# Green Banner reads 'HeartSmart Walks Free guided walks in the Chichester Dsitrict'

# Welcome to the HeartSmart Walks programme

**May to July 2025**



**Easebourne by 'The Race'**

**by Bruce Dupée**

**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](http://www.chichester.gov.uk/article/34166/Book-a-HeartSmart-walk) where possible or via the telephone.
* If you are unable to attend, please ensure you cancel online (via the link on your confirmation email). **If you need to cancel on the day, please phone the office on 01243 521041 so the walk leader can be notified.**
* Up to 15 walkers per walk. If you turn up without having pre-booked you may not be able to walk with the group. **Please note walks will not go ahead if only 1 walker is booked on or only 1 walker turns up.**
* Walks are available to book two weeks in advance, up until 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.
* **Please inform the Walk Leader if you have a medical condition that you think we might need to be aware of, for example, diabetes, allergic reactions, medication i.e. blood thinners.**
* We recommend always bringing a mobile phone with the number below stored in case of emergency.
* Please note that the walks are smoke free. Dogs are welcome on walks unless otherwise stated but must be kept on the lead.
* **Please be mindful of ticks, especially during the warmer months**. You may want to check for ticks after your walk.
* If the weather is poor the walk may be cancelled. Please check with the office or website if unsure (office hours Mon-Thurs 9am-4pm & Fri 9am – 12pm).

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

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

To book visit [the HeartSmart booking page](http://www.chichester.gov.uk/article/34166/Book-a-HeartSmart-walk)

or for further information contact the Chichester Wellbeing Team

🕿 01243 521041 – 🖂 health@chichester.gov.uk 🖰 [HeartSmart Booking](http://www.chichester.gov.uk/article/34166/Book-a-HeartSmart-walk)

## Please note that paper copies are only printed once and are not updated with any amendments so please refer to online copy for most up to date list of walks.

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

## Thursday 1st May – 10.30am – Singleton Drovers

**Leader**: Bruce
**Duration**: 2 hours 15 mins. **Distance:** 4.6 miles. Ascent 210m. A strenuous hilly walk visiting Honeycomb Copse, Wellhanger Copse, Drovers, Nightingale Wood (for possible bluebells) and Levin Down.
**Meet:** Singleton School. SU879131 ( Nearby postcode PO18 0HP )
[https://maps.google.com/maps?t=m&z=15&q=50.9113,-0.7506](https://url.uk.m.mimecastprotect.com/s/I1W0C5lXDFZqXzMTzf0UkLC-_?domain=maps.google.com)
**By car:** From Chichester Follow the A286 towards Midhurst. In Singleton turn right opposite the Cricket Ground after the Partridge Inn park near the school.
**By bus:** 60 from Chichester

### Friday 2nd May – 10.30am – Graffham

Leader: Richard M
**Duration:** 2 hours **Distance:** 4.4 miles. This walk passes through woodland and open countryside with fine views of the South Downs. Reasonably level and easy walking with one 200 yd ascent. Some stiles.

**Meet:** In the car park along the Lane adjacent to the War Memorial. 50 yds to the South of the 'Foresters Arms' GU28 0QA.

**By car:** from Chichester to Petworth Rd turn left off long straight North of Duncton signed Graffham. Turn left after about a mile to Graffham and you will see The Foresters’ Arms on the left, followed 50yds on by the war memorial with the car park situated up the adjacent lane.

### Friday 2nd May – \*5pm\* – \*New Walk\* Ebernoe Common - nature connection

Leader: Lucy

**Duration:** 2 hours 30 mins **Distance:** 5 miles. Start at Ebernoe church car park and meander slowly through the nature reserve, passing ponds, small streams, narrow bridge and then up to the road (5 mins walking on the road) and then on towards Colhook common (may get a chance to see a kingfisher) and then winding slowly back towards the start point through the woodland and nature reserve.

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

**What3Words**: Chef.ears.limits (This is the meet point)

**By car:** Post code is GU28 9LD. It is situated approx. 5 miles north of Petworth. Take the A283 from Petworth heading north, take the right turn up Streel’s Lane and follow the road for 2 – 5 mins (by car). There is a car park at Ebernoe Church, off Streel’s Lane (on your right).

