



HeartSmart Walks

Free guided walks in the Chichester District

Welcome to the HeartSmart Walks programme

August to October 2025



Ebernoe

by walker, Charlotte

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

Walk Information

- All walks finish at their starting point unless otherwise stated. Please arrive 10 minutes before the walk is due to start.
- Timings and distances stated on the programme are approximate.
- **Whilst we make every effort to provide up to date parking information, it is your responsibility to check on the day as Chichester District Council will not be held responsible for any parking fines incurred during the walks.**
- Please inform the Walk Leader if you will be leaving the walk early. You must not attend a walk if you are unwell.
- **Please inform the Walk Leader if you have a medical condition that you think we might need to be aware of, for example, diabetes, allergic reactions, medication i.e. blood thinners.**
- We recommend always bringing a mobile phone with the number below stored in case of emergency.
- 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-Thurs 9am-4pm & Fri 9am – 12pm).

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

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

To book visit [the HeartSmart booking page](#)

or for further information contact the Chichester Wellbeing Team

☎ 01243 521041 – ✉ wellbeing@chichester.gov.uk 📱 [HeartSmart Booking](#)

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.

Friday 1st August – Walderton to Compton *early start* 10am

Leader: Jane W

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

Friday 1st August – 10.30am – Graffham

Leader: Richard M

Duration: 2 hours **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 5th August – 10.30am - *New Walk* Chilgrove to Hooksway

Leader: Richard & Sue

Duration: Approx. 4 hours **Distance:** 8.5 miles. A part of the walk is on uneven ground, so sensible shoes required. Dogs are welcome, if they are calm with livestock. Dogs will need to be on a lead for the duration of the walk. Please bring poo bags. On this walk there maybe sheep or cows residing in the fields. We start from the White Horse at Chilgrove pub car park, where we have permission to park, for those partaking just in a walk, or who wish to join us for a drink afterwards.

Please ignore the signs saying parking for patrons only, on this basis. We leave the car park and go along the road for approximately 50 yards, then turn off and cross over a field. This will then take us down to Hooksway. We then begin our undulating walk around the beautiful countryside of Hooksway, which will lead us on to the Southdowns way, prior to returning to Hooksway, by the Royal Oak pub. From here we will make the return route, through some fields, back to the pub. A small amount of road walking.

Meet: The White Horse at Chilgrove, PO18 9HX. **What3words:** finer.briskly.leaps. At the end of the walk you are welcome to join us for some refreshments, at the White Horse pub.

Wednesday 6th August – 10.30am - Angmering Park and Hammerpot

Leader: Peter B

Duration: 2 hours **Distance:** 4 miles. Mainly flat walk through woods and meadows.

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

By car: A27 through Arundel and Dover Street is signed on the left after 2 miles.

Thursday 7th August – 10.30am – Goodwood Counters Gate – Open Winkins

Leader: Bruce & Caroline

Duration: 2 hours. **Distance:** 4 miles. Ascent: 130m Woodland walk through Goodwood Country Park, Chiseldown Copse and Open Winkins .

Meet: Goodwood - Counters gate car park. SU897113 (Nearby postcode: PO18 0QE) <https://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.

Thursday 7th August – 10.30am – Itchenor to West Wittering

Leader: Jane B

Duration: 2.5 to 3 hours **Distance:** 5 miles. This is a gentle circular walk starting at Itchenor Harbour, following the shoreside path and returning through fields. During the walk you will see glorious coastal sights, views of the South Downs and a number of amazing houses. Good under foot, but some loose surfaces, tree roots and mud after heavy rain. Toilets and refreshments available in Itchenor.

Meet: The Chichester Conservancy Car Park (pay on exit). PO20 7AE.

By car: Travelling south out of Chichester, take the A286 signposted to the Witterings. At the first roundabout take the second exit onto the B2179. Take the first right onto Shipton Green Lane, signposted to Itchenor. You will find the car park on the left before you get to the pub and the shoreline.

What3words: retiring.juggled.reporter

Friday 8th August – *early start* - 10am – *New Walk* Stoughton, East Marden and Chilgrove Hill

Leader: Jane W

Duration: Approx. 3.5 hours **Distance:** 7.5 miles. A lovely mixture of downland and woodland on this walk, great views, also taking in the villages of East Marden and Stoughton. A hilly walk with 2 more significant climbs, one particularly steep. **No dogs please.**

Meet: Stoughton Down Car Park.

By car: Take the B2178 from Chichester. At Funtington turn right into Hares Lane and right again on to the B2146. Take the next right to Walderton and Stoughton, carry straight on through both villages and the car park is on a sharp bend about 1 mile past Stoughton.

Monday 11th August – 10.30am – Emsworth to Nutbourne

Leader: Jane W

Duration: 3 hours **Distance:** 6 miles. A flat walk taking in Emsworth Slipper Millpond, the villages of Prinsted and Nutbourne and the shoreline of Chichester harbour. It can be slippery if muddy. Lovely harbour views. **No dogs please.**

We will return by Thornham Marina where there is an optional coffee stop

Meet: Palmer Road car park North Street Emsworth, which is a pay car park. PO10 7DB.

By car: From the Emsworth town roundabout, turn right into North Street and the car park is behind Tesco Express on the right hand side.

Monday 11th August – 10.30am – *New Walk* Westerlands Farm, Graffham.

Leader: Gerald, with help from the Farm Manager, Oliver Hancock.

Duration: 2 hours. **Distance:** 3 miles.

Farm Visit – Regenerative Farming In Action.

We are privileged to attend this very special walk to see a former Stud turning its Estate from horses and fields to shifting purposefully towards a regenerative farming model, balanced with a strong desire to reverse biodiversity loss. Positive results are already being observed through the year, especially with increased numbers of birds of different species, often a good barometer for overall farm health.

As this is a *Friends of the South Downs* Walk, please book in with Gerald at Geraldgreshamcooke@gmail.com

Meet: The Horse Box Cafe (as name implies!) Westerlands Farm, Graffham, near Petworth GU28 0QY.

By car: from the A285 (Chichester to Petworth road) to near Duncton. Leaving Duncton going north, after 1 mile, turn left to Graffham, marked Duncton Common Road. After 0.8mile, turn slight left into drive, clearly marked Westerlands Farm. Continue for 0.5mile to Horsebox Cafe - parking available. Contact Gerald if uncertain on 07748 597 568.

Tuesday 12th August – 10.30am – *New Walk* Singleton, West Dean, Levin Down

Leader: Richard & Sue

Duration: 3.5 hours. **Distance:** Approx. 7 miles, with undulations. We start at Singleton by C of E Primary School, and cross over the main road towards the cricket club. We then continue along a path to start our ascent over Hat Hill. We then walk beside open fields until we reach West Dean woods. We pass the charcoal burners to the path by the Deer Watchers seat. We then continue through the woods, to cross over the main road, back up towards Levin Down. There are no stiles or horses on this walk. However, some of the fields at times can have cows and sheep. These are moved between fields, so can be empty of livestock on occasion.

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 Pub on your left. Roadside parking available opposite the school or in the village.

