



# HeartSmart Walks

Free guided walks in the Chichester District

## Welcome to the HeartSmart Walks programme

November to January 2024



Nr. Levin Down, Chichester

## Pre-booking only – online or via telephone

- Please book online where possible at [the HeartSmart webpage](#)
- You must not attend a walk if you are unwell or have any Covid-19 symptoms.
- 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.
- These walks are led by Volunteer Walk Leaders and are designed to cater for all ages and abilities. The walks offer opportunities to exercise and meet new people in a safe and friendly environment.
- If you would like to be informed about walk cancellations and changes then please email us at: [health@chichester.gov.uk](mailto:health@chichester.gov.uk) and we can add you to our HeartSmart mailing list.
- All walks finish at their starting point unless otherwise stated.
- Please arrive 10 minutes before the walk is due to start.
- Timings and distances stated on the programme are approximate.
- Please inform the Walk Leader if you will be leaving the walk early.
- We recommend always bringing a mobile phone with the number below stored in case of emergency.
- Please 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.**

To book visit [the HeartSmart webpage](#)  
or for further information contact the Chichester Wellbeing Team  
☎ 01243 521041 – ✉ [health@chichester.gov.uk](mailto:health@chichester.gov.uk) 🌐 [HeartSmart Webpage](#)

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.

## Wednesday 1<sup>st</sup> November – 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.

**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.

## Thurs 2<sup>nd</sup> November – 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.**

## Fri 3<sup>rd</sup> November – 10.30am – Poling Ponds

**Leader:** Peter

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

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

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

## Friday 3<sup>rd</sup> November – 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 7<sup>th</sup> November – 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.

## Wed 8<sup>th</sup> November – 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.

**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.

## Wed 8<sup>th</sup> November – 10.30am - Climbing - Gentle Pace

**Leader:** Dominic

**Duration:** 1hr 15 mins **Distance:** Approx. 3 miles. Along dunes and beach to Climbing 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.

## Wed 8<sup>th</sup> November – \*2.30pm\* – 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.

## Thursday 9<sup>th</sup> November – 10.30am - Stoughton Down

**Leader:** Jane

**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 on this walk please.

**Meet:** Stoughton Down Car Park - Forestry Commission car park east of Stoughton on the sharp bend nearest postcode 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.

## Friday 10<sup>th</sup> November – 10.30am - Boxgrove

**Leader:** Bruce

**Duration:** 2 hrs **Distance:** 3.85 miles. Ascent 20m. Flat walk around Goodwood Estate, Tinwood Vineyard and Boxgrove Priory.

**Meet:** Boxgrove Village Hall. SU906076 ( Nearby postcode PO18 0EQ )  
<http://maps.google.com/maps?t=m&z=15&q=50.8613,-0.7129>

**By Car:** A27 dual carriageway eastwards; turn left at first roundabout to Boxgrove.

**By Bus:** 55 from Chichester

## Mon 13<sup>th</sup> November – 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 14<sup>th</sup> November – 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.

## **Wed 15<sup>th</sup> November – 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.

**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.

## **Wed 15<sup>th</sup> November – 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:** Number 56 bus from Chichester to Bosham Car Park

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

**By bus :** 700 to the "White Swan Roundabout" or 56 to Bosham Car Park

## **Thurs 16<sup>th</sup> November – 10am – Wisborough Green**

**Leader:** Louise

**Distance -** 6.5 miles **Duration** 2.5-3 hours. A walk up Harsfold Lane over the Wey & Arun Canal to Lee Place then via bridleways and footpaths to Lordings Lock. A walk with uphill and downhill parts, 6 stiles, 1 fence – it should be fun.

**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.

## Thursday 16<sup>th</sup> November – 10.30am – Iping Common

**Leader:** Bruce

**Duration:** 2 hrs **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.

## Fri 17<sup>th</sup> November – 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 17<sup>th</sup> November – 10.30am - Harting to North Marden

**Leader:** Jane

**Duration:** 3 hrs 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 on this walk 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 £2 parking charge for non-members, payable by phone or on your return home.

## Sun 19<sup>th</sup> November – 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.

## **Mon 20<sup>th</sup> November – 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 20<sup>th</sup> November – 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

## **Tue 21<sup>st</sup> November – 10.30am – Yapton Canal**

**Leader:** Peter

**Duration:** 2hrs **Distance:** 4 miles along the course of the old Portsmouth - Arun canal

**Meet:** Main car park in the centre of Yapton alongside the playing field, BN18 0ET

**By Car:** A27 towards Arundel, right turn to Yapton and Walberton half mile after second roundabout at Fontwell. Straight on over level crossing to left turn at mini roundabout, car park on left after 200 yards.