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

### Tuesday 6th May – 10.30am – \*New Walk\* Duncton, Barlavington & Sutton

**Leader:** Sue & Richard

**Duration:** 2 hours 30 mins. **Distance:** 6 miles. A part of the walk is on uneven ground with one tree stump to climb, so sensible shoes required and poles may be useful. Dogs welcome, but they will need to be on a lead when walking along the road, or through fields with livestock.

This walk will begin in Duncton and is largely flat, on mostly well-established but, occasionally, there may be muddy paths. We will explore Burton Park. The present house was built around 1828, while Burton Church dates from the Norman Conquest. We will then make our way to Sutton before returning to Duncton via Barlavington. There will be an opportunity to see Duncton Mill and the trout fishery nearby. The Cricketers at Duncton is a very welcoming pub for refreshments after the walk. It was built in the 18th Century and is called after two 19th century Sussex cricketers who lived in the village.

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

Ordnance Survey gridref: SU 9596 1699

Latitude: 50.944424 Longitude: -0.635414

Easting: 495964 Northing: 116996

**What3words:** quits.diverged.sharp

**By car:** Duncton is on the A285 between Chichester and Petworth and the Cricketers is just after the entrance to Seaford College coming from Chichester.

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

## Tuesday 6th May – 3pm – Havenstoke Park



**Leader:** Helen R

**Join Us for a Free Walk at Havenstoke Park!**

Looking to get some **fresh air, gentle exercise, and great company?** Come along to our **FREE community walk**—a relaxed and welcoming way to stay active!

**Meeting Point:** The Pavilion, Havenstoke Park

Suitable for all abilities—**mobility aids welcome**

Walk at your own pace in a **friendly, social setting**

Finish with a **cuppa and a chat!**

No need to book—just turn up and enjoy! Bring a friend or come and meet new ones.

## Wednesday 7th May – 10.30am – Stansted Park to Watergate

**Leader:** Peter & Alison

**Duration:** 3 hours 30 mins **Distance:** 7.6 miles. A longer strenuous walk from Stansted across to Watergate Park via Lyecommon. Mostly walking on lanes through woods and fields with some good views. A couple of steepish uphills. Expect muddy paths after heavy rain. Bring a snack for a short stop. Suitable for people who enjoy a faster paced walk.

**Meet:** Stansted House Visitors Car Park PO9 6DX. Please use the first car parks on your right that are designated for walkers.

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

## Wednesday 7th May – 10.00am – Loxwood, Onslow Arms

**Leader:** Louise

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

**Meet:** The car park behind the Onslow Arms

**By car:** from Chichester follow the A285 road to Petworth, through Petworth then turn right on A272 and follow road to Wisborough Green about 6.5 miles, pass the green and turn left signposted Loxwood past The Cricketers Pub and then follow Durbans Road for 1.3 miles to T junction at the end, turn left and follow B2133 road through to Loxwood. The Onslow Arms is on the right hand side – turn right through the pub car park and go through to the Wey & Arun car park at the rear. If coming from the A24 side follow the road to Billingshurst and then follow the A272 towards Midhurst about 1½ miles then turn right on B2133 signposted to Loxwood.

## Wednesday 7th May – 12noon \*New day & time\* – \*Suitable for Beginners\* Midhurst Local Social Walk



**Leader:** Helen at The Grange
**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.

PLEASE NOTE THIS WALK NEEDS TO BE BOOKED WITH THE GRANGE ON 01730 815285.

## Thursday 8th May – 10.30am – Prinsted Loop

**Leader:** Caroline

**Duration:** 1 hour **Distance:** 2.1 miles. This is a flat walk suitable for beginners or those getting back into walking. From the car park we take the path along the coast and then back through farmland, orchards and lanes. It can be muddy. No dogs. Max 10 people.

**Meet:** At the Car Park in Prinsted.(what3words rainy.waters.explained). This is a small car park. Prinsted is served by the 700 bus, leaving Chichester every 20 mins. Alight at Prinsted Lane and it is a 11min walk to the car park.

