



HeartSmart Walks

Free guided walks in the Chichester District

Welcome to the HeartSmart Walks programme

May to July 2022



Finger Post, North Marden taken by Walk Leader, Andrew Berriman

Pre-booking only – online or via telephone

- Please book online where possible
- You must not attend a walk if you are unwell or have any Covid-19 symptoms.
- If you are unable to attend, please ensure you cancel online (via the link on your confirmation email). If you need to cancel on the day please phone the office on 01243 521041 so the walk leader can be notified.
- Up to 15 walkers per walk If you turn up without having pre-booked you may not be able to walk with the group.
- Walks will be available for booking one week in advance
- These walks are led by Volunteer Walk Leaders and are designed to cater for all ages and abilities. The walks offer opportunities to exercise and meet new people in a safe and friendly environment.
- If you would like to be informed about walk cancellations and changes then please email us at: health@chichester.gov.uk and we can add you to our HeartSmart mailing list.
- All walks finish at their starting point unless otherwise stated.
- Please arrive 10 minutes before the walk is due to start.
- Timings and distances stated on the programme are approximate.
- Please inform the Walk Leader if you will be leaving the walk early.
- We recommend always bringing a mobile phone with the number below stored in case of emergency.
- Please wear footwear suitable for countryside walks and woodlands paths and you may like to bring a drink of water.
- Please note that the walks are smoke free.
- Dogs are welcome on walks unless otherwise stated but must be kept on the lead.
- Please be mindful of ticks, especially during the warmer months. You may want to check for ticks after your walk.
- If the weather is poor the walk may be cancelled. Please check with the office or website if unsure (office hours Mon-Fri 8.45am-5pm).
- **Please read the walk description before joining the walk and ensure you are walking at the right level for you**

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

Please note that any walks with duration of 90 minutes or more are not accredited by The Ramblers but are managed by Chichester District Council.

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

Mon 2nd May – 4pm – Compton

Leader: Sandy

Duration: 2.5hrs **Distance:** A 5 mile walk which can be extended on the day to 8 miles by those desiring a longer distance. A very pleasant hilly walk with lovely views with generally good walking conditions with some stiles. **No dogs on this walk please.**

Meet: Compton Recreation Ground Car Park, PO18 9EX.

By Car: Take the B2178 from Chichester, turning right at Funtington into Hares Lane and right again at the T-junction on to the B2146 proceeding to Compton. Cafeteria on the Square or The Victoria Inn at West Marden.

Tue 3rd May – 11am – *Suitable for Beginners* Midhurst Jubilee Walk & South Pond

Leader: Richard/Louise

Duration: 30mins **Distance:** 1 mile. A flat walk at a gentle pace with a small bridge over the pond. A steady incline to the top of the jubilee path with benches to sit and rest 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.

Tue 3rd May – 10.30am – Amberley, South Downs Way, River Arun

Leader: Jane

Duration: approx. 3 hrs **Distance:** 6.5 miles. A hilly walk with lovely downland views, including a walk through Amberley village and walks by the Arun. Some lane walking. **No dogs please.**

Meet: Amberley Station/Amberley Museum Car Park

By Car: Amberley Station/Amberley Museum Car Park which is on the B2139 from Fontwell to Storrington. BN18 9LR.

Wed 4th May – 10.30am – Climping *New Walk*

Leader: Dominic

Duration 2hr 20mins **Distance:** Approx. 4.5 miles, along Ferry Road to Brookpit, up bread Lane to the sea and back along beach. Flat walk.

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

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

By Bus/Train: Across the footbridge opposite Littlehampton station. Turn left, the Yacht Club is about 1/3 of a mile ahead on the left hand side.

Wed 4th May – 10.30am – Prinsted

Leader: Andrew

Duration: Two hours, four miles, along field paths to Thornham and Prinsted

Meet: High Street, Emsworth Town Square PO10 7AW; pay Car Park

Directions: Either A27 or A259 (old A27) or 700 bus.

Wed 4th May – 10.30am – Chidham Peninsula

Leader: Alison & Peter

Duration: 2 hrs 30 mins **Distance:** 5 miles. A reasonably easy, flat walk with some of the best panoramic views of the harbour. Some beach walking, no stiles.

Meet: Cobnor Farm Amenity car park, Chidham Lane, PO18 8TD.

By Car: Take the A259 towards Emsworth and turn south into Chidham Lane. The car park is on the left after approx. 1 mile (if you reach the sign for Cobnor House you have gone too far).

Wed 4th May – 10am – Fittleworth Serpent trail loop



Leader: Olivia

Duration: 4 hours **Distance:** 7.5 miles (12 km). A moderate walk starting at Hesworth common, following the Serpent trail to Burton Mill before heading back. Taking in a variety of wildlife, with views of the open heaths and rolling down land landscape. Parts of this walk are undulating so strong footwear recommended.

Meet: Hesworth Common Car Park, just off the B2138, Fittleworth

Grid ref: TQ 00740 19274

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By Car: From the A27 follow the A29 past Slindon and continue past Bury. Take the B2183 through Fittleworth. The car park is just before the junction for the A283.

Thurs 5th May – 10.30am – Elsted

Leader: Bruce

Duration: 2 hours 15 minutes. **Distance:** 4.5 miles. Ascent 200m (or 240m). Moderately strenuous with one steep climb to Pen Hill for glorious views. (Optional extra climb to Beacon Hill). Also visits the lost churches of Treyford. Three stiles.

Meet: Elsted Church. SU816196 (nearby postcode GU29 0JY)

<http://maps.google.com/maps?t=m&z=15&q=50.9704,-0.8388>

By Car: From Midhurst, at the mini-roundabout, take the A272 exit towards Petersfield. After 2 miles turn left into Elsted Rd. Elsted is a further 3 miles. Or take Tipper Lane from South Harting.

