



HeartSmart Walks

Free guided walks in the Chichester District

Welcome to the HeartSmart Walks programme

February to April 2024



Nr. Levin Down, Chichester

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 where possible at [the HeartSmart webpage](#) 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.
- Walks are available to book one week in advance, up until midnight 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 at: health@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.
- Please inform the Walk Leader if you will be leaving the walk early. You must not attend a walk if you are unwell or have any Covid-19 symptoms.
- We recommend always bringing a mobile phone with the number below stored in case of emergency.
- Please note that the walks are smoke free. Dogs are welcome on walks unless otherwise stated but must be kept on the lead.
- 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-Fri 8.45am-5pm).

Please read the walk description before joining the walk to ensure you are walking at the right level and distance for you.

Please wear footwear appropriate for countryside walks and bring a drink of water.

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 5th February – 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 6th February – 10.30am – Goodwood Counters Gate

Leader: Bruce

Duration: 2 hours **Distance:** 4 miles Ascent: 150m. Woodland walk through Goodwood Country Park and up the Trundle for the views.

Meet: Goodwood - Counters gate car park. SU897113 (Nearby postcode PO18 0QE) <http://maps.google.com/maps?t=m&z=15&q=50.8945,-0.7238>

By Car: Up Kennel Hill towards Goodwood Racecourse. Turn right before the Trundle. Car Park is 1.2 miles on the right.

Tuesday 6th February – 11am – *Suitable for Beginners* Midhurst Jubilee Walk & South Pond

Leader: Richard

Duration: 45 mins **Distance:** 1.5 miles. Various flat walks around Midhurst at a gentle pace passing interesting historic buildings along the way.

Meet: The Grange Leisure Centre, Bepton Road, Midhurst, GU29 9HD. Free 2 hr parking at the Grange. A ticket has to be obtained and displayed on your windscreen even for the free 2 hrs. Vehicle reg. is needed for the ticket.

By Car: Follow the A286 to Midhurst; take The Fairway and Holmbush Way to New Rd/A286 Turn left onto New Rd/A286. Continue to follow A286. The Grange will be on the right.

By Bus: The Grange is served by a good bus service.

Wednesday 7th February – 10.30am – Singleton to West Dean

Leader: Peter and Alison

Duration: 3-3.5 hours **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.

Bus: No 60 from Chichester every 30 mins.

Wednesday 7th February – 10.30am – Littlehampton Seafront - Gentle Pace

Leader: Dominic

Duration: 1hr 15 mins **Distance:** Approx. 3 miles. Refreshments are available at the Yacht Club on the return.

Meet: 10.30am at Arun Yacht Club Car Park, Rope Walk, Littlehampton, West Sussex, BN17 5DL. **Your support to the club in buying refreshments is appreciated in return for free parking.**

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

Wednesday 7th February – 11am – Bosham Harbour and Village – Wheelchair Friendly & Easy Access

Leader: Ian

Duration: 45 mins **Distance:** 1.5 miles, flat surface, no stiles. A circular walk through historic Old Bosham and along its scenic harbour front.

Meet: Bosham Car Park, PO18 8HZ, at the pedestrian area near Bosham Public Toilets. What3words: noses.range.deflation

By car: Bosham is 4 miles west of Chichester, via the A259, then Delling Lane, then right into Bosham Lane.

By bus : Number 56 bus from Chichester to Bosham Car Park or bus 700 to the White Swan

Thursday 8th February – 10.30am – Tillington's mini Stately Home – Pitshill House

Leader: Gerald

Duration: 1.5 hours **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 the outside of 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 are welcome.

Tuesday 13th February – 10.30am – Graffham

Leader: Richard

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.

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.

Tuesday 13th February – 11am – *Suitable for Beginners* Midhurst Jubilee Walk & South Pond

Leader: Louise

Duration: 45 mins **Distance:** 1.5 miles. Various flat walks around Midhurst at a gentle pace passing interesting historic buildings along the way.

Meet: The Grange Leisure Centre, Bepton Road, Midhurst, GU29 9HD. Free 2 hr parking at the Grange. A ticket has to be obtained and displayed on your windscreen even for the free 2 hrs. Vehicle reg. is needed for the ticket.

By Car: Follow the A286 to Midhurst; take The Fairway and Holmbush Way to New Rd/A286 Turn left onto New Rd/A286. Continue to follow A286. The Grange will be on the right.

By Bus: The Grange is served by a good bus service.

Wednesday 14th February – 10am – Wisborough Green

Leader: Louise

Distance - 7 miles **Duration** 2.5-3 hours. A walk up Harsfold Lane over the Wey & Arun Canal, then right along the tow path and then follow the bridleway. Follow

bridleway for 3 ish miles and then change to the footpath up to the Fittleworth Road. Follow the road for ½ mile and then along the bridleway back to Wisborough Green. A fairly level walk with some undulations, 4 stiles and some muddy puddles to walk around.

