HeartSmart Walks

Free guided walks in the Chichester District

Welcome to the HeartSmart Walks Programme

November to January 2027

Photo taken by Jane, 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.**
- 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 2nd November – 10.30am – *Suitable for Beginners* Chichester Canal

Leader: Sarah
Duration: 30 mins **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 2nd November – 10.30am – Bognor to Littlehampton

Leader: Jane W
Duration: all day **Distance:** 9 miles. This is a linear walk. Return by bus. A coastal walk with wide sea views. This is a flat walk with a mixture of promenade, sand dunes, fields and beach. There will be short areas of shingle, but the intention is to do this as a lower tide walk when sandy stretches will be available to walk on. Bring something to eat and drink and there will be a cafe stop by the harbour entrance when we reach Littlehampton.
Meet: Bognor Regis Bandstand on Bognor Promenade, East of the pier. Nearest post code: PO21 1BL.
By bus: The easiest way with both the 600 and 700 going from Chichester to Bognor.
By car: follow the A295 from the A27, following signs for Bognor Regis and seafront. Parking is available but you will need means of payment. **No dogs please.** There is the option of either the 500 bus back to Chichester, via Tangmere and Barnham or the 700 bus back to Chichester vis Bognor. Do bring a bus pass or means of payment.

Tuesday 3rd November – 10.00am - River Rother, Stedham, Serpents Path to Midhurst Common *New Walk*

Leader: Sue & Richard
Duration: 4 hours **Distance:** 9.5 miles. Ascent 955 ft **–** We walk at a brisk, comfortable pace, with some undulations and Livestock en route. Dogs welcome. 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 serpents 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: Cowdray Park, GU29 OAJ. What3words: drip.tadpole.debit.
By car: Cowdray Park carpark. 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.

Tuesday 3rd November – 10.30am - Midhurst Cowdray Ruins and Polo Grounds *New Walk*

Leader: Gerald
Duration: 1.5 hours **Distance:** 3 miles. Flat surface, no stiles, walking to the famous Cowdray Ruins, and then continuing on flat surface around the beautiful lawns of the Polo Grounds. At the end, loos are available and two cafes within 20 yards.
Meet: Midhurst North Street Car Park, GU29 9DS. Ample space. Good value of £1.30 for 3 hours.
By bus: Good bus links from Chichester, Haslemere and Worthing. No.1, 60, 70, & 91& 92. Ask for Midhurst bus station. Contact Gerald if uncertain on 07748 597 568. **Dogs are welcome.**

Wednesday 4th November – 10.30am – Stansted Park to Watergate

Leaders: Peter & Alison
Duration: 3.5 hrs **Distance:** 7.6 miles. A longer strenuous walk from Stansted across to Watergate via Lyecommon. Mostly walking on lanes through woods and fields with some good views. Some steep uphills. 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 5th November – 10.00am – Petworth – One step at a time *New Walk – very gentle*

Leader: Chichester District Foodbank and Social Prescribing Service
Duration: 45-60 Minutes. **Distance:** 1 mile (roughly). **Get out, meet others and enjoy a gentle weekly walk.** This walk will be gentle, accommodating all abilities and will conclude back at the library, where there will be free tea and coffee.
Meet: Petworth Library, Rosemary Lane, High St, Petworth GU28 0AU. Inside the Library if wet.
By Car: Park in main Petworth town centre car park, Pound Street, GU28 0ES (ample room) & then 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 in the Library.
This is not a Heartsmart Walk, so bookings through Anna (Chichester District Foodbank) please at anna@chichesterdistrict.foodbank.org.uk 07300802377

Thursday 5th November – 10.30am – Carer's Walk – West Wittering Beach

Leaders: Jane W & Caroline (Arranged by Carer's Support)
Duration: 1.5 hrs **Distance:** 1.5 miles.
We will walk around East Head and for those wishing to walk further there is an additional 1.73 miles along the coast and back through the village to the beach, there is a stile on this route and possibly horses in the fields. After the walk, we will all meet for coffee and chat in the Café.
Meet: West Wittering Beach Café**,** PO20 8GH.
*Book through Carer's Support West Sussex website or call 0300 028 8888.

Friday 6th November – 10.30am – Midhurst to Cocking

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 righthand side just after the church.

Monday 9th November – 10.30am – Blakehurst Woods

Leaders: Keith & Phil
Duration: 2.5 hours **Distance:** 5.4 miles
An interesting and slightly challenging walk around fields, horse racing gallops and woodland. Wonderful views can be found as we walk the sheep pastures looking west over the village of Amberley. We should expect to see Red Kites swooping in the valleys.
Meet: By Hillbarn grain store sign, Blakehurst Lane, Warningcamp. BN18 9QG. Plenty of verge side parking. What 3 words : files.innovate.plotted.