Thurs 5th May – 10.30am – Around Bignor

Leader: Simon

Duration 2hr. **Distance:** 3.5 miles. A walk around Bignor starting from Bignor Roman Villa. Some stiles but apart from one short climb most of the walk is mainly flat.

Meet: Bignor Roman Villa (parking by kind permission of Bignor Roman Villa)

By Car: Take the A29 to Bury. At the bottom of Bury Hill take the turning (westwards) signposted for West Burton and Bignor. Bignor Roman Villa is also signposted with brown tourism signage (2 miles). Follow the lane and signs through West Burton. Bignor Roman Villa is on the right before reaching Bignor village.

Sun 8th May – 2pm – *New Walk* Selsey's Seal Sculptures Stroll

Leader: Debbie

Duration: 2 hours. **Distance:** A 4 mile flat circular stroll from Selsey Marine car park at the seaward end of Hillfield Road (PO20 0LJ) searching for Selsey's seal sculptures. A short section of the return to the car park will be along pebbles. Car park charge of £1.70 and the opportunity to buy an ice cream and/or drink at the end.

Meet: Marine car park, Selsey

Mon 9th May – 10.30am – 20 Year Anniversary Celebration Walk and Event – Walls Walk

Leader: Andrew

Walls Walk followed by celebratory tea and cake at the District Council to celebrate 20 years of the HeartSmart Walks.

Bookings will open 3 weeks before the event. Limited spaces.

Duration: 1hr 30 mins **Distance:** 3 miles. City walls walk ending at the District Council Offices.

Meet: The Johns Keat seat in Eastgate Square, outside Charlie Harpers, PO19 1ED.

Mon 9th May – 11am - Please note later start – *Suitable for Beginners* Chichester Canal

Leader: Sarah

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

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

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

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

Tue 10th May – 10.30am – Pagham Harbour to Runcton (option to walk back to Pagham)

Leader: Jane

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

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

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

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

Tue 10th May – 11am – *Suitable for Beginners* Midhurst Jubilee Walk & South Pond

Leader: Richard/Louise

Duration: 30mins **Distance:** 1 mile. A flat walk at a gentle pace with a small bridge over the pond. A steady incline to the top of the jubilee path with benches to sit and rest along the way.

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

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

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

Wed 11th May – 10.30am – West Marden

Leader: Alison & Peter

Duration: 3 hrs **Distance:** 6.5 miles. A walk to Walderton via West Marden, including lanes and pleasant walking through woods and fields. It is a moderately strenuous longer walk with some gentle hills. Could be very muddy if there has been a lot of rain and there are five stiles.

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

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

Thurs 12th May – 10.00am – Wisborough Green

Leader: Louise

Duration: 2.5-3 hours **Distance:** 6.5 miles. A walk up Kirdford Road, through Nature Conserve and then up footpath to the bridleway, then along 2 more bridleways to the road. Turn right down the road, cross the road and then turn right down the bridleway and round the route turning left down the bridleway on to the drive and then down to the road. Up the road, then Kirdford Road and back to the cars.

Meet: Park at the green in the laybys RH14 0DB

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 A29 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.

Thurs 12th May – 10.30am – Petworth Park, Upperton and Tillington

Leader: Simon

Duration: 2 hr **Distance:** 4 mile. A circular walk passing through Petworth Park to Upperton and Tillington before returning to Petworth Park. One or two short climbs

Meet: Sylvia Beaufroy car park GU28

By car: There is some very limited parking in the Sylvia Beaufroy car park which is located off the A272 Tillington Road. If driving from Midhurst it's on your right hand side shortly before the A272, A285 roundabout. Ample parking is available nearby in the main Petworth Town car park, pay and display 4 minutes away.

By bus: The 1 from Midhurst or Worthing to Petworth

Fri 13th May – 10.30am – Arundel Park

Leader: Andrew

Duration: Four miles, 2 hours, through the Park to Offham, and the Arun riverbank

Meet: Swanbourne Lake Lodge

By Car: A27 to Arundel, then along Mill Lane to free parking on the right

Fri 13th May – 10.30am – Petworth Park – Ancient Tree Walk Part 1

Leader: Gerald

Duration: 1hr and 45 minutes. **Distance:** 3 miles. PART 1 of the Ancient Tree walk is a fascinating walk through the Petworth Park trees from 350-800 years old (some of the most ancient trees in Europe). This tree walk is dotted with magnificent oaks, beeches and sweet chestnuts, and passes the Beelzebub Oak which has its own plaque. 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/credit card (£3) for parking charge.

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.

Sat 14th May – 10.15am – Graylingwell

CHICHESTER COMMUNITY
DEVELOPMENT TRUST

Let's make it happen

Leader: Sarah

Duration: Approx. 40 mins **Distance** 1.25 miles A flat walk at a gentle pace, enjoying the history of Graylingwell Park and surrounding areas, the buildings, trees & wildlife.

Meet: Outside the Pavilion glass building looking onto Havenstoke Park, formerly the Linden Homes site marketing suite. Parking is very limited around the park and chargeable, please walk, use public transport or car share.

Sun 15th May – 10.30am – Thorney Island Circular

Leader: Dominic

Time: Approx 2 ¾ hours **Distance:** 3 ½ miles. A harbourside walk

Meet: Thornham Marina car park

By Car: A259 towards Emsworth, turn off for Thorney Island Army Camp. Thornham Lane is ½ mile down on the left. Thornham Marina is at the end.

By Bus: 900 service

Mon 16th May – 10.30am – *Suitable for Beginners* Chichester Canal

Leader: Sarah

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

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

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

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

Tue 17th May – 10.30am – Fairmile Bottom

Leader: Peter B

Time: 2 hrs 30 mins **Distance:** 4.5 miles. Circular walk through the Downland nature reserve towards Arundel.