Please note – it may be changed if river has flooded through rainfall.

NO DOGS SORRY.

Meet: Park at the green in the laybys

By car: from Chichester follow the A285 road to Petworth, through Petworth then turn right on A272 and follow road to Wisborough Green about 6.5 miles. Turn left signposted to Loxwood and then park. If coming from the A24 side follow the road to Billingshurst and then take the A272 to Midhurst. As you enter Wisborough Green, pass the Three Crowns and then turn right and park.

Wednesday 14th February – 10.30am - West Marden

Leader: Alison & Peter

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. Four stiles. Suitable for people who enjoy a faster paced walk.

Meet: Stansted House Car Park, P09 6DX (use first car park on right).

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

Thursday 15th February – 10.30am – West Dean and Venus Wood

Leader: Bruce

Duration: 2 hours **Distance:** 4 miles. Ascent: 150m. Woodland walk up to Cocking Down back via the wild daffodills.

Meet: Chilgrove - West Dean Woods. SU844151 (Nearby postcode PO18 0RU)
<http://maps.google.com/maps?t=m&z=15&q=50.9295,-0.7993>

By Car: A286 through Lavant then left onto B2141, Petersfield Harting Chilgrove. After 3.2 miles

turn right onto Chilgrove Park Road. Follow for 0.8 miles and take a sharp right. Limited parking. Car share if possible.

Friday 16th February – 10.30am – Watergate Park

Leader: Jane

Duration: 2.5 hours **Distance:** 5 miles A hilly walk with lovely views of open countryside, taking on woodland and fields. No stiles.

Meet: Parking area (see directions)

By Car: Take the B2148 from Chichester to Funtington turning right up the B2146 Hares lane at Funtington. At the next junction turn right and then right again at the turning to Walderton to Stoughton. The parking area is immediately on your left.

No dogs please.

Saturday 17th February – 10.30am - Slindon Woods – Gentle Pace

Leader: Dominic

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

Meet: National Trust car park, Dukes Road, Slindon.

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

Monday 19th February – 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 February – 10.30am - Emsworth to Nutbourne

Leader: Jane

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: 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 20th February – 10.30am – Felpham Village and Beach

Leader: Peter

Duration: 2 hrs **Distance:** 4 miles. A flat dry walk through lovely Felpham village and along the promenade.

Meet: Grassmere car park, Grassmere Close, Felpham centre PO22 7NT

By Car: A259 to Bognor, straight on at Butlins Roundabout into Felpham village follow road round to Grassmere Close.

Tuesday 20th February – 11am – *Suitable for Beginners* Midhurst Jubilee Walk & South Pond

Leader: Richard

Duration: 45 mins **Distance:** 1.5 miles. Various flat walks around Midhurst at a gentle pace passing interesting historic buildings along the way.

Meet: The Grange Leisure Centre, Bepton Road, Midhurst, GU29 9HD. Free 2 hr parking at the Grange. A ticket has to be obtained and displayed on your windscreen even for the free 2 hrs. Vehicle reg. is needed for the ticket.

By Car: Follow the A286 to Midhurst; take The Fairway and Holmbush Way to New Rd/A286 Turn left onto New Rd/A286. Continue to follow A286. The Grange will be on the right.

By Bus: The Grange is served by a good bus service.

Wednesday 21st February – 10.30am – Fishbourne

Leader: Ian

Duration: 1 hr 15 mins **Distance:** 2.6 miles, circular walk. The walk is flat, but has some stiles, and since it is a coastal path - it is potentially muddy in parts. The walk includes Fishbourne Centre's fields, the pond near the Bull's Head, Fishbourne Channel's western coastal path, and then some country paths and lanes back to the Fishbourne Centre.

Meet: Fishbourne Center Car Park, PO18 8BE, off Blackboy Lane. What3words: commit.stun.tests

Wednesday 21st February – 10.30am - Slindon

Leader: Alison & Peter

Duration: 2.5 hours **Distance:** Approx. 5.5 miles. A longer strenuous walk to the folly and through Slindon Woods, with some steep gradients. Will be muddy 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. The car park is a short way along on the left.

Friday 23rd February – 10.30am – Plaistow

Leader: Richard

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 styles. Sorry no dogs due to livestock.

Meet: On East side of village green opposite shop.

By Car: From Petworth take the A283 North, then after the 'Stone Masons Inn', take the right fork by the green to Balls Cross. Continue along this road, and then after you pass the village sign for Kirdford, take the next left sign posted to Plaistow. After entering village turn right past village green and park at East end of South side in view of shop. No Dogs on this walk please.

