**
* **Timings and distances stated on the programme are approximate.**
* **If the weather is poor the walk may be cancelled. Please check with the office or website if unsure (office hours Mon-Fri 8.45am-5pm).**
* **Please read the walk description before joining the walk and ensure you are walking at the right level for you.**

**For further information contact the Chichester Wellbeing Team**

**🕿 01243 521041 – 🖂** [**info@chichesterwellbeing.org.uk**](mailto:info@chichesterwellbeing.org.uk)

**🖰** [**chichester.gov.uk/heartsmart**](http://www.chichester.gov.uk/heartsmart)

Please note that any walks with duration of 90 minutes or more are not accredited by Walking for Health but are managed by Chichester District Council.

Please arrive 10 minutes before the start of the walk.

### Weds 7th April – 10.45am – Climping

**Leader:** Dominic

**Time:** 1hr 15mins **Distance**: Approx. 2½ miles. Along dunes and beach to Climping Mill, then across fields to Ferry Road and Rope Walk to club. Refreshments are available at the Yacht Club on the return.

**Meet:** 10.45am (to allow for train) at Arun Yacht Club Car Park, Rope Walk, Littlehampton, West Sussex, BN17 5DL. Your support to the club in buying refreshments is appreciated in return for free parking.

**By Car**: Take the A259, Bognor Littlehampton Road. About ¼ mile east of Ford Road roundabout turn south into Ferry Road. Follow signs for beach and Golf Course onto Rope Walk. The Yacht Club is on west bank of the river opposite the Golf Club at the top of the slope.

**By Bus/Train**: Across the footbridge opposite Littlehampton station. Turn left, the Yacht Club is about 1/3 of a mile ahead.

### Mon 12th April – 10.30am – Emsworth Stroll

**Leader:** Anne

**Time:** 1hr 30mins Distance: Approx. 3 miles. Flat walk, no stiles

**Meet:** Emsworth town square. PO10 7AW

**By Car:** Take the A259 from Chichester to Emsworth. At the roundabout turn left into the town centre. The town square is on the right-hand side. Car park through town on the right.

**By Bus:** 700

### Mon 12th April – 10.30am – Shimmings Valley, Petworth

**Leader:** Gerald

**Time:** 1 hour 30 minutes. **Distance:** 3 miles. See "Little Switzerland", as the locals call the beautiful Shimmings Valley (east side of Petworth ). A little hilly to climb to Brinksole Heath (see the best sign in Sussex), and return via Byworth, crossing the Haslingbourne stream .

**Meet:** Petworth Library, Rosemary Lane, High St, Petworth GU28 0AU.

**By Car:** Park in main Petworth town centre Car Park (ample room) & 3 minute walk east from toilets up passageway to Rosemary Lane. Dogs welcome. Call Gerald if uncertain on 07748 597568

### Mon 12th April – 10.30am – Priory Park – Suitable for beginners

**Leader:** Sarah   
**Time:** 30mins **Distance:** 1 mile. A flat walk at a gentle pace, suitable for beginners.  
**Meet:** The Aviary (just in front of the toilets), Priory Park

**By Car:** Chichester City Centre

**By Bus:** 10-15 minute walk from Chichester Bus Station

### Tues 13th April – 10.30am – Graffham

Leader: Richard  
**Time:** 2 hrs **Distance:** 4.4 miles. This walk passes through woodland and open countryside with fine views of the South Downs. Reasonably level and easy walking with one 200 yd ascent. Some stiles.

**Meet.** At the playing field car park 50 yds to the South of the 'Foresters Arms' GU28 0QA.

The entrance to the car park is adjacent to war memorial.

**By Car:** from Chichester to Petworth Rd turn left off long straight North of Duncton signed Graffham. Turn left after about a mile to Graffham and you will see Foresters Arms and car park on your left.