Meet: Park alongside the A29 soon after the Madehurst turn, close to the green and white "Bridleway" sign.

By Car: A27 to Fontwell then A29 north to parking place.

Tue 17th May – 11am – *Suitable for Beginners* Midhurst Jubilee Walk & South Pond

Leader: Richard/Louise

Duration: 30mins **Distance:** 1 mile. A flat walk at a gentle pace with a small bridge

over the pond. A steady incline to the top of the jubilee path with benches to sit and rest 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.

Fri 20th May – 10.30am – Nature Encounters on the Common



Leader: Elinor

Duration: 1 hr **Distance:** 1 – 1.5 miles. Come and join Heathlands Reunited Ranger Elinor for a gentle and relaxing walk around the beautiful heathland at Lynchmere Common. We will wander along the Serpent Trail, enjoying the special wildlife, and with an invitation to try some simple mindfulness exercises. The walk is fairly flat with occasional short inclines and declines. No dogs (except assistance dogs) please.

Meet: Meet at the Lynchmere Society Noticeboard at the main entrance to the site on the western side of the common. What3words: ///thudding.uttering.inherits

By Car: from B2131 (Liphook to Haslemere) take turning right (south) 0.6 miles (1km) after Railway bridge on outskirts of Liphook (Sussex County border). From Haslemere, left turn 0.8 miles (1.3km) after leaving Hammer. Parking areas 200m on both sides of road. If you are coming from Liphook on the B2131, please take the first turning on the right to Lynchmere. If you are coming from Haslemere on the B2131, please take the second turning on the left to Lynchmere.

Sun 22nd May – 10.30am – Binsted Woods via Madonna Pond

Leader: Dominic

Duration: 2-2.5 hrs **Distance:** 4 miles, mainly flat headland path, grass, gravel.

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

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

Mon 23rd May – 10.30am – Longer Bosham Walk

Leader: Ian

Duration: 75 minutes. **Distance:** 2.75 miles. We will walk briefly to the west to join the Bosham Channel, then south along the shoreline to Bosham Quay, Bosham Church, the Trippetts, then north past the Berkley Arms back to the start. The Crate

Cafe is new but already has a great following! Mostly flat, not suitable for complete beginners or wheelchairs.

Meet: Bosham Business Centre Car Park (free) i.e. next to the Co-op, Post Office and Crate Cafe off Delling Lane, Bosham. Map ref: approx. SU 81028 05108, approx. PO18 8NN

Bus: 700 and 56 nearby.

Train: Bosham Railway Station 5 minutes north of the meeting point.

Mon 23rd May – 4pm – Rowlands Castle & St. Hubert's Church *New Walk*

Leader: Sandy

Duration: 3-3.5hrs **Distance:** 6 miles. A lovely varied walk with two hills and an opportunity to visit St. Hubert's church in the Idsworth Valley. Some road walking for short distances.

Meet: The Castle Inn pub, 1 Finchdean Rd, Rowlands Castle.

By Car: Rowlands Castle, PO9 6DA. Park alongside the green or on Finchdean Road just past the pub.

Tue 24th May – 11am – *Suitable for Beginners* Midhurst Jubilee Walk & South Pond

Leader: Richard/Louise

Duration: 30mins **Distance:** 1 mile. A flat walk at a gentle pace with a small bridge over the pond. A steady incline to the top of the jubilee path with benches to sit and rest along the way.

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

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

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

Wed 25th May – 10.30am – Chichester Harbour – Itchenor to Ella Nore

Leader: Rob

Duration: Approx. 2.5 hrs. **Distance:** 5.5 miles. Flat walk from West Wittering Village to Chichester Harbour via Itchenor and Ella Nore. Can be muddy and slippery underfoot if wet. Not suitable for wheelchairs. There is a Café at the end for teas, coffee and snacks. Dogs welcome but will need to be on lead while passing livestock and birds.

Meet: Memorial Hall Car Park, West Wittering.

By Car: Take A286 (becomes B2179) from Chichester A27 Stockbridge Roundabout. Follow signs for West Wittering. As you drive through West Wittering Village with newsagents on left look for turning on left after about 100 yards - Elms Lane. West Wittering Memorial Hall and Car Park is immediately on right in Elms

Lane. Free parking in the car park. 52 bus stops outside the newsagents a short walk away with regular buses from Chichester.

Wed 25th May – 10.30am – River Arun to The Stokes

Leader: Alison & Peter

Duration: 2 hrs 30mins **Distance:** 4.8 miles. A lovely walk along lanes and through woods via the villages of North and South Stoke. It will be muddy in places if it has rained recently. Two stiles.

Meet: Amberley Station Car Park, BN18 9LR

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

Thurs 26th May – 10.00am – Wisborough Green

Leader: Louise

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

Meet: Park at the green in the laybys RH14 0DB

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 A29 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.

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

Thurs 26th May – 10.00am – Walderton to Compton

note early start

Leader: Jane

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

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

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

Fri 27th May – 10.30am – Bignor Hill

Leader: Andrew

Duration: Two hours, three miles, along South Downs Way, return via Barkhale Wood

Meet: Bignor Hill National Trust Car Park, up steep potholed road

By Car: A27, A29, Bury Hill, left to West Burton, Bignor and Jay's Farmyard

Mon 30th May – 10.30am – *Suitable for Beginners* Chichester Canal

Leader: Sarah

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

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

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

By Bus: 5 minute walk from Chichester Bus Station.