By bus: No 60 from Chichester every 30 mins

Wednesday 13th August – *early start* - 10.00am – Loxwood, Onslow Arms

Leader: Louise

Duration: 2.5 - 3 hours **Distance:** 5.5 miles. Leave the car park and travel up on to the road, follow paths up to Station Road and cross the road onto the footpaths. Follow the footpaths over 3 fields and then turn left, follow the footpaths down to the centre of Alfold. Go through the cemetery, down the footpaths over the fields to the towpath and turn left and follow back to Loxwood. **No dogs sorry.**

Meet: 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.

Wednesday 13th August – 10.30am – Stansted Forest, Finchdean and Rowlands Castle

Leader: Jane B

Duration: 2.5 to 3 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 varied walk. Dogs on leads welcome. Toilets and refreshments at the start and middle of the walk.

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

By car: take the B2178 from Chichester turning right onto Broad Walk after passing through Aldsworth, Signposted Stansted House. **What3Words:** fuel.judges.slanting

Thursday 14th August– 10.00am or 10.30am – *New Walk* - Itchenor Quay

Leader: Caroline

Duration: 2 hours not including the ferry. **Distance:** 3.8 miles. This is a gentle paced coastal walk around Itchenor and its environs. There is an option to use the little ferry from Bosham Hoe. Please check the Ferry is running if there is poor weather itchenorferry.co.uk

Meet: Either meet at Bosham Hoe on the road by the sign for the ferry at 10am prompt (parking on the verge) to catch the ferry to Itchenor (cost £6.00 return) **or** on Itchenor Quay at 10.30am. **When booking please note the two different starting options.**

By car: If you are going to take the ferry - take the A259 to Bosham follow the signs to **Bosham Hoe**. The ferry runs from 9am and is on demand we will meet at 10am prompt and take the ferry together, it accommodates 12 people.

If going to **Itchenor** take A286 Birdham Road at the roundabout take B2179 for 0.6 miles turn right onto Shipton Green Ln, then right again and follow the road towards the coast. There is a Pay on exit Car Park in Itchenor PO20 7AH.

Friday 15th August – 10.30am – Lavington Common to Graffham

Leader: Jane W

Duration: Approx. 3 hours **Distance:** 6 miles. A longer walk with stiles across heathland, woodland and commons and passing through Graffham. Please bring a snack for this longer walk. **No dogs please.**

Directions: Lavington Common Car park.

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

Friday 15th August – 10.30am – Lurgashall

Leader: Richard M

Duration: 2 hours 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 15th August – 3pm – Ashurst - Partridge Green loop

Leader: Lucy

Duration: 2 hours 45 mins – 3 hours **Distance:** 6.45 miles. This is a varied flattish loop walk starting and finishing at the pub/village hall. We will meander through woodland trails, pass by the village church, ancient trees including stunning oaks, farmyard, fields and wander by some stunning homes. We take in a small section of

the South Downs way and then meander slowly along the river Adur, with its magnificent nature filled meadows. We then cross over a bridge and return towards the pub/village hall (This 16th century Inn has great food for anyone who wants to stop for dinner, and is famous for the filming of Paul McCartney's 'Wonderful Christmaste').

Meet: Ashurst Village Hall, BN44 3AP **What3Words:** Sped.stall.kidney

By car: Ashurst Village Hall located next door to The Fountain Pub at Ashurst Village. The Street, Ashurst, Steyning, West Sussex, BN44 3AP. From Worthing take the A24 north towards Washington. At the Washington roundabout take the A283 Washington Road, towards Steyning. Go past the Wiston Estate and take the left along the B2135 towards Ashurst, you will find the meet point located on the right at the Village Hall. You can park for free in the village hall or the Pub car park.

Please note all walks are dog friendly for well-behaved and friendly dogs as I will be walking with my own black lab called Ellie.

Monday 18th August – 10.30am – Stoughton to East Marden

Leader: Caroline

Duration: 2 hours **Distance** 3.4 miles. A gently paced walk through Wildham Woods up to Hillbarn across to East Marden and back across farmland. There is a steep down hill section where poles may be beneficial. This is a Downland walk so it is undulating. Ascent 522 ft. **No dogs please.**

Meet: Stoughton Down Car Park PO18 9JQ

By car: Take B2178 from Chichester, turn right into Hares Lane just past the Fox and Hounds in Funtington, turn right onto the B2146 then right again into Walderton, drive through Stoughton and continue until the Car Park right off a sharp bend.

Monday 18th August – 10.30am – *New Walk* *Suitable for Beginners* Chichester Walls

Leader: Sarah

Duration: 30 - 40 mins **Distance:** 1 mile. Head out of Eastgate Square to join the City Walls in Priory Park. Cross North Street to rejoin the walls before reaching West Street to head into the Bishops Garden and onto South Street. Coffee shops available. Walk at a gentle pace, suitable for beginners.

Meet: Outside St Pancras Church Eastgate Square Chichester PO19 1JL

By car: Nearest car parks are Cattle Market Car Park Market Road PO19 1JW and New Park Road, PO19 7SB.

By Bus: A number of buses stop on Market Road (start) and at the Cathedral and South Street (finish).

Tuesday 19th August – 10.30am – Duncton Mill and Burton Park

Leader: Richard & Sue

Duration: 2-2.5 hours. **Distance** 6 miles. Enjoy a beautiful circular walk in the beautiful countryside around Lavington Common and Duncton Mill. The walk also goes along part of the Serpent Trail which 'snakes' its way from Haslemere to

Petersfield through stunning heathland. The route also takes us past the Cricketers Pub in Duncton, a charming 16th Century coaching inn, and an ideal location for refreshments. Dogs are welcome, if they are calm with livestock. Dogs will need to be on a lead for the duration of the walk. Please bring poo bags. There are some places which are muddy but most of the walk is on firm paths. There is one stile and one field may have some horses at a distance. There is a small section of road walking, about 5 mins.

Meet: Catholic church car park. You can park at Duncton Village Hall or the Catholic church off the A285 towards Petworth at the other end of Duncton Village.

What3words: puffed.awesome.gobblers Nearest postal code: GU28 0JY

By car: Duncton is on the A285 between Chichester and Petworth and you pass the Cricketers Pub. The turning for the Village Hall / Church car park is approximately ¼ mile down the road on the right. There is a clear sign post indicating where to turn.

By bus: No 99 from Chichester to Petworth but bus departure times need to be checked. The Cricketers or Badges pubs, are very welcoming to walkers. Richard and Sue would love you to join them there for a post walk drink.

Wednesday 20th August – 10.30am – Hooksway and SDW – ancient mounds, air battles, woods & farmland

Leader: Keith & Phil

Duration: 2 hours **Distance:** 3 miles. A sometimes steep walk, partly on the South Downs Way, starting/finishing at The Royal Oak Pub, which as the Landlord is kindly allowing us to use his car park, we will be visiting at the end of the walk. We take in 5, in-line ancient burial mounds as well as a cairn to a Luftwaffe pilot from WW2. We gradually circle back down to the valley, through pastures, arriving in the pub garden & carpark. Dogs on leads are welcome as long as they are calm with livestock & bring their own poo bags.