### Wed 14th April – 10.30am – Cocking

Leader: Alison & Peter

**Time**: 2 hours  **Distance**: 4 miles. Starting on the South Downs Way and coming back down into Cocking with an opportunity to visit the History Column and 11th century church. Some steep gradients. It will be muddy in places if it has rained recently.  
**Meet**: Cocking Hill car park (nearest postcode GU29 0HT)  
**By Car**: On the A286 Chichester – Midhurst road

**By Bus**: No 60 from Chichester every 30 mins

### Wed 14th April – 1pm – Petworth Surgery Walk

**Leader**: Dawn/Andi

**Time:** 30 minutes **Distance:** 1 mile

**Meet:** Petworth Doctors Surgery, Grove Street, GU28 0LP

Come and enjoy a flat walk at a gentle pace. A steady incline at the end with a bench. Lovely views + we will have regular stops.

Free parking at the surgery + dogs are welcome

Phone Dr Thompson on 01798 342248 if you are uncertain.

### Fri 16th April – 10.30am – West Marden

**Leader:** Jane

**Time:** 2 hrs 30 mins **Distance:** 5 miles. A pleasant walk with some hills and stiles through woodland and open countryside with some good views. No dogs on this walk please.

**Meet:** West Marden on the corner of Noredown Way.

**By Car:** Take the B2178 from Chichester, turn right at Funtington into Hares lane and right again on to the B2146. Continue to West Marden where you turn left. Noredown Way is past the pub on the left. Parking is also available in the main street near the pub.

### Mon 19th April – 10.30am – Priory Park – Suitable for beginners

**Leader:** Sarah   
**Time:** 30mins **Distance:** 1 mile. A flat walk at a gentle pace, suitable for beginners.  
**Meet:** The Aviary (just in front of the toilets), Priory Park

**By Car:** Chichester City Centre

**By Bus:** 10-15 minute walk from Chichester Bus Station

### Tue 20th April – 10.30am – Singleton and Levin Down

**Leader:** Bruce  
**Time** 1 hour 45 minutes. **Distance** 3.5 miles. Ascent 150m.  
An invigorating climb to the top of Levin Down.  
**Meet:** Outside the primary school in Singleton Village. ( Nearby postcode PO18 0HP )  
**By Car:** From Chichester Follow the A286 towards Midhurst. In Singleton turn the right opposite the Cricket Ground after the Partridge Inn park near the school.  
**By Bus:** The number 60 bus runs between Chichester and Midhurst. From the bus stop at Singleton it’s a 5 minute walk to the school.

### Wed 21st April – 10.30am – Chidham Peninsular

**Leader:** Alison & Peter

**Time:** 2 hrs 30 mins **Distance:**  5 miles. A reasonably easy flat walk with some of the best panoramic views of the harbour. Some beach walking, no stiles.

**Meet:** Cobnor Farm Amenity car park, Chidham Lane, PO18 8TD.

**By Car:** Take the A259 towards Emsworth and turn south into Chidham Lane. The car park is on the left after approx. 1 mile (if you reach the sign for Cobnor House you have gone too far).

### Weds 21st April – 10.30am – Black Rabbit

**Leader:** Dominic

**Time**: 2 hrs **Distance**: 5 miles, easy, flat riverside walk, no stiles

**Meet**: Mill Road car park by river in town centre (charge) BN18 9AA

**By Car**: A27 to Arundel town centre. At bottom of hill turn left before river, car park on right

### Thurs 22nd April – 10.30am – Burpham and Wepham

**Leader:** Jane

**Time:** 2 hrs **Distance**: Approx. 5 miles. Hilly with several climbs. Lovely views. Can be uneven and muddy underfoot in the woods. Has stiles. No dogs on this walk please.

**Meet:** The public car park behind the George at Burpham BN18 9RR.

**By Car:** Travelling east out of Arundel, take the first turning left after the railway bridge and follow the signs to Burpham village. The car park is accessed behind the pub.

