



HeartSmart Walks

Free guided walks in the Chichester District

Welcome to the HeartSmart Walks programme

August to October 2026



Harting Down taken by Bruce, Walk Leader

Booking Information

- 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.
- Please book online www.chichester.gov.uk/book-a-heartsmart-walk where possible or via the telephone.
- If you are unable to attend, please ensure you cancel online (via the link on your confirmation email). **If you need to cancel on the day, please phone the office on 01243 521041 so the walk leader can be notified.**
- Up to 15 walkers per walk. If you turn up without having pre-booked you may not be able to walk with the group. **Please note walks will not go ahead if only 1 walker is booked on or only 1 walker turns up.**
- Walks are available to book two weeks in advance, up until the evening before the walk takes place. Particularly useful if you are watching the weather.
- If you would like to be informed about walk cancellations and changes then please email us wellbeing@chichester.gov.uk and we can add you to our HeartSmart mailing list.

Walk Information

- All walks finish at their starting point unless otherwise stated. Please arrive 10 minutes before the walk is due to start.
- Timings and distances stated on the programme are approximate.
- **Whilst we make every effort to provide up to date parking information, it is your responsibility to check on the day as Chichester District Council will not be held responsible for any parking fines incurred during the walks.**
- Please inform the Walk Leader if you will be leaving the walk early. You must not attend a walk if you are unwell. Please note that the walks are smoke free.
- **Please inform the Walk Leader if you have a medical condition that you think we might need to be aware of, for example, diabetes, allergic reactions, medication i.e. blood thinners.**
- We recommend always bringing a mobile phone with the number below stored in case of emergency.
- **Dogs are welcome on walks unless otherwise stated but must be kept on the lead. Please note there could be livestock on walks.**
- Please be mindful of ticks, especially during the warmer months. You may want to check for ticks after your walk.
- If the weather is poor the walk may be cancelled. Please check with the office or website if unsure (office hours Mon – Thurs 9am – 4pm & Fri 9am – 12pm).

Please read the walk description before joining to ensure you are walking at the right level and distance for you. Wear footwear appropriate for countryside walks and bring a drink of water.

To book visit www.chichester.gov.uk/book-a-heartsmart-walk
or for further information contact the Chichester Wellbeing Team

☎ 01243 521041 – ✉ wellbeing@chichester.gov.uk

Please note that paper copies are only printed once and are not updated with any amendments so please refer to online copy for most up to date list of walks.

Please arrive 10 minutes before the start of the walk, the walk will leave on time.

Monday 3rd August – 10.30am – The Beautiful Fittleworth Countryside

Leader: Gerald

Duration: 1.5 hrs **Distance:** 3 miles

Two short stretches on tarmac and then a lovely walk through the countryside surrounding Fittleworth. No stiles and wonderful views across the River Rother. Two inclines. If recent rain, it's worth wearing Wellington boots for a small section of standing water. Excellent café available for loo, teas, coffees and small lunches at the end.

Meet: Fittleworth Village Hall RH20 1JB, in the car park area at the rear of the Hall.

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

Monday 3rd August – 10.30am – Kithurst Hill, near Storrington

Leader: Phil and Keith

Duration: 2 hrs **Distance:** 4 miles

A circular walk starting at the car park at the top of the South Downs. Taking in some of the South Downs way to a viewpoint, and then drifting off on wooded paths, finally returning to the car park through open chalk farmlands. No Stiles.

Meet: Kithurst Hill Car Park. Between Amberley and Storrington. RH20 4HW By Car: A small lane will take you to the top off the B2139. What 3 words: partied.juices.universes

Monday 3rd August – 6pm – Evening Walk, North Mundham Fisher

Leader: Bruce

Duration: 1.5 hours. **Distance:** 3 miles

Flat walk through quiet lanes and paths to Fisher and Runcton.

Meet: North Mundham School Rec. SU875025 (nearby postcode: PO20 1LA). [Google map link](#)

By Car: B2166 to North Mundham. Turn north into School Lane (roughly opposite Church Road) the Rec. is 100 meters on the right.

By Bus: 600 from Chichester; stop near the primary school.

Tuesday 4th August – 10.00am – Heyshott to Graffham

New Walk

Leader: Sue & Richard

Duration: 3 hrs **Distance:** 6.5 miles.

Ascent 700ft. This is a moderately strenuous walk with some undulations. Our walks are geared for walkers who enjoy a brisk but comfortable pace. Walking boots are advised due to varying terrain. Dogs are welcome but need to adhere to Heartsmart guidelines. Please note there could be livestock enroute. This is a circular walk from Heyshott to Graffham and back. We have permission for those partaking of a drink afterwards to park in the Unicorn Car park. The first part of the walk is a 700-foot climb onto the South Downs Way at Heyshott. There are wonderful views from the top and then a descent to Graffham via the local church. We then find our way back to Heyshott by road and then through fields and footpaths. We then find our way back to the Unicorn Pub in Heyshott. Heyshott is a lovely village south of Midhurst and is famous for its association with the 19th Century free trader and Liberal MP Richard Cobden.

Meet: Outside the Unicorn Pub in Heyshott. Post code: GU29 ODL.

What3words: villager.ashes.states There is parking in the quiet roads around the village for those not staying for a drink afterwards. By car: From the south via A286 to Cocking. After 1 mile further on after Cocking on the A286 turn right into Bex Lane, signposted Heyshott, Graffham. Heyshott is about 1.5 miles on the right. From the north, Bex Lane is approx. 2 miles south of Midhurst on the A286.

Please join us for some refreshments at the Unicorn pub after the walk.

Wednesday 5th August – 10.30am – Chidham Peninsula

Leader: Alison & Peter

Duration: 2 hrs 30 mins **Distance:** 5 miles.

A flat walk with some of the best panoramic views of the harbour. Some beach walking which will be muddy and there is also a steep sided ditch which can be slippery in wet conditions.

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).

Thursday 6th August – 10.00am – A Very, Very Gentle Walk in Petworth

Leader: Gerald

Duration: 30 mins **Distance:** 1 mile.

This free walk will be gentle, accommodating all abilities and will conclude back at the library, where there will be refreshments available.

Meet: Petworth Library, Rosemary Lane, High St, Petworth GU28 0AU. Inside the Library if wet. By Car: Park in main Petworth town centre Pound Street GU28 0ES (ample room) & then a 3-minute walk. From the toilets, go east up a narrow passageway to Rosemary Lane. Library (on left). If coming via High Street, opposite Petworth Cottage Museum. By Bus: No. 1 Midhurst or Worthing to Petworth Market Square and walk up the High Street. Contact Gerald if uncertain, on 07748 597 568. Tea/ Coffee at the end at the library. **No bookings necessary.** It is not a Heartsmart Walk. Any enquiries to Geraldgreshamcooke@gmail.com

Thursday 6th August – 10.30am – Hampshire Farm Meadows to Brook Meadows *New Short Walk*

Leader: Jane B

Duration: 1.5 to 2 hrs **Distance:** 3 miles

This is a lovely flat walk to Emsworth via Lumley Lane and Brook Meadows. No stiles. Suitable for people who enjoy a leisurely walk. Along the way I'll share local tales and the history of a few of the buildings we pass. Dogs on leads welcome. Toilets and refreshments at the middle of the walk, in Emsworth or Westbourne.