Meet: The Royal Oak Pub, PO18 9JZ **What3words:** veto.campfires.roadshow

Thursday 21th August – 10.30am – Slindon Village to Baycombe and Dencher Woods

Leader: Bruce

Duration: 2 hours. **Distance:** 4.25 miles. Ascent: 100m. Not strenuous. Takes in little visited paths through woods and up to Little Down with fine views of the Downs.

Meet: Slindon Top Road - Outside Slindon College SU960084 (Nearby postcode BN18 0RH) <http://maps.google.com/maps?t=m&z=15&q=50.8679,-0.6366>

By car: A27 eastward to A29. After 0.75 miles turn left onto Reynolds Lane which becomes School Lane and then Top Road.

Thursday 21th August – 6pm – Tillington to River Rother

Leader: Gerald

Duration: 1.5 hours. **Distance:** 3 miles. Perfect summer stroll. Come and enjoy a gentle walk down to the River Rother via our Permissive Path. Beautiful river setting.

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

By bus No.1 Midhurst or Worthing to Tillington.

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

Friday 22nd August – 10.30am – Goodwood to East Dean

Leader: Jane

Duration: 3 hours **Distance:** 6 miles. A hilly walk-through woodland and fields, taking in the village of East Dean. There are stiles and it could be muddy in places.

No dogs please.

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

Tuesday 26th August – 10.30am – Halnaker & Tinwood Estate

Leader: Richard and Sue

Duration: 2 hours 45 mins **Distance:** 5.5 - 6 miles. Ascent 80m. A small stretch may be muddy, so sensible shoes required. Dogs are welcome, if they are calm with livestock. Dogs will need to be on a lead for the duration of the walk. Please bring poo bags. We start from Boxgrove Village Hall and walk over the road to Boxgrove Priory. Once at the top, we can stop for a water break and to soak up the lovely views of the surrounding area.

Meet: Boxgrove Village Hall, PO18 0EE. **What3words:** exactly.trickling.bottom

At the end of the walk Richard and Sue invite you to join them for refreshments, either at the Tinwood Estate coffee shop / winery to sit out on a nice day, with views of the vineyard. Or to go to the Angelsey Arms pub in Halnaker.

Wednesday 27th August – 10.30am – Stansted House via South Hart Farm and Dean End Lane

Leader: Jane B

Duration: 2.5 - 3 hours **Distance:** 6.5 miles. Circular walk from Stansted House via South Hart Farm and Dean End Lane. We will also explore how Portsmouth Water is working with South Holt Farm on a rewilding project (in mitigation of the removal of trees at the nearby new Havant Reservoir). 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 varied walk. Dogs on leads welcome. Toilets and refreshments at the start of the 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. **What3Words:** fuel.judges.slanting

Friday 29th August – 10.30am – Prinstead Loop

Leader: Caroline

Duration: 1 hour **Distance:** 2.1 miles. This is a flat walk suitable for beginners or those getting back into walking. From the car park we take the path along the coast and then back through farmland, orchards and lanes. It can be muddy. **No dogs please.**

Meet: At the Car Park in Prinstead. **What3words:** rainy.waters.explained This is a small car park. Prinstead is served by the 700 bus, leaving Chichester every 20 mins. Alight at Prinstead Lane and it is a 11min walk to the car park.

By car: Follow A259 to Southbourne, across the roundabout and the turning to Prinstead is on the left in 0.2mls. Follow the lane south and you will come to the car park adjacent to The Scout Hut.

Monday 1st September – 10.30am – *Suitable for Beginners* Chichester Canal

Leader: Sarah

Duration: 30 mins **Distance:** 1 mile. A flat walk at a gentle pace, suitable for beginners.

Meet: Chichester Canal, Basin Road, Chichester PO19 8DT.

By car: From Chichester city centre go south along Basin Road to Canal Wharf. Limited parking but plenty of public car parks available in the city.

By bus: 5-minute walk from Chichester Bus Station.

Tuesday 2nd September – 10.30am – Cissbury Ring and Findon Village

Leaders: Richard and Sue

Duration: 3 hours. **Distance:** 7.5 miles. This outstanding walk through archetypal Sussex countryside has scenic rolling views from the top of Cissbury Ring. Cissbury Ring is owned by the National Trust and is an Iron Age hill fort built around 400BC. The walk will also take us around Findon, a beautiful village right on the Sussex Downs, which has also been famous as a horse racing village since the 1800s. The first part of the walk is on footpaths through fields, a small stretch could be muddy in winter, so sensible shoes required. Dogs are welcome, if they are calm with livestock. Dogs will need to be on a lead for the duration of the walk. Please bring poo bags.

Meet: Storrington Rise car park, BN14 OHT **What3words:** digested.liability.bluntly

By car: This is off the Findon Road (A24) heading south into Findon Valley and Worthing. Turn left at May Tree Avenue and the left into Storrington Rise. The car park is further up the road. It is a good size and there is also plenty of quiet road parking nearby.

Richard and Sue would like to invite you to join them to partake of some refreshments at The Black Horse in Findon village, which is a lovely, welcoming pub after the walk.

Wednesday 3rd September – 10.30am – Redford

Leader: Bruce

Duration: 2 hours **Distance:** 4 miles. Ascent 135m. A moderately hilly walk around Woolbeding which includes sections of Lipchis Way and the Serpent Trail.

Meet: Redford - Linch Rd Car Park. SU864253 (NOT so nearby postcode GU29 0QF) <http://maps.google.com/maps?t=m&z=15&q=51.0207,-0.7694>

By car: take the Woolbeding turning off the A272 between Midhurst and Stedham. Follow the road, turn left up the hill and follow the road towards Redford.

Go past the Older Hill sign and a few hundred yards further on to the car park on the left

By bus: 60 to Midhurst; 93 to Redford.

Thursday 4th September – 10.30am – Dell Quay to Chichester Marina

Leader: Caroline

Duration: 2 hours **Distance:** Approx. 2.5 miles. This is a flat gentle paced walk suitable for beginners from Dell Quay along a farm track to the Marina. Possible coffee stop at The Marina and return along the coastal path. **No dogs please.**

Meet: The Crown and Anchor Pub Dell Quay, PO20 7EE. Parking along the verge on Dell Quay Road.

Friday 5th September – 10.30am – Petworth Park - Part 1 – Ancient Tree Walk

Leader: Gerald

Duration: 1 hour 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 5th September – 5pm – Ebernoe Common – nature connection

Leader: Lucy

Duration: 2 hours **Distance:** Approx. 5 miles. Start at Ebernoe church car park and meander slowly through the nature reserve, passing ponds, small streams, narrow bridge and then up to the road (5 mins walking on the road) and then on towards Colhook common (may get a chance to see a kingfisher) and then winding slowly back towards the start point through the woodland and nature reserve.

There is parking at the church/meet point. There was a Portaloo in the car park on my reccy of the location. Car parking is free.