## **Tuesday 21<sup>st</sup> November – 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 22<sup>nd</sup> November – 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.

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

## **Friday 24<sup>th</sup> November – \*10.00am\* (to fit with bus times back) – Chichester Cathedral to Bosham**

**Leader:** Jane

**Duration:** Approx. 2hrs. **Distance:** 5 miles. A flat walk to Bosham, taking in Chichester Harbour views, fields and lanes. There is a more urban start to the walk, leaving Chichester.

It can be uneven under foot and slippery if wet.

**Meet:** near the main door to Chichester cathedral.

We will return to Chichester by bus, so bring bus pass or money. There could also be the option of a longer walk by walking back to Chichester. **No dogs please.**

## **Mon 27<sup>th</sup> November – 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 28<sup>th</sup> November – 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 29<sup>th</sup> November – 10.30am - Petworth Park – history & to see the deer

**Leader:** Gerald

**Duration:** 1 & half hours. **Distance:** 3 miles. Discover the history and see the fallow deer in Petworth Park. With over 800 years of history , there is a wonderful story to tell . See also one of the oldest deer herds in the country, over 700 fallow deer. The history, fallow deer, and long views make for a most interesting walk.

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

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

///lifted.using.earlobes

**Bus No.1** Midhurst or Worthing to Tillington.

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

## Thurs 30<sup>th</sup> November – 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.**

## Friday 1<sup>st</sup> December – 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.

## Mon 4<sup>th</sup> December – 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.

## Tue 5<sup>th</sup> December – 10.30am – Asdean

**Leader:** Bruce

**Duration:** 2 hours 10 minutes. **Distance:** 4.4 miles. 150m ascent. Moderately strenuous climb up to Adsdean Down for Solent views and hopefully reaching the Devil's Humps on Bow Hill if the weather is fine.

**Meet:** Adsdean Farm Shop. SU795092 ( Nearby postcode PO18 9DN )

<http://maps.google.com/maps?t=m&z=15&q=50.8773,-0.8703>

The shop will be open.

**By Car:** B2178 to Funtington, turn right onto B2146 after 0.4 miles turn right to Adsdean.

## Tuesday 5<sup>th</sup> December – 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.

## Wed 6<sup>th</sup> December – 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.

**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.

## Wed 6<sup>th</sup> December – 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.

## Thursday 7<sup>th</sup> December – 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.

## Friday 8<sup>th</sup> December – 10.30am - West Marden

### Circular

**Leader:** Jane

**Duration:** 2.5 hours **Distance:** 5 miles A hilly walk through woodland and open fields with lovely views. There are 2 significant climbs. Stiles

**Meet:** in the village of West Marden at the junction of Nore Down Way. There is parking either in Nore Down way or in the main street.

**By Car:** West Marden is reached by taking the B2178 from Chichester to Funtington, turning right at Funtington up Hares lane. Turn right at the junction and follow the road to West Marden, turn left into the village. Nore Down way is a cul de sac on your left. **No dogs please.**

## Sun 10<sup>th</sup> December – 10.30am – Binsted woods – Gentle Pace

**Leader:** Dominic

**Duration:** 2 hrs **Distance:** 4 miles, mainly flat headland path, grass, gravel.

**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.

## Mon 11<sup>th</sup> December – 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 11<sup>th</sup> December – 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.

## Tue 12<sup>th</sup> December – 11.15am – Christmas Walk and Lunch - Fishbourne

**Leader:** Bruce

**Duration:** 1 hour **Distance:** 2 miles. Short flat walk to work up an appetite.

**Meet:** Fishbourne Woolpack Pub. SU839046 (Nearby postcode PO19 3JJ)

<http://maps.google.com/maps?t=m&z=15&q=50.8354,-0.8095>

**Br Car:** A259 from Chichester

**By Bus:** 700 from Chichester



### Christmas Lunch Bookings



If you would like to join the HeartSmart Christmas Lunch at the The WoolpackInn, Fishbourne please complete this form <https://forms.office.com/e/DJBAqcbqCC> or contact Chichester Wellbeing [wellbeing@chichester.gov.uk](mailto:wellbeing@chichester.gov.uk) or call 01243 521041 The full menu can be viewed here [Christmas | The Woolpack Inn \(woolpackfishbourne.com\)](#)

