



HeartSmart Walks

Free guided walks in the Chichester District

Welcome to the HeartSmart Walks programme

November to January 2025



Pen Hill, South of Elsted

Taken by Bruce, HeartSmart Walk Leader

Booking Information

- These walks are led by Volunteer Walk Leaders and are designed to cater for all ages and abilities. The walks offer opportunities to exercise and meet new people in a safe and friendly environment.
- Please [book online](#) 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.
- Walks are available to book two weeks in advance, up until midnight the evening before the walk takes place. Particularly useful if you are watching the weather.
- If you would like to be informed about walk cancellations and changes then please [email us](#) and we can add you to our HeartSmart mailing list.

Walk Information

- All walks finish at their starting point unless otherwise stated. Please arrive 10 minutes before the walk is due to start.
- Timings and distances stated on the programme are approximate.
- Please inform the Walk Leader if you will be leaving the walk early. You must not attend a walk if you are unwell.
- 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 9am-4pm).

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 – ✉ health@chichester.gov.uk 📄 [HeartSmart Booking](#)

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.

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

Friday 1st November – 10.30am – Amberley Village

Leader: Peter B

Duration: 2 hrs **Distance:** 4 mile walk through Amberley village and back round the castle and along the river Arun.

Meet: Free car park at entrance to Amberley village

By car - A27 to Fontwell, A29 to Whiteways Lodge roundabout then B2139 to Amberley (left turn after entrance to Amberley castle - park is immediately on right)

Friday 1st November – 10.30am – Walk the England Coast Path from Pagham to Selsey

Leader: Jane W

Duration: 5 hrs **Distance:** 9 miles. This scenic flat linear walk will follow the England Coast Path from Pagham Village to Selsey Life Boat Station. It will take in part of Pagham Harbour Nature Reserve and will include, fields, shoreline paths, quiet lanes and promenade. There is a short stretch of shingle. **Bring a drink and something to eat. There is little shade. No dogs please.**

Meet: By Pagham Beach Cafe PO21 4SX.

To get there: This walk returns by bus - you will need money/ bus pass.

By 600 bus from Chichester and get off at Pagham Parade - just after the Coop store. Cross the road and you will see the beach cafe to your right.

By car, there is Pagham Beach car park, usually free, occasional charges only, opposite the Pagham cafe.

Return by No 51 bus from Selsey to Chichester. If you are returning to Pagham, you will need to change to the 600 after Hunston to return to Pagham.

Saturday 2nd November – 10.30am – *New Walk* West Marden inc. Bevis Thumb Circle & Compton

Leader: Jane B

Duration: 2.5 to 3 hours. **Distance:** 4.5 miles. A circular walk from West Marden including Bevis Thumb Circle and Compton. A lovely walk with wide ranging views over the downs. We climb out of West Marden to Bevis Thumb Circle, descend to Compton and then head back through fields and woods to our starting point. Some steep inclines and dissents. The tracks could be muddy and slippery after heavy rain.

Meet: On the green (by the road junction). Refreshments and toilets available at The Victoria Inn.

By car: Take the B2178 from Chichester, turning right at Funtington (just past the Fox and Hounds) into Hares Lane and right again onto the B2146 carry on until West

Marden is on your left. Park along the road by the Victoria Inn or in the layby (on the right before you turn left into the road leading to the pub).

Monday 4th 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 5th November – 10.30am – *New Walk* Goodwood

Leader: Richard and Sue

Duration: 3 hrs **Distance:** 6.5 miles. Ascent 185m. A small is on uneven ground, so sensible shoes required. Dogs welcome, but they will need to be on a lead when walking along the road, at the start of the walk and in the field if there are sheep residing there. 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.

Tuesday 5th 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 6th November – 10.30am – *New Walk* West Wittering Beach/East Head

Leader: Jane B

Duration: 2.5 to 3 hrs. **Distance:** 5 miles. Lovely beach, shoreline and field walk.