Monday 9th November – 10.30am – Emsworth to Nutbourne

Leaders: Jane W
Duration: 3 hours **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 10th November – 10.00am - Pagham Harbour *New Walk*

Leader: Sue & Richard
Duration: 3.5 hours **Distance:** 7.76 miles. Ascent 78 ft. – We walk at a brisk, comfortable pace, with some undulations and livestock en route. Dogs welcome. We walk from Pagham to Sidlesham RSPB along coastal paths and through some fields, walking on established paths. This is a flat walk with the opportunity for coffee/ice cream/toilets halfway round at the RSPB centre.
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 11th November – 10.30am – Compton to Up Marden

Leaders: Peter & Alison
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 uphills, 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 12th November – 10.00am – Petworth – One step at a time *New Walk – very gentle*

Leader: Chichester District Foodbank and Social Prescribing Service
See 5th Nov for information.

Friday 13th November – 10.30am – Thorney Island

Leaders: Jane W
Duration: see walk details **Distance:** 7.5 miles. This is a flat longer walk around Thorney Island. There should be the opportunity to see seals in the harbour. Bring lunch and a drink with you. **No dogs please.**
Meet: Junction of Thorney Road and Thornham Lane by the sewage works, where there is some parking available. If this is not possible then there is parking higher up Thorney Road.
By car: Take the A259 from Chichester towards Emsworth. Thorney Road is a left turn just before reaching Emsworth. **By bus:** 700 bus stops at the top of Thorney Road and then a short walk down Thorney Road to the meeting point.

Friday 13th November – 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 16th November – 10.30am – *Suitable for Beginners* Chichester Canal

Leader: Sarah
Duration: 30 mins **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 16th November – 10.30am – Emsworth Mill Pond

Leaders: Jane W
Duration:1.5 hours **Distance:** 2.5 mile. This is an easy flat walk, taking in Emsworth's 2 millponds and some of its interesting history. Some parts could be muddy after rain, but largely on firm easy ground.
Meet: Palmers Road car park, off North Street, Emsworth, PO107DL.

Tuesday 17th November – 10.00am - Amberley to Parham and the SDW *New Walk*

Leader: Sue & Richard
Duration: 3.5 hours **Distance:** 8 miles / 825 ft. We walk at a brisk, comfortable pace, with some undulations and livestock en route. Dogs welcome. 3 Stiles. We start at the carpark on the right as you enter village. Walking on the flat through the beautiful village of Amberley to then skirt the Parham Estate to Cotham before ascending 825 ft onto the SDW to have clear views of Amberley Castle. We then descend back to Amberley village.
Meet: Carpark on the right as you turn into Amberley village from the road to Storrington from the top of Bury Hill, BN18 9NA. What3Words: caravan.indulgent.lakes. Please join us for some refreshments after the walk.

Wednesday 18th November – 10.30am – Chidham Peninsula

Leaders: Peter & Alison
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).

Wednesday 18th November – 10.30am – Bignor, Sutton and West Burton, Water Mills, Waterfalls, Roman Villas & Farm Estates

Leaders: Keith & Phil
Duration: 3 hours **Distance:** 6 miles
A fascinating walk through the best of Sussex landscapes, we start off from the sandy heathland at Lords Piece and wander on to find woodlands, pastures, downland views and even a waterfall! Some parts of the walk can be muddy if we have experienced heavy rain, we do walk a couple of short pieces of road and a section of the serpent's trail is included. The White Horse at Sutton is halfway along the route. We have an arrangement there for comfort stops, teas and coffees etc. We shall pause here for 30 minutes or so.
Meet: The car park at the northern end of Lords Piece, Blue Doors road, junction with. Coates lane near Fittleworth. What3Words: deep.clipboard.unlisted

Thursday 19th November – 10.00am – Petworth – One step at a time *New Walk – very gentle*

Leader: Chichester District Foodbank and Social Prescribing Service
See 5th Nov for information.

Thursday 19th November – 10.30am – Harting Down Loop

Leaders: Caroline
Duration: 1hr 40 mins **Distance:** 3 miles. A gently paced downland walk starting at the National Trust Car Park on Harting Down. There will be hills to climb with an ascent of 720ft and it can be quite exposed if cold and windy. There are fabulous views across to the north of the county. **No dogs.**
Meet: National Trust Car Park on Harting Down. GU31 5PW. Please bring a National Trust Membership card if possible or you will need the Paybyphone app.
By car: Follow B1421 through Chilgrove in about another 3.5 miles you will see the Car Park on the right-hand side.