Meet: Hampshire Meadow car park, PO10 7GE. By car: Hampshire Meadows car park by Redlands roundabout. On entering the housing estate, take the first road on the right and head towards the car park at the end of the road (not the first one on the right). What 3

Words: Shakes.Moons.Dunes

Friday 7th August – 10.30am – Slindon, Madehurst and Great Down

Leader: Jane W

Duration: 3 hrs. **Distance:** 7 miles.

This is a lovely 7 mile walk with some ascent. It includes open downland, quiet lanes and woodland. Could be muddy in the woodland areas. No dogs please.

Meet: Outside Slindon College Post Code BN18 0RH

By car: From A29, turn left into Slindon village, School Hill, Church Hill, bear left on to Top Road where you will find street parking.

Friday 7th August – 10.30am – Burton Mill

Leader: Richard M

Duration: 1 hr 30 mins **Distance:** 3.5 miles.

This walk is reasonably level with two or three stiles, with nice views over the lake and Sussex countryside. There is a deck overlooking the lake which would be a nice place for a picnic if you wish. Any problems on the day call Richard 07831 550137.

Meet: in the car park adjacent to Burton Mill. Sorry no dogs due to livestock. Directions: Travelling North up the Petworth Rd from Chichester, pass through Duncton, then turn right near the top of the hill after a long straight. (If you pass Chandlers builders merchants you have gone too far!) Burton Mill is about a mile down there on the left-hand side.

Monday 10th August – 10.30am - *Suitable for Beginners* Chichester Canal

Leader: Sarah

Duration: 30mins **Distance:** 1 mile.

A flat walk at a gentle pace, suitable for beginners.

Meet: Chichester Canal, Basin Road, Chichester PO19 8DT. By car: From Chichester city centre go south along Basin Road to Canal Wharf. Limited parking but plenty of public car parks available in the city. By bus: 5-minute walk from Chichester Bus Station.

Tuesday 11th August – 10am - River Rother, Stedham Serpents Trail to Midhurst. Queen Elizabeth 25th Anniversary path *New Walk*

Leader: Sue & Richard

Duration: 4 hrs **Distance:** 9.5 miles

Ascent 955 ft – This is a moderate walk with some undulations. Our walks are geared for walkers who enjoy a brisk but comfortable pace. Walking boots are advised due to varying terrain. Dogs are welcome but need to adhere to Heartsmart guidelines. Please note there could be livestock enroute.

This outstanding walk that starts by following the River Rother from Midhurst to Stedham Mill. We will then walk through the village of Stedham, to then follow the Serpent trail across the polo fields and then onto Midhurst Common / woods. From here we will walk the Queen Elizabeth 2nd 25th Anniversary path, view Dante's memorial statue, prior to our return back to Cowdry park. This is not a hilly walk but does have several inclines.

Meet: Cowdrey Park, GU29 OAJ / What3words: drip.tadpole.debit **By car:** Cowdray Park car park. Park to your left as you drive in (do not park near the farm shop). Please feel free to join us for some refreshments after the walk.

Wednesday 12th August – 10.30am – Stansted to Watergate

Leaders: Peter & Alison

Duration: 3.5 hrs **Distance:** 7.6 miles. A longer strenuous walk from Stansted across to Watergate via Lye common. Mostly walking on lanes through woods and fields with some good views. Some steep uphill. Expect muddy paths after heavy rain. Bring a snack for a short stop. Suitable for people who enjoy a faster paced walk.

Meet: Stansted House Visitors Car Park PO9 6DX. Please use the first car parks on your right, that are designated for walkers.

By car: Take the B2178 from Chichester turning right onto Broad Walk after passing through Aldsworth, signposted Stansted House.

Thursday 13th August – 10.00am – A Very, Very Gentle Walk in Petworth

Leader: Gerald

Duration: 30 mins **Distance:** 1 mile.

This free walk will be gentle, accommodating all abilities and will conclude back at the library, where there will be refreshments available.

Meet: Petworth Library, Rosemary Lane, High St, Petworth GU28 0AU. Inside the Library if wet. **By Car:** Park in main Petworth town centre Pound Street GU28 0ES (ample room) & then a 3-minute walk. From the toilets, go east up a narrow passageway to Rosemary Lane. Library (on left). If coming via High Street, opposite Petworth Cottage Museum. **By Bus:** No. 1 Midhurst or Worthing to Petworth Market Square and walk up the High Street. Contact Gerald if uncertain, on 07748 597 568. Tea/ Coffee at the end at the library. **No bookings necessary.** It is not a Heartsmart Walk. Any enquiries to Geraldgreshamcooke@gmail.com

Thursday 13th August – 10.30am – Arundel Binsted Woods

Leader: Bruce

Time: 2 hours **Distance:** 3.5 miles

Flat walk through Binsted woods and Tortington Common.

Meet: Arundel Dalloway Road. TQ004064. Nearby postcode: BN18 9HN

[Google map link](#) By Car: A27 to Arundel, last exit on first roundabout (Ford) then immediately right up Torton Hill Road and continue straight onto Dalloway Road. Please park roadside where the road curves right.

Friday 14th August – 10.30am – Chichester Harbour

Leader: Jane W

Duration: all day **Distance:** 10 miles.

This is a lovely coastal walk taking in the villages of Dell Quay, Fishbourne, Bosham and West Itchenor. There is a short ferry ride for which you need £3. Please bring food and drink. Can be muddy and slippery. No dogs please.

Meet: Fishbourne Roman Palace Roman Way, Chichester PO19 3QR. Please park near the entrance to the car park and we will give a small donation to the museum.

Monday 17th August – 10.30am - *Suitable for Beginners* Chichester Canal

Leader: Sarah

Duration: 30mins **Distance:** 1 mile.

A flat walk at a gentle pace, suitable for beginners.

Meet: Chichester Canal, Basin Road, Chichester PO19 8DT. By car: From Chichester city centre go south along Basin Road to Canal Wharf. Limited parking but plenty of public car parks available in the city. By bus: 5-minute walk from Chichester Bus Station.

Tuesday 18th August – 10.00am – East Dean Woods *New Walk*

Leader: Sue & Richard

Duration: 3 hrs 30 mins **Distance:** 8.5 miles

Ascent 1,635 ft – This is a moderately strenuous walk with some undulations. Our walks are geared for walkers who enjoy a brisk but comfortable pace. Walking boots are advised due to varying terrain. Dogs are welcome but need to adhere to Heartsmart guidelines. Please note there could be livestock enroute. There is 1 stile on this walk. We start at East Dean Village and walk to up the hill towards East Dean woods adjacent to Goodwood. We then walk through the woods and back downhill back towards East Dean. We cross the road and begin our ascent into East Dean woods.

From here we continue to walk through the woods, prior to our return to East Dean.

Meet: Star & Garter pub, East Dean. PO18 OJG. What3words: outgrown.firm.flitting. Park on the roadside, outside of the Star and Garter pub. There is ample parking on the road.

Parking at the Village Hall car park is not permitted. Please join us for refreshments at the Star and Garter pub after the walk.

Wednesday 19th August – 10.30am – Compton to Up Marden

Leader: Alison & Peter

Duration: 2.5 hrs **Distance:** 6 miles. A good walk along lanes through woodland and fields, with a chance to visit the 12th century church of St Michael at Up Marden. Two hills, no stiles. Suitable for people who enjoy a faster paced walk.