During the walk you will experience the beauty of West Wittering Beach at a quiet time of the year. Also, the unique landscape of East Head and the entry to Chichester

Harbour. Once we leave the shoreline we will circle back through West Wittering, returning past the ancient church. Flat with some soft sand and uneven surfaces.

Meet: by the café in near the entry to the beach car park. The car park is a pay car park. Cost about £3.00 for an off-season day. Discounted if you pre book online. 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's a short, safe walk to the beach.

Thursday 7th November – 10.30am – *New Walk* Adsdean

Leader: Caroline

Duration: 1 hr 40mins **Distance:** 3 miles. A gently paced downland walk starting from Adsdean Farm Shop with a long incline up through the woods to the SW of Kingley Vale. As we descend back to the farm shop there are far reaching views across to the sea. There can be animals in the fields. No dogs please. Max no. 10

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

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

Thursday 7th November – 10.30am – Lodsworth

Leader: Bruce

Duration: 2 hrs 10 mins **Distance:** 4.5 miles Ascent: 170m. A moderately hilly walk through lovely woods reaching the summit of Bexley hill. No stiles!

Meet: Lodsworth. SU927230 (Nearby postcode GU28 9BZ)

<https://maps.google.com/maps?t=m&z=15&q=50.9996,-0.6797>

By car: A286 to Midhurst. A272 to Easebourne/Petworth. Turn left after 2.8 miles. Park in the village considerately (not in the shop).

Friday 8th November – 10.00am – *New Walk* Longer Burpham

Leader: Jane

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

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

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

Friday 8th November – 10.30am – Petworth Park History

Leader: Gerald

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

A chance to have a guided tour of the history of Petworth Park over 1000 years. We will see and hear about all the main historic sites and how the Park has grown, and its use changed over the centuries, as well as hopefully see the deer.

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

By car: 1 mile west from Petworth on A272 then in the middle of Tillington, turn north following the brown tourist sign to The Horse Guards. Parking on the road. Leader: Gerald on 07748 597 568 on day of walk only.

By bus: No.1 Midhurst or Worthing to Tillington///lifted.using.earlobes
Contact Gerald if uncertain on 07748 597 568. Dogs are welcome.

Tuesday 12th 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.

Wednesday 13th November – 10.30am – Yapton Canal

Leader: Peter B

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.

Wednesday 13th 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. Suitable for people who enjoy a faster paced walk.

Meet: Compton Recreation Ground Car Park

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

Thursday 14th November – 10.30am – *New Walk*

Sidlesham – Farms, fascists and lost railways

Leader: Keith and Phil

Duration: 1hr 20 mins **Distance:** 3 miles. A flat circular 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: The Anchor, Sidlesham car park B2145. What 3 words: catapult.starred.fattest
As the Anchor is providing the car park, it would be nice to patronise the pub afterwards. Your walk leaders will be!

By car: From A27 Chichester bypass, take B2145 (Selsey) to Sidlesham. Anchor pub is on a sharp L H bend.

Friday 15th November – 10.30am - West Marden

Circular

Leader: Jane W

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.

Friday 15th November – 10.30am – Plaistow

Leader: Richard

Duration: 2 hrs **Distance:** 4.2 miles. Starting from the picturesque village of Plaistow, we walk along a quiet country lane before crossing fields with grazing sheep, walking through woodland, and finishing at the village stores, with arguably the best coffee in W Sussex. This is a reasonably level walk with countryside views, 5 or 6 stiles. Sorry no dogs due to livestock.

Meet: On East side of village green opposite shop.

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

Monday 18th 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 18th November – 10.30am – *New Walk*

Harting Down

Leader: Caroline

Duration: 1hr 40 mins **Distance:** 3 miles. A gently paced downland walk starting at the National Trust Car Park on Harting Down. There will be gentle hills to climb, and it can be quite exposed if cold and windy. There are fabulous views across to the north of the county. No dogs. Max no.10

Meet: in 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.