### Fri 23rd April – 10.30am – Angmering Park and Hammerpot

**L:** Peter B **M:**

**Time**: 2 hrs **Distance**: 4 mile mainly flat walk through woods and meadows.

**Meet:** Car park in the woods at the Dover BN18 9PX. Map ref TQ061065

**By Car**: A27 through Arundel and Dover Street is signed on the left after 2 miles (before The Woodman Arms where the A27 goes uphill).

### Sat 24th April – 10.15am – Graylingwell



**Leader**: Sarah

**Time:** approx. 40 mins **Distance** 1.25 miles

A flat walk at a gentle pace, enjoying the history of Graylingwell Park and surrounding areas, the buildings, trees & wildlife.

**Meet** : Outside the glass building looking onto Havenstoke Park, formerly the Linden Homes site marketing suite. Parking is very limited around the park, please walk, use public transport or car share.

**By Car**: approach via College Lane and enter Graylingwell Park via Bloomfield Drive or Connolly Way there are a few Car Parking spaces around Havenstoke Park, but very few which may be occupied. Graylingwell Park has parking control in force.

**By Bus:** Number 50 run from the Cathedral every hour arriving at 7 mins past 10, the return bus to the Cathedral leaves at 20 mins past the hour.

### Mon 26th April – 10.30am – Emsworth to Prinstead

**Leader:** Anne

**Time:** 1hr 30mins **Distance:** Approx. 3 miles. Flat walk, no stiles  
**Meet:** Emsworth town square. PO10 7AW

**By Car:** Take the A259 from Chichester to Emsworth. At the roundabout turn left into the town centre. The town square is on the right-hand side. Car park through town on the right.

**By Bus:** 700

### Mon 26th April – 10.30am – Priory Park – Suitable for beginners

**Leader:** Sarah   
**Time:** 30mins **Distance:** 1 mile. A flat walk at a gentle pace, suitable for beginners.  
**Meet:** The Aviary (just in front of the toilets), Priory Park

**By Car:** Chichester City Centre

**By Bus:** 10-15 minute walk from Chichester Bus Station

### Wed 28th April – 10.30am – River Arun to The Stokes

**Leader:** Alison & Peter

**Time:** 2 hrs 30mins **Distance:** 4.8 miles. A lovely walk along lanes and through woods via the villages of North and South Stoke. It will be muddy in places if it has rained recently. Two stiles.

**Meet:** Amberley Station Car Park BN18 9LR

**By Car:** A27 to Fontwell, A29 to Whiteways roundabout then B2139 to Amberley.

### Wed 28th April – 10.30am – Lurgashall

**Leader:** Richard

**Time:** 2 hrs 15 mins **Distance:** 5 miles.  A continuous ascent through woods and fields takes us to an elevated position with lovely views. Some stiles. We then return through Lurgashall winery, woodland and apple orchards to arrive back at the pub for welcome refreshment!

**Meet.** North side of the village green near ' The Noah's Ark' pub. GU28 9ET

**By Car:** from the Petworth to Milford road, turn left before Northchapel, signposted to Lurgashall, and the green is about 1.5 miles.

### Thurs 29th April – 10am – Walderton to Compton (please note 10am start)

**Leader:** Jane

**Time**: 2 hrs **Distance**: 5 miles. This linear walk is through woods and fields and finishes in Compton village. Three steep climbs with some gentle slopes and stiles. There should be opportunity for a refreshment break at the village teashop before catching the bus to return to Walderton. Please bring money/bus pass. There is the opportunity for a longer walk should anyone wish to walk back to Walderton via a different route. No dogs on this walk please.

**Meet:** At the junction of the B2146 and the Walderton/Stoughton Road - where parking is available on the grass verge.

**By Car:** Take the B2178 from Chichester, turning right at Funtington into Hares Lane and right again on to the B2146.

### Fri 30th April – 10.30am – Fairmile Bottom

**Leader:** Peter B

**Time:** 2 hrs 30 mins **Distance:** 4.5 miles. Circular walk through the Downland nature reserve towards Arundel.

**Meet:** Park alongside the A29 soon after the Madehurst turn, close to the green and white "Bridleway" sign.

**By Car**: A27 to Fontwell then A29 north to parking place.

### Wed 5th May – 10.30am – Slindon

**Leader:** Alison & Peter

**Time**: 3 hours   **Distance**: approx. 6 miles

A longer strenuous walk to the folly and through Slindon Woods, with some steep gradients. Will be muddy after wet weather.