Tuesday 27th February – 11am – *Suitable for Beginners* Midhurst Jubilee Walk & South Pond

Leader: Richard

Duration: 45 mins **Distance:** 1.5 miles. Various flat walks around Midhurst at a gentle pace passing interesting historic buildings along the way.

Meet: The Grange Leisure Centre, Bepton Road, Midhurst, GU29 9HD. Free 2 hr parking at the Grange. A ticket has to be obtained and displayed on your windscreen even for the free 2 hrs. Vehicle reg. is needed for the ticket.

By Car: Follow the A286 to Midhurst; take The Fairway and Holmbush Way to New Rd/A286 Turn left onto New Rd/A286. Continue to follow A286. The Grange will be on the right.

By Bus: The Grange is served by a good bus service.

Wednesday 28th February – 10.30am – Chidham Peninsula

Leader: Alison & Peter

Duration: 2 hrs 30 mins **Distance:** 5 miles. A reasonably easy, flat walk with some of the best panoramic views of the harbour. Some beach walking, no stiles. Suitable for people who enjoy a faster paced walk.

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 28th February – 10.30am - Walberton Fields – Gentle Pace

Leader: Dominic

Duration: 1 hr 15 mins **Distance:** 2.5 miles, Walberton Church along headlands via nurseries. Flat, may be muddy.

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

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

Friday 1st March – 10.30am – Burpham and Wepham

Leader: Jane

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

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

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

Tuesday 5th March – 11am – *Suitable for Beginners* Midhurst Jubilee Walk & South Pond

Leader: Richard

Duration: 45 mins **Distance:** 1.5 miles. Various flat walks around Midhurst at a gentle pace passing interesting historic buildings along the way.

Meet: The Grange Leisure Centre, Bepton Road, Midhurst, GU29 9HD. Free 2 hr parking at the Grange. A ticket has to be obtained and displayed on your windscreen even for the free 2 hrs. Vehicle reg. is needed for the ticket.

By Car: Follow the A286 to Midhurst; take The Fairway and Holmbush Way to New Rd/A286 Turn left onto New Rd/A286. Continue to follow A286. The Grange will be on the right.

By Bus: The Grange is served by a good bus service.

Wednesday 6th March – 10.30am - Compton to Up Marden

Leader: Alison & Peter

Duration: 2.5 hours **Distance:** 6 miles A good walk along lanes and through woodland and fields. Two up-hills and one stile. Suitable for people who enjoy a faster paced walk.

Meet: Compton Recreation Ground Car Park

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

Wednesday 6th March – 10.30am - Climping - Gentle Pace

Leader: Dominic

Duration: 1hr 15 mins **Distance:** Approx. 3 miles. Along dunes and beach to Climping Mill, then across fields to Ferry Road and Rope Walk to the Yacht Club. Refreshments are available at the Yacht Club on the return.

Meet: 10.30am at Arun Yacht Club Car Park, Rope Walk, Littlehampton, West Sussex, BN17 5DL. **Your support to the club in buying refreshments is appreciated in return for free parking.**

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

Wednesday 6th March – 10.30am – Centurion Way, Brandy Hole, Oaklands Park, City Walls

Leader: Ian

Duration: 1 hr 15 mins **Distance:** 3.25 miles. A gentle walk, along the wooded Centurion Way and Brandy Hole Lane, a few minutes along Broyle Road then

Oaklands Park, the NW quadrant of the City Walls, and finally a few minutes' walk along Westgate (Road) back to the start.

Meet: The western end of Westgate, near Bishop Luffa School Bus turning circle.
What3words: scribbled.grin.property

NB The nearest cafe and WCs to the start / end point are at Tesco Extra Fishbourne; this is a 7minute walk away, via the footbridge (which has a choice of steps or ramps).

Thursday 7th March – 10.30am – Iping Common

Leader: Bruce

Duration: 2 hours **Distance:** 4.3 miles. Ascent 80m. Lovely heathland area. On paths, no stiles, might be muddy in places.

Meet: Iping Common car park - SU852220, (Nearby Postcode GU29 0PB)
<http://maps.google.com/maps?t=m&z=15&q=50.9911,-0.7874>

By Car: A286 to Midhurst, at mini roundabout in the town, turn left onto A272 towards Petworth. After 2 miles turn left into Elsted Road (signposted Elsted/Harting).

By Bus: 92 from Midhurst Bus Station to Elsted Road. Car park is 100 yards down Elsted Road.

Thursday 7th March – 10.30am – Lurgashall

Leader: Richard

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!

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.