Meet: Car park at Ebernoe Church, GU28 9LD off Streel's Lane. **What3Words:** Chef.ears.limits

By car: It is situated approx. 5 miles north of Petworth. Take the A283 from Petworth heading north, take the right turn up Streel's Lane and follow the road for 2 – 5 mins (by car). There is a car park at Ebernoe Church, off Streel's Lane (on your right). Please note all walks are dog friendly for well-behaved and friendly dogs as I will be walking with my own black lab called Ellie.

Monday 8th September – 10.30am – Blakehurst and the legend of the Gibbet

Leader: Phil and Keith

Duration: 2 hours 30 mins **Distance:** 5.4 miles. We start with a dozen or so steps onto a steep descent, following fields and pastures we rise to the top of the down, where we can find wonderful views. We then return alongside the racehorse gallops until we reach the gibbet site. This is a medium to hard walk and appropriate footwear is advised.

Meet: By Hillbarn grain store sign, Blakehurst Lane, Warningcamp. BN18 9QG. Parking, plenty of vergeside parking at the top of the lane. **What3words:** files.innovate.plotted

By car: Blakehurst Lane, Warningcamp. BN18 9QG

Tuesday 9th September – 10.30am – Three Villages Walk (East Dean, Goodwood, Singleton, Levin Hill)

Leaders: Richard & Sue

Duration: 3.5 hours **Distance:** 7 miles. Ascent 288m / 945 ft. A part of the walk is on uneven ground, so sensible shoes required. Dogs are welcome, if they are calm with livestock. Dogs will need to be on a lead for the duration of the walk. Please bring poo bags. We start at East Dean Village Hall car park and we will walk up to Goodwood Counters Gate, and then down to Charlton / Singleton. We then walk up Levin Down, via North Down, before completing this circular route back to East Dean. We will have a couple of drink stops along the way, so bring beverages and snacks. There will be a small amount of road walking. We will go through a field, where there maybe sheep. There are no stiles, or horses on this walk.

Meet: East Dean Village Hall car park is situated in East Dean, PO18 OJG.

What3words: outgrown.firm.flitting

At the end of the walk the Star and Garter pub is opposite the car park, where those who wish too, can join us for some refreshments.

Thursday 11th September – 10.30am – Chilgrove to Hooksway

Leaders: Richard & Sue

Duration: Approx 2.5 hours **Distance:** 5.5 miles. A part of the walk is on uneven ground, so sensible shoes required. Dogs are welcome, if they are calm with livestock. Dogs will need to be on a lead for the duration of the walk. Please bring poo bags. On this walk there maybe sheep or cows residing in the fields. We start from the car park, at The White horse at Chilgrove, where we walk through some

fields and down through the woods to Hooks Way. We will then start our steady climb towards West Monkton, which is designated by Historic England as a Scheduled Monument that was interpreted in 1979 as a deserted medieval village, surviving as earthworks and below-ground archaeological remains and the standing and buried remains of post medieval farm buildings. From here, we will follow the path, that will lead back to the road that will take us back to the pub car park. This is a moderately strenuous walk with some steep gradients, which we will take at a steady pace (as this is not a race). This is a circular route, with a small amount of road walking.

Meet: The White Horse at Chilgrove, PO18 9HX. At the end of the walk you are welcome to join us for some refreshments, at the White Horse pub.

What3words: finer.briskly.leaps

Fri 12th September – 10.30am - Tortington Common

Leader: Peter B

Duration: 2 hours **Distance:** 3.5 miles flat circular walk across Tortington Common and through surrounding woodlands.

Meet: Dalloway Road, Arundel. Nearest postcode BN189HW

By car: A27 to Arundel, last exit on first roundabout (Ford) then immediately right up to top of Torton Hill Road and continue straight on Dalloway Road. Park roadside where the road curves right.

Monday 15th September – 10.30am – *New Walk* *Suitable for Beginners* Chichester Walls

Leader: Sarah

Duration: 30 -40 mins **Distance:** 1 mile. Head out of Eastgate Square to join the City Walls in Priory Park. Cross North Street to rejoin the walls before reaching West Street to head into the Bishops Garden and onto South Street. Coffee shops available. Walk at a gentle pace, suitable for beginners.

Meet: Outside St Pancras Church Eastgate Square Chichester, PO19 1JL

By car: Nearest car parks are Cattle Market Car Park Market Road PO19 1JW and New Park Rd PO19 7SB

By bus: A number of buses stop on Market Rd(start) and at the Cathedral and South Street (finish).

Tuesday 16th September – 10.30am – Pagham to Aldwick

Leader: Richard S

Duration: 2 hours. **Distance:** 6 miles. Lovely beach and shoreline as well as some footpath/field walking. We shall start from Pagham and make our way to Pagham Church. We will then walk along the shoreline to Aldwick. We will explore the area around the Aldwick Bay Estate, which was established in 1929, before heading back to Pagham along the shore line. A flat walk, with the occasional uneven surface and muddy patch.

Meet: Outside the Lamb Inn in Pagham, PO21 3QX. Please use the overspill car park for the Lamb Inn. Please do not use the car park in front of the pub. If the gate is closed, just lift up the lock and you can access the carpark. This can be used if you intend to

have some refreshments after the walk. There is plenty of parking in Pagham Road and in nearby residential areas. **What3words:** behind.driveway.blissful

By car: The B2145 from Chichester and then the B2166 to Pagham. The Lamb Inn is on the left as you enter the village. By bus. The 600 from Chichester to Bognor goes past the Lamb Inn and is a frequent service.

Wednesday 17th September – * early start* - 10.00am – Wisborough Green

Leader: Louise

Duration: 2.5 - 3 hours **Distance:** 5 miles. Walk up Newpound Lane over the road and down to the canal, turn left along canal back up towards Wisborough Green and then turn left, then right back down Newpound Lane and then turn right on to a bridleway. Follow the bridleway down to the end and then back up the road. **Sorry no dogs.**

Meet: park in the laybys at the green.

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 17th September – 10.30am – Houghton Forest and Bignor Hill

Leader: Caroline

Durations: 2 hours 30 mins **Distance:** 6 miles. Walking through Houghton Forest, along The South Downs Way with beautiful views and back through Houghton Forest. A fairly strenuous walk with two long uphill stretches. Moderate pace. **No Dogs please.**

Meet: Whiteways Lodge Car Park BN18 9FD (has café and toilet facilities).

By car: Take A27 to Fontwell, through Slindon and onto the roundabout, car park will be found on the left just past the roundabout.

Friday 19th September – 10.30am – Goodwood, Colworth & West Dean

Leader: Jane W

Duration: approx. 4 hours **Distance:** 8.5 miles. Bring a snack and drink. No dogs please. A longer hilly walk with great views starting from The Trundle, and taking in both Singleton and West Dean. Downland, woodland and fields with a little quiet lane walking.

Meet: 7 Points Car Park also known as Trundle Car park (Not the triangle car park).

By car: A 286 West Dean, turn right up Town lane, past the Weald and Downland Museum, proceed up the hill and you will find the turning to the car park, on the bend on your right.