Meet: Compton Recreation Ground

By car: Take the B2178 from Chichester, turning right at Funtington into Hares Lane and right once again onto the B2146. Continue through West Marden and the recreation ground is on your right as you pass the Compton village sign.

Thursday 20th August – 10.00am – A Very, Very Gentle Walk in Petworth

Leader: Gerald

Duration: 30 mins **Distance:** 1 mile.

This free walk will be gentle, accommodating all abilities and will conclude back at the library, where there will be refreshments available.

Meet: Petworth Library, Rosemary Lane, High St, Petworth GU28 0AU. Inside the Library if wet. By Car: Park in main Petworth town centre Pound Street GU28 0ES (ample room) & then a 3-minute walk. From the toilets, go east up a narrow passageway to Rosemary Lane. Library (on left). If coming via High Street, opposite Petworth Cottage Museum. By Bus: No. 1 Midhurst or Worthing to Petworth Market Square and walk up the High Street. Contact Gerald if uncertain, on 07748 597 568. Tea/ Coffee at the end at the library. **No bookings necessary.** It is not a Heartsmart Walk. Any enquiries to Geraldgreshamcooke@gmail.com

Thursday 20th August – 10.30am – Rogate and Tullecombe, Fyning Common and River Rother *New Walk*

Leader: Jane B

Duration: 2.5 to 3 hours **Distance:** 5.5 miles

By courtesy of Fancy Fine Walks. This is a walk of great variety where you walk through woodland, fields, heath and cross the River Rother. Good underfoot, but some loose surfaces, tree roots and mud after heavy rain. There is a short section of road at the beginning of the walk. Toilets and refreshments are available in Rogate. This walk is suitable for people who enjoy a stroll through the countryside. Please join for social refreshments after the walk. Dogs are welcome.

Meet: Tullecombe car park near Rogate, GU31 5BU. This is an isolated car park so please ensure you do not leave anything on show. By car: you can reach Tullecombe via the main A272 Petersfield - Midhurst road. Turn off in the Rogate direction and turn right in one mile to Chithurst. What3words: wacky.newsreel.employers

Friday 21st August – 10.30am – Lavington Common to Duncton

Leader: Jane W

Duration: 2 - 2.5 hrs **Distance:** 5 miles.

A lovely walk across heathland, woodland and the parkland of Burton Park. Little elevation, great views and a couple of stiles. Can be muddy after rain. No dogs on this walk please.

Meet: Lavington Common Car park. By Car: From Chichester take the A285 Petworth Road, just past Duncton village, take the first left Graffham Road and Lavington Common Car park is just under 1 mile on the right-hand side.

Friday 21st August – 10.30am – Lurgashall

Leader: Richard M

Duration: 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! Any problems on the day call Richard 07831 550137.

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.

Tuesday 25th August – 10.00am – Arundel, Swanborne Lake and River Arun Circular

Leader: Sue & Richard

Duration: 3 hrs 30 mins **Distance:** 8.3 miles

Ascent 725ft. This walk has some undulations. Our walks are geared for walkers who enjoy a brisk but comfortable pace. Walking boots are advised due to varying terrain. Dogs are welcome but need to adhere to Heartsmart guidelines. Please note there could be livestock enroute. We start from the Black Rabbit car park, where we will walk through the outskirts of the wetlands, along the river to the main car park. From here we will walk through the historic town of Arundel, until we turn off towards Hiorne's Tower, before our descent through the woods to the top of the hill above Swanbourne Lake. This path is chalky, so can be slippery when wet. We then walk around to the field where we start our ascent which will to view Houghton and the Arun Valley flood plain, before our descent into the woods. This will lead us towards the River Arun, which we will walk adjacent too, until we come back to the Black Rabbit pub. We have permission to park at the Black Rabbit for this walk.

Meet: Black Rabbit car park BN18 9PB / What3words: otherwise.bedspread.hotel

What3words: skims.appraised.cherish

Please join us for some refreshments at the Black Rabbit pub after the walk.

Wednesday 26th Aug – 10.30am – Cocking

Leader: Alison & Peter

Duration: 2 hrs 30 mins **Distance:** 6.5 miles.

A lovely ramble along the paths of West Dean woods. A moderately strenuous longer walk with some steep gradients. Will be muddy if it has rained recently. Suitable for people who enjoy a faster paced walk.

Meet: Cocking Hill car park (nearest postcode GU29 0HT) By car: A286 Chichester - Midhurst road By bus: No 60 from Chichester every 30 mins.

Thursday 27th August – 10.00am – A Very, Very Gentle Walk in Petworth

Leader: Gerald

Duration: 30 mins **Distance:** 1 mile.

This free walk will be gentle, accommodating all abilities and will conclude back at the library, where there will be refreshments available.

Meet: Petworth Library, Rosemary Lane, High St, Petworth GU28 0AU. Inside the Library if wet. By Car: Park in main Petworth town centre Pound Street GU28 0ES (ample room) & then a 3-minute walk. From the toilets, go east up a narrow passageway to Rosemary Lane. Library (on left). If coming via High Street, opposite Petworth Cottage Museum. By Bus: No. 1 Midhurst or Worthing to Petworth Market Square and walk up the High Street. Contact Gerald if uncertain, on 07748 597 568. Tea/ Coffee at the end at the library. **No bookings necessary.** It is not a Heartsmart Walk. Any enquiries to Geraldgreshamcooke@gmail.com

Friday 28th August – 10.30am – Iping and Chithurst

Leader: Jane W

Duration: 3 hrs **Distance:** 6.75 miles.

This walk 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.

Tuesday 1st September – 10.00am - Pagham to Aldwick – Circular Walk

Leaders: Richard and Sue

Duration: Approx 2 hours 15 mins. **Distance:** 6.5 / 7 miles

This is a flat walk. Our walks are geared for walkers who enjoy a brisk but comfortable pace. Walking boots are advised due to varying terrain. Dogs are welcome but need to adhere to Heartsmart guidelines. Please note there could be livestock enroute. Lovely beach and shoreline as well as some footpath/field walking. We will explore the area around the Aldwick Bay Estate, which was established in 1929, before heading back to Pagham along the shoreline and coastal path.

Meet: Lion Pub in Pagham, PO21 3JX. There is residential road parking, or for those partaking in a drink after the pub, you can use the pub car park or the cricket club car park opposite. By car: The B2145 from Chichester and then the B2166 to Pagham. The Lion pub is 3 minutes' walk away. By bus: The 600 from Chichester to Bognor stops outside the Lamb Inn. Walk with your back to the Lamb pub until you come to Nyetimber Lane, the pub is 300 yards down this road. Please join us for some refreshments at the Lion Pub after the walk.

Wednesday 2nd September – 10.30am – Stansted Forest

Leader: Peter & Alison

Duration: 2.5 hrs **Distance:** 6 miles. A lovely walk starting off on the Monarchs Way towards Rowlands Castle and then following paths that criss-cross through Stansted Forest and grass meadows with some fine views. Bring a snack for a short stop at Forestside. There will be a chance to visit Christchurch, a Victorian church in the Octagon Parish. Suitable for people who enjoy a faster paced walk.

Meet: Stansted House Visitors Car Park PO9 6DX Please use the first car parks on your right, that are designated for walkers. By car: Take the B2178 from Chichester turning right onto Broad Walk after passing through Aldsworth, signposted Stansted House.