Friday 8th March – 10.30am – *New Walk* A longer Stoughton Down

Leader: Jane

Duration: 3.5-4 hrs **Distance:** 8.5 miles. This is a longer walk through fields, downland and woodland. There are some lovely open views. **It is a strenuous walk with some significant uphill sections.**

You might like bring a snack. No dogs please.

Meet: Walderton Road corner

By Car: Take the B2178 from Chichester and at Funtington, turn tight up the B2146 Hares Lane. At the next junction turn right and the right again to Walderton and Stoughton. The parking area is immediately on your left.

Monday 11th March – 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 12th March – 10.30am – Arundel Park

Leader: Peter

Duration: 2 hrs **Distance:** 4 miles. A pretty walk alongside the lake with a gentle climb into the Park and through the parkland, returning to the car via Arundel town and castle side walk.

Meet: Swanbourne Lake, BN18 9PA

By Car: A27 to Arundel, at second roundabout left into town and over river. Immediately after at roundabout right to Swanbourne Lake where park roadside

Tuesday 12th March – 11am – *Suitable for Beginners* Midhurst Jubilee Walk & South Pond

Leader: Louise

Duration: 45 mins **Distance:** 1.5 miles. Various flat walks around Midhurst at a gentle pace passing interesting historic buildings along the way.

Meet: The Grange Leisure Centre, Bepton Road, Midhurst, GU29 9HD. Free 2 hr parking at the Grange. A ticket has to be obtained and displayed on your windscreen even for the free 2 hrs. Vehicle reg. is needed for the ticket.

By Car: Follow the A286 to Midhurst; take The Fairway and Holmbush Way to New Rd/A286 Turn left onto New Rd/A286. Continue to follow A286. The Grange will be on the right.

By Bus: The Grange is served by a good bus service.

Wednesday 13th March – 10.00am – Onslow Arms, Loxwood

Leader: Louise

Distance: 4.5-5 miles **Duration:** 2 hours. A level walk, no stiles, can be muddy (mostly get roundable!). An easy walk.

Meet: in the car park behind the Onslow Arms

By car: from Chichester follow the A285 road to Petworth, through Petworth then turn right on A272 and follow road to Wisborough Green about 6.5 miles, pass the green and turn left signposted Loxwood past The Cricketers Pub and then follow Durbans Road for 1.3 miles to T junction at the end, turn left and follow B2133 road through to Loxwood. The Onslow Arms is on the right hand side – turn right through the pub car park and go through to the Wey & Arun car park at the rear. If coming from the A24 side follow the road to Billingshurst and then follow the A272 towards

Midhurst about 1½ miles then turn right on B2133 signposted to Loxwood. **No dogs sorry.**

Wednesday 13th March – 10.30am – Eartham

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.

Friday 15th March – 10.30am – Goodwood to East Dean

Leader: Jane

Duration: 6 Miles 3.0 hours A hilly walk through woodland and fields, taking in the village of East Dean. There are stiles and it could be muddy in places.

Meet: Counters Gate Car Park Goodwood. Head towards Goodwood Race course 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.

Saturday 16th March – 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.

Sunday 17th March – 10.30am - Mill Road to Black Rabbit – Gentle Pace

Leader: Dominic

Duration: Approx. 1.5 hours **Distance:** 3.5 miles, flat riverside walk, 1 stile. Mill Road car park to Offham, return via Black Rabbit.

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

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

Monday 18th March – 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 18th March – 10.30am - Emsworth to Langstone

Leader: Jane

Duration: 2hrs **Distance:** Approx. 4.5 miles. Lovely flat shoreline walk, 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

Tuesday 19th March – 11am – *Suitable for Beginners* Midhurst Jubilee Walk & South Pond

Leader: Louise

Duration: 45 mins **Distance:** 1.5 miles. Various flat walks around Midhurst at a gentle pace passing interesting historic buildings along the way.

Meet: The Grange Leisure Centre, Bepton Road, Midhurst, GU29 9HD. Free 2 hr parking at the Grange. A ticket has to be obtained and displayed on your windscreen even for the free 2 hrs. Vehicle reg. is needed for the ticket.

By Car: Follow the A286 to Midhurst; take The Fairway and Holmbush Way to New Rd/A286 Turn left onto New Rd/A286. Continue to follow A286. The Grange will be on the right.

By Bus: The Grange is served by a good bus service.

Wednesday 20th March – 10.30am – Houghton Forest & Bignor Hill

Leader: Alison & Peter

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

Meet: Whiteways Car Park, BN18 9FD. New car parking charges - £1.80 for 3 hours, pay by phone, card or cash.

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

Wednesday 20th March – 10.30am – Bosham West Shore

Leader: Ian

Duration: Approx. 1 hr 20 mins **Distance:** 2.3 miles. We head west till we meet the high tide line. We then walk southwards along the shoreline to Old Bosham, along the quay, then back along the pavement to the carpark (and cafe!).