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

## Friday 9th May – 10.30am – Compton & Sussex Border Path

**Leader:** Jane

**Duration:** 3 hours 45 mins **Distance:** 8 miles. This is a more advanced walk due to its length. It also has some uphill sections and stiles. Lovely views of open countryside. We will have a stop so please bring a snack. No dogs please.

**Meet:** Compton Recreation Ground car park. Take the B2178 from Chichester, turning right at Funtington into Hares Lane and right again on to the B2146 through West Marden and the recreation ground is on the right as you enter Compton village.

### Friday 9th May – 10.30am – Lurgashall

**Leader:** Richard M

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

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

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

## Saturday 10th May – 10am – Chichester Canal

**Leader:** Lucy

**Duration**: 3 hours 15 mins (without lunch stop/break) (With lunch stop nearer **4 to 5hrs**). **Distance**: 8 miles **Elevation**: 4m. Start at the front of the Chichester canal heritage centre. We then meander along the Chichester ship canal towards Hunston. We then carry on past the weir and then onto the Marina. All along the canal there is great opportunity to see different birds that call the canal home. There is a great café at the marina which is accessible and dog friendly. We will stop here for something to eat/drink or sit outside with picnic. We will then return the same route on the return to the Chichester canal basin.

**Accessibility** – Welcome to all but please consider the following. This route is accessible for wheelchairs/prams that can manage some slight undulating ground and different surfaces. Likely will require good fitness and/or powered wheelchairs/powered attachments. There are no stiles. (There are toilets located at the start point. There is an accessible toilet in the centre, but this is not ‘changing spaces toilet’. There is a toilet located at the café/halfway point.

**Travel**: There is multiple car parks close by. The train station is 2-to-5-minute walk/stroll away from the start point.

**Meet location** - **What3words**: march.bond.random

**By car:** Take A27 Chichester bypass to the Stockbridge roundabout. Head north on Stockbridge Road and the Chichester Canal Heritage centre is on your right.

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

## Saturday 10th May – 10.30am – West Marden, Bevis Thumb Circle & Compton

**Leader:** Jane B

**Duration:** 2.5 to 3 hours. **Distance:** 4.5 miles. 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 (continue 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).

**What3words:** irritate.photocopy.crimson

## Monday 12th May – 10.30am – \*Suitable for Beginners\* Chichester Canal

**Leader:** Ben
**Duration:** 30 mins **Distance:** 1 mile. A flat walk at a gentle pace, suitable for beginners.
**Meet:** Chichester Canal, Basin Road, Chichester PO19 8DT.
**By car:** From Chichester city centre go south along Basin Road to Canal Wharf. Limited parking but plenty of public car parks available in the city.

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

## Monday 12th May – 10.30am – Emsworth to Nutbourne

**Leader**: Jane W

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

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

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

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

## Monday 12th May – 10.30am – Amberley, Vines, Smugglers & South Downs Way

**Leader:** Keith & Phil

**Duration:** 2 hours 15 mins **Distance:** 4 miles. A sometimes steep sometimes strenuous walk, up to and partly along the South Downs Way passing the museum, vineyards and farms with views to the Isle of Wight & Rampion Offshore Windfarm.

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 Bridge Pub, beneath the Station.
**Meet:** Amberley Station car park B2139. What 3 words: dentistry.tasks.empty.

**By car:** A29 North from Fontwell, then B2139 from Whiteways roundabout.

**Please note: At the end of the walk, we will have a collection, to gift the museum for the use of their car park. £1.00 each car suggested.**

## Tuesday 13th May – 10.30am – Cissbury Ring & Findon Village

**Leader:** Sue & Richard

**Duration:** 3 hours **Distance:** 7.5 miles. This outstanding walk through archetypal Sussex countryside has scenic rolling views from the top of Cissbury Ring. Cissbury Ring is owned by the National Trust and is an Iron Age hill fort built around 400BC.

The walk will also take us around Findon, a beautiful village right on the Sussex Downs, which has also been famous as a horse racing village since the 1800s. The first part of the walk is on footpaths through fields, a small stretch could be muddy in winter, so sensible shoes required. Dogs welcome but may need to be on a lead if there are horses or sheep around.