Tuesday 19th November – 10.30am – Heyshott to Graffham

Leaders: Richard and 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. Wonderful views from the top and then a descent to Heyshott and refreshments at the Unicorn Pub in Heyshott. Heyshott is a lovely village south of Midhurst and is famous for its association with the 19th century free trader and Liberal MP Richard Cobden. Dogs may have to be on a lead for some of the time.

Meet: Outside the Unicorn Pub in Heyshott. GU29 ODL. There is parking in the quiet roads around the village and there is also the pub car park.

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.

Tuesday 19th 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.

Wednesday 20th 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 bus stop 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.

Wednesday 20th 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. Suitable for people who enjoy a faster paced walk.

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

Wednesday 20th November – 10am – Wisborough Green

Leader: Louise

Distance: 5 miles **Duration:** 2.5 hours. A walk up Harsfold Lane to Lees Place Farm and then turn left on the bridleway. Turn left down a footpath to the Wey & Arun Canal, Lordings Lock and then back along the tow path. Back up Harsfold Lane. **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 21st November – 10.30am – Woolbeding Rother

Leader: Bruce

Duration: 2 hours **Distance:** 4 miles. Ascent 75m. Midhurst Common, Castle, Cowdray Ruins and River Rother and Whiphill.

Meet: Woolbeding Rother. SU874218 (Nearby postcode GU29 9RL)

<https://maps.google.com/maps?t=m&z=15&q=50.9894,-0.7554>

By car: Take the Woolbeding turning off the A272 between Midhurst and Stedham - small car park immediately on the right. Car share if possible.

By bus: From Chichester #60 to Midhurst then #1 towards Petersfield.

Friday 22nd November – 10.30am – Burton Mill

Leader: Richard M

Duration: 1.5 hrs. **Distance:** 3.5 miles. This walk is reasonably level with two or three stiles, with nice views over the lake and Sussex countryside. There is a deck overlooking the lake which would be a nice place for a picnic if you wish.

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.

Monday 25th 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 26th 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 27th November – 10.30am - Slindon

Leader: Alison & Peter

Duration: 2.5 hours **Distance:** Approx. 5.5 miles. A longer strenuous walk to the folly and through Slindon Woods, with some steep gradients. Will be muddy after wet weather. Suitable for people who enjoy a faster paced walk.

Meet: National Trust Car Park at Park Lane, Slindon BN18 0QY

By car: Take A27 east from Chichester. At Fontwell roundabout continue on A27 to the next roundabout and take 1st exit for A29 (Pulborough/Amberley) and then turn immediately left into Park Lane. The car park is a short way along on the left.

Wednesday 27th November – 2pm – 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 but there is a chance of small muddy patches.

Meet: Bosham Car Park, PO18 8HZ, at the bus stop 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 28th November – 10.30am – *New Walk* Stoughton

Leader: Keith and Phil

Duration: 1 hr 30 mins **Distance:** 4 miles. **The devil's humps, yew trees and Battle of Britain pilots.** This circular walk climbs steadily through trees to the top of Kingley Vale and the ancient burrows, descending through woods and a long farm track between fields back to the start. Dogs on leads are welcome as long as they are calm with livestock & bring their own poo bags. Suitable footwear required. At the end of the walk, there will be an opportunity for refreshments in the Pub.

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

By car: From Chichester Festival Theatre roundabout, take B2178 to Funtington. Turn right at Fox and Hounds B2146. Follow 4 miles until turning to the right to Walderton, then Stoughton.

Friday 29th November – 10.30am – Singleton to Cocking

Leader: Jane W

Duration: 5.5 miles 2.5 hours. A linear more strenuous hilly walk with lovely views, taking in woodland and downland. We will be returning by the 60 Bus, so bring money/bus pass for fare. There is an option for a longer walk, depending on the wishes of the group.