Friday 20th November – 10.30am – Iping and Stedham Common

Leaders: Jackie & Keith
Duration: 2 hrs **Distance:** 5 miles. A lovely, circular walk on heathland and through woods No stiles and a couple of short, steep climbs. Can be muddy in places if wet. **No dogs please.**
Meet: Iping Common carpark, Elsted Rd, GU29 0PB.
By Car: From Midhurst follow A272 to Rogate. Turn left at brown sign to Iping and Stedham. Car park is shortly on the right.

Tuesday 24th November – 10.30am – Compton and South Holt Farm *New Walk*

Leaders: Jane W
Duration: 2.5 hrs **Distance:** 6.75 miles. This walk takes in woodland, fields and open downland with lovely views and goes through a new rewilding project undertaken by South Holt Farm. There are a couple of steady paths uphill and there are no stiles. Paths can be slightly overgrown in places. There is one short section on the road at the beginning of the walk.
Meet: Compton Village Recreation Ground Car Park - Take the B2178 from Chichester, turning right at Funtington into Hares Lane, and right once again on to the B2146. Continue through West Marden, and the recreation ground is on the right as you pass the Compton Village sign.

Tuesday 24th November – 10.00am – West Dean

Leader: Sue & Richard
Duration: 4 hours **Distance:** 8.5 miles. Ascent 1400 ft. We walk at a brisk, comfortable pace, with some undulations and livestock en route. Dogs welcome. We start our walk through the open fields that will lead us through the forest of West Dean and the wildlife reserve. We will then return through a farm, towards West Dean via Centurian Way.
Meet: West Dean by the river under the black lamp post with the sign for the village shop, PO18 OQX. There are free parking bays. The Selsey Arms have agreed that patrons from the walk, can use their car parking facilities. **Bus:** 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.

Wednesday 25th November – 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 25th November – 10.00am – Petworth – One step at a time *New Walk – very gentle* Supporting Men's Mental Health at part of Men's Mental Health Month Month

Leader: Chichester District Foodbank and Social Prescribing Service
See 5th Nov for information.

Thursday 26th November – 10.30am – Lodsworth

Leader: Bruce
Duration: 2 hours **Distance:** 4 miles **Ascent:** 170m. A moderately hilly walk through lovely woods reaching the summit of Bexleyhill.
Meet: Lodsworth. SU927230 (Nearby postcode GU28 9BZ)
https://maps.google.com/maps?t=m&z=15&q=50.9996,-0.6797
By car: A286 to Midhurst. A272 to Easebourne/Petworth. Turn left after 2.8 miles. Park in the village considerately (not in the shop).

Friday 27th November – 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.

Monday 30th November – 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. Walk at a gentle pace, suitable for beginners. We go through Priory Park and The Bishops Garden. **No dogs please.**
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: A number of buses stop on Market Road (start) and at the Cathedral and South Street (finish).

Monday 30th November – 10.30am – South Downs Way

Leader: Phil and Keith
Duration: 2 hours **Distance:** 4.5 miles. An enjoyable walk along the South Downs, using both the north and south sides, going out towards Storrington on the north side and returning, after a short diversion, along the south. Good footwear is advised as some surfaces are quite stony. No stiles.
Meet : Kithurst Hill car park, off B2139, between Amberley and Storrington. Follow the small lane to the top of the down, where you will find the car park. What3words: partied.juices.universes

Tuesday 1st December – 10.00am – Heyshott to Graffham

Leader: Sue & Richard
Duration: 3 hours **Distance:** 6.5 miles / Ascent 700ft. We walk at a brisk, comfortable pace, with some undulations and livestock en route. Dogs welcome. Starting with a 700ft 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. 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: The Unicorn Pub, Heyshott, GU29 ODL. What3words: villager.ashes.states. There is parking in the quiet roads around the village. For those staying for a drink afterwards, parking is permitted in the pub carpark.
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. Heyshott can also be reached from Graffham.

Wednesday 2nd December – 10.30am – Summersdale to Lavant

Leaders: Caroline
Duration: 1.20 hours **Distance:** 2.1 miles. This is a gently paced walk for those new to walking or happy with a slower pace. The path crosses open fields, woods and lanes and one gentle slope. Dogs welcome on a lead.
Meet: On The Drive, Summersdale, road parking just north of the Marchwood Estate near the corner. What3Words: reward.gravy.feared.
By Car : Take College Lane north past the University onto The Drive, until you pass the Marchwood Estate. Park on the right-hand side and meet on the corner.