**Meet**:  National Trust Car Park at Park Lane, Slindon BN18 0QY

**By car**:  Take A27 east from Chichester. At Fontwell roundabout continue on A27 to the next roundabout and take 1st exit for A29 (Pulborough/Amberley) and then turn immediately left into Park Lane. The car park is a short way along on the left.

### Weds 5th May – 10.30am – Binsted Wood

**Leader:** Dominic

**Time**: 1¾ hrs Distance: 2 ¾ miles, mainly flat headland path, grass, gravel. Coffee will be available at the post office.

**Meet:** Walberton Village Hall car park, The Street, Walberton, Arundel, BN18 0PQ.

**By Car**: When heading from Chichester to Arundel on the A27 follow signs to Walberton Village.

### Thurs 6th May – 10.30am – Wey/Arun Canal West, Loxwood

**L**: Richard **M:**

**Time:** 2 hrs 15 mins **Distance:** 4.7 miles. We walk westward along the tow path to where the Sussex/Surrey border path crosses, then turn North adjacent to a restored lock. We then make our way back through open countryside and farmland. The walk is reasonably level with just a couple of stiles. Sorry no dogs due to livestock.

**Meet**: Canal visitor centre car park behind the ‘Onslow Arms’ pub in Loxwood.

**By Car:** From Petworth take A272 towards Wisborough Green. Turn left by the green, pass the ‘Cricketers pub’, and continue to the end of this road where you turn left. Carry on North on the B2133 into Loxwood, where, at the bottom of the hill you will see the ‘Onslow Arms’ on the right. Pass through the pub car park to the canal car park at the rear. RH14 0RD N 51.070364 W 0.515177

### Fri 7th May – 10.30am – Chichester Harbour

**Leader:** Jane

**Time:** all day **Distance:** 9.5 miles. Circular all day walk around Chichester Harbour, starting at Chichester Marina and taking in Dell Quay, Fishbourne Bosham and West Itchenor. There is a short ferry crossing for which £2.50 is required. Please also bring adequate food and drink for the walk. It can be muddy in places.

**Meet**: Chichester Marina Public Car Park at 10.30. This is situated off the A286 Birdham Road.

### Mon 10th May – 10.30am – Emsworth to Pook Lane

**Leader:** Anne

**Time:** 1hr 30mins **Distance:** Approx. 3 miles. Flat walk, no stiles  
**Meet:** Emsworth town square. PO10 7AW

**By Car:** Take the A259 from Chichester to Emsworth. At the roundabout turn left into the town centre. The town square is on the right-hand side. Car park through town on the right.

**By Bus:** 700

### Mon 10th May – 10.30am – Priory Park – Suitable for beginners

**Leader:** Sarah   
**Time:** 30mins **Distance:** 1 mile. A flat walk at a gentle pace, suitable for beginners.  
**Meet:** The Aviary (just in front of the toilets), Priory Park

**By Car:** Chichester City Centre

**By Bus:** 10-15 minute walk from Chichester Bus Station

### Wed 12th May – 10.30am – West Marden

**Leader:** Alison & Peter

**Time:** 3 hrs **Distance:** 6.5 miles. A walk from Stansted to West Marden via Walderton, including lanes and pleasant walking through woods and fields. It is a moderately strenuous longer walk with some gentle hills. Could be very muddy if there has been a lot of rain. 4 stiles.

**Meet:** Stansted House Car Park PO9 6DX (use the first car park on the right).

### Fri 14th May – 10.30am – Iping and Chithurst

**Leader:** Jane **Time:** 3 hrs **Distance**: This is a longer 6.75 mile walk, which has several stiles and is hilly in places. A pleasant walk with lovely views. No Dogs (except for assistance dogs). You may wish to bring a snack.