Meet: Bosham Post Office / Coop / Business Centre / Crate Cafe Car Park at the North West of Delling Lane, Bosham.

NB

1. the tide is out, but the surface is wet and sometimes slippery; the return northwards is along pavements. This walk is not wheelchair friendly.

2. Please note the meeting point is NOT in Old Bosham.

By car: PO188NN, what3words forgives.scarecrow.cheaply.

Bus: Bosham train station, and the 700 bus stop "White Swan" are nearby. The car park is free.

Wednesday 20th March – 10.30am – Buriton to Queen Elizabeth Country Park

Leader: Bruce

Duration: 2 hrs 20 mins. **Distance:** 4.2 miles. Ascent 190m. Walk time includes a stop at the Park Café for a beverage or BYO. Hilly, two stiles.

Meet: Buriton, Kiln Lane, Halls Hill Car Park SU733197 (Nearby post-code GU31 5SL)

By Car: Either: get to Buriton via A286/B2141/B2146 or A3/Petersfield/Buriton exit. Go up Kiln Lane opposite the Maple Inn. Or if you like Maple Inn. Or if you like country lanes go via Finchdean and New Barn Lane until you reach the South Downs Way.

Thursday 21st March - 10.30am – Petworth Park – Part 1 – Ancient Tree Walk

Leader: Gerald

Duration: 1 hr 45 mins **Distance:** 3 miles

PART 1 of the Ancient Tree walk is a fascinating walk through the Park trees from 350-800 years old. Some of the most ancient trees in Europe. It is dotted with magnificent oaks, beeches and sweet chestnuts, and we pass the Beelzebub Oak which has its own plaque in the wall behind it. It also passes by recently restored viewpoints from the North end of the Upper Pond. The fallow deer, long views and great trees make for a compelling walk.

Meet: Petworth Park, NORTH Car Park. Bring National Trust card or cash (£3) for Parking.

By car : Take A283 (London Road) northwards out of Petworth towards Northchapel/Guildford and 0.8 miles on left is Petworth Park **North Car Park** (not the Petworth House car park). Grid. Ref. **SU966 238**. Nearest Post Code GU28 9LS. Not on Bus route.
Contact Gerald on 07748 597 568 if uncertain. Dogs welcome

Friday 22nd March – 10.30am – Lavington Common to Graffham

Leader: Jane

Duration: Approx 2.5 hours **Distance:** 5 miles. A lovely walk across heathland and woodland, visiting the village of Graffham. Slightly hilly and uneven under foot. Can be slippery if muddy. **No dogs on this walk please.**

Directions: 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.

Monday 25th March – 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 26th March – 10.30am – Chanctonbury Ring

Leader: Peter Brook

Time: 2 hours **Distance:** 4 miles circular walk to Chanctonbury Ring hill fort and return via Washington village with some steep gradients.

Meet: Opposite site of Frankland Arms pub, RH20 4AL (map ref TQ122130)

By Car: A27 towards Worthing, left on A280 towards Findon, left on A24 to A283, right at roundabout and first right into Washington village. Park roadside.

Tuesday 26th March – 11am – *Suitable for Beginners* Midhurst Jubilee Walk & South Pond

Leader: Richard

Duration: 45 mins **Distance:** 1.5 miles. Various flat walks around Midhurst at a gentle pace passing interesting historic buildings along the way.

Meet: The Grange Leisure Centre, Bepton Road, Midhurst, GU29 9HD. Free 2 hr parking at the Grange. A ticket has to be obtained and displayed on your windscreen even for the free 2 hrs. Vehicle reg. is needed for the ticket.

By Car: Follow the A286 to Midhurst; take The Fairway and Holmbush Way to New

Rd/A286 Turn left onto New Rd/A286. Continue to follow A286. The Grange will be on the right.

By Bus: The Grange is served by a good bus service.

Wednesday 27th March – 10.00am – Wisborough Green – Kirdford Square

Leader: Louise

Distance: 6.5 miles **Duration:** 2.5-3 hours – **Sorry no dogs.** We follow the Kirdford Road for about 1 mile then through a Nature Reserve, cross the road and follow the footpath uphill to a bridleway, turn right and follow the bridleway all for about 3 miles. At the junction we turn left and follow the footpath out to the dog training school, then the bridleway along the side for 2 miles. Then turn right and follow the bridleway back to the junction where we turn left. Then walk down the bridleway to the road about 2 miles turn right and then walk up the road, turn left and back down Kirdford Road to the cars. All in all about 6.5 miles.