Wednesday 2nd December – 10.30am – Stansted Forest

Leader: Peter and Alison
Duration: 2 hours 30 mins **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, where 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.

Thursday 3rd December – 10.00am – Petworth – One step at a time *New Walk – very gentle*

Leader: Chichester District Foodbank and Social Prescribing Service
See 5th Nov for information.

Thursday 3rd December – 10.30am – Boxgrove to Halnaker Windmill

Leaders: Jackie
Duration: 2 hours **Distance:** 5 miles. A mostly flat walk, via the Tinwood vineyard, with one steady hill climb up to the windmill and back.
Meet: Boxgrove Village Hall, PO18 0EE.
Bus: No.55 bus from Chichester.

Friday 4th December – 10.30am – Stoughton Down

Leaders: Jane W
Duration: 2 hrs 30 mins **Distance:** 5.5 miles. This is not suitable for beginners. It is a hilly walk with great views but can be muddy and slippery in places. **No dogs please.**
Meet: Stoughton Down Car Park - Forestry Commission car park east of Stoughton on the sharp bend, PO18 9JQ.
By Car: B2178 from Chichester, turning right at Funtington into Hares Lane and right again on-to the B2146. Turn right on to Walderton Stoughton Road, continue through the two villages until you reach the Forestry Commission car park on the right.

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

Leader: Sarah
Duration: 30 mins **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 December – 10.30am – Emsworth to Langstone

Leaders: Jane W
Duration: 2 hrs **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 righthand 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.

Tuesday 8th December – 10.00am – East Dean Woods

Leader: Sue & Richard
Duration: 2.5 hrs **Distance:** 6.5 miles / Ascent 1,635 ft – We walk at a brisk, comfortable pace, with some undulations and livestock en route. Dogs welcome. 1 stile. Starting from East Dean Village, we'll walk up to the woods adjacent to Goodwood, through the woods and downhill back towards East Dean and East Dean woods.
Meet: Star & Garter pub, 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 9th December – 10.30am – Houghton Forest & Bignor Hill

eader: Peter and Alison
Duration: 2 hrs 30 mins. **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.

Wednesday 9th December – 10.30am – Tillington's Mini Stately Home – Pitshill House

Leader: Gerald
Duration: 1 hrs 30 mins. **Distance:** 3 miles. This lovely walk is via the Tillington vineyards & then to see the outside of Pitshill House. It won the 2017 Georgian Group's top Architectural Award and was awarded second prize in the 2017 Historic Houses Association Restoration Awards. Time to pause and admire this mini stately home. Firm and pleasant going.
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.
Bus: No.1 Midhurst or Worthing to Tillington///lifted.using.earlobes. Contact Gerald if uncertain on 07748 597 568. Dogs welcome.

Thursday 10th December – 10.00am, 11.30am,– Christmas Walk & Mince Pies – 1pm in Lavant Village Hall

Three walk options. Finishing with mince pies and mulled wine (non-alcoholic), tea & coffee in Lavant Village Hall.

Walk One - 12.00pm – Shorter Lavant Walk
Leaders: Bruce & Caroline
Duration: 1 hour 30 minutes. **Distance**: 3 miles (or a 2 mile option). For a lighter hors d'oeuvre, a flat walk up Centurian Way returning via the other side of the River Lavant.
Meet: Lavant, Sheepwash Lane. PO18 0AT. SU859083.
https://maps.google.com/maps?t=m&z=15&q=50.8684,-0.7793

By car: A286 to Lavant. Turn right at mini roundabout down Pook Lane to the rec.
By bus: 60 from Chichester

Walk Two – 11.00am – Medium Lavant Walk
Leader: Richard
Duration: 2.5 hrs **Distance:** 5 - 6 miles / Ascent 621 ft. – We walk at a brisk, comfortable pace, with some undulations and livestock en route. Dogs welcome. The walk is 5 miles, however, there is an additional 1 mile for those who wish to go around the Trundle. For those who wish not to walk the additional mile, please bring a drink, for a 20 minute drink stop. We start at Lavant and walk to Claypit Lane to start our ascent in two stages, to the Trundle. Once at the top, we can stop for a water break and to soak up the lovely views of the surrounding area. We then descend through the woodland, towards West Dean, and back towards Lavant.
Meet: At the river parallel to Lavant Vilage Hall, PO18 OAH. What3words: globe.state.linen
Bus: 60 runs twice an hour along this route.