Tue 31st May – 10.30am – River Arun, Bury, South Down Way *New Walk*

Leader: Jane **Distance:** 8 miles. This is a longer walk with lovely downland, river and village scenery. It has a number of stiles and is hilly with one longer climb. It can be muddy in places. **No dogs please.**

Meet: Amberley Station Car Park BN18 9LR

By Car: Take A27 to Fontwell, A29 to Whiteways, then B2139 to Amberley

We will have a break so please bring a snack.

Tue 31st May – 11am – *Suitable for Beginners* Midhurst Jubilee Walk & South Pond

Leader: Richard/Louise

Duration: 30mins **Distance:** 1 mile. A flat walk at a gentle pace with a small bridge over the pond. A steady incline to the top of the jubilee path with benches to sit and rest along the way.

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

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

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

Wed 1st June – 6.30pm – Lord's Piece Pootle *Evening Walk*



Leader: Olivia

Duration: 1hr 30mins **Distance:** 2 miles. A gentle circular walk, taking in the stunning views of the South Downs in the early evening. We'll listen out for field

crickets and look out for more heathland wildlife. Please note that we may encounter grazing livestock. Well behaved dogs on leads welcome.

Meet: Meet: Lords Piece Car Park, off Coates Lane

Grid ref: SU 99006 17348

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By Car: From the A27 follow the A29 past Slindon and continue past Bury. Take the B2183 and the next left turning onto Waters Lane. Turn right at the junction onto Blue Doors Lane, following this all the way up past the first Lords Piece Car Park. Turn right onto Coates Lane and the car park is on the right.

Wed 1st June – 10.30am – Stansted Forest & Rowlands Castle *New Walk*

Leader: Peter & Alison

Duration: 3 hours **Distance:** 6.5 miles. A more strenuous longer walk using footpaths that criss-cross through woodland and grass meadows, with some fine views. There will be muddy stretches during winter months. Bring a snack for a short stop. No stiles.

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

Wed 1st June – 10.30am – Climbing

Leader: Dominic

Duration 1hr 15mins **Distance:** Approx. 2.5 miles. Along dunes and beach to Climbing Mill, then across fields to Ferry Road and Rope Walk to the Yacht Club. Refreshments are available at the Yacht Club on the return.

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

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

By Bus/Train: Across the footbridge opposite Littlehampton station. Turn left, the Yacht Club is about 1/3 of a mile ahead on the left hand side.

Thurs 2nd June – 10.30am – Slindon Estate to Warren Barn

Leader: Simon

Duration: 2hr **Distance:** 4 miles. Passing through part of the National Trusts beautiful Slindon Estate on good paths and no stiles.

Meet: At the road entrance to Slindon College and National Trusts Slindon Estate Office. Car parking on Slindon Top Road which is the road between Slindon College and the Catholic Church

Mon 6th June – 10.30am – Emsworth to Langstone

Leader: Jane

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

Tue 7th June – 11am – *Suitable for Beginners*

Midhurst Jubilee Walk & South Pond

Leader: Richard/Louise

Duration: 30mins **Distance:** 1 mile. A flat walk at a gentle pace with a small bridge over the pond. A steady incline to the top of the jubilee path with benches to sit and rest 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.

Tue 7th June – 10.30am – Tortington Common

Leader: Peter B

Duration: 2 hrs **Distance:** 3.5 mile 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.

Wed 8th June – 10.30am – Singleton – 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 and three stiles. **Please bring a snack for a short stop.**

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

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

Bus: No 60 from Chichester every 30 mins.

Wed 8th June – 6.30pm – Black Rabbit

L: Dominic

Duration: Approx. 1 hour **Distance:** 2.4 miles, flat riverside walk, 1 stile. Mill Road car park to Offham, return via Black Rabbit.

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

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

Thurs 9th June – 10.00am – Onslow Arms, Loxwood

Leader: Louise

Duration: 2.5-3 hours **Distance:** 5.5 miles. A fairly level walk, 2 stiles, muddy puddles to walk around.

Meet: in the car park behind the Onslow Arms RH14 0RD

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 A29 side follow the road to Billingshurst and then follow the A272 towards Midhurst about 1½ miles then turn right on B2133 signposted to Loxwood.

Fri 10th June – 10am - Chichester Harbour *note early start*

Leader: Jane

Duration: all day **Distance:** 10 miles. This is a lovely coastal walk taking in the villages of Dell Quay, Fishbourne, Bosham and West Itchenor. There is a short ferry ride for which you need **£2.50**. Please bring food and drink. Can be muddy and slippery. **No dogs please.**

Meet: Chichester Marina Visitors car park.

By Car: From the Chichester bypass (A27), take the A286 following signs for the Witterings. At the Stockbridge Roundabout take the second exit – A286 signposted Bracklesham, Witterings. After two miles turn right into Chichester Marina. Park in the first car park on the right.

Sat 11th June – Day Trip to the Isle of Wight

Leader: Dominic

Walk from Ryde to Sea View – 5 miles

For more details email health@chichester.gov.uk

Sat 11th June – 10.15am – Graylingwell

CHICHESTER COMMUNITY
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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.

Mon 13th June – 10.30am – *Suitable for Beginners* Chichester Canal

Leader: Sarah

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

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

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

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

Mon 13th June – 4pm – Madehurst Circular *New Walk*

Leader: Sandy

Duration: 2.5-3 hrs **Distance:** 6 miles. A lovely varied walk through farmlands, forestry and Downs with some quiet road walking, and otherwise usually good walking conditions with some wide views. **No dogs on this walk please.**

Meet: Layby at Fairmile Bottom on the Northbound A29 by Public Footpath fingerpost (shortly after passing the mobile canteen on your right), about a mile before the Whiteways roundabout. Please park considerably nose-to tail to ensure adequate space for all.