Meet: Park at the green in the laybys

By car: from Chichester follow the A285 road to Petworth, through Petworth then turn right on A272 and follow road to Wisborough Green about 6.5 miles. Turn left signposted to Loxwood and then park. If coming from the A24 side follow the road to Billingshurst and then take the A272 to Midhurst. As you enter Wisborough Green, pass the Three Crowns and then turn right and park.

Wednesday 27th March – 10.30am – Stansted Forest & Rowlands Castle

Leader: Peter & Alison

Duration: 2.5 hours **Distance:** 6 miles. A more strenuous longer walk using footpaths that criss-cross through woodland and grass meadows, with some fine views. There will be muddy stretches during winter months. Bring a snack for a short stop. No stiles. Suitable for people who enjoy a faster paced walk.

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

Thursday 28th March – 10.30am – Cowdray River Rother and Easebourne

Leader: Jane

Duration: 3.5 hours **Distance:** 7.5 miles. This is a very pretty riverside walk with a few uphill sections. Please bring a snack for a short break. **No dogs please.**

Meet: Cowdray Cafe and Farm Shop car park Midhurst.

By car: Take the A286 Chichester to Midhurst Road, through the town centre and continue on to the A272 to Easebourne. The car park is on the right just past the church. Nearest post code GU29 OAJ.

Monday 1st April – Easter Monday – 10.30am - Slindon Woods – Gentle Pace

Leader: Dominic

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

Meet: National Trust car park, Dukes Road, Slindon.

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

Tuesday 2nd April – 11am – *Suitable for Beginners* Midhurst Jubilee Walk & South Pond

Leader: Louise

Duration: 45 mins **Distance:** 1.5 miles. Various flat walks around Midhurst at a gentle pace passing interesting historic buildings along the way.

Meet: The Grange Leisure Centre, Bepton Road, Midhurst, GU29 9HD. Free 2 hr parking at the Grange. A ticket has to be obtained and displayed on your windscreen even for the free 2 hrs. Vehicle reg. is needed for the ticket.

By Car: Follow the A286 to Midhurst; take The Fairway and Holmbush Way to New Rd/A286 Turn left onto New Rd/A286. Continue to follow A286. The Grange will be on the right.

By Bus: The Grange is served by a good bus service.

Wednesday 3rd April – 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

Bus: No 60 from Chichester every 30 mins.

By Bus: The Grange is served by a good bus service.

Thursday 4th April – 10.30am – Midhurst Carron Lane

Leader: Bruce

Duration: 1 hour 45 minutes **Distance:** 3.5 miles. Ascent: 50m. We explore Midhurst Common and Severals Wood with fine varied heathland and woods. No stiles.

Meet: Midhurst Carron Lane Cemetery Car Park. SU877214 (Nearby postcode GU29 9LF)
<http://maps.google.com/maps?t=m&z=15&q=50.9852,-0.7493>

By Car: 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.

Thursday 4th April – 10.30am – Graffham

Leader: Richard

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.

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.

Friday 5th April – 10.30am – *New Walk* Burpham and the Burgh

Leader: Jane

Duration: 2 hours **Distance:** 5.5 miles. A downland walk with some steady hill climbs, returning over Wepham Down with good views of the surrounding countryside.

No dogs please

Meet: the public car park behind The Goerge at Burpham BN18 9RR

By car: Travel east from Arundel on the A27, take the first left after the railway bridge and follow the signs to Burpham Village. The car park is accessed behind the pub.

Monday 8th April – 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 9th April – 10.30am - Littlehampton Riverside

Leader: Peter

Duration - 2 hours **Distance** - 4 miles along both sides of the river Arun and through the West Beach sand dunes with all the fun of the fair.

Meet - car park at East Beach cafe (on the seafront at the end of the greensward)

By car - A259 to Littlehampton, turning right at the Tesco roundabout after the river bridge. Follow signs to beach/seafront.

By bus - Stagecoach Coastliner 700 from Chichester to Littlehampton

Tuesday 9th April – 11am – *Suitable for Beginners*

Midhurst Jubilee Walk & South Pond

Leader: Richard

Duration: 45 mins **Distance:** 1.5 miles. Various flat walks around Midhurst at a gentle pace passing interesting historic buildings along the way.

Meet: The Grange Leisure Centre, Bepton Road, Midhurst, GU29 9HD. Free 2 hr parking at the Grange. A ticket has to be obtained and displayed on your windscreen even for the free 2 hrs. Vehicle reg. is needed for the ticket.

By Car: Follow the A286 to Midhurst; take The Fairway and Holmbush Way to New Rd/A286 Turn left onto New Rd/A286. Continue to follow A286. The Grange will be on the right.

By Bus: The Grange is served by a good bus service.

Wednesday 10th April – 10.30am – Singleton to West Dean

Leader: Peter and Alison

Duration: 3-3.5 hours **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.