Meet: Singleton Village, by the school, where street parking is available.

By car: Take the A286 from Chichester, on the sharp bend turn right into Singleton Village. Follow the road round to the left and the school is on the left. PO18 OHP.

By bus: 60 Bus from Chichester.

Friday 29th November – 10.30am - Goodwood Country Park

Leader: Peter B

Duration: 2 hrs **Distance:** Approx. 4 mile walk through the woods around Goodwood and Halnaker with a long climb on the return journey.

Meet: Free car park on the right after passing Goodwood racecourse (not the car park opposite the course), map ref SU897113. PO18 0PS

By car: Up Kennel Hill towards the racecourse, passing the golf club. Turn right alongside the racecourse until a right hand bend after the end of the racecourse. Car park is on the right soon after the bend.

Saturday 30th November – 10.30am – Slindon Rewell Woods

Leader: Bruce

Duration: 2 hours 15 minutes. **Distance** 4.25 miles. Ascent 190m. Some steep climbs. Might be muddy. Four stiles (alternate route offered).

Meet: Slindon The Spur Pub. SU970081 (Nearby postcode BN18 0NE)

<https://maps.google.com/maps?t=m&z=15&q=50.8646,-0.6223>

Park in the public lay-by outside The Spur Pub or otherwise use their car park if you stay for a drink,

By car: From Chichester take the A27 Eastbound to Fontwell then the A29. The Spur is on the right after 1 mile.

Monday 2nd 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 2nd 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.

Tuesday 3rd 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.

Wednesday 4th December – 10.30am – Houghton Forest & Bignor Hill

Leader: Alison & Peter

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

Meet: Whiteways Car Park, BN18 9FD.

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

Wednesday 4th 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).

Thursday 5th December – 10.30am – *New Walk* Benbow Pond & Cowdray Park

Leader: Richard and Sue

Duration: 2 – 2.5 hours **Distance:** 5.5 / 6 miles. Ascent 210m. A small stretch may be muddy, so sensible shoes required. Dogs welcome, but they will need to be on a lead when crossing the road. This outstanding walk-through archetypal Sussex countryside has scenic rolling parkland, quiet drove roads, forestry tracks, wildlife & wonderful views. One stile and, of course, rising ground.

Meet: Benbow Pond Car Park: GU28 0AZ

By car: Benbow Pond is off the A272, 2 miles east of Midhurst on the Petworth-Midhurst Road, reachable from either direction. At the end of the walk there are various pubs, where those who wish too, can enjoy refreshments. Or there is the restaurant / coffee shop at Cowdray Park.

Friday 6th December – 10.30am – In the Footsteps of Artistic Giants

Leader: Gerald

Duration: 1.5 hours **Distance:** 2 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 the brown tourist sign to The Horse Guards. Parking on the road.

By bus: No.1 Midhurst or Worthing to Tillington///lifted.using.earlobes
Contact Gerald if uncertain on 07748 597 568. Dogs are welcome.

Friday 6th December – 10.30am – Harting to North Marden

Leader: Jane W

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 £3 parking charge for non-members, payable by phone or on your return home.

Monday 9th 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 10th 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.

Wednesday 11th December – 10.30am – Walberton Fields

Leader: Peter B

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.

Wednesday 11th 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 .

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

Wednesday 11th December – 10.30am – Amberley to Rackham *New Walk *

Leader: Peter and Alison

Duration: 2.5 to 3 hours **Distance:** approx 6miles

A walk from Amberley Station along the South Downs Way to Rackham Hill and back down via North Stoke. Mostly on good paths. **WARNING:** the first 2 miles on the SDW are steeply uphill but are rewarded by wonderful views.

Meet: Amberley Station car park BN18 9LR

By car: A27 to Fontwell, A29 to Whiteways roundabout then B2139 to Amberley.