Tue 14th June – 11am – *Suitable for Beginners* Midhurst Jubilee Walk & South Pond

Leader: Richard/Louise

Duration: 30mins **Distance:** 1 mile. A flat walk at a gentle pace with a small bridge over the pond. A steady incline to the top of the jubilee path with benches to sit and rest along the way.

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

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

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

Wed 15th June – 10.30am – Houghton Forest and Bignor Hill

Leader: Alison & Peter

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

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

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

Thurs 16th June – 10.30am – Nature Encounters on the Common



Leader: Elinor

Duration: 1 hr **Distance:** 1 – 1.5 miles. Come and join Heathlands Reunited Ranger Elinor for a gentle and relaxing walk around the beautiful heathland at Lynchmere Common. We will wander along the Serpent Trail, enjoying the special wildlife, and with an invitation to try some simple mindfulness exercises. The walk is fairly flat with occasional short inclines and declines. No dogs (except assistance dogs) please.

Meet: Meet at the Lynchmere Society Noticeboard at the main entrance to the site on the western side of the common. What3words: ///thudding.uttering.inherits

By Car: from B2131 (Liphook to Haslemere) take turning right (south) 0.6 miles (1km) after Railway bridge on outskirts of Liphook (Sussex County border). From Haslemere, left turn 0.8 miles (1.3km) after leaving Hammer. Parking areas 200m on both sides of road. If you are coming from Liphook on the B2131, please take the first turning on the right to Lynchmere. If you are coming from Haslemere on the B2131, please take the second turning on the left to Lynchmere.

Fri 17th June – 10.30am – Houghton Bridge

Leader: Andrew

Duration: Two hours, four miles, down South Downs Way to Houghton Bridge

Meet: Whiteways car park, A29

By car: A27, Fontwell roundabout, A29 through Slindon and up to Whiteways

Sun 19th June – 10.30am – Slindon Woods to Folly

Leader: Dominic

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

Meet: National Trust Car Park, Dukes Road, Slindon.

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

Mon 20th June – 10.30am – Fishbourne

Leader: Ian

Duration: 75 minutes. **Distance:** 2.6 miles, “Leisurely” circular walk. The walk is flat, but has some stiles, and since it is a coastal path - it is potentially muddy in parts. The walk includes Fishbourne Centre’s fields, the pond near the Bull’s Head, Fishbourne Channel’s Western coastal path, and then some country paths and lanes back to the Fishbourne Centre.

Meet: Fishbourne Center Car Park, PO18 8BE, off Blackboy Lane

Mon 20th June – 12.30pm – Walk Leader Meeting

Mon 20th June – 4pm – Eartham Wood & Great Down *New Walk*

Leader: Sandy

Duration: 2.5 – 3 hrs **Distance:** 6 miles. Climb upwards on Stane Street through Eartham Woods’ indigenous woodland to the highest point of Upwaltham Hill and return via the Great Down and an undulating track back through the woods to the Car Park. Great views to be had. **No dogs on this walk please.**

Meet: Free Forestry Commission Car Park, Eartham Wood (Map Ref. SU938106. PO18 0LU)

By Car: Take the A285 Petworth road from Chichester bypassing the Eartham – Mt.Noddy turn off and at the next Eartham signpost, turn sharp right towards Eartham with the FTC car park soon on the left. Alternatively take A27 Chichester bypass towards Arundel turning left ½ mile before the Fontwell roundabout, continuing through Eartham village (passing The George PH) on your left and find the car park about a mile further on your right.

The George Pub is closed on Mondays, but the The Anglesey Arms at Halnaker is open.

Tue 21st June – 10.30am – Lavington Common

Leader: Peter B

Duration: 2hrs 30 minutes **Distance:** 5 miles Visit the wonderfully eerie Merlin’s Wood and cross the Common where cuckoos and nightjars can be heard in season. Plus streams, peat bogs and sandy heathland.

Meet: National Trust car park at Lavington Common

By car: A285 towards Petworth, quarter mile north of Duncton turn left signed Graffham. Car park is on the right after 1.5 miles just after sharp S bend.

Tue 21st June – 11am – *Suitable for Beginners*

Midhurst Jubilee Walk & South Pond

Leader: Richard/Louise

Duration: 30mins **Distance:** 1 mile. A flat walk at a gentle pace with a small bridge over the pond. A steady incline to the top of the jubilee path with benches to sit and rest 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.

Tue 21st June – 10.30am – Cocking

Leader: Alison & Peter

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

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

By Car: on the A286 Chichester - Midhurst road

Bus: No 60 from Chichester every 30 mins.

Wed 22nd June – 6pm – Tillington – River Rother

Evening Walk

Leader: Gerald

Duration: 1.5 hours. **Distance:** 3 miles. Perfect summer stroll! Come and enjoy a gentle circular walk down to the River Rother. 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.

By Bus: No.1 from Worthing to Midhurst. Contact Gerald on 07748 597 568 if uncertain. Dogs welcome.

Thurs 23rd June – 10.00am – Wisborough Green

Leader: Louise

Duration: 2.5-3 hours **Distance:** 7 miles. A walk up Harsfold Lane over the Wey & Arun Canal, then right along the tow path and then follow the bridleway. Follow bridleway for 3 ish miles and then change to the footpath up to the Fittleworth Road. Follow the road for ½ mile and then along the bridleway back to Wisborough Green. A fairly level walk with some undulations, 4 stiles and some muddy puddles to walk around.

Meet: Park at the green in the laybys RH14 0DS

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 A29 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.