Bus: No 60 from Chichester every 30 mins.

Thursday 11th April – 10.30am – Plaistow

Leader: Richard

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.

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. No Dogs on this walk please.

Friday 12th April – 10.30am - Iping to Chithurst

Leader: Jane

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

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

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

Monday 15th April – 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 16th April – 11am – *Suitable for Beginners* Midhurst Jubilee Walk & South Pond

Leader: Louise

Duration: 45 mins **Distance:** 1.5 miles. Various flat walks around Midhurst at a gentle pace passing interesting historic buildings along the way.

Meet: The Grange Leisure Centre, Bepton Road, Midhurst, GU29 9HD. Free 2 hr parking at the Grange. A ticket has to be obtained and displayed on your windscreen even for the free 2 hrs. Vehicle reg. is needed for the ticket.

By Car: Follow the A286 to Midhurst; take The Fairway and Holmbush Way to New Rd/A286 Turn left onto New Rd/A286. Continue to follow A286. The Grange will be on the right.

By Bus: The Grange is served by a good bus service.

Wednesday 17th April – 10.00am – Onslow Arms, Loxwood

Leader: Louise

Distance: 5.5 miles **Duration:** 2.5-3 hours – **no dogs sorry**. A fairly level walk, 2 stiles, muddy puddles to walk around.

Meet: in the car park behind the Onslow Arms

By car: from Chichester follow the A285 road to Petworth, through Petworth then turn right on A272 and follow road to Wisborough Green about 6.5 miles, pass the green and turn left signposted Loxwood past The Cricketers Pub and then follow Durbans Road for 1.3 miles to T junction at the end, turn left and follow B2133 road through to Loxwood. The Onslow Arms is on the right hand side – turn right through the pub car park and go through to the Wey & Arun car park at the rear. If coming from the A24 side follow the road to Billingshurst and then follow the A272 towards Midhurst about 1½ miles then turn right on B2133 signposted to Loxwood. **No dogs sorry.**

Wednesday 17th April – 10.30am - Climping - Gentle Pace

Leader: Dominic

Duration: 1hr 15 mins **Distance:** Approx. 3 miles. Along dunes and beach to Climping Mill, then across fields to Ferry Road and Rope Walk to the Yacht Club. Refreshments are available at the Yacht Club on the return.

Meet: 10.30am at Arun Yacht Club Car Park, Rope Walk, Littlehampton, West Sussex, BN17 5DL. **Your support to the club in buying refreshments is appreciated in return for free parking.**

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

Wednesday 17th April – 10.30am – Chichester Tree Trail

Leader: Ian

Duration: 1 hr 15 mins **Distance:** 1.5 miles. A 1.5 mile walk around central Chichester, to introduce us to the variety of local and exotic trees in our city. Wheelchair friendly. Although this is a short walk, we will be stopping frequently, hence the 75 minutes.

A pdf is available "Chichester Tree Trail" on the [West Sussex County Council](https://www.westsussex.gov.uk/) website, if you want to preview the notes.

Meet: Chichester Market Cross, East St (between HSBC/GoldArts).

Thursday 18th April – 10.30am – Ambersham Common

Leader: Bruce

Duration: 2 hrs **Distance:** 4 Miles. Ascent 85m. Wonderful free-to-roam heathland. Moderately flat, no stiles.

Meet: Heyshott and Ambersham Common crossroads, SU910190 (Nearby Postcode GU29 0BZ) <https://maps.google.co.uk/maps?q=loc:50.9636,-0.70524>

By Car: (From the South) A286 to Cocking. After 1 mile turn right into Bex Lane (signposted Heyshott, Graffham). Crossroads in 2 miles (not the one after 1 mile).

Thursday 18th April – 10.30am – Lurgashall

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

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

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

Friday 19th April – 10.30am – Compton, SDW & Harting

Leader: Jane

Duration: 4 hrs **Distance:** A demanding 9 mile walk from Compton to join the South Downs Way and Harting Down. A hilly walk with lovely views of the Downs and open countryside. Please bring a snack. No dogs on this walk please.

Meet: Compton Recreation Ground car park

By Car: Take the B2178 from Chichester, turning right at Funtington into Hares Lane and right again on-to the B2146. Continue on the B2146 through West Marden and you will see the recreation ground on your right as you enter Compton village.

Monday 22nd April – 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 22nd April – 10.30am – Pagham to RSPB Sidlesham on the England Coast Path

Leader: Jane

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 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 parking in the lane. **No dogs please.**

Tuesday 23rd April – 11am – *Suitable for Beginners* Midhurst Jubilee Walk & South Pond

Leader: Richard

Duration: 45 mins **Distance:** 1.5 miles. Various flat walks around Midhurst at a gentle pace passing interesting historic buildings along the way.