Friday 4th September – 10.30am – Goodwood to East Dean

Leader: Jane W

Duration: 3 hours **Distance:** 6 miles.

A hilly walk through woodland and fields, taking in the village of East Dean. There are stiles and it could be muddy in places. No dog please.

Meet: Counters Gate Car Park Goodwood. Head towards Goodwood Racecourse PO18 0PS, turn onto Racecourse Road, proceed for about half a mile and you will find Counters gate car park on your right, before the turning to East Dean.

Friday 4th September – 10.30am – Graffham

Leader: Richard M

Duration: 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. Any problems on the day call Richard 07831 550137.

Meet: In the car park along the Lane adjacent to the War Memorial. 50 yds to the South of the 'Foresters Arms' GU28 0QA. 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 The Foresters' Arms on the left, followed 50yds on by the war memorial with the car park situated up the adjacent lane.

Monday 7th September – 10.30am – Emsworth to Langstone

Leader: Jane

Duration: 2hrs **Distance:** Approx. 4.5 miles.

Lovely flat shoreline walk with no stiles. Can be a little slippery and muddy underfoot. There will be an opportunity for a coffee stop. No dogs please.

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. Please put sufficient money in the Emsworth car park so you don't have to rush back. By Bus: 700.

Monday 7th September – 10.30am - *Suitable for Beginners* Chichester Canal

Leader: Sarah

Duration: 30mins **Distance:** 1 mile.

A flat walk at a gentle pace, suitable for beginners.

Meet: Chichester Canal, Basin Road, Chichester PO19 8DT. By car: From Chichester city centre go south along Basin Road to Canal Wharf. Limited parking but plenty of public car parks available in the city. By bus: 5-minute walk from Chichester Bus Station.

Monday 7th September – 10.30am – South Downs at Storrington *New Walk*

Leaders: Phil and Keith.

Duration: 2 1/4 hrs **Distance:** 5 miles.

A scenic walk with great views through the rolling South Downs. Utilising footpaths around Lee Farm and Michelgrove we explore pastures and arable fields, we may sight hares, red kites and buzzards. We would expect to find sheep in the pastures and ask that any dogs are kept under strict control.

Meet: Car park at the top of Chantry Lane, Storrington. RH20 4BU. What 3 words: safari.promoted.swoop

Tuesday 8th September – 10.00am – Three Churches, Findon, Patching and Clapham

Leaders: Richard & Sue

Duration: 3.5 hours **Distance:** 8.3 miles / 970 ft.

This is a moderately strenuous walk with some undulations. Our walks are geared for walkers who enjoy a brisk but comfortable pace. Walking boots are advised due to varying terrain. Dogs are welcome but need to adhere to Heartsmart guidelines. Please note there could be livestock enroute. We start at Findon village and walk past the church and cricket club and carefully cross over Long Furlong. We then walk on the Monarch's Way towards Patching. The Monarch's Way is the supposed route of Charles 11s flight to France in 1651. At Patching, we walk down Coldharbour Lane and head into Clapham. We then head across the downs back to Findon to complete this delightful circular walk. The Black Horse is a lovely pub to enjoy some refreshments after the walk!

Meet: Findon Village Store, BN14 OTF. What3Words: allows.gentlemen.assures Parking in Findon Village. There is a car park near the shop but there are also some nearby residential roads which provide good parking. Please join us for some refreshments at The Gun Inn after the walk.

Wednesday 9th September – 10.30am – Houghton Forest and Bignor Hill

Leaders: Peter & Alison

Duration: 2.5 hrs **Distance:** 6 miles.

Walking up to join the South Downs Way with a steep uphill section, rewarded by panoramic views in all directions. We come back down through Houghton Forest. A fairly strenuous walk and the chalk path can be slippery in places. Suitable for people who enjoy a faster paced walk.

Meet: Whiteways Car Park BN18 9FD By car: The car park is just north of the roundabout on the A29 between Slindon and Bury.

Thursday 10th September – 10.30am – Duncton and Burton Park

Leader: Bruce

Duration: 2 hrs **Distance:** 4 miles, Ascent: 60m. Visits Burton Park and Duncton Mill via meadow and woodland.

Some stiles and quiet lanes.

Meet: Duncton School. SU959172 (Nearby postcode GU28 0LD)

[Google map link](#) By Car: Turn left off the A285 Petworth road, just beyond The Cricketers pub, Duncton By Bus: 99 Compass Bus See: <https://compass-travel.co.uk/wp-content/uploads/sites/43/2025/02/Bus-Service-9999-flex.pdf>

Thursday 10th September – 10.30am – Earnley Circular Walk

Leader: Jane B

Duration: 2.5 hours. **Distance:** 4.5 miles.

This is a gentle walk, over fields and hedgerows to viewpoints over the tidal estuary. Down to the Stilt Pools just inland from the coast (the Stilt Pools are famous for waders). We return over the fields past Earnley Church. The route may be muddy and slippery from shingle on the beach. Social refreshments after the walk in the Pond Barn Pub Bracklesham. Dogs are welcome on this walk. There are no facilities at Medmerry (the nearest ones are at Bracklesham sea front car park).

Meet: Medmerry RSPB car park, Drover Lane, PO20 7JL. By car: Travelling south out of Chichester, take the A286 signposted to The Witterings. At the first roundabout take the first exit onto the B2198. Follow the road for about 2 miles then turn left onto Clappers Lane. Follow the road past the church on your left and through the open gates past a building site. You will find the car park on the right shortly after, there is a charge for the car park. You can also park by the church and walk down. Bus: Number 53 from Chichester bus station. Get off at Clappers Lane and follow the above instructions to find the car park. What3words: inflating.noise.outdoors

Friday 11th September – 10.30am – Cocking SDW Monkton

Leader: Jane W

Duration: Approx 3 hours 30 mins **Distance:** 7.5 miles.

A moderately strenuous hilly walk across downland and woodland, with wonderful views. Please bring a snack for this longer walk. No dogs please.

Meet: Cocking Hill car park, situated at the top of Cocking Hill on the A286 Chichester Midhurst Road. By car: Nearest post code GU290HT. No 60 Bus from Chichester.

Saturday 12th September – 10.15am – Graylingwell

**CHICHESTER COMMUNITY
DEVELOPMENT TRUST**

Let's make it happen

Leader: Sarah

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

Saturday 12th September - 11.30am - Petworth Town Tours

Leaders: Gerald

Duration: 1 hr **Distance:** 1 mile

Do you know where there is still a prison cell in Petworth? Did Petworth have 26 pubs at one time? Come and find out with our guided exploration of the streets of Petworth. Discover the rich history of this historic town - including the Leconfield Hall, Mrs Cumming's Cottage, Egremont Row and the ancient Lombard Street.

Petworth has been shaped by its close connection and proximity to Petworth House and the Leconfield Estate. Free tickets for the walk will be allocated on the day and can be collected from Church Lodge visitor entrance to Petworth House, GU28 0AD.

Meet: St Mary's Church, GU28 0AD.

Contact Gerald if uncertain on 07748 568 or Geraldgreshamcooke@gmail.com for further details.

Sunday 13th September - 11.30am - Petworth Town Tours

Leaders: Gerald

Duration: 1 hr **Distance:** 1 mile

Do you know where there is still a prison cell in Petworth? Did Petworth have 26 pubs at one time? Come and find out with our guided exploration of the streets of Petworth.