Walk Three - 10.00am - Longer Lavant Walk
Leader: Sue
Duration: 3.5 hrs **Distance:** 8 miles / Ascent 621 ft. – We walk at a brisk, comfortable pace, with some undulations and livestock en route. Dogs welcome. We start at Lavant and begin our ascent to the Trundle. Descending down towards Singleton, through a farm and church yard. We will then walk the Centurion Way and through the woods back to Lavant.
Meet: Lavant Village Hall, PO18 OAH. What3words: globe.state.linen **Bus:** 60 runs twice an hour along this route.

Thursday 10th December – 10.00am – Petworth – One step at a time *New Walk – very gentle*

Leader: Chichester District Foodbank and Social Prescribing Service
See 5th Nov for information.

Friday 11th December – 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. **By Car:** 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.

Friday 11th December – 10.30am – Kingley Stoke Clump

Leaders: Jane W
Duration: 3 hrs **Distance:** 7.5 miles. A varied walk taking in 3 villages across fields and quiet lanes, finishing with a stiff climb up to Stoke Clump with lovely downland views. There are stiles. **No dogs please.**
Meet: Kingley Vale West Stoke car park Downs Rd, Chichester, PO18 9BE.
By car: Take the B2178 from Chichester, turning left after East Ashling. The car park is sign posted and is currently free but will possibly be charging soon. **No dogs please.**

Monday 14th December – 10.30am – *Suitable for Beginners* Chichester Canal

Leader: Sarah
Duration: 30 mins **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 15th December – 10.00am – Duncton to Seaford College

Leaders: Sue & Richard
Duration: 3 hours. **Distance:** 7.5 miles / Ascent 80m. – We walk at a brisk, comfortable pace, with some undulations and livestock en route. Dogs welcome. We 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 church off the A285 towards Petworth at the other end of Duncton Village.
What3words: puffed.awesome.gobblers. **By bus:** No 99 from Chichester to Petworth but bus departure times need to be checked. Please join us for some refreshments at the Badgers pub after the walk.

Wednesday 16th December – 10.30am – Eartham

Leader: Alison & Peter
Duration: 2-2.5 hours **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.

Wednesday 16th December – 10.30am – Hooksway and South Downs Way

Leaders: Keith & Phil
Duration: 2 hours **Distance:** 4.5 miles**.** A sometimes steep walk, partly on the South Downs Way, starting/finishing at The Royal Oak Pub, which as the landlord is kindly allowing us to use his car park, we will be visiting at the end of the walk. We take in 5 in-line ancient burial mounds as well as a cairn to a Luftwaffe pilot from WW2. We gradually circle back down to the valley, through pastures, arriving in the pub garden & carpark.
Meet: The Royal Oak, PO18 9JZ. What3words: veto.campfires.roadshow.

Thursday 17th December – 10.00am – Petworth – One step at a time *New Walk – very gentle*

Leader: Chichester District Foodbank and Social Prescribing Service
See 5th Nov for information.

Thursday 17th December – 10.30am – Midhurst Common

Leaders: Bruce & Caroline
Duration: 1 hour 45 minutes **Distance:** 3.5 miles. **Ascent:** 50m.
We explore Midhurst Common and Several's Wood with fine varied heathland and woods. No stiles.
Meet: Midhurst Carron Lane Cemetery Car Park. SU877214 (GU29 9LF)
https://maps.google.com/maps?t=m&z=15&q=50.9853,-0.7508
By Car: A286 to Midhurst, at mini roundabout in the town turn left onto A272 towards Petersfield. After 300m turn left into (narrow) Carron Lane to the car park.
By Bus: No 60 from Chichester to Midhurst every 30 mins.

Friday 18th December – 10.30am – Compton & Sussex Border Path

Leaders: Jane W
Duration: 3 hours 45 mins **Distance:** 8 miles. This is a more advanced walk due to its length. It also has some uphill sections and stiles. Lovely views of open countryside. We will have a stop so please bring a snack. **No dogs please**.
Meet: Compton Recreation Ground car park. Take the B2178 from Chichester, turning right at Funtington into Hares Lane and right again on to the B2146 through West Marden and the recreation ground is on the right as you enter Compton village.

Monday 21st December – 10.30am – Lavant to West Dean Stores

Leaders: Jackie
Duration: 2 hours **Distance:** 5 miles. A mostly flat, circular walk with lovely views. Option for refreshments at the stores. Good walking boots recommended. **No dogs please.**
Meet: Beside Lavant Village Green, opposite the river, off Pook Lane. Nearest postcode: PO18 0AH.