Meet: The Grange Leisure Centre, Bepton Road, Midhurst, GU29 9HD. Free 2 hr parking at the Grange. A ticket has to be obtained and displayed on your windscreen even for the free 2 hrs. Vehicle reg. is needed for the ticket.

By Car: Follow the A286 to Midhurst; take The Fairway and Holmbush Way to New

Rd/A286 Turn left onto New Rd/A286. Continue to follow A286. The Grange will be on the right.

By Bus: The Grange is served by a good bus service.

Wednesday 24th April – 10.30am - West Marden

Leader: Alison & Peter

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. Four stiles. Suitable for people who enjoy a faster paced walk.

Meet: Stansted House Car Park, P09 6DX (use first car park on right).

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

Wednesday 24th April – *6.15pm* – Early Evening Walk - Bosham Quay Southwards

Leader: Ian

Duration: 1 hr 15 mins **Distance:** 3 miles. We walk along Shore Road , then a small part of Chichester Harbour Coast Walk, and back the same way.

NB: the tide will be out, there is a chance of small muddy patches , 100% chance of fantastic views of Bosham and the harbour!

Meet: Bosham Car Park, PO18 8HZ, at the pedestrian area near Bosham Public Toilets. What3words: noses.range.deflation

By car: Bosham is 4 miles west of Chichester, via the A259, then Delling Lane, then right into Bosham Lane. Possible free parking after 6pm.

Thursday 25th April – 10.30am – Ancient Tree Walk - Petworth Park Pt. 2

Leader: Gerald

Duration: 1 hr 30 mins **Distance:** 3 miles. PART 2 of the Ancient Tree Walk. Marvel at some of the oldest and largest trees in the country, from 350-800 years old. See an unusual hollow Common Lime this is difficult to age as the trunk has fragmented, but perhaps it is 500 to 600 years old, with a girth of 7.46m. The Park is also dotted with magnificent oaks, beeches and chestnuts with some of the most ancient trees in Europe. Our walk passes Capability Brown's famous view across Upper Pond to the House.

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 a brown tourist sign to The Horse Guards. Parking in road.

By Bus No.1 from Worthing to Midhurst.

Telephone, if uncertain, Gerald on 07748 597 568. Dogs are welcome.

Thursday 25th April – 10.30am – West Stoke Kingley Vale

Leader: Bruce

Duration: 2 hours. **Distance:** 4 miles. Ascent 80m. A walk to Kingley Vale (not up to Bow Hill) and back via Stoke Wood.

Meet: West Stoke / Kingley Vale. SU825087 (Nearby postcode PO18 9BL)

<http://maps.google.com/maps?t=m&z=15&q=50.8725,-0.8293>

By Car: Take the B2178 from Chichester. Turn right after East Ashling to the Kingley Vale car park.

By Bus: No 54 to East Ashling then 1km walk up Stoke Road.

Friday 26th April – 10.30am – Funtington, Ashlings and Stoke Clump

Leader: Jane

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.

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.

Saturday 27th April – 10.30am - Walberton Fields – Gentle Pace

Leader: Dominic

Duration: 1 hr 15 mins **Distance:** 2.5 miles, Walberton Church along headlands via nurseries. Flat, may be muddy.

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

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

Tuesday 30th April – 10.30am - Tangmere

Leader: Peter

Time: 2 hrs **Distance:** 3 miles. Flat walk via Aviation Museum to Tangmere C12th Church with WWII memories. Then around the old airfield.

Meet: In Oving park roadside on Church Lane and meet outside the church. Map reference: SU 901051

By Car: Church Lane is off the main road through Oving (south of the A27 and to the east of Chichester) after the road to The Gribble PH when travelling from Chichester.

Tuesday 30th April – 11am – *Suitable for Beginners* Midhurst Jubilee Walk & South Pond


Leader: Louise

Duration: 45 mins **Distance:** 1.5 miles. Various flat walks around Midhurst at a gentle pace passing interesting historic buildings along the way.




Meet: The Grange Leisure Centre, Bepton Road, Midhurst, GU29 9HD. Free 2 hr parking at the Grange. A ticket has to be obtained and displayed on your windscreen even for the free 2 hrs. Vehicle reg. is needed for the ticket.

By Car: Follow the A286 to Midhurst; take The Fairway and Holmbush Way to New Rd/A286 Turn left onto New Rd/A286. Continue to follow A286. The Grange will be on the right.

By Bus: The Grange is served by a good bus service.



where small changes make a big difference





Help yourself

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i want to
i can

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- drink less
- get active
- stop smoking
- have more energy
- manage stress
- lose weight
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