Tuesday 23th September – 10.30am – Duncton, Barlavington & Sutton

Leader: Sue & Richard

Duration: 2 hours 30 mins. **Distance:** 6 miles. A part of the walk is on uneven ground with one tree stump to climb, so sensible shoes required and poles may be useful. Dogs are welcome, if they are calm with livestock. Dogs will need to be on a lead for the duration of the walk. Please bring poo bags. This walk will begin in Duncton and is largely flat, on mostly well-established but, occasionally, there may be muddy paths. We will explore Burton Park. We will then make our way to Sutton before returning to Duncton via Barlavington. There will be an opportunity to see Duncton Mill and the trout fishery nearby. The Badger pub at Duncton is a very welcoming pub for refreshments after the walk.

Meet: Catholic church car park. You can park at Duncton Village Hall or the Catholic church off the A285 towards Petworth at the other end of Duncton Village. Post Code: GU28 0JY **What3words:** puffed.awesome.gobblers

By car: Duncton is on the A285 between Chichester and Petworth and you pass the Cricketers Pub. The turning for the Village Hall / Church car park is approximately ¼ mile down the road on the right. There is a clear sign post indicating where to turn.

By bus: No 99 from Chichester to Petworth but bus departure times need to be checked.

Wednesday 24th September – *9.45am* – Two Ferries Walk – Bosham to Itchenor

Leader: Jane W

Duration: Approx. 3 hours **Distance:** 5 miles or 7.5 miles. This is a flat walk along the shoreline from Bosham, catching the short ferry ride to Itchenor. There is then a choice of a short 1 hour circular walk at Itchenor or relaxing with a coffee stop. We then return by ferry and walk back to Bosham. It can be muddy and slippery.

You will need cash or card for the return ferry ride which is £6 return.

Meet: At the meeting point in Bosham Pay and Display car park, Bosham Lane PO18 8HT

By bus: The 55 bus from Chichester also arrives in this car park.

Wednesday 24th September – 10.30am – Buriton – Queen Elizabeth Country Park

Leader: Bruce

Duration: 2 hours 30 minutes. **Distance:** 4.2 miles. Ascent 190m. Moderately strenuous. Walk time includes a stop at the Park Café for a beverage or BYO. Hilly, two stiles.

Meet: Buriton Queen Elizabeth Country Park. SU733197 (Nearby postcode: GU31 5SL) <https://maps.google.com/maps?t=m&z=15&q=50.9727,-0.9564>

By car: Either: get to Buriton via A286/B2141/B2146 or A3/Petersfield/Buriton exit. Go up Kiln Lane opposite The Nest Hotel.

Or: if you like country lanes go via Finchdean and New Barn Lane until you reach the South Downs Way.

Thursday 25th September – 10.30am – Earnley

Leader: Jane B

Duration: 2.5 hours. **Distance:** 4.5 miles. This is a gentle walk, over fields and hedgerows to viewpoints over the tidal estuary. Down to the Stilt Pools just inland from the coast (the Stilt Pools are famous for waders) We return over the fields past Earnley Church. The route may be moody and any shingle on the beach slippery. There are no facilities at Medmerry (the nearest ones are at Bracklesham sea front car park).

Meet: Medmerry RSPB car Park Drover Lane. PO20 7JL. **What3words:** inflating.noise.outdoors

By car: Travelling south out of Chichester, take the A286 signposted to the Witterings. At the first roundabout take the first exit onto the B2198. Follow the road for about 2 miles then turn left onto Clappers Lane. Follow the road past the church on your left and through the open gates past a derelict building. You will find the car park on the right shortly after.

By bus: Number 53 from Chichester bus station. Get off at Clappers Lane and follow the above instructions to find the car park.

Friday 26th September – 10.30am – *New Walk* Chalton and Finchdean

Leader: Jane W

Duration: Approx 3 hours **Distance:** 6.5 miles. This is a lovely downland with good views walk also taking in part of the Staunton Way and the church in the field at Idsworth. There is a steep descent and a climb. There are stiles. **No dogs please.**

Meet: Chalton Red Lion Car Park PO8 0BG.

By car: Chalton can either be accessed by the A3, with a right turn into the village, the car park will be on your right. Alternatively, take the B2178 from Chichester, turn right past Aldsworth, towards Stansted, at the T junction turn left towards Rowlands Castle and at the next junction, right to Finchdean, at Finchdean take the left fork to Chalton and the car park is on your left as you enter the village.

Monday 29th September – 10.30am – *Suitable for Beginners* Chichester Canal

Leader: Sarah

Duration: 30 mins **Distance:** 1 mile. A flat walk at a gentle pace, suitable for beginners.

Meet: Chichester Canal, Basin Road, Chichester PO19 8DT.

By car: From Chichester city centre go south along Basin Road to Canal Wharf. Limited parking but plenty of public car parks available in the city.

By bus: 5-minute walk from Chichester Bus Station.

Monday 29th September – 10.30am – Walk the England Coast Path - Pagham to RSPB Sidlesham

Leader: Jane W

Duration: Approx. 2 hours **Distance:** Approx. 5.5 miles. A circular flat walk taking in

lovely views of Pagham Harbour. There will be an opportunity for a quick stop at the Information centre, where drinks are sometimes available. **No dogs please.**

It can be uneven under foot and slippery if wet. 1 stile.

Meet: at the far end of Church Lane Pagham, where the road ends.

By car: 600 bus or by car, take the B2145 Selsey Road from the A27, at the first roundabout take the Pagham Road B2166 all the way through Pagham Village. At Church Farm Holiday Park, go round the bend and continue to follow Church Lane to the end. There is parking in the lane.

Tuesday 30th September – 10.30am – Cissbury to Chanctonbury Rings

Leader: Richard and Sue

Duration: 4 hours. **Distance:** Approx. 9 miles. Cissbury Ring is one of the jewels in the crown of the South Downs National Park. It's the largest hill fort in Sussex and has a history dating back over 4000 years. The first part of the walk is on footpaths through fields, a small stretch could be muddy in winter, so sensible shoes required. Dogs are welcome, if they are calm with livestock. Dogs will need to be on a lead for the duration of the walk. Please bring poo bags.

Meet: Storrington Rise car park, BN14 OHT **What3words:** point.proud.chatters

By car: This is off the Findon Road (A24) heading south into Findon Valley and Worthing. Turn left at May Tree Avenue and the left into Storrington Rise. The car park is further up the road. It is a good size and there is also plenty of quiet road parking nearby.

Richard and Sue would like to invite you to join them to partake of some refreshments at The Black Horse in Findon village, which is a lovely, welcoming pub after the walk.

Wednesday 1st October - * early start * – 10.00am – Wisborough Green – Kirdford Square

Leader: Louise

Duration: 2.5 - 3 hours **Distance:** 5.5 miles. A walk up Kirdford Road, copse footpath up to bridleway to a square when we turn left and follow the paths around the square, then down the bridleway to Skiff Lane and back to green. **No dogs sorry.**

Meet: park in the laybys at the green.