Discover the rich history of this historic town - including the Leconfield Hall, Mrs Cumming's Cottage, Egremont Row and the ancient Lombard Street.

Petworth has been shaped by its close connection and proximity to Petworth House and the Leconfield Estate. Free tickets for the walk will be allocated on the day and can be collected from Church Lodge visitor entrance to Petworth House, GU28 0AD.

Meet: St Mary's Church, GU28 0AD.

Contact Gerald if uncertain on 07748 568 or Geraldgreshamcooke@gmail.com for further details.

Monday 14th September – 10.30am – Sidlesham Farms, Fascists and Lost Railways

Leader: Keith

Duration: 1 hour 20 mins **Distance:** 3 miles. Sidlesham. A flat walk, suitable for those taking up walking or wanting an easier ramble. Through farmland, taking in Sidlesham Church, the Selsey Tramway and Oswald Mosley's farm. Dogs on leads are welcome as long as they are calm with livestock. Suitable footwear required.

Meet: at the Anchor, Sidlesham. B2145. What3words: catapult.starred.fattest

As the Anchor is providing the car park, it would be nice to patronise the pub afterwards.

Your walk leaders will be!

Tuesday 15th September – 10.00am – Cissbury to Chanctonbury Rings

Leaders: Richard and Sue

Duration: 4 hrs. **Distance:** Approx. 9 miles.

Ascent 1051 ft. – This is a moderately strenuous walk with some undulations. Our walks are geared for walkers who enjoy a brisk but comfortable pace. Walking boots are advised due to varying terrain. Dogs are welcome but need to adhere to Heartsmart guidelines. Please note there could be livestock enroute. Cissbury Ring is one of the jewels in the crown of the South Downs National Park and Chanctonbury Ring is one of the most prominent landmarks along the South Downs Way. The first part of the walk is on footpaths through fields. We then turn off towards Shoreham, before turning back towards Chanctonbury Rings. From here we then walk through a farm, before taking the path by the Gallops, back towards Cissbury Rings.

Meet: Storrington Rise car park, BN14 OHT. What3words: point.proud.chatters / By car: This is off the Findon Road (A24) heading south into Findon Valley and Worthing. Turn left at May Tree Avenue and the left into Storrington Rise. The car park is further up the road. There is also plenty of quiet road parking nearby. Please join us for some refreshments at the Black Horse Pub after the walk.

Wednesday 16th September – 10.30am – Eartham Woods

Leader: Alison & Peter

Duration: 2-2.5 hrs **Distance:** 5.5 miles.

A walk through Eartham Woods, coming back along Stane Street. No stiles. Suitable for people who enjoy a faster paced walk.

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.

Thursday 17th September – 10.30am – Shripney and Bersted Brooks

Leader: Richard S

Duration: 2 hours. **Distance:** 4 miles

This walk starts at the Robin Hood Pub in Shripney and we then walk down Shripney Lane, which is a quiet lane, and enter Bersted Brooks. This comprises 3 fields and 46 acres and the area has a wide variety of valuable wildlife habitats and is now classified as a local nature reserve. It is home to many wildlife forms and us a flat and easy walk suitable for ramblers of all fitness levels. We will then walk back along Shripney Lane to the car park.

Meet: Robin Hood pub on Shripney Road, Shripney PO22 9PA. The car park is behind the pub and the Premier Inn on Shripney Road (A29). This can be used if refreshments are taken in the pub after the walk but there is some residential road parking on the other side of Shripney Road.

Monday 21st September – 10.30am – *Suitable for Beginners* Chichester Walls

Leader: Sarah

Duration: 30 - 40 mins **Distance:** 1 mile.

Head out of Eastgate Square to join the City Walls in Priory Park. Cross North Street to rejoin the walls before reaching West Street to head into the Bishops Garden and onto South Street. Coffee shops available. Walk at a gentle pace, suitable for beginners. No dogs please. We go through Priory Park and The Bishops Garden, neither of which allows dogs.

Meet: Outside St Pancras Church, Eastgate Square, Chichester, PO19 1JL By car: Nearest car parks are Cattle Market Car Park Market Road PO19 1JW and New Park Road, PO19 7SB. By bus: Several buses stop on Market Road (start) and at the Cathedral and South Street (finish).

Monday 21st September – 10.30am - Stoughton

Leader: Keith & Phil

Duration: 1 hour 30 mins **Distance:** 4 miles.

The devil's humps, yew trees and Battle of Britain pilots. This circular walk climbs steadily through trees to the top of Kingley Vale and the ancient burrows, descending through woods and a long farm track between fields back to the start. Dogs on leads are welcome as long as they are calm with livestock. Suitable footwear required. At the end of the walk, there will be an opportunity for refreshments in the Pub.

Meet: near the Hare and Hounds B2146, What 3 words: bronzer.unicorns.cool. Park near the village green and the 11th C. Church

Tuesday 22nd September – 10.00am – Chilgrove, Monkton Farm & Hooksway *New Walk*

Leaders: Richard and Sue

Duration: 3 hours **Distance:** 8.5 miles / 1144 ft.

This is a moderately strenuous walk with some undulations. Our walks are geared for walkers who enjoy a brisk but comfortable pace. Walking boots are advised due to varying terrain. Dogs are welcome but need to adhere to Heartsmart guidelines. Please note there could be livestock enroute. We start from the pub car park and walk towards West Monkton, which was designated in 1979 by Historic England as a scheduled monument/deserted medieval village. From here, we walk through a field toward the Southdown's Way that will lead us to Hooksway. From here we will start our ascent through some woods, back towards the pub car park.

Meet: The White Horse at Chilgrove, PO18 9HX / What3words: finer.briskly.leaps
Please join us for some refreshments at the White Horse Pub after the walk.

Wednesday 23rd September – 10.00am – Slindon

Leader: Alison & Peter

Duration: 2.5 hrs **Distance:** Approx. 5.5 miles. A fairly strenuous walk up to the folly for some fine views and continuing through Slindon Woods. Some steep gradients. There will be muddy sections after wet weather. Suitable for people who enjoy a faster paced walk.

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.

Thursday 24th September – 10.30am – Hampshire Farm Meadows to Brook Meadows *New Short Walk*

Leader: Jane B

Duration: 1.5 to 2 hrs **Distance:** 3 miles

This is a lovely flat walk to Emsworth via Lumley Lane and Brook Meadows. No stiles.

Suitable for people who enjoy a leisurely walk. Along the way I'll share local tales and the history of a few of the buildings we pass. Dogs on leads welcome. Toilets and refreshments at the middle of the walk, in Emsworth or Westbourne.

Meet: Hampshire Meadow car park, PO10 7GE. By car: Hampshire Meadows car park by Redlands roundabout. On entering the housing estate, take the first road on the right and head towards the car park at the end of the road (not the first one on the right). What 3

Words: Shakes.Moons.Dunes

Friday 25th September – 10.30am – Older Hill Furnace Pond *New Walk*

Leader: Jane W

Duration: 2 - 2.5 hrs **Distance:** 5 miles

An interesting walk through woods and pine forest with wonderful views and remnants of iron making history. There are stiles, a little lane walking and one steep hill. **No Dogs**

Meet: Older Hill Car Park. Take the A272 going west from Midhurst, in about 1 mile turn right into Woolbeding Road. Carry on for 2 miles until a lane on the right, signed Older Hill. This is a narrow lane and there is a car park 1 mile along on the right.