Fri 24th June – 10.30am – Medmerry

Leader: Andrew

Duration: Two hours, four miles, across Medmerry Coastal Realignment, to beach

Meet: Earnley RSPB car park, just south of Earnley Church

By Car: B2198 to Clappers Lane, Bracklesham; left to Earnley

Fri 24th June – 10.30am – Compton to Harting *New Walk*

Leader: Jane

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

Meet: Compton Recreation Ground car park

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

Mon 27th June – 10.30am – Chichester Tree Trail

Leader: Ian

Duration: 75 mins **Distance:** 1.5 miles A 1.5 mile walk around central Chichester, to introduce us to the variety of local and exotic trees in our city. Wheelchair friendly. Although this is a short walk, we will be stopping frequently, hence the 75 minutes. A pdf is available "Chichester Tree Trail" on the www.westsussex.gov.uk website, if you want to preview the notes.

Meet: Chichester Market Cross, East St end/corner by GoldArts.

Tue 28th June – 11am – *Suitable for Beginners* Midhurst Jubilee Walk & South Pond

Leader: Richard/Louise

Duration: 30mins **Distance:** 1 mile. A flat walk at a gentle pace with a small bridge over the pond. A steady incline to the top of the jubilee path with benches to sit and rest along the way.

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

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

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

Wed 29th June – 10.30am – West Wittering Beach via Ella Nore, Snow Hill and Berry Barn

Leader: Rob

Duration: Approx 2.5 hour. **Distance:** 4 miles.

Description: Flat circular walk from West Wittering Village mainly along West Wittering Beach. Some loose sand and pebbles. There is a Café at the end for teas, coffee and snacks. Dogs welcome but will need to be on leads while passing livestock and birds. Not suitable for wheelchairs.

Meet: Memorial Hall Car Park, West Wittering.

By Car: Take A286 (becomes B2179) from Chichester A27 Stockbridge Roundabout. Follow signs for West Wittering. As you drive through West Wittering Village with newsagents on left look for turning on left after about 100 yards - Elms Lane. West Wittering Memorial Hall and Car Park is immediately on right in Elms Lane. Free parking in the car park. 52 bus stops outside the newsagents a short walk away with regular buses from Chichester.

Wed 29th June – 10.30am – Climping

Leader: Dominic

Duration 1hr 15mins **Distance:** Approx. 2.5 miles. Along dunes and beach to Climping Mill, then across fields to Ferry Road and Rope Walk to the Yacht Club. Refreshments are available at the Yacht Club on the return.

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

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

By Bus/Train: Across the footbridge opposite Littlehampton station. Turn left, the Yacht Club is about 1/3 of a mile ahead on the left hand side.

Wed 29th June – 10.30am – Around Itchenor

Leader: Alison & Peter

Duration: 2 hrs **Distance:** 5 miles. A walk from Itchenor across farmland and along the shoreline path with lovely views of the harbour.

Meet: West Itchenor car park, PO20 7AE (pay & display).

By Car: A286 south of Chichester towards The Witterings. At Birdham take the right fork at the roundabout onto the B2179 and right again shortly after to Itchenor.

Fri 1st July – 10.30am – Thorney Island including Nutbourne Option

Leader: Jane

Time: see details. **Distance:** This is a flat longer walk around Thorney Island with 2 options - an island walk of 7.5 miles or a longer 9 mile walk to Nutbourne, returning

by bus. Bring lunch and a drink with you and if you think you may return by bus, then a bus pass/ money. **No dogs please.**

Meet: the junction of Thorney Road and Thornham Lane by the sewage works, where there is some parking available. If this is not possible then there is parking higher up Thorney Road.

By Car: From Chichester take the A259 to Ensworth and just before the village take a left hand turning signed Thorney Island, Thornham Lane is the first turning on the left.

Sat 2nd July – 10.15am – Graylingwell

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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.

Mon 4th July – 10.30am – Emsworth to Langstone

Leader: Jane

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

Mon 4th July – 10.30am – *Suitable for Beginners* Chichester Canal

Leader: Sarah

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

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

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

By Bus: 5 minute walk from Chichester Bus Station.

Mon 4th July – 11.00am – Bosham Harbour and Village – Wheelchair Friendly & Easy Access

Leader: Ian

Duration: 45mins **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.

Transport: Number 56 bus from Chichester should arrive in Bosham Car Park at 10:55*

(its return to Chichester scheduled to depart Bosham Car Park at 12:25). 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

Mon 4th July – 4pm – Chilgrove

Leader: Sandy

Duration: 3-3.5 hrs **Distance:** 6.25 miles. A circular hilly scenic walk through a nice variety of surroundings, taking in the wishing well at East Marden and bypassing (!) the Royal Oak pub at Hooksway. 5 Stiles and some quiet road walking. Some paths may be somewhat overgrown in the Summer, but otherwise good walking conditions. Some quiet country road walking. **No dogs on this walk please.**

Meet: The White Horse Inn, Chilgrove, PO18 9HX. (A286 to Lavant & turn left on B2141).

Pub open on Mondays.

Tue 5th July – 11am – *Suitable for Beginners* Midhurst Jubilee Walk & South Pond

Leader: Richard/Louise

Duration: 30mins **Distance:** 1 mile. A flat walk at a gentle pace with a small bridge over the pond. A steady incline to the top of the jubilee path with benches to sit and rest along the way.

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

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

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

Wed 6th July – 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.

Meet: In the car park behind the Onslow Arms RH14 0RD

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 A29 side follow the road to Billingshurst and then follow the A272 towards Midhurst about 1½ miles then turn right on B2133 signposted to Loxwood.

Wed 6th July – 10.30am – Westbourne

Leader: Andrew

Duration: Two hours, four miles, over fields to Westbourne and Brook Meadow

Meet: High Street, Emsworth Town Square PO10 7AW; pay Car Park

By Car: Either A27 or A259 (old A27) or 700 bus.

Wed 6th July – 10.30am – Compton to Up Marden

Leader: Alison & Peter

Duration: 2.5 hours **Distance:** 6 miles A good walk along lanes and through woodland and fields. Two up-hills and one stile.