Wednesday 11th December – *10am* – Onslow Arms, Loxwood

Leader: Louise

Distance: 5.75 miles **Duration:** 2.5-3 hours. We leave the car park and cross the canal by the road and then turn right up a footpath, follow the road until we cross over and enter a field. Follow the fields until reaching Alfold. Then through some more fields before reaching the canal and the tow path back to the Onslow Arms. **NO DOGS SORRY.**

Meet: 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 for about 1.5 miles then turn right on B2133 signposted to Loxwood.

Thursday 12th 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 Woolpack Inn, Fishbourne please complete this form <https://forms.office.com/e/QXu735tHun> or contact Chichester Wellbeing wellbeing@chichester.gov.uk or call 01243 521041. The full menu can be viewed here [Christmas | The Woolpack Inn \(woolpackfishbourne.com\)](http://Christmas | The Woolpack Inn (woolpackfishbourne.com))

Friday 13th December – 10.30am – Iping and Chithurst

Leader: Jane W

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.

Friday 13th December – 10.30am – *New Walk*

Eartham Woods

Leader: Caroline

Duration: 1 hr 45 mins **Distance:** 3.3miles. A gently paced walk-through beautiful woodland. There is a moderate long uphill stretch, and it can be muddy on places. Dogs Welcome. Max no.10

Meet: Eartham Woods car park

By car: From Chichester follow the A285 through Halnaker continue for 2.5ml take the second right turn and in about 40 yards the car park is on the left. PO18 0LU

Friday 13th December – 10.30am – Lurgashall

Leader: Richard M

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

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

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

Monday 16th 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 16th December – 10.30am – Pagham to RSPB Sidlesham on the England Coast Path

Leader: Jane W

Duration: Approx. 2hrs **Distance:** Approx. 5.5 miles. A circular flat walk taking in lovely views of Pagham Harbour. There will be an opportunity for a quick stop at the Information centre, where drinks are sometimes available.

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

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

By car: 600 bus or by car, take the B2145 Selsey Road from the A27, at the first roundabout take the Pagham Road B2166 all the way through Pagham Village. At Church Farm Holiday Park, go round the bend and continue to follow Church Lane to the end. There is parking in the lane. **No dogs please.**

Tuesday 17th December – 10.30am – Graffham/Seaford College *New Walk*

Leaders: Richard and Sue

Duration: 2 hours 15mins. **Distance:** 5.5 miles. Ascent 80m. A small stretch could be muddy but generally the paths are in firm and in good condition. We walk around Graffham and through some of Seaford College's spectacular grounds before heading back to Graffham via Lavington Stud. Dogs will need to be on a lead for some of the time. The Foresters Arms in Graffham has a lovely garden in which to enjoy refreshments.

Meet: Graffham recreation ground. GU28 OQB

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 White Horse 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 attractive Foresters Arms.

Tuesday 17th 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.

Wednesday 18th December – 10.30am – Clymping Beach and Littlehampton

Leader: Peter B

Duration: 2 hours **Distance:** 3.5 miles - alongside the River Arun and along the beach returning round the golf club back to the river.

Meet: Park at the sea end of the road alongside the river (opposite the amusement park and oyster pond)

By car: A259 to Littlehampton, bypassing Bognor. Cross the river and last turn to Littlehampton centre. Pass railway station and follow inner ring to first roundabout, where turn right and keep straight on through town to beach, where turn right back towards the river - park alongside the river on the left towards the sea.

Wednesday 18th December – 10.30am – Cocking

Leader: Alison & Peter

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

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

By car: A286 Chichester - Midhurst road

By bus: No 60 from Chichester every 30 mins.