**Meet:** Storrington Rise car park Post code: BN14 OHT

Ordnance Survey grid ref: TQ 1289 0767

Latitude: 50.857557 Longitude: -0.397460

Easting: 512890 Northing: 107673

What3words: digested.liability.bluntly

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

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

## Tuesday 13th May – 10.30am – Havenstoke Park



**Leader:** Helen R

**For details see 6th May entry.**

## Wednesday 14th May – 10.30am – Slindon

**Leader:** Alison & Peter

**Duration**: 2 hours 30 mins **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 14th May – 10.30am – \*New Walk\* In the Footsteps of Artistic Giants

**Leader:** Gerald

**Duration**:1 hour 30 mins **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 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.

## Wednesday 14th May – 12noon \*New day & time\* – \*Suitable for Beginners\* Midhurst Local Social Walk



**Leader:** Helen at The Grange
**For details see 7th May entry.**

## Thursday 15th May – 10.30am – Elsted

**Leader:** Bruce
**Duration:** 2 hours 15 mins. **Distance:** 4.5 miles. Ascent 200m (or 240m). Moderately strenuous with one steep climb to Pen Hill for glorious views.
(Optional extra climb up Beacon Hill). Also visits the lost churches of Treyford. Three stiles. Aprés @ 3 Horseshoes Pub.
**Meet:** Elsted Church. SU816196 ( Nearby postcode GU29 0JY )
[https://maps.google.com/maps?t=m&z=15&q=50.9713,-0.8390](https://url.uk.m.mimecastprotect.com/s/8lhGC6m4EirQpgPF6hLU5_VmE?domain=maps.google.com)
**By car:** A286 to Lavant. B2141 towards South Harting. Sharp right after NT viewpoint into Hill Lane. Right into Elsted Road.

## Friday 16th May - 10.30am – Walk the England Coast Path Bognor to Littlehampton

**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 16th May – 10.30am – Eartham Woods

Leader: Caroline

**Duration:** 1 hour 45 mins **Distance** 3.3 miles A gently paced walk through beautiful woodland. There is a moderate long uphill stretch and it can be muddy in places. Dogs Welcome. Max 10 people

**Meet**: Eartham Woods car park (what3words edit.ethic.upper)

**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 16th May –\*5pm\* – \*New Walk\* - Eartham

**Leader:** Lucy

**Duration**: 1 hour 45 mins **Distance**: 4 miles (however there are many routes through the woodlands so this can be made longer if wanted) **Elevation**: 154.5m

This is a glorious route through Eartham woodland. We start at the car park and head up towards rear of St Marys farm. There is a steepish section descending downwards deeper into the woodland and an equal ascent. This is a slow meander walk/stroll through the woodland with a chance to connect with nature, look around at the flourishing wild garlic, woodland fungi and see what we can see, hear, smell and feel. We will then take our return route along the monarch’s way and ancient roman road heading back towards the car park. There is a lovely pub located nearby if anyone wants to consider a dinner stop or soft drink before heading home.

**Meet:** Car park is called Eartham Woods car park and is Free.

**What3words**: edit.ethic.upper

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

There are no stiles. There are no toilets at this location. There is plenty of parking.

**By car:** Post code is PO18 0LU. Car park is called Eartham Woods car park and is Free. From the A27 take the A285 exit at Westhampnet towards Halnaker (North). Travel along this road go past Selhurst park (on your left) and then take Eartham Lane. This is a sharp hair pin bend on your right. Proceed along Eartham Lane and the carpark is located on your left.

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

## Monday 19th May – 10.30am – \*Suitable for Beginners\* Chichester Canal

**Leader:** Ben
**Duration:** 30 mins **Distance:** 1 mile. A flat walk at a gentle pace, suitable for beginners.
**Meet:** Chichester Canal, Basin Road, Chichester PO19 8DT.
**By car:** From Chichester city centre go south along Basin Road to Canal Wharf. Limited parking but plenty of public car parks available in the city.

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

## Tuesday 20th May – 10.30am – Three Villages Walk (East Dean, Charlton, Singleton, Levin Hill)

**Leader:** Sue & Richard

**Duration:** 3 hours 30 mins **Distance:** 7 miles. Ascent 288m / 945 ft. A part of the walk 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 East Dean Village Hall car park and we will walk up to Goodwood Counters Gate, and then down to Charlton / Singleton. We then walk up Levin Down, via North Down, before completing this circular route back to East Dean. We will have a couple of drink stops along the way, so bring beverages and snacks. There will be a small amount of road walking, so dogs will need to be leashed at these times. We will go through a field, where there maybe sheep. There are no stiles, or horses on this walk.