## Wed 13<sup>th</sup> December – 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).

## Wed 13<sup>th</sup> December – 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.

**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 14<sup>th</sup> December – 10.30am - Petworth via the famous Virgin Mary Spring

**Leader:** Gerald

**Duration:** 1 & half hours. **Distance:** 3 miles. See the beautiful East side of Petworth. A flat countryside walk out south east of the town and return via the Haslingbourne brook and the Virgin Mary Spring - famous for curing sore eyes since medieval times. Back via sharp ascent.

**Meet:** Petworth Library, Rosemary Lane, High St, Petworth GU28 0AU. What 3 Words : reports.define.pizzeria

**By Car:** Park in main Petworth town centre Car Park (ample room) & 3 minute walk east from toilets, up passageway to Rosemary Lane. Library on left. If coming via High Street, opp. Petworth Cottage Museum.

**Bus:** No.1 Midhurst or Worthing to Petworth Town Centre.  
Contact Gerald if uncertain, on 07748 597 568. Dogs welcome.

## Thurs 14<sup>th</sup> December – 10.00am – Wisborough Green

**Leader:** Louise

**Distance:** 7 miles **Duration:** 2.5-3 hours – **Sorry no dogs.** 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.**

**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.

## Friday 15<sup>th</sup> December – 10.30am - Swanbourne Lake & the South Downs

**Leader:** Jane

**Duration:** 2.5 hours **Distance:** 5 miles. A lovely walk taking in the River Arun and the South Downs, with extensive views. There is a significant ascent and descent.

**Meet:** Swanbourne lake. BN18 9PA.

**By Car:** Coming from Chichester, A27 to Arundel, at the second roundabout, turn left into the town, over the river and turn right. Follow this road until you reach Swanbourne lake where there is street parking. **No Dogs please.**

## **Mon 18<sup>th</sup> December – 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 19<sup>th</sup> December – 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.

## **Wed 20<sup>th</sup> December – 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.

**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).

## **Wed 20<sup>th</sup> December – 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.



## Wed 20<sup>th</sup> December – 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.

## Thursday 21<sup>st</sup> December – 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 22<sup>nd</sup> December – 10.00am - Walderton to Compton \*note early start\*

**Leader:** Jane

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

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

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

## Wed 27<sup>th</sup> December – 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.

**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.

## Thurs 28<sup>th</sup> December – 10.00am – Onslow Arms, Loxwood

**Leader:** Louise

**Distance:** 4.5 - 5miles **Duration:** 2 hours – **no dogs sorry.** 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.**

## Saturday 30<sup>th</sup> December – 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.

## Mon 1<sup>st</sup> January – 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 2<sup>nd</sup> January – 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 3<sup>rd</sup> January – 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.

**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.

## Thursday 4<sup>th</sup> January – 10.30am – West Dean

**Leader:** Bruce

**Duration:** 2 hours 15 mins **Distance:** 4.7 miles. Ascent 180m. An invigorating climb to the top of St Roche's Hill via the Centurion Way extension.

**Meet:** West Dean Riverside. SU858123 ( Nearby postcode PO18 0QY )

<http://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

## Friday 5<sup>th</sup> January – 10.30am - Pagham Harbour to Runcton (option to walk back to Pagham)

**Leader:** Jane

**Duration:** 2-2.5 hours **Distance:** 5 miles. This is a flat walk through quiet lanes and fields, finishing at The Walnut Tree Runcton for an optional coffee/refreshments.

Return to Pagham by 600 bus or there is an option to walk back. **No dogs please.**

**Meet:** At the end of Church Lane, Pagham where the road ends.

Either by 600 Bus or by car meet at the end of Church Lane where the road ends, where there is some parking. Alternative parking is available further up Church lane or in Sea Lane. Take the Pagham Road through Pagham village, past Church Farm Caravan park and continue to the end of Church Lane.

## Fri 5<sup>th</sup> January – 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.

## **Mon 8<sup>th</sup> January – 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 8<sup>th</sup> January – 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 9<sup>th</sup> January – 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.