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 1st October – 10.30am – Bignor, Sutton & West Burton

Leader: Phil and Keith

Duration: 2 hours 30 minutes. **Distance:** 5 miles. **Bignor, Sutton and West Burton. water mills, waterfalls, roman villas & farm estates.** A fascinating walk

through the best of Sussex landscapes, we start off from the sandy heathland at Lords Piece and wander on to find woodlands, pastures, downland views and even a waterfall! Some parts of the walk can be a little muddy if we have experienced heavy rain, we do walk a couple of short pieces of road and a section of the serpent's trail is included. The White Horse at Sutton is halfway along the route. We have an arrangement there for comfort stops, teas and coffees etc. Dogs on leads are welcome as long as they are calm with livestock & bring their own poo bags.

Meet: The car park at the southern end of Lords Piece, Blue Doors Road. Coates. near Fittleworth. There is no suitable postcode. Blue Doors Road runs south from Coates Road, which can be found between Burton Mill and Coates.

What3Words: advances.teams.formless

Friday 3rd October – 10.30am - Walk the Andy Goldsworthy Chalk Balls Trail Cocking to West Dean

Leader: Jane W

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

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

Monday 6th October – 10.30am – *New Walk* *Suitable for Beginners* Chichester Walls

Leader: Sarah

Duration: 30 - 40 mins **Distance:** 1 mile. Head out of Eastgate Square to join the City Walls in Priory Park. Cross North Street to rejoin the walls before reaching West Street to head into the Bishops Garden and onto South Street. Coffee shops available. Walk at a gentle pace, suitable for beginners.

Meet: Outside St Pancras Church Eastgate Square Chichester PO19 1JL

By car: Nearest car parks are Cattle Market Car Park Market Road PO19 1JW and New Park Road PO19 7SB

By bus: A number of buses stop on Market Road (start) and at the Cathedral and South Street (finish).

Tuesday 7th October – 10.30am – Heyshott to Graffham

Leader: Richard & Sue

Duration: Approx. 2.5 hours. **Distance:** Approx. 5.5 – 6 miles. This is a circular walk from Heyshott to Graffham and back to Heyshott. The first part of the walk is on footpaths through fields, a small stretch could be muddy in winter, and then a climb onto the South Downs Way at Graffham via the easier sloping route. There are wonderful views from the top and then a descent to Graffham. We then find our way back to Heyshott through fields and footpaths and a small stretch could be muddy. We then find our way back to the Unicorn Pub in Heyshott. Dogs are welcome, if they are calm with livestock. Dogs will need to be on a lead for the duration of the walk. Please bring poo bags.

Meet: Outside the Unicorn Pub in Heyshott, GU29 ODL. For those wishing to have a drink in the pub afterwards, we have an arrangement with the Landlord, that you can use their car park, instead of parking on the road.

What3words: villager.ashes.states

By car: From the south via A286 to Cocking. After 1 mile further on after Cocking on the A286 turn right into Bex Lane, signposted Heyshott, Graffham. Heyshott is about 1.5 miles on the right.

From the north, Bex Lane is approx. 2 miles south of Midhurst on the A286. Heyshott can also be reached from Graffham.

At the end of the walk The Unicorn is very welcoming to walkers. Richard and Sue would love you to join them there for a post walk drink.

Wednesday 8th October – 10.30am – Stansted Forest to West Marden

Leader: Jane B

Duration: 2.5 - 3 hours **Distance:** 6.5 miles. A walk from Stansted to West Marden via Forestside. 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 varied walk. Dogs on leads welcome. Toilets and refreshments at the start and middle of the 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. **What3Words:** fuel.judges.slanting

Friday 10th October – 10.30am – Harting Down Loop

Leader: Caroline

Duration: 1 hour 40 mins **Distance:** 3 miles. A gently paced downland walk starting at the National Trust Car Park on Harting Down. There will be hills to climb with an ascent of 720ft and it can be quite exposed if cold and windy. There are fabulous views across to the north of the county. **No dogs sorry.**

Meet: The National Trust Car Park on Harting Down, GU31 5PW. Please bring a National Trust Membership card if possible or you will need the Paybyphone app.

By car: Follow B1421 through Chilgrove, in about another 3.5 miles you will see the Car Park on the right hand side.

Friday 10th October – 10.30am – Slindon, Madehurst and Great Down

Leader: Jane W

Duration: 3 hours. **Distance:** 7 miles. This is a lovely 7 mile walk with some ascent. It includes open downland, quiet lanes and woodland. Could be muddy in the woodland areas. **No dogs please.**

Meet: Outside Slindon College Post Code BN18 0RH

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

Monday 13th October – 10.30am – *Suitable for Beginners* Chichester Canal

Leader: Sarah

Duration: 30 mins **Distance:** 1 mile. A flat walk at a gentle pace, suitable for beginners.

Meet: Chichester Canal, Basin Road, Chichester PO19 8DT.

By car: From Chichester city centre go south along Basin Road to Canal Wharf. Limited parking but plenty of public car parks available in the city.

By bus: 5-minute walk from Chichester Bus Station.

Monday 13th October - 10.30am – Emsworth to Langstone

Leader: Jane W

Duration: 2 hours **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 14th October – 10.30am – West Dean

Leader: Richard & Sue

Duration: Approx 2.5 hours **Distance:** 6.5 miles. Ascent 426m / 1400 ft. A part of the walk is on uneven ground, so sensible shoes required. Dogs are welcome, if they are calm with livestock. Dogs will need to be on a lead for the duration of the walk. Please bring poo bags. We will initially cross over the road, to start our walk through the open fields that will lead onto a forest walk. We will then walk through the forest of West Dean, which includes some uphill and downhill walking. Please note, if the weather has been wet, parts of this route may be muddy. We will then return back to West Dean woods, to walk through a farm, back towards West Dean Gardens. At this point we will cross the main road, to walk past the church and back to our start point. There are no stiles, cows or horses on this route.

Meet: We start at West Dean by the river under the black lamp post with the sign for the village shop. However, for those who wish to stay for a drink afterwards, the Selsey Arms have agreed patrons from the walk can use their car parking facilities. Just park there and walk down to the lamp post meeting / start place. Post code:

PO18 OQX. **What3words:** shifting.polygraph.recline

By bus: 60 runs twice an hour along this route.

For those not parking at the pub, as you approach the Selsey Arms, there is a road going down the side of the pub, which will pass a farm shop. Follow the road for 250 yards, then follow to the right and directly in front there should be parking bays. If full, there is off street parking further up the road. At the end of the walk you are welcome to join us for some refreshments, at the Selsey Arms Pub.

Tuesday 14th October – 10.30am – Walberton Fields

Leader: Peter B

Duration: 1 hour 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.

Wednesday 15th October – * early start * - 10.00am – Onslow Arms, Loxwood

Leader: Louise

Duration: 2 hours **Distance:** 4.5-5 miles. A level walk, no stiles, can be muddy (mostly get roundable!). An easy walk. From the car park walk up the towpath to Alfold, then along the road and left down the bridleway and back to Loxwood. **No dogs sorry.**

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

Wednesday 15th October – 10.30am – Burpham & the Gurkha

Leader: Keith & Phil

Duration: 2 hours 30 mins **Distance:** 4.5 miles. An enjoyable circular walk from Burpham, travelling through farmland, an enthralling downhill set of steps, floodplain and woods to North Stoke. Hopefully whilst in the woods we can enjoy the songs of the woodland birds.