Thursday 19th December – 10.30am – *New Walk* Blakehurst and the legend of the Gibbet

Leader: Phil and Keith

Duration: 2 hrs 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. What 3 words: files.innovate.plotted

By car: Blakehurst Lane, Warningcamp. BN18 9QG

Thursday 19th December – 10.30am - *New Walk* Itchenor to West Wittering

Leader: Jane B

Duration: 2.5 - 3 hrs **Distance:** 5 miles. This is a gentle circular walk starting at Itchenor Harbour, following the shoreside path and returning through fields. During the walk you will see glorious coastal sights, views of the South Downs and some pretty amazing houses. Generally good under foot, but some loose surfaces, tree routes 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.

Thursday 19th December – 10.30am – Adsdean Farmshop

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)

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

Afterwards get some interesting food for Christmas in the shop!

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

Friday 20th December – 10.30am – *New Walk* Goodwood to West Dean

Leader: Caroline

Duration: 2 hours with a coffee stop **Distance:** 3.4 miles A gently paced walk down hill to start with far reaching views. Stop for a coffee at West Dean Village Shop before climbing back up through woodland to Seven Points House. This walk is exposed in places, and it can be muddy on the track to the village. No Dogs. Max no 10

Meet: Trundle Car Park at top of Chalk Pit Lane. PO18 0SP

By car: from Chichester take Madgwick Lane out of Chichester (on the Sainsburys side) exit the roundabout onto Claypit Lane continue straight past the side of the Racecourse. On the bend before the road descends take the lane on the left and you will find the car park on the left.

Friday 20th December – Walderton to Compton *note early start* 10am

Leader: Jane W

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 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 27th December – 10.30am - Stoughton Down

Leader: Jane W

Duration: 2 hrs 30 mins **Distance:** 5.5 miles. This is not suitable for beginners. It is a hilly walk with great views but can be muddy and slippery in places. No dogs 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.

Wednesday 1st January – 10.30am – Singleton to West Dean

Leader: Peter and Alison

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

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

By car: Take the A286 from Chichester to Singleton and turn right onto Charlton Road. The school is just past the Partridge Inn PH on your left. Roadside parking available opposite the school or in the village.

By bus: No 60 from Chichester every 30 mins

Thursday 2nd January – 10.30am – Halnaker

Leader: Richard and Sue

Duration: 2 hrs 45 minutes **Distance:** 5.5 - 6 miles. Ascent 80m. A small stretch may be muddy, so sensible shoes required. Dogs welcome, but they will need to be on a lead when crossing the road. We start from Boxgrove Village Hall and walk over the road to Boxgrove Priory and then through the church towards the open field that leads around the Tinwood Estate Vineyards. We will then walk under a wooded pathway towards the turning, through another field until we come to the road. We will walk towards Halnaker Windmill. 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. At the end of the walk there is a choice of either stopping at the Tinwood Estate coffee shop / winery to sit out on a nice day, with views of the vineyard. Or to go to the Angelsea Arms pub in Halnaker, in which to enjoy refreshments.

Friday 3rd January- 10.30am – Burpham and Wepham

Leader: Jane W

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

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 6th 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 7th January – 10.30am – West Dean

Leader: Bruce

Duration: 2 hours 15 minutes. **Distance:** 4.7 miles. Ascent 180m. An invigorating climb to the top of St Roche's Hill returning 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 every 30 minutes.

Tuesday 7th 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.

Wednesday 8th 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. Suitable for people who enjoy a faster paced walk.

Meet: Forestry Commission Car Park, Eartham

By car: Take A27 east from Chichester. Half a mile before Fontwell turn left following signs to Eartham. Pass The George PH and continue north to the car park on your right.

Thursday 9th January – 10.30am – *New Walk* Earnley

Leader: Jane B

Duration: 2.5 hours. **Distance:** 4.5 miles. This is a gentle walk through fields and hedgerows to the viewpoints over the tidal estuary and then down to the Stilt Pools just inland from the coast (the Stilt Pools are famous for waders) We return over the fields and past Earnley Church. The route may be muddy 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

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 10th January – 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.