Monday 28th September – 10.30am - *Suitable for Beginners* Chichester Canal

Leader: Sarah

Duration: 30mins **Distance:** 1 mile.

A flat walk at a gentle pace, suitable for beginners.

Meet: Chichester Canal, Basin Road, Chichester PO19 8DT. By car: From Chichester city centre go south along Basin Road to Canal Wharf. Limited parking but plenty of public car parks available in the city. By bus: 5-minute walk from Chichester Bus Station.

Tuesday 29th September - 10.00am – Cowdray, Easebourne to Lodsworth *New walk*

Leaders: Richard and Sue

Duration: 3.5 hrs **Distance:** 8.5 miles.

Ascent 1,000ft – This is a moderate walk with some undulations. Our walks are geared for walkers who enjoy a brisk but comfortable pace. Walking boots are advised due to varying terrain. Dogs are welcome but need to adhere to Heartsmart guidelines. Please note there could be livestock enroute. This outstanding walk through archetypal Sussex countryside has scenic rolling parkland, quiet drove roads, forestry tracks, wildlife and wonderful views, with the possibility of bluebells in flower. We start from Cowdrey Park carpark. We will walk from Easebourne through a farm to open fields. From here we will walk down a lane towards

Lodsworth Village, where we shall stop for coffee and/or visit the lovely tapestry at the local church. We then walk back towards the Royal Jubilee tree line walk, past Queen Elizabeth 1st tree, over the Cowdrey Golf course back to Cowdrey.

Meet: Cowdrey Park, GU29 OAJ. What3words: drip.tadpole.debit **By car:** Cowdray Park car park. Park to your left as you drive in (do not park near the farm shop). Please feel free to join us for some refreshments after the walk.

Wednesday 30th September – 10.30am – West Marden

Leaders: Peter & Alison

Duration: 2.5 - 3 hrs **Distance:** 6.5 miles. A walk from Stansted to West Marden via Walderton, including lanes and pleasant walking through woods and fields. A moderately strenuous walk with some gentle hills. Could be very muddy if there has been a lot of rain. Two stiles. Suitable for people who enjoy a faster paced walk.

Meet: Stansted House Visitors Car Park PO9 6DX. Please use the first car parks on your right, that are designated for walkers.

By car: Take the B2178 from Chichester turning right onto Broad Walk after passing through Aldsworth, signposted Stansted House.

Wednesday 30th September – 10.30am – Adsdean

Leaders: Caroline & Bruce

Duration: 1 hr 40 minutes **Distance:** 3 miles.

A gently paced downland walk starting from Adsdean Farm Shop with a long incline up through the woods to the SW of Kingley Vale. As we descend back to the farm shop there are far reaching views across to the sea. There can be animals in the fields. No dogs please.

Meet: in the car park of Asdean Farm Shop by permission of Tim Hoare Parking at Asdean Farm Shop PO18 9DN.

By car: from Chichester take the B2146 through Funtington turn right into Hares Lane, after 0.2miles turn right and slight left follow the road down to the shop car park. PO18 9DN

Friday 2nd October – 10.00am – Midhurst to Cocking via Heyshott Green *New walk*

Leaders: Jane W

Duration: 2.5 - 3 hrs **Distance:** 6 miles

A linear walk with the bus back from Cocking. This is a lovely walk, starting and returning to Cowdray park. A little riverside, some quiet lanes and heathland. There is some elevation up and down. We will be returning To Midhurst by bus so please bring payment/ bus pass. **No Dogs**

Meet: Cowdray Cafe Car Park, Cowdray Park, Easebourne, Midhurst, GU29 0AJ. From Midhurst, take the A272 Easebourne Lane and the Cowdray park entrance is on the right-hand side just after the church.

Monday 5th October – 10.30am – The Dover, Angmering

Leaders: Phil and Keith

Duration: 2.5 hours **Distance:** 5.2 miles

Circular walk to Barpham Hill trig point, taking in spectacular scenery, wooded paths and open farmland, kites and buzzards should be in view. 1 potential stile.

Meet: off A27 Eastbound near Poling. Dover Lane has a postcode of BN18 9PX, the car park can be found at the top of the lane. What 3 words: profile.cheetahs.engulfing

Tuesday 6th October – 10.00am – Petworth to Midhurst with bus back

Leaders: Richard and Sue

Duration: 3.5 hrs. **Distance:** Approx. 7.7 miles / 770 ft.

This is a moderately strenuous walk with some undulations. Our walks are geared for walkers who enjoy a brisk but comfortable pace. Walking boots are advised due to varying terrain. Dogs are welcome but need to adhere to Heartsmart guidelines. Please note there could be livestock enroute. We start our walk through Petworth cricket grounds and Petworth Park, where the deer roam freely. We then proceed to Upperton, through Vineyards, woodland and open fields, before we come to the Village of River. We then follow the Diamond Way footpath to Lodsworth. At Cowdray, we go towards Benbow Pond, via Queen Elizabeth 1st Tree, cross the golf course to Easebourne. At the Cowdray Estate, we pass the ruin, go over the river and finish at Midhurst Bus Station.

Meet: Sylvia Beaufoy Centre (free car park), Midhurst Road, Petworth. GU28 0ET.

What3words: sliding.vandalism.presume. By bus: No 1 from Midhurst leaves every hour on the half hour. The journey back to Petworth takes approximately 10 minutes.

Please join us for refreshments at The Lion Cafe after the walk.

Thursday 8th October – 10.30am – Itchenor to West Wittering Circular

Leader: Jane B

Duration: 2.5 to 3 hrs **Distance:** 5 miles. This is a gentle circular walk starting at Itchenor Harbour, following the shoreside path and returning through fields. During the walk you will see glorious coastal sights, views of the South Downs and several amazing houses. Good underfoot, but some loose surfaces, tree roots and mud after heavy rain. Toilets are available in Itchenor. Join for social refreshments after the walk at the Ship Inn, Itchenor. Dogs are welcome on this walk.

Meet: The Chichester Conservancy Car Park (pay on exit). PO20 7AE (you may be able to find free parking on the road down to the harbour). By car: Travelling south out of Chichester, take the A286 signposted to the Witterings. At the first roundabout take the second exit onto the B2179. Take the first right onto Shipton Green Lane, signposted to Itchenor. You will find the car park on the left before you get to the pub and the shoreline.

What3words: retiring.juggled.reporter

Friday 9th October – 10.30am – Pagham to RSPB Sidlesham

Leader: Jane W

Duration: Approx. 2hrs **Distance:** Approx 5.5 miles.

A circular flat walk taking in lovely views of Pagham Harbour. There will be an opportunity for a quick stop at the Information centre, where drinks are sometimes available. It can be uneven underfoot and slippery if wet. 1 stile.

Meet: at the far end of Church Lane Pagham, where the road ends. By car: 600 bus or by car, take the B2145 Selsey Road from the A27, at the first roundabout take the Pagham Road B2166 all the way through Pagham Village. At Church Farm Holiday Park, go round the bend and continue to follow Church Lane to the end. There is parking in the lane but can be tricky, alternatively street parking is available further up the lane before the church or in Sea Lane. No dogs please.

Monday 12th October – 10.30am - *Suitable for Beginners*

Chichester Canal

Leader: Sarah

Duration: 30mins **Distance:** 1 mile.

A flat walk at a gentle pace, suitable for beginners.