Tuesday 22nd December – 10.00am – Boxgrove, Goodwood, Halnaker, Eartham *New Walk*

Leaders: Sue & Richard
Duration: 3.5 hrs **Distance:** 8 miles / Ascent 80m. We walk at a brisk, comfortable pace, with some undulations and livestock en route. Dogs welcome. We start from Boxgrove Village Hall and walk towards Goodwood farm shop, heading through the woods to Halnaker Windmill. We then walk towards Eartham Woods to start our return, past the remains of the 500000BC Boxgrove Man and through the Boxgrove church yard before returning.
Meet: Boxgrove Village Hall, PO18 0EE / What3words: exactly.trickling.bottom
Please join us for refreshments at the Anglesey Arms after the walk.

Wednesday 23rd December – 10.30am – Singleton to West Dean

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.

Tuesday 29th December – 10.00am – 3 Villages Walk Circular Walk

Leaders: Sue & Richard
Duration: 3.5 hrs **Distance:** 6.7 miles. Ascent 945 ft – We walk at a brisk, comfortable pace, with some undulations and livestock en route. Dogs welcome. We start at East Dean Village, walking up the hill towards Goodwood Counters Gate. Descending towards Charlton / Singleton, then up Levin Down, via North Down, before completing this circular route back 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 30th December – 10.30am – Slindon

Leaders: Peter and Alison
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.

Monday 4th January – 10.30am – Walk the Andy Goldsworthy Chalk Balls Trail Cocking to West Dean

Leaders: Jane W
Duration: 2.5 hours or 4 hours **Distance:** 5 miles or 9.5 miles. There are shorter and longer options on this walk following the Chalk Balls along the South Downs Way and down through West Dean Woods. The walk will start at Cocking Hill car park, and the shorter route will finish at West Dean village where the 60 bus can be caught back to Cocking Hill. The longer walk will take us back to Cocking Hill by a different route. Could be muddy in places and will involve some hills. There are cafes at both West Dean and Cocking. Please note that both the shorter and longer walks are quite strenuous with hills. Also bring bus pass or means of payment for the shorter walk.

Meet: Cocking Hill car park which can be accessed by car or by number 60 bus. Nearest post code GU29 0HT. Car park is a hidden turn on the left just as you approach the top of Cocking Hill on the Singleton to Midhurst Road. **No dogs please.**

Tuesday 5th January – 10.00am – Cissbury Rings & Findon Village

Leaders: Sue & Richard
Duration: 3.5 hours **Distance**: 8 miles / 958 ft. We walk at a brisk, comfortable pace, with some undulations and livestock en route. Dogs welcome. This outstanding walk through the archetypal Sussex countryside has scenic rolling views from the top of Cissbury Ring. Cissbury Ring is owned by the National Trust and is an Iron Age hill fort built around 400BC. The walk will also take us around Findon, a beautiful village right on the Sussex Downs, which has also been famous as a horse racing village since the 1800s.
Meet: Storrington Rise car park, BN14 OHT. What3words: digested.liability.bluntly
By car: 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. It is a good size and there is also plenty of quiet road parking nearby.
Please join us for some refreshments at the Black Horse Pub after the walk.

Wednesday 6th January – 10.30am – West Marden

Leaders: Peter and 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. It is 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.

Thursday 7th January – 10.00am – Petworth – One step at a time *New Walk – very gentle*

Leader: Chichester District Foodbank and Social Prescribing Service
See 5th Nov for information.

Thursday 7th January – 10.30am – West Dean

Leaders: Bruce
Duration: 2 hours. **Distance:** 4 miles. **Ascent:** 180m. An invigorating climb to the top of St Roche's Hill returning via meadows or via the Centurion Way extension (an extra half mile).
Meet: West Dean Riverside. SU858123 (PO18 0QY)
https://maps.google.com/maps?t=m&z=15&q=50.9041,-0.7804
By Car: A286 from Chichester towards Midhurst, Turn right by the Selsey Arms pub and park down by the river. **By Bus:** Number 60 from Chichester to West Dean every 30 minutes.

Friday 8th January – 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.

Friday 8th January – 10.30am – Iping and Chithurst

Leaders: Jane W
Duration: 3 hours **Distance:** 6.75 mile. This walk has several stiles and is hilly in places. A pleasant walk with lovely views. **No dogs please.** 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.