Friday 10th January - 10.30am – Walk the England Coast Path Bognor to Littlehampton *New Walk*

Leader: Jane W

Duration: all day **Distance:** 9 miles. This is a linear Walk. Return by bus. Let's Walk The England Coast Path Bognor Regis to Littlehampton 9 miles - a flat coastal walk with wide sea views. This is a flat walk with a mixture of promenade, sand dunes, fields and beach. There will be short areas of shingle, but the intention is to do this as a lower tide walk when sandy stretches will be available to walk on.

Bring something to eat and drink and there will be a cafe stop by the harbour entrance when we reach Littlehampton.

Meet: at Bognor Regis Bandstand on Bognor Promenade, East of the pier. Nearest post code PO21 1BL

How to get there: The easiest way is by bus, with both the 600 and 700 going from Chichester to Bognor.

By car, follow the A295 from the A27, following signs for Bognor Regis and seafront. Parking is available but you will need means of payment. **No dogs please.**

There is the option of either the 500 bus back to Chichester, via Tangmere and Barnham or the 700 bus back to Chichester vis Bognor. Do bring a bus pass or means of payment.

Friday 10th January – 10.30am – Kingley Vale *New Walk*

Leader: Caroline

Duration: 1hr 45 mins **Distance** 3.6 miles (if weather poor it will be shorter). This is a strenuous walk but at a gentle pace, we leave the car park along a made-up lane and climb up through the yew trees to the tumuli before descending down back to the car park. No dogs. Max no.10

Meet: West Stoke Car Park, Downs Road. PO18 9BE

By car: From Chichester take A286 through Lavant opposite the St Nic's Church take West Stoke Road past the school, continue through West Stoke Village and turn left on a bend, you will find the car park on the right.

Saturday 11th January – 10.15am – Graylingwell

CHICHESTER COMMUNITY
DEVELOPMENT TRUST

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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.

Monday 13th 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 13th January – 10.30am - Emsworth to Langstone

Leader: Jane W

Duration: 2hrs **Distance:** Approx. 4 miles. Lovely flat shoreline walk, no stiles. 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 January – 10.30am – Duncton

New Walk

Leaders: Richard and Sue

Duration: 2-2.5 hours. **Distance** 5.5 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 may need to be on a lead for some of the time.

There are some places which are muddy but most of the walk is on firm paths. There are some stiles and one field may have some horses at a distance. There is a small section of road walking, about 5 mins. The Cricketers is a very welcoming pub at the end of the walk and Richard and Sue would love you to join them there.

Meet: Lavington Common car park

By car: from Chichester take the A285 Petworth Road. Just past Duncton village take the first left to Graffham and follow the road for about 1 mile. You will see the car park

on the right, somewhat concealed by trees. If you reach the cross roads you have gone too far.

Tuesday 14th January – 11am – *Suitable for Beginners* Midhurst Jubilee Walk & South Pond

Leader: Richard M

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 15th 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. Suitable for people who enjoy a faster paced walk.

Meet: Compton Recreation Ground Car Park

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

Wednesday 15th January – *10am* – Onslow Arms, Loxwood

Leader: Louise

Distance: 4 miles **Duration:** 2 hours. We Leave the car park and walk alongside the canal on the tow path, reach Rosemary Lane and turn right for about 1 mile and then turn right down the bridleway and follow it. Pick up the tow path and follow it back to The Onslow Arms car park.

NO DOGS SORRY.

Meet: 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 for about 1.5 miles then turn right on B2133 signposted to Loxwood.

Thursday 16th January – 10.30am – Tillington's Mini Stately Home – Pitshill House

Leader: Gerald

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

This lovely walk is via the Tillington vineyards & then to see the outside of Pitshill House. It won the 2017 Georgian Group's top Architectural Award and was awarded second prize in the 2017 Historic Houses Association Restoration Awards. Time to pause and admire this mini Stately Home. Firm and pleasant going.