From there we will cross the Gurkha bridge and enter some more woodland until we reach the River Arun. We walk the river bank until we turn off towards our starting point. We will encounter six stiles on the walk.

We will be parked adjacent to the George public house should refreshments be required.

Meet: Parking in the public car park, next to the village hall, off The Street, Burpham. BN18 9RR. **What3words:** tingled.knowledge.gashes

Thursday 16th October – 10.30am – East and Up Mardens

Leader: Bruce

Duration: 2 hours **Distance:** 4 miles. Ascent 150m. Moderately strenuous with one steep climb to Up Marden after visiting the charming village of East Marden.

Meet: Stoughton Inholmes Wood. SU811130. (Nearby postcode PO18 9JG)

<https://maps.google.com/maps?t=m&z=15&q=50.9108,-0.8469>

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 and go past Commission car park on the right. Continue for 300m to a small car park on the left.

Alternatively, take the B2141 from Lavant. Turn left to East Marden and then take the Stoughton turning

Thursday 16th October – 10.30am – Dell Quay to Chichester Marina

Leader: Jane B

Duration: 2.5 hours. **Distance:** 4.5 miles. This is a circular flat walk, taking in one of the largest marinas in the country and the tiny village of Dell Quay. Dell Quay used to be a busy commercial port and has connections to Roman Chichester a WW2 airfield. Good underfoot but could be muddy after heavy rain. There are toilets and refreshments available at the Crown and Anchor and the marina.

Meet: outside the Crown and Anchor Pub, Dell Quay. Please park along the road leading down to the pub. **What3words:** found.statement;insulated

By car: From the A27 take the A286 south of Chichester towards the Witterings. After about 2 miles turn right into Dell Quay Road. Drive down towards the pub and park as near as you can at the side of the road.

By bus: take the number 52 from Chichester.

Friday 17th October – 10.30am – Compton, SDW & Harting

Leader: Jane W

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

Friday 17th October – 10.30am – Burton Mill

Leader: Richard M

Duration: 1 hour 30 mins. **Distance:** 3.5 miles. This walk is reasonably level with two or three stiles, with nice views over the lake and Sussex country side. There is a deck overlooking the lake which would be a nice place for a picnic if you wish.

Meet: in the car park adjacent to Burton Mill. **Sorry no dogs due to livestock.**

By car: Travelling North up the Petworth Rd from Chichester, pass through Duncton, then turn right near the top of the hill after a long straight. (If you pass Chandlers builders Merchants you have gone too far!) Burton Mill is about a mile down there on the left hand side.

Friday 17th October – 3pm – Eartham

Leader: Lucy

Duration: 1 hour 45 mins **Distance:** Approx. 4 miles (however there are many routes through the woodlands so this can be made longer if wanted). This is a glorious route through Eartham woodland. We start at the car park and head up towards rear of St Marys farm. There is a steepish section descending downwards deeper into the woodland and an equal ascent. This is a slow meander walk/stroll through the woodland with a chance to connect with nature, look around at the woodland fungi and see what we can see, hear, smell and feel. We will then take our return route along the monarch's way and ancient roman road heading back towards the car park. There is a lovely pub located nearby if anyone wants to consider a dinner stop or soft drink before heading home. **Elevation:** 154.5m

Meet: Eartham Woods car park, PO18 0LU. **What3words:** edit.ethic.upper

By car: the A27 take the A285 exit at Westhampnet towards Halnaker (North). Travel along this road go past Selhurst park (on your left) and then take Eartham Lane. This is a sharp hair pin bend on your right. Proceed along Eartham Lane and the carpark is located on your left.

Accessibility – All welcome but please consider the following - This route is accessible for wheelchairs/prams that can manage undulating ground, different surfaces (woodland surfaces with some protruding roots to negotiate, mostly paths which are well maintained). Likely will require good fitness and/or powered wheelchairs/powerful attachments as there are some steep sections.

There are no stiles. There are no toilets at this location. There is plenty of parking. Please note all walks are dog friendly for well-behaved and friendly dogs as I will be walking with my own black lab called Ellie.

Monday 20th October – 10.30am – *New Walk*

Suitable for Beginners Chichester Walls

Leader: Sarah

Duration: 30 - 40 mins **Distance:** 1 mile. Head out of Eastgate Square to join the City Walls in Priory Park. Cross North Street to rejoin the walls before reaching West Street to head into the Bishops Garden and onto South Street. Coffee shops available. Walk at a gentle pace, suitable for beginners.

Meet: Outside St Pancras Church Eastgate Square Chichester PO19 1JL

By car: Nearest car parks are Cattle Market Car Park Market Road PO19 1JW and New Park Rd PO19 7SB

By bus: A number of buses stop on Market Road (start) and at the Cathedral and South Street (finish).

Tuesday 21st October – 10.30am – Graffham, Lavington Park & Seaford College

Leader: Richard & Sue

Duration: 2 hours 15 mins. **Distance:** 5.5 miles. Ascent 80m. A part of the walk is on uneven ground, so sensible shoes required. Dogs are welcome, if they are calm with livestock. Dogs will need to be on a lead for the duration of the walk. Please bring poo bags. We walk around Graffham and through some of Seaford College's spectacular grounds before heading back to Graffham via Lavington Stud. The Woodcote Pub in Graffham is a friendly warm and inviting environment to enjoy refreshments. Will be nice for you to join us afterwards.

Meet: Graffham recreation ground. In the car park along the Lane adjacent to the War Memorial. 50 yds to the South of the 'Foresters Arms'. Post code: GU28 OQB (ends earlier than reaching the car parking area).

What3words: hesitate.district.delighted

By car: Either from the south via A286 to Cocking. After 1 Mile turn right into Bex Lane (signposted Heyshott, Graffham). Follow the signs to Graffham. After the Woodcote pub, turn left into Graffham Village and look for the war memorial close to the Foresters Arms and the car park is down the Lane next to the memorial. Or from the south via A285 to Duncton. After 1 mile turn left, signposted Selham, Graffham. After 1.4 miles turn left for Graffham. The recreation ground is down a Lane by the war memorial close to the Foresters Arms (which is closed on a Tuesday). The memorial is approximately 200 yards from the pub, just before you will see a road that will lead you to the dirt car park area.

At the end of the walk there are various pubs, where those who wish too, can enjoy refreshments.

Wednesday 22nd October – 10.30am – Sidlesham

Leader: Keith

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

Meet: at the Anchor, Sidlesham. B2145. **What3words:** catapult.starred.fattest Suitable for those taking up walking or wanting an easier ramble. Through farmland, taking in Sidlesham Church, the Selsey Tramway and Oswald Mosley's farm. Dogs on leads are welcome as long as they are calm with livestock & bring their own poo bags. Suitable footwear required.