Meet: Chichester Canal, Basin Road, Chichester PO19 8DT. By car: From Chichester city centre go south along Basin Road to Canal Wharf. Limited parking but plenty of public car parks available in the city. By bus: 5-minute walk from Chichester Bus Station.

Monday 12th October – 10.30am – Emsworth to Nutbourne

Leader: Jane W

Duration: 3 hrs **Distance:** 6 miles.

A flat walk taking in Emsworth Slipper Millpond, the villages of Prinsted and Nutbourne and the shoreline of Chichester harbour. It can be slippery if muddy. Lovely harbour views. No dogs please. We will return by Thornham Marina where there is an optional coffee stop.

Meet: Palmer Road car park, North Street, Emsworth, which is a pay car park. PO10 7DB. By car: From the Emsworth town roundabout, turn right into North Street and the car park is behind Tesco Express on the right-hand side.

Tuesday 13th October – 10.00am - West Dean, the Trundle via Monarchs Way, Singleton & Centurian Way

Leaders: Sue and Richard

Duration: 3.5 hrs **Distance:** 8.5 miles

Ascent 621 ft. This is a moderately strenuous walk with some undulations. Our walks are geared for walkers who enjoy a brisk, comfortable pace. Walking boots are advised due to varying terrain. Dogs are welcome but need to adhere to Heartsmart guidelines. Please note there could be livestock enroute. The walk starts from the West Dean by the river. We will walk over the river towards Lavant, then ascend Chalk Pit lane towards the Trundle. On a clear day you can see Chichester Cathedral. We then walk around the base and then head downhill via the Monarch's Way, before walking by road, through fields and a farm before reaching Singleton Church yard. We will head into the woods towards Hat Hill, before turning off onto the Centurian Way – Singleton railway station. From here we will back through the woods to West Dean.

Meet: PO18 OQX, West Dean by the river under the black lamp post with the sign for the village shop, there are free parking bays. The Selsey Arms have agreed that patrons from the walk, can use their car parking facilities. Bus: No. 60 runs twice an hour along this route. What3words: shifting.polygraph.recline. Please join us for some refreshments at the Selsey Arms Pub after the walk.

Thursday 15th October – 10.30am – Redford and Older Hill

Leader: Bruce & Caroline

Duration: 2 hours **Distance:** 4 miles.

Ascent 135m. A moderately hilly walk around Woolbeding which includes sections of Lipchis Way and the Serpent Trail.

Meet: Redford - Linch Rd Car Park. SU864253 (NOT so nearby postcode GU29 0QF)

[Google map link](#)

By car: take the Woolbeding turning off the A272 between Midhurst and Stedham.

Follow the road, turn left up the hill and follow the road towards Redford.
Go past the Older Hill sign and a few hundred yards further on to the car park on the left
By bus: 60 to Midhurst; 93 to Redford.

Friday 16th October – 10.30am – Lodsworth

Leader: Richard M

Duration: 2 hours **Distance:** 4.5 miles

A gradual ascent from the village takes us through woodland onto an elevated pathway with fine views. On reaching Easebourne, we return over Cowdray Park golf course and open countryside. This walk is over gently undulating terrain, with nothing too steep, and no stiles. No dogs please. Any problems on the day call Richard 07831 550137.

Meet: On the green outside 'The Hollist Arms'. By Car: Turn North off the A272 between Petworth and Midhurst about 200m metres West of the 'Halfway House' pub signposted to Lodsworth, which is approximately ½ mile from the junction.

Friday 16th October – 10.30am – Petworth Park, Deer & “The Rut”

Leaders: Gerald

Duration: 1.5 hours **Distance:** 3 miles

We should see the famous 'Rut' (mating period) in Petworth Park. The deer rut is one of nature's greatest scenes. See and hear the bucks defend their harem. Cameras and binoculars will be useful. No dogs on this occasion.

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

By Car: 1 mile west from Petworth on A272, then, in the middle of Tillington, turn north following brown tourist sign to The Horse Guards. Parking in road. //lifted.using.earlobes
Bus No.1 Midhurst or Worthing to Tillington. Contact Gerald if uncertain on 07748 568 or Geraldgreshamcooke@gmail.com for further details.

Friday 16th October – 10.00am – Octagon Way Part 1, All The Mardens *NEW*

Leaders: Jane W

Duration: 4.5 hrs **Distance:** 10 miles

This is the first half of the Octagon way which takes in all 8 Octagon parishes. A longer more strenuous walk, starting in West Marden and visiting the lovely downland villages of North Marden, Up Marden and East Marden. We will take time to visit the old churches in these villages, which are 12th or 13th century. They are usually open. It is a hilly walk with some stiles, lovely downland views and scenery. **No Dogs.**

Meet: We will meet outside the Victoria Inn in West Marden village, there is street parking, either in the main street near the Victoria Inn or in Noredown Way, which is past the Victoria Inn and on the left. There is sometimes parking also available on the main Compton road. By Car: Take the B2178 from Chichester to Funtington. Immediately after the Fox and Hounds, turn right up Hares Lane. At the next junction turn right on to the B2146 and follow this into West Marden. Turn right into the village. As this is a longer walk with taking time for stops, please bring a picnic and a drink.

Monday 19th October – 10.30am - *Suitable for Beginners*

Chichester Canal

Leader: Sarah

Duration: 30mins **Distance:** 1 mile.

A flat walk at a gentle pace, suitable for beginners.

Meet: Chichester Canal, Basin Road, Chichester PO19 8DT. By car: From Chichester city centre go south along Basin Road to Canal Wharf. Limited parking but plenty of public car parks available in the city. By bus: 5-minute walk from Chichester Bus Station.

Monday 19th October - 10.30am – Emsworth, 2 Boatyards

NEW

Leaders: Jane W

Duration: 2 hrs **Distance:** 4 miles.

This is an easy flat walk taking in Slipper mill. Emsworth and Thornham marina. There will be an opportunity for a coffee stop at Thornham marina cafe. **No Dogs**

Meet: Palmer Road pay and display car park Emsworth, PO10 7DB. From the Emsworth town roundabout turn up North Street and the car park is behind Tesco on the right-hand side.

Tuesday 20th October - 10.00am – Duncton to Seaford College

Leaders: Richard and Sue

Duration: 3 hours. **Distance:** 7.5 miles.

Ascent 80m. – This walk has some undulations. Our walks are geared for walkers who enjoy a brisk but comfortable pace. Walking boots are advised due to varying terrain. Dogs are welcome but need to adhere to Heartsmart guidelines. Please note there could be livestock enroute. We will walk from Duncton to Graffham via the woods. We then walk onto Lavington Park and into Seaford College's spectacular grounds, before returning to Graffham via Lavington Stud.

Meet: Catholic church car park, GU28 0JY. You can park at Duncton Village Hall or the Catholic church off the A285 towards Petworth. What3words: puffed.awesome.gobblers
By bus: No 99 from Chichester to Petworth. Please join us for some refreshments at the Badgers pub after the walk.

Wednesday 21st October – 10.30am – Cocking

Leader: Alison & Peter

Duration: 2 hrs 30 mins **Distance:** 6.5 miles. A lovely ramble along the paths of West Dean woods. A moderately strenuous longer walk with some steep gradients. Will be muddy if it has rained recently. Suitable for people who enjoy a faster paced walk.