Friday 8th January – 10.30am – Wepham Down

Leaders: Keith & Phil
Duration: 2.5 hours. **Distance:** 5.2 miles. With winter well and truly here, we will take you on a moderately flat walk. It will take us to the trig point on the down, during our walk we will travel through woods and meadows, finding great views, possibly including the Isle of Wight in the distance. Previously on this walk we have seen deer, red kites and buzzards.
Meet: Car park at top of Dover Lane, off A27, Eastbound between Crossbush and the Worthing junction, use post code BN18 9PX. Travel past houses and farm buildings and the car park can be found at the top of the lane on the right-hand side.
What3words:succeed.soldiers.instincts

Monday 11th January – 10.30am – Walk the England Coast Path - Pagham to RSPB Sidlesham

Leaders: Jane W
Duration: Approx. 2 hours **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. **No dogs please.** It can be uneven under foot 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 limited parking at the end of Church Lane, park closer to Pagham church or round the corner in Sea Lane.

Monday 11th January – 10.30am – *Suitable for Beginners* Chichester Canal

Leader: Sarah
Duration: 30 mins **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 12th January – 10.00am – Duncton, Barlavington & Sutton

Leaders: Sue & Richard
Duration: 3 hours **Distance:** 6.5 miles. Ascent 487 ft. We walk at a brisk, comfortable pace, with some undulations and livestock en route. Dogs welcome. 3 stile. We begin in Duncton and walk through Burton park and church. We will then make our way to Sutton before returning via Barlavington, passing Duncton Mill and the trout fishery enroute.
Meet: Catholic church car park, GU28 0JY. You can park at Duncton Village Hall or the Catholic church off the A285 towards Petworth at the other end of the Village. What3words: puffed.awesome.gobblers.
By bus: No 99 from Chichester to Petworth but bus departure times need to be checked. Please join us for some refreshments at the Badgers pub after the walk.

Tuesday 12th January – 10.30am – Northwood, Slindon, Romans, Germans, Canadians and Airships

Leaders: Phil & Keith
Duration: 1.5 – 2 hours **Distance:** 3.5 miles. A circular, undulating walk, taking in woods, farmland, heath and the Roman Road, highlighting the varied history of this National Trust area. At the end of the walk, there will be an opportunity for refreshments in a nearby Pub.
Meet: parking area at the end of the tarmac road, by Northwood Cottages, Nore Wood Lane, Slindon. What 3 Words: lunge.flown.weeks.

Wednesday 13th January – 10.30am – Stansted to Watergate

Leaders: Peter and Alison
Duration: 3.5 hrs **Distance:** 7.6 miles. A longer strenuous walk from Stansted across to Watergate via Lyecommon. Mostly walking on lanes through woods and fields with some good views. Some steep uphills. 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 14th January – 10.00am – Petworth – One step at a time *New Walk – very gentle*

Leader: Chichester District Foodbank and Social Prescribing Service
See 5th Nov for information.

Thursday 14th January – 10.30am – Petworth Park History

Leader: Gerald
Duration:1.5 hours **Distance**: 3 miles. A chance to have a guided tour of the history of Petworth Park over 1000 years. We will see and hear about all the main historic sites and how the Park has grown and its use changed over the centuries, as well as hopefully see the deer.
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. Leader : Gerald on 07748 597 568 on day of walk only.
Bus: No.1 Midhurst or Worthing to Tillington///lifted.using.earlobes
Contact Gerald if uncertain on 07748 597 568. Dogs are welcome.

Friday 15th January – 10.30am – Walderton to Compton

Leaders: Jane W
Duration: 2 hours **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 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.

Tuesday 19th January – 10.00am – Cowdray, Easebourne to Lodsworth

Leaders: Sue & Richard
Duration: 4 hrs **Distance:** 9 miles. Ascent 1,164ft – We walk at a brisk, comfortable pace, with some undulations and livestock en route. Dogs welcome. This outstanding walk has scenic rolling parkland, quiet drove roads, forestry tracks, wildlife and wonderful views. We will walk from Easebourne through farmland to open fields. Before walking down 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, past Queen Elizabeth 1st tree, back to Cowdray.
Meet: Cowdray Park, GU29 OAJ. What3words: drip.tadpole.debit.
By car: Cowdray Park carpark. Park to your left as you drive in (do not park near the farm shop). Please feel free to join us at Cowdray for some refreshments after the walk.

Wednesday 20th January – 10.30am – Chidham Penninsula

Leaders: Peter and Alison
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 21st January – 10.00am – Petworth – One step at a time *New Walk – very gentle*

Leader: Chichester District Foodbank and Social Prescribing Service
See 5th Nov for information.