Meet: Compton Recreation Ground Car Park

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

Wed 6th July – 10am – Lavington Serpent Trail loop



Leader: Olivia

Duration: 2hrs 30 **Distance:** approx. 3.7 miles (6km). A moderate circular walk following a section of the Serpent Trail where we will take in a variety of heathland wildlife and see two of the seven South Downs Heathland Sculptures at Lavington and Graffham commons before circling back via Duncton common.

Well behaved dogs on leads only please, please note that we may encounter grazing livestock

Meet: Lavington common car park, Nearest Postcode: GU28 0QL. Grid Reference: SU 94910 18706

By Car: If approaching along the A285 from the South, drive through Duncton and then turn left before Heath End quarry (signed towards Selham and Graffham). The turning will be on your right, immediately after the quarry, if approaching on the A285 from Petworth to the North. There are no regular bus services near to the site.

Fri 8th July – 10.30am – Nore Folly

Leader: Andrew

Duration: Two hours, four miles through Slindon Wood up to the Folly, Nore Wood

Meet: Park Lane car park, Slindon Wood

Directions: A27, Fontwell two roundabouts, A29, first left into Park Lane

Fri 8th July – 10.30am – Chantry Hill and Tolmare Farm

Leader: Jane

Duration: 3 hrs **Distance:** 6.5 miles. An open hilly downland walk with wonderful views, please note it can be muddy and slippery. **No dogs please.**

Meet: at Chantry Post.

By Car: Follow the A283 to Storrington. As you leave Storrington heading east, take the second turning on the right - Chantry Lane. Follow this narrow lane all the way up to the top of the Downs where there is a car park.

Sunday 10th July – 2pm – Selsey Coast and Fields

Leader: Debbie

Duration: 1.5 hours. **Distance:** A 3.5 miles flat circular walk from Selsey East Beach car park (PO20 0SZ) heading north through the fields to Church Norton at the entrance to Pagham Harbour returning along the coast to the car park. The return section will be along pebbles. Car park charge of £1.70 and the opportunity to visit the refreshment kiosk at the end.

Meet: East Beach car park, Selsey

Mon 11th July – 10.30am – *Suitable for Beginners* Chichester Canal

Leader: Sarah

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

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

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

By Bus: 5 minute walk from Chichester Bus Station.

Mon 11th July – 4pm – East Dean

Leader: Sandy

Duration: 3-3.5 hrs. **Distance:** 6.6 miles. A gorgeous, but up-hill, walk through farmland and forest up to the SDW with stunning scenery.

Meet: All Saints Church. East Dean

By Car: From the A286 turn off at Singleton and signposted to East Dean, or via A285 from Petworth, or via Goodwood. In East Dean proceed on Main Road, past the pub on your right and turn left on the bend to Newhouse Lane. Where Newhouse Lane then bends sharp right, turn sharp left up tarred track leading to the parking area behind the church. Go slowly and you won't go wrong.

Tue 12th July – 10.30am – Yapton Canal

L: Peter

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

Meet: Main car park in the centre of Yapton alongside the playing field, BN18 0ET
By Car: A27 towards Arundel, right turn to Yapton and Walberton half mile after second roundabout at Fontwell. Straight on over level crossing to left turn at mini roundabout, car park on left after 200 yards.

Tue 12th July – 11am – *Suitable for Beginners*

Midhurst Jubilee Walk & South Pond

Leader: Richard/Louise

Duration: 30mins **Distance:** 1 mile. A flat walk at a gentle pace with a small bridge over the pond. A steady incline to the top of the jubilee path with benches to sit and rest along the way.

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

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

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

Wed 13th July – 10.30am – Slindon

Leader: Alison & Peter

Duration: 3 hours **Distance:** Approx. 6 miles. A longer strenuous walk to the folly and through Slindon Woods, with some steep gradients. Will be muddy after wet weather.

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

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

Fri 15th July – 10.30am – Cowdray, taking in Stedham Mill, Easebourne and the Rother

Leader: Jane

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

Meet: Cowdray Cafe and Farm Shop car park Midhurst.

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

Fri 15th July – 10.30am – Nature Encounters on the Common



Leader: Elinor

Duration: 1 hr **Distance:** 1 – 1.5 miles. Come and join Heathlands Reunited Ranger Elinor for a gentle and relaxing walk around the beautiful heathland at Lynchmere Common. We will wander along the Serpent Trail, enjoying the special wildlife, and with an invitation to try some simple mindfulness exercises. The walk is fairly flat with occasional short inclines and declines. No dogs (except assistance dogs) please.

Meet: Meet at the Lynchmere Society Noticeboard at the main entrance to the site on the western side of the common. What3words: ///thudding.uttering.inherits

By Car: from B2131 (Liphook to Haslemere) take turning right (south) 0.6 miles (1km) after Railway bridge on outskirts of Liphook (Sussex County border). From Haslemere, left turn 0.8 miles (1.3km) after leaving Hammer. Parking areas 200m on both sides of road. If you are coming from Liphook on the B2131, please take the first turning on the right to Lynchmere. If you are coming from Haslemere on the B2131, please take the second turning on the left to Lynchmere.

Sun 16th July – 10.30am – Binsted Woods via Madonna Pond

Leader: Dominic

Duration: 2-2.5 hrs **Distance:** 4 miles, mainly flat headland path, grass, gravel.

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

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

Mon 18th July – 4pm – Midhurst, Iping & Stedham Commons

Leader: Sandy

Duration: 2-2.5hrs **Distance:** 5.5 miles. Interesting terrain of Heathland, Pine Forest & Commons. A mostly flat walk with lovely outlooks and one steep narrow path. **No dogs on this walk please.**

Meet: Iping & Stedham Car Park.