As the Anchor is providing the car park, it would be nice to patronise the pub afterwards. Your walk leaders will be!

Wednesday 22nd October – 10.30am – Stansted House including Lumley Seat, Racton and Lordington Park

Leader: Jane B

Duration: 2.5 - 3 hours **Distance:** 6.5 miles. A walk from Stansted, including Lumley Seat, Racton Tower and Lordington. Including lanes and pleasant walking through

woods and fields. We will explore the history of Stansted and Racton Folly as we enjoy the grounds of the large estate. It is a moderately strenuous walk with some gentle hills. Could be very muddy if there has been a lot of rain. Two stiles. Suitable for people who enjoy a faster paced walk. Toilets and refreshments at the start and middle of the walk. Dogs on leads welcome.

Meet: Stansted House Car Park, PO9 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. **What3Words:** fuel.judges.slanting

Thursday 23rd October – 10.30am – The Famous Deer Rutting Walk , Petworth Park – Deer & ‘The Rut’

Leader: Gerald

Duration: 1.5 hours. **Distance:** 3 miles. Hopefully we'll see the famous 'Rut' (mating period) in Petworth Park. See the older & stronger bucks defend their harem of does. Certainly we will see some deer. Binoculars can be useful.

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.

///lifted.using.earlobes Bus No.1 Midhurst or Worthing to Tillington. Contact Gerald if uncertain, on 07748 597 568. Dogs sadly not welcome this time..

Friday 24th October – 10.00am – Longer Burpham Walk

Leader: Jane W

Duration: 4 hours **Distance:** 9 miles. This is a longer downland walk with beautiful views. Mixed terrain of downland, woods and quiet lanes and tracks. It is a hilly walk, generally good underfoot but could possibly be muddy in woodland. Bring something to eat and plenty of water. **No dogs please.**

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

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

Monday 27th October – 10.30am – *Suitable for Beginners* Chichester Canal

Leader: Sarah

Duration: 30 mins **Distance:** 1 mile. A flat walk at a gentle pace, suitable for beginners.

Meet: Chichester Canal, Basin Road, Chichester PO19 8DT.

By car: From Chichester city centre go south along Basin Road to Canal Wharf. Limited parking but plenty of public car parks available in the city.

By bus: 5-minute walk from Chichester Bus Station

Tuesday 28th October – 10.30am – Lavant, Goodwood & West Dean

Leader: Sue

Duration: 2.5 hrs **Distance:** 5 - 6 miles. The walk is 5 miles, however, there is an additional 1 mile for those who wish to go around the Trundle. For those who wish not too walk the additional mile, please bring a drink, for a 20 minute drink stop. There is sometimes a mobile coffee van at the bottom of the Trundle, that maybe open. Ascent 185m. A part of the walk is on uneven ground, so sensible shoes required. Dogs are welcome, if they are calm with livestock. Dogs will need to be on a lead for the duration of the walk. Please bring poo bags. We start at Lavant, on the pavement opposite the bridge by the river. We walk to the start of Claypit Lane and then begin the ascent to the bottom of the Trundle. Once at the top, we can stop for a water break and to soak up the lovely views of the surrounding area. We then walk through the woodland, towards West dean. Prior to reaching the stream, we take the path that leads us back towards Lavant. We will go through a field, where there maybe sheep. There are no stiles, cows or horses on this walk.

Meet: At the river parallel to Lavant Memorial Hall: PO18 OAH. Parking available at the Memorial Hall, or by the road near the river. At the end of the walk there are various pubs, where those who wish too, can enjoy refreshments.

What3words: globe.state.linen

Wednesday 29th October – 10.30am – Charlton

Leader: Bruce and Caroline

Duration: 1 hour 45 minutes. **Distance:** 3.5 miles. Ascent 150m. An invigorating climb to the top of Levin Down via Broadham House.

Meet: Charlton Fox goes Free. SU888130. (Nearby postcode: PO18 0HX).

<https://maps.google.com/maps?t=m&z=15&q=50.9096,-0.7369>

By car: From Chichester Follow the A286 towards Midhurst. In Singleton turn the right opposite the Cricket Ground and continue to Charlton.

Park outside the pub or in their car park if stopping for a drink.

By bus: Number 60 from Chichester to Singleton and walk 0.8 miles.

Thursday 30th October – 10.30am – West Wittering Beach/East Head

Leader: Jane B

Duration: 2.5 hours **Distance:** 5 miles. Lovely beach, shoreline, and field walk. During the walk you will experience the beauty of West Wittering Beach at a quiet time of the year. Also, the unique landscape of East Head and the entry to Chichester Harbour. Once we leave the shoreline we will circle back through West Wittering, returning past the ancient church. Flat with some soft sand and uneven surfaces.

Meet: by the café 200 yards from the entry to the beach car park (on the left). The car park is a pay car park. Cost about £3.00 for an off-season day. Discounted if you pre book. Refreshments and toilets available in the Car Park.

By car: Travelling south out of Chichester, take the A286 signposted to the Witterings. At the first roundabout take the second exit onto the B2179, signposted to the Witterings. Follow the road, after a couple of miles you will see a row of shops on your right. Shortly after you will see a signpost on your right directing you to West Wittering Beach Car Park.

By bus: Stagecoach run buses up to every 15 minutes from Chichester Railway station to The Witterings on service **52 & 53**. You can catch the bus to West Wittering village, and it is a short, safe walk to the beach car park.

What3words: suppose.conveged.amphibian

Friday 31st October – 10.30am – Iping and Chithurst

Leader: Jane W

Time: 3 hours **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 please.** You may wish to bring a snack.

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

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

Friday 31st October – 10.30am – Plaistow

Leader: Richard

Duration: 2 hours **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.

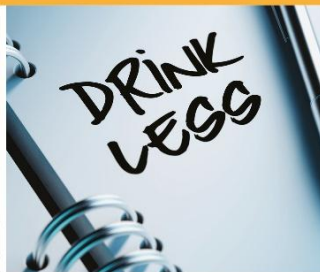
By car: From Petworth take the A283 North, then after the 'Stone Masons Inn', take the right fork by the green to Balls Cross. Continue along this road, and then after you pass the village sign for Kirdford, take the next left sign posted to Plaistow. After entering village turn right past village green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

Would you like help and support to cut down?



Confidential and free alcohol service designed to support you in reducing your alcohol consumption and moving towards a healthier lifestyle.

Help yourself



For more information:

E: wellbeing@chichester.gov.uk

| 01243 521041

www.chichesterwellbeing.org.uk

Weigh Better LIFE



These courses run every January, April & September

Monday	Tangmere Medical Centre
Monday	Online, Microsoft Teams
Tuesday	Westgate, Chichester
Wednesday	The Grange, Midhurst
Thursday	Westgate, Chichester
Thursday	The Selsey Centre

For those with a BMI between 25 and 40
wanting to make long-term changes.

Join our free 12-week weight management course, offering both virtual and in-person support, with a focus on sustainable, lifelong weight loss.



For more information contact us:

Call 01243 521041

Email weighbetterlife@chichester.gov.uk

chichesterwellbeing