Meet: Cocking Hill car park (nearest postcode GU29 0HT)

By car: A286 Chichester - Midhurst road

By bus: No 60 from Chichester every 30 mins.

Wednesday 21st October – 10.30am – Chichester Canal Basin to Poyntz Bridge Hunston *New Walk*

Leader: Caroline

Duration: 1 hr 30 mins **Distance:** 3 miles.

A gently paced walk along the canal and back with the opportunity for coffee at the café on the canal basin on return. Suitable for beginners and those getting back into walking. This path can be a little muddy if wet. No dogs.

Meet: The Canal Basin, Basin Road, Chichester. In front of the café, this is just south of both the railway and bus station. There is not easy parking nearby but there are car parks within walking distance.

Thursday 22nd October – 10.30am – West Wittering Beach & East Head Circular

Leader: Jane B

Duration: 2.5 hrs. **Distance:** 5 miles.

Lovely beach, shoreline, and field walk. During the walk you will experience the beauty of West Wittering Beach at a quiet time of the year. Also, the unique landscape of East Head and the entry to Chichester Harbour. Once we leave the shoreline we will circle back through West Wittering, returning past the ancient church. Flat with some soft sand and uneven surfaces.

Meet: West Wittering Beach café, 200 yards from the entry to the beach car park. Parking about £3.00 for an off-season pre-booked ticket (however there are parking machines available in the car park). Refreshments and toilets available in the cafe. Social refreshments after the walk in the cafe at the end of the walk. Dogs are welcome on this walk. By car: Travelling south out of Chichester, take the A286 signposted to the Wittering's. At the first roundabout take the second exit onto the B2179, signposted to the Wittering's. Follow the road, after a couple of miles you will see a row of shops on your right. Shortly after you will see a signpost on your right directing you to West Wittering Beach Car Park. By bus: No. 52 & 53 every 15 minutes from Chichester Railway station. You can catch the bus to West Wittering village, and it is a short, safe walk to the beach car park. What3words: suppose.conveged.amphibian.

Friday 23rd October – 10.30am – Burpham Longer Walk

Leader: Jane

Duration: 4 hours **Distance:** 9 miles.

This is a longer downland walk with beautiful views. Mixed terrain of downland, woods and quiet lanes and tracks. It is a hilly walk, generally good underfoot but could possibly be muddy in woodland. Bring something to eat and plenty of water. No dogs 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.

Monday 26th October – 10.30am – *Suitable for Beginners*

Chichester Walls

Leader: Sarah

Duration: 30 - 40 mins **Distance:** 1 mile.

Head out of Eastgate Square to join the City Walls in Priory Park. Cross North Street to rejoin the walls before reaching West Street to head into the Bishops Garden and onto South Street. Coffee shops available. Walk at a gentle pace, suitable for beginners. No dogs please. We go through Priory Park and The Bishops Garden, neither of which allows dogs.

Meet: Outside St Pancras Church, Eastgate Square, Chichester, PO19 1JL By car: Nearest car parks are Cattle Market Car Park Market Road PO19 1JW and New Park Road, PO19 7SB. By bus: Several buses stop on Market Road (start) and at the Cathedral and South Street (finish).

Monday 26th October – 10.30am – Swanbourne Lake

Leader: Phil & Keith

Duration: 2 hrs 15 mins **Distance:** 4 miles.

Starting from the gates adjacent to Swanbourne Lodge tearoom, we will walk along the bankside until we join the pastures, and from there we meander uphill until we reach the top of the down. From here we overlook Houghton and the Arun valley flood plain. From our most northerly point, we walk along the top of the down and then head downhill, through the sheep pastures until we reach the lake once more and return to our starting point.

Meet: by the lake gates in Mill Road Arundel. w3w swatting.neater.biggest

Tuesday 27th October – 10.00am – East Dean Woods

Leaders: Richard & Sue

Duration: 3.5 hrs **Distance:** 8 miles

Ascent 1,635 ft – This is a moderately strenuous walk with some undulations. Our walks are geared for walkers who enjoy a brisk but comfortable pace. Walking boots are advised due to varying terrain. Dogs are welcome but need to adhere to Heartsmart guidelines. Please note there could be livestock enroute. There is 1 stile on this walk. We start at East Dean Village and walk up the hill towards East Dean woods. We then walk towards Graffham Down and the nature reserve. From here we continue to walk through the woods, where there could be the opportunity to spot some deer, or listen to the birds singing in the woods. We will then return to East Dean.

Meet: Star & Garter pub, East Dean PO18 OJG. What3words: outgrown.firm.flitting. Park on the roadside, outside of the Star and Garter pub. There is ample parking on the road. Parking at the Village Hall car park is not permitted. Please join us for refreshments at the Star and Garter pub after the walk.

Wednesday 28th October – 10.30am – Singleton to West Dean Woods

Leader: Peter and Alison

Duration: 3-3.5 hrs **Distance:** 7 miles. A longer strenuous walk, starting with a steep climb up Levin Down and going across to West Dean through woods and along lanes. A steep descent down Hat Hill back to Singleton to finish. Some uneven paths. No stiles. Suitable for people who enjoy a faster paced walk.

Meet: Outside Singleton C of E Primary School, PO18 0HP

By car: Take the A286 from Chichester to Singleton and turn right onto Charlton Road. The

school is just past the Partridge Inn PH on your left. Roadside parking available opposite the school or in the village.

By bus: No 60 from Chichester every 30 mins

Thursday 29th October – 10.30am – Hampshire Farm Meadows to Brook Meadows

Leader: Jane B

Duration: 1.5 to 2 hrs **Distance:** 3 miles

This is a lovely flat walk to Emsworth via Lumley Lane and Brook Meadows. No stiles.

Suitable for people who enjoy a leisurely walk. Along the way I'll share local tales and the history of a few of the buildings we pass. Dogs on leads welcome. Toilets and refreshments at the middle of the walk, in Emsworth or Westbourne.

Meet: Hampshire Meadow car park, PO10 7GE. By car: Hampshire Meadows car park by Redlands roundabout. On entering the housing estate, take the first road on the right and head towards the car park at the end of the road (not the first one on the right). What 3

Words: Shakes.Moons.Dunes

Friday 30th October – 10.00am – Octagon Way Part 2, Stansted, Racton, Lodsworth, Stoughton and Forestside

Leader: Jane W

Duration: 4.5 hrs **Distance:** 9.5 miles

This is the second part of the Octagon Way, taking in the remaining parishes. This is a hilly walk through a variety of scenery, fields, lanes, woodland and open downland. **No Dogs**

Meet: Stansted Garden Centre, PO96DX. Please use the first car park on the right. Take the B2178 from Chichester, turning right into Broad Walk after passing through Aldsworth, signed Stansted House.

Friday 30th October – 10.30am – Plaistow

Leader: Richard M

Duration: 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 stiles. Sorry no dogs due to livestock. Any problems on the day, call Richard 07831 550137.

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.





**FREE 12-WEEK
WEIGHT MANAGEMENT COURSE**

Beginning w/c 28th September 2026

01243 521041 or wellbeing@chichester.gov.uk

Chichester - Midhurst - Selsey - Tangmere - Online

chichester wellbeing

chichester wellbeing where small changes make a big difference

Drink less, feel better



A free and confidential service to help you explore your relationship with alcohol and make choices that support your wellbeing.



01243 521041
E: wellbeing@chichester.gov.uk

Scan to make an enquiry