## **Wed 10<sup>th</sup> January – 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.

**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.

## Wed 10<sup>th</sup> January – 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:** Number 56 bus from Chichester to Bosham Car Park

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

**By bus :** 700 to the “White Swan Roundabout” or 56 to Bosham Car Park

## Wed 10<sup>th</sup> January – 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.

## Thurs 11<sup>th</sup> January – 10am – Wisborough Green

**Leader:** Louise

**Distance -** 6.5 miles **Duration** 2.5-3 hours. A walk up Harsfold Lane over the Wey & Arun Canal to Lee Place then via bridleways and footpaths to Lordings Lock. A walk with uphill and downhill parts, 6 stiles, 1 fence – it should be fun.

**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.

## Friday 12<sup>th</sup> January – 10.30am – Eartham Woods & Nore Hill

**Leader:** Peter

**Duration:** 2 hrs **Distance:** 4 mile circular walk up Nore Hill, through Eartham village and along a lesser known “atmospheric” section of Stane Street.

**Meet:** Free Forestry Commission car park on the right,  $\frac{3}{4}$  of a mile north of The George PH at Eartham. Map reference: SU938106. PO18 0LU

**By Car:** Take A27 Chichester bypass towards Arundel. Half a mile before Fontwell turn left following signs to Eartham, after Z bend pass The George PH and continue north to Forestry Commission car park. Alternatively take the A285 Petworth road from Chichester with sharp right turn towards Eartham with car park soon after on the left.

## Friday 12<sup>th</sup> January – 10.30am - In the footsteps of Artistic Giants

**Leader:** Gerald

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

800 years old Tillington Church is the only church in the country that both artistic giants – JMW Turner & John Constable – painted. We will trace the exact location where these two artistic giants painted the church from. Constable's painting is in the British Museum; Turner's is *The Fighting Bucks* in Petworth 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 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.

## Sat 13<sup>th</sup> January – 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.

## Mon 15<sup>th</sup> January – 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.

## Mon 15<sup>th</sup> January – 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 16<sup>th</sup> January – 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.

## Wed 17<sup>th</sup> January – 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.

**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.

## Mon 22<sup>nd</sup> January – 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 23<sup>rd</sup> January – 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.

## **Wed 24<sup>th</sup> January – 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).

## **Wednesday 24<sup>th</sup> January – 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.

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

## **Thursday 25<sup>th</sup> January – 10.30am – Earnley**

**Leader:** Bruce

**Duration:** 2 hours **Distance:** 4 miles. Flat walk around Medmerry Nature Reserve and beach.

**Meet:** Earnley Drove Lane. SZ816966 ( Nearby postcode PO20 7JN )

<http://maps.google.com/maps?t=m&z=15&q=50.7639,-0.8439>



**By Car:** B2198; turn left at Clapper Lane, Bracklesham, to Earnley RSPB car park, down lane to sea just south of Earnley Church

## **Thurs 25<sup>th</sup> January – 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.**

## **Friday 26<sup>th</sup> January – 10.30am - Cocking, SDW, West Dean**

**Leader:** Jane

**Duration:** Approx 3.5 hrs **Distance:** 7.5 miles. A moderately strenuous hilly walk across downland and woodland, with wonderful views. Please bring a snack for this longer walk. No dogs on this walk please.

**Meet:** Cocking Hill car park, situated at the top of Cocking Hill on the A286 Chichester Midhurst Road.

**By Car:** Nearest post code GU290HT. No 60 Bus from Chichester.

## **Sat 27<sup>th</sup> January – 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.

## Mon 29<sup>th</sup> January – 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 30<sup>th</sup> January – 10.30am - Middleton Beach and Elmer Woods

**Leader:** Peter

**Time:** 1 hr 30 mins **Distance:** 3 mile walk along Middleton's shoreline and through Elmer woods. Flat walk that may be muddy in places.

**Meet:** Free car park just off Elmer Road in Middleton village by the Jubilee Hall and playing fields

**By Car:** A259 through Bognor (not new relief road).

**By Bus:** Bus 600 from Bognor to Elmer (Jubilee Hall bus stop)

## Tuesday 30<sup>th</sup> January – 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.

## Wed 31<sup>st</sup> January – 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.

**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.

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i want to  
i can

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have more energy  
manage stress  
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## **In memory of Andrew Berriman**

10/11/50-31/07/23

A superb Walk Leader, Andrew led with the HeartSmart Walks for over 10 years, Andrew had a vast knowledge of the area which was valued by many, he will be missed by our walk leaders and walkers.