**Meet**: Outside the Hamilton Arms Stedham. GU29 0NZ.

**By Car:** A286 to Midhurst, at mini roundabout turn left on A272 to Petersfield. After 2 miles turn right into Stedham (this is the second turning to Stedham) and park outside the Hamilton Arms on the verge.

**Sun 16th May – 10.30am – Slindon Woods to Folly**

**Leader:** Dominic

**Time:** 2 hrs **Distance:** 3.5 miles. Lovely views. Generally flat, gravel path. Some muddy areas and short inclines. **Last ¼ mile uphill.**

**Meet**: National Trust Car Park, Dukes Road, Slindon.

**By Car**: East along A27 to Fontwell racecourse roundabout – about 400m from roundabout on the left is Dukes Road. Park in the National Park car park at the bottom of the dip on the right.

### Mon 17th May – 10.30am – Priory Park – Suitable for beginners

**Leader:** Sarah   
**Time:** 30mins **Distance:** 1 mile. A flat walk at a gentle pace, suitable for beginners.  
**Meet:** The Aviary (just in front of the toilets), Priory Park

**By Car:** Chichester City Centre

**By Bus:** 10-15 minute walk from Chichester Bus Station

### Tue 18th May – 10.30am – Graffham Common

**Leader:** Bruce

**Time:** 2 hours. **Distance** 4 miles. Ascent 120m. Moderately strenuous walk exploring the charming village and the lovely sandy Graffham Common, 5stiles.

**Meet:** Graffham Recreation Ground. (nearby postcode GU28 0QB )

**By Car:** EITHER from the south via A286 to Cocking. After 1 mile turn right into Bex Lane (signposted Heyshott, Graffham). Follow the signs to Graffham. After the White Horse Pub turn left into Graffham village. OR from the south via A285 to Duncton. After 1 mile turn left signposted Selham Graffham. After 1.4 miles turn left. The rec is down a lane by the war memorial close to the Foresters Arms.

### Wed 19th May – 10.30am – Eartham Woods

**Leader:** Alison & Peter

**Time:** 2-2.5 hrs **Distance:** 5.5 miles. A walk through Eartham Woods, coming back along Stane Street. No stiles.

**Meet:** Forestry Commission Car Park, Eartham

**By car:**  Take A27 east from Chichester. Half a mile before Fontwell turn left following signs to Eartham. Pass The George PH and continue north to the car park on your right.

### Thurs 20th May – 10.30am – Plaistow

**Leader:** Richard

**Time:** 2 hrs**Distance**: 4.2 miles. Starting from the picturesque village of Plaistow, we walk along a quiet country lane before crossing fields with grazing sheep, walking through woodland, and finishing at the village stores, with arguably the best coffee in W Sussex. This is a reasonably level walk with countryside views, 5 or 6 styles. Sorry no dogs due to livestock.

**Meet**: On East side of village green opposite shop.

**By Car**: From Petworth take the A283 North, then after the ‘Stone Masons Inn’, take the right fork by the green to Balls Cross. Continue along this road, and then after you pass the village sign for Kirdford, take the next left sign posted to Plaistow. After entering village turn right past village green and park at East end of South side in view of shop. Please note slight change in meeting point.

No Dogs on this walk please.

### Fri 21st May – 10.30am – Amberley, North Stoke, Downs and River Arun

**Leader:** Jane **Time**: **Distance**: 6.5 miles. A hilly walk with lovely downland views, including a walk  through Amberley village and walks by the Arun. Some lane walking.

**Meet:** Amberley Station/Amberley Museum Car Park  
**By Car**: Amberley Station/Amberley Museum Car Park which is on the B2139 from Fontwell to Storrington. BN18 9LR.

### Sat 22nd May – 10.15am – Graylingwell



**Leader**: Sarah

**Time:** approx. 40 mins **Distance** 1.25 miles

A flat walk at a gentle pace, enjoying the history of Graylingwell Park and surrounding areas, the buildings, trees & wildlife.