By Car: A286 to Midhurst, at mini roundabout in the town, turn left onto A272 towards Petersfield. After 2 miles turn left into Elsted Road (signposted Elsted/Harting) and the car park is 200m along on the right hand side.

By Bus: 92 from Midhurst Bus Station to Elsted Road.

Mon 18th July – 10.30am – *Suitable for Beginners*

Chichester Canal

Leader: Sarah

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

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

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

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

Mon 18th July – 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.

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

Tue 19th July – 10.30am – Whitehouse Farm

Chichester *New Walk*

Leader: Bruce

Duration: 2 hours. **Distance:** 3.5 miles. Ascent 30m. We explore the area around the new vast Whitehouse Farm housing development. No stiles

Meet: Whitehouse Farm Car Park. SU852062 (Nearby postcode PO19 3FX)

<http://maps.google.com/maps?t=m&z=15&q=50.8494,-0.7910>

By Car: From Chichester take the Old Broyle Rd towards Funtington the NEW Car Park is on the left 100m past the new roundabout.

Tue 19th July – 11am – *Suitable for Beginners*

Midhurst Jubilee Walk & South Pond

Leader: Richard/Louise

Duration: 30mins **Distance:** 1 mile. A flat walk at a gentle pace with a small bridge over the pond. A steady incline to the top of the jubilee path with benches to sit and rest along the way.

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

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

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

Wed 20th July – 10.30am – Climping *New Walk*

Leader: Dominic

Duration 2hr 20mins **Distance:** Approx. 4.5 miles, along Ferry Road to Brookpit, up bread Lane to the sea and back along beach. Flat walk.

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

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

By Bus/Train: Across the footbridge opposite Littlehampton station. Turn left, the Yacht Club is about 1/3 of a mile ahead on the left hand side.

Thurs 21st July – 10.30am – Petworth Park Ancient Tree Walk Part 2

Leader: Gerald

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

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

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

By Bus: No.1 Bus from Midhurst or Petworth.

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

Fri 22nd July – 10.30am – Burpham and Wepham

Leader: Jane

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

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

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

Mon 25th July – 10.30am – *Suitable for Beginners* Chichester Canal

Leader: Sarah

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

beginners.

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

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

By Bus: 5 minute walk from Chichester Bus Station.

Tue 26th July – 10.30am – Poling Ponds

Leader: Peter Br

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

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

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

Tue 26th July – 11am – *Suitable for Beginners*

Midhurst Jubilee Walk & South Pond

Leader: Richard/Louise

Duration: 30mins **Distance:** 1 mile. A flat walk at a gentle pace with a small bridge over the pond. A steady incline to the top of the jubilee path with benches to sit and rest along the way.

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

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

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

Wed 27th July – 10.30am – Eartham Woods

Leader: Alison & Peter

Duration: 2-2.5 hrs **Distance:** 5.5 miles. A walk through Eartham Woods, coming back along Stane Street. No stiles.

Meet: Forestry Commission Car Park, Eartham

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

Wed 27th July – 10.30am – Pagham Harbour RSPB Reserve to Church Norton

Leader: Rob

Duration: Approx. 2.5 hour. **Distance:** 4 miles.

Description: Flat linear walk (out and back) skirting Pagham Harbour from the RSPB Visitor Centre to Church Norton Spit. Can be very muddy, uneven and slippery in places.

Dogs welcome but will need to be on lead at all times. Bring binoculars for observation of birds on reserve. Not suitable for wheelchairs. Note the RSPB are introducing a charge for car park at the visitor centre (free for RSPB members). There is a café selling teas and coffees in the visitor centre.

Meet: RSPB Pagham Reserve Car Park, Selsey Road, PO20 7NE. 51 bus from Chichester bus station stops outside visitor centre.

Thurs 28th July – 10.30am – Graffham Common

Leader: Bruce

Duration: 2 hours. **Distance:** 4 miles. Ascent 120m. Moderately strenuous walk exploring the charming village and the lovely sandy Graffham Common, 5 stiles. After the walk this is a good place for a picnic.

Meet: Graffham Recreation Ground. SU931176 (Nearby postcode GU28 0QB) <http://maps.google.com/maps?t=m&z=15&q=50.9506,-0.6756> The rec is down a lane by the war memorial close to the Foresters Arms.

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. OR from the south via A285 to Duncton.

After 1 mile turn left signposted Selham Graffham. After 1.4 miles turn left.

Thurs 28th July – 10.00am – Wisborough Green

Leader: Louise

Duration: 2.5-3 hours **Distance:** 6.5 miles. A walk up Harsfold Lane along the towpath, then footpath and up to the top of the hill, then turn down through the copse and out in a field, along the canal and then round the corner to a lake and along the side of the lake. Up away from the lake and over the bridges into the copse, up the side of the fields and then cross the field with horses in it. Turn down the drive, then over the stile, through the fields and down to the canal. Over the canal and up the field to the A272, cross the road and then up through the copse and round the fields and back to Wisborough Green.

Meet: Park at the green in the laybys RH14 0DS

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 A29 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.

Fri 29th July – 10.30am – Warblington

Leader: Andrew

Duration: Two hours, four miles, on foreshore to Warblington and Langstone

Meet: High Street, Emsworth Town Square PO10 7AW; pay Car Park

By Car: Either A27 or A259 (old A27)

By Bus: 700 bus.

Fri 29th July – 10.30am – Lavington Common to Duncton

Leader: Jane

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 on this walk please.**

Directions: Lavington Common Car park.

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

Sun 31st July – 10.30am – Burpham

Leader: Dominic

Duration: 2hrs 30mins **Distance:** approx. 5 miles. Hilly walk with some stiles. Lovely views.

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.