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

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

By bus: No.1 Midhurst or Worthing to Tillington///lifted.using.earlobes

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

Friday 17th January – 10.30am – *New Walk* Staple Ash near Chilgrove

Leader: Caroline

Duration: 2.15 hours **Distance:** 4 miles (if weather is poor this can be shorter). A lovely walk at a gentle pace through West Dean woods, involves moderate uphill stretches and a short quiet road section not too exposed. Dogs welcome.

Meet: Near Staple Ash Farm. (PO189NB) is the nearest post code. What three words training.seasick.buckling. PLEASE SEE ONLINE BOOKING INFORMATION FOR EXACT PARKING DETAILS AS THESE MAY CHANGE NEARER THE TIME.

By car: Take B2141 towards Chilgrove, after about 3 miles turn right into Chilgrove Park Road. Continue along this road about 1 mile and there is a turning on the right at Staple Ash Farm, go up the hill take a left bend and then on the next bend there is space to park, also parking a few yards further on, on the left.

Friday 17th January – 10.30am – Longer Stoughton Down Walk

Leader: Jane W

Duration: 3.5-4 hrs **Distance:** 8.5 miles. This is a longer walk through fields, downland and woodland. There are some lovely open views. **It is a strenuous walk with some significant uphill sections.** You might like bring a snack. No dogs please.

Meet: Walderton Road corner

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

Monday 20th 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 21st January – 10.30am - Middleton Beach and Elmer Wood

Leader: Peter B

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 21th 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.

Wednesday 22nd 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. Suitable for people who enjoy a faster paced walk.

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

Wednesday 22nd January – 10.30am – *New Walk* Chichester Marina to Dell Quay

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. Generally good underfoot but could be muddy after heavy rain. There are toilets and refreshments available at the Crown and Anchor and the marina.

Meet: The Chichester Marina Visitors Car Park (free for 2 hours and then approx. £1 for 2 hours) pay on exit.

By car: From the A27 take the A286 south of Chichester towards the Witterings. After about 2 miles turn right into Chichester Marina. The visitor's car park is on the right after the barrier. PO20 7EJ

Thursday 23rd January – 10.30am – Charlton

Leader: Bruce

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

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

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

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

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

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

Thursday 23rd January – 10.30am – *New Walk* The Dover to Barpham Hill

Leader: Keith and Phil

Duration: 2.5 hours. **Distance:** 5.2 miles. A delightful walk which takes us straight into the woods and transfers to the down after a couple of miles, we wind our way back along a ridge and then back through the woods. A gentle enjoyable walk with a good distance, we always hope to see wildlife along this route.

Meet: car park at top of Dover Lane, use post code BN18 9PX, and then carry on to the top.

By car: Dover Lane can be found on the A27 eastbound once you have passed Crossbush. What 3 words profile.cheetahs.engulfing

Monday 27th 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 28th January – 10.30am – *New Walk* Cissbury Ring and Findon Village

Leaders: Richard and Sue

Duration: 2-2.5 hours. **Distance:** 5-6 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 Black Horse in Findon is a beautiful country pub and a great place for refreshments. Dogs will need to be on a lead due to horses and cows.

The walk could be muddy in places especially on some of the chalk paths near the Ring.

Meet: Storrington Rise car park BN14 OHT

By car: This is off the Findon Road (A24) heading into Findon Valley and Worthing. Turn left at May Tree Avenue and then left into Storrington Rise. The car park is further up the road.

Tuesday 28th January – 11am – *Suitable for Beginners*

Midhurst Jubilee Walk & South Pond

Leader: Richard M

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 29th January – 10.30am – West Marden

Leader: Alison & Peter

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

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

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

Wednesday 29th 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.

By bus: Number 56 bus from Chichester to Bosham Car Park

By car: Bosham is 4 miles west of Chichester, via the A259, then Delling Lane, then right into Bosham Lane. NB: *Bus timetables subject to change, please check.