**Meet** : Outside the glass building looking onto Havenstoke Park, formerly the Linden Homes site marketing suite. Parking is very limited around the park, please walk, use public transport or car share.

**By Car**: approach via College Lane and enter Graylingwell Park via Bloomfield Drive or Connolly Way there are a few Car Parking spaces around Havenstoke Park, but very few which may be occupied. Graylingwell Park has parking control in force.

**By Bus:** Number 50 run from the Cathedral every hour arriving at 7 mins past 10, the return bus to the Cathedral leaves at 20 mins past the hour.

### Mon 24th May – 10.30am – Emsworth to Westbourne

**Leader:** Anne

**Time:** 1hr 30mins **Distance:** Approx. 3 miles. Flat walk, no stiles  
**Meet:** Emsworth town square. PO10 7AW

**By Car:** Take the A259 from Chichester to Emsworth. At the roundabout turn left into the town centre. The town square is on the right-hand side. Car park through town on the right. **By Bus:** 700

### Mon 24th May – 10.30am – Petworth Park – Dog’s face

**Leader:** Gerald

**Time:** 1 hour 30 minutes **Distance:** 3 miles. Come and see the fallow deer, The Monument & a surprise Dog’s Face. Dogs welcome.

**Meet:** The Horse Guards Inn, Upperton Road, Tillington, GU28 9AF. Grid reference is SU963 220.

**By Car**: 1 mile west from Petworth on A272, the, in the middle of Tillington, turn north following brown tourist sign to The Horse Guards. Parking available in the road. Contact on 07748 597568.

Contact Gerald if uncertain on 07748 597 568. Dogs welcome.

### Mon 24th May – 10.30am – Priory Park – Suitable for beginners

**Leader:** Sarah   
**Time:** 30mins **Distance:** 1 mile. A flat walk at a gentle pace, suitable for beginners.  
**Meet:** The Aviary (just in front of the toilets), Priory Park

**By Car:** Chichester City Centre

**By Bus:** 10-15 minute walk from Chichester Bus Station

### Wed 26th May – 10.30am – Houghton Forest and Bignor Hill

**Leader:** Alison & Peter

**Time:** 2hrs 30mins. **Distance:** 6 miles. Walking up through Houghton Forest and back along the South Downs Way with panoramic views in all directions. A fairly strenuous walk with two long uphill stretches. The flint path can be slippery in places. No stiles.

**Meet:** Whiteways Car Park. BN18 9FD

**By Car:** The car park is just north of the roundabout on the A29 between Fontwell and Bury.

### Weds 26th May – 10.45am – Climping

**Leader:** Dominic

**Time:** 1hr 15mins **Distance**: Approx. 2½ miles. Along dunes and beach to Climping Mill, then across fields to Ferry Road and Rope Walk to club. Refreshments are available at the Yacht Club on the return.

**Meet:** 10.45am (to allow for train) at Arun Yacht Club Car Park, Rope Walk, Littlehampton, West Sussex, BN17 5DL. Your support to the club in buying refreshments is appreciated in return for free parking.

**By Car**: Take the A259, Bognor Littlehampton Road. About ¼ mile east of Ford Road roundabout turn south into Ferry Road. Follow signs for beach and Golf Course onto Rope Walk. The Yacht Club is on west bank of the river opposite the Golf Club at the top of the slope.

**By Bus/Train**: Across the footbridge opposite Littlehampton station. Turn left, the Yacht Club is about 1/3 of a mile ahead.

### Fri 28th May – 10.30am – Poling Ponds

**L**: Peter Br M:

**Time:** 2 hours **Distance:** 4 mile circular walk via Angmering village to Poling Ponds (with a golf driving range at the car park).

**Meet:** Rustington Golf Centre car park, BN16 4NB (park in lanes nearest car park entrance)

**By Car:** A259 from Chichester past Littlehampton to Rustington Golf Centre on left at roundabout after crossing railway bridge (BMW dealership opposite).