Thursday 21st January – 10.30am – Charlton

Leader: Bruce
Duration: 1 hour 45 minutes **Distance:** 3.5 miles **Ascent:** 150m. An invigorating climb to the top of Levin Down via Broadham House.
Meet: Charlton Fox goes Free. SU888130. (Nearby postcode: PO18 0HX).
https://maps.google.com/maps?t=m&z=15&q=50.9096,-0.7369
By Car: From Chichester Follow the A286 towards Midhurst. In Singleton turn the right opposite the Cricket Ground and continue to Charlton. Park outside the pub or in their car park if stopping for a drink. **By Bus:** Number 60 from Chichester to Singleton and walk 0.8 miles.

Thursday 22nd January – 10.30am – Lodsworth

Leader: Richard M
Duration: 2 hrs **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.

Monday 25th January – 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. Walk at a gentle pace, suitable for beginners. We go through Priory Park and The Bishops Garden. **No dogs please.**
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:** A number of buses stop on Market Road (start) and at the Cathedral and South Street (finish).

Tuesday 26th January – 10.00am – Duncton Mill and Burton Park

Leaders: Sue & Richard
Duration: 2-2.5 hrs**. Distance:** 6.5 / 7 miles / Ascent 368 ft. – We walk at a brisk, comfortable pace, with some undulations and livestock en route. Dogs welcome. Enjoy a circular walk in the beautiful countryside around Lavington Common, Duncton Mill and along part of the Serpent Trail, through stunning heathland. There is a small section of road walking. **Meet:** Catholic church car park, GU28 0JY. You can park at Duncton Village Hall or the Catholic church off the A285 towards Petworth at the other end of the village. What3words: puffed.awesome.gobblers. **By bus:** No 99 from Chichester to Petworth but bus departure times need to be checked. Please join us for some refreshments at the Badgers pub after the walk.

Wednesday 27th January – 10.30am – Eartham Woods Eastern Loop

Leader: Caroline
Duration: 2 hrs **Distance:** 3.6 miles**.** This gently paced walk follows Stane Street, the path of the Roman road, gently uphill to the finger post. We then bear right across the Downs towards Great Down before making our way back through Eartham Woods. **No dogs.**
Meet: Eartham Woods car park (what3words: edit.ethic.upper)
By car : From Chichester follow the A285 through Halnaker continue for 2.5ml take the second right turn and in about 40 yards the car park is on the left. PO18 0LU.

Wednesday 27th January – 10.30am – Cocking

Leaders: Peter and Alison
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 28th January – 10.00am – Petworth – One step at a time *New Walk – very gentle*

Leader: Chichester District Foodbank and Social Prescribing Service
See 5th Nov for information.

Friday 29th January – 10.30am – Harting to North Marden

Leaders: Jane W
Duration: 3 hours mins **Distance:** 6.5 miles. A hilly walk taking in Harting Down and North Marden, lovely views and open countryside. No stiles but can be slippery. **No dogs please.**
Meet: National Trust Car Park on Harting Down. **By car:** From Chichester take the A286 through Lavant, turn left on to the B2141. Car park is roughly 5 miles at the top of the hill on the right-hand side. There is a £3 parking charge for non-members, payable by phone or on your return home.

chichester wellbeing

NHS HEALTH CHECK

Helping you prevent
- diabetes
- heart disease
- kidney disease
- stroke & dementia

Are you aged 40 - 74?

Contact Chichester Wellbeing for your free NHS Health Check

A national screening scheme designed to spot the early signs of stroke, kidney disease, heart disease and type 2 diabetes.

If you are aged between 40 and 74 years, and if you do not already have a pre-existing medical condition you will be eligible for a free check up every 5 years.

To book call 01243 521041 or email wellbeing@chichester.gov.uk

UK Health Security Agency

Who is eligible for the **flu vaccine** this year?

- **pregnant women**
- **2- and 3-year-olds** (age on 31 August 2026)
- **school aged children** (from reception to year 11)
- **people aged 65 and over**
- **people with certain long term health conditions, from 6 months to under 65s**
- **people living with somebody with a weakened immune system due to a medical condition or treatment**
- **people sleeping rough or in hostels/shelters**
- **care home residents**
- **carers (receiving carer's allowance, or the main carer of an older or disabled person)**
- **frontline health and social care workers**

Speak to your local GP practice, pharmacist or maternity service if you're not sure if you're eligible.