**Meet:** East Dean Village Hall car park is situated in East Dean.

Post code: PO18 OJG

Ordnance Survey grid ref: SU 9040 1300

Latitude: 50.909431 Longitude: -0.715566

Easting: 490401 Northing: 113003

What3words: outgrown.firm.flitting

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

## Tuesday 20th May – 10.30am – Havenstoke Park



**Leader:** Helen R

**For details see 6th May entry.**

## Wednesday 21st May – 10.00am – Wisborough Green – Kirdford Square

**Leader:** Louise

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

**Meet**: park in the laybys at the green.

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

## Wednesday 21tst May – 12noon \*New day & time\* – \*Suitable for Beginners\* Midhurst Local Social Walk



**Leader:** Helen at The Grange
**For details see 7th May entry.**

## Thursday 22nd May – 10.30am – Itchenor to West Wittering Circular

**Leader:** Jane B

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

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

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

**What3words:** retiring.juggled.reporter

## Friday 23rd May – 10.30am – Harting to North Marden

**Leader:** Jane W

**Duration:** 3 hours 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.

### Tuesday 27th May – 10.30am – West Dean

**Leader:** Richard & Sue

**Duration:** Approx 3 hours **Distance:** 6 miles. Ascent 426m / 1400 ft. A part of the walk 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 will initially cross over the road, to start our walk through the open fields that will lead onto a forest walk. We will then walk through the forest of West Dean, which includes some uphill and downhill walking. Please note, if the weather has been wet, parts of this route may be muddy.

We will then walk through the woods onto open farm land, before turning back towards the road back to the path that will lead to the Charcoal burners, where we will take a drink / snack break by the stacked logs.

Our return route, is partially by road, until we turn off at the local farm. Here we will follow the path through the woods, where we will join back on the road for a short duration, prior to taking the linear path back to West Dean start point. There are no stiles, cows or horses on this route.

**Meet**: We start at West Dean by the river under the black lamp post with the sign for the village shop. However, for those who wish to stay for a drink afterwards, the Selsey Arms have agreed patrons from the walk can use their car parking facilities. Just park there and walk down to the lamp post meeting / start place. For those not parking at the pub, as you approach the Selsey Arms, there is a road going down the side of the pub, which will pass a farm shop. Follow the road for 250 yards, then follow to the right and directly in front there should be parking bays. If full, there is off street parking further up the road.

**Post code:** PO18 OQX

Ordnance Survey grid ref: SU 8583 1228

Latitude: 50.903700 Longitude: -0.780710

Easting: 485832 Northing: 112288

What3words: shifting.polygraph.recline

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

At the end of the walk you are welcome to join us for some refreshments, at the Selsey Arms Pub.

## Tuesday 27th May – 10.30am – Havenstoke Park



**Leader:** Helen R

**For details see 6th May entryy**

## Wednesday 28th May – 10.30am – Amberley to Rackham Hill

**Leader:** Peter and Alison

**Duration:** 2 hours 30 mins **Distance:** approx. 6 miles. 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 two miles on the SDW are steeply uphill but are rewarded by wonderful views (on a clear day!). Suitable for people who enjoy a faster paced walk.

**Meet:** Amberley Museum/Station Car Park BN18 9LT. Designated station car park spaces are free but very limited. **We have permission to use the museum car park for a suggested donation of £1 per car (to be collected by the walk leader).**

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

## Wednesday 28th May – 12noon \*New day & time\* – \*Suitable for Beginners\* Midhurst Local Social Walk



**Leader:** Helen at The Grange
**For details see 7th May entry.**

## Thursday 29th May – 10.30am – Slindon Northwood

**Leader:** Bruce
**Duration:** 2 hours. **Distance:** 4 miles. Ascent 140m. A moderately strenuous walk through the National Trust Slindon Estate - a quintessentially Sussex mix of farm, downland and wood.
**Meet:** Slindon Northwood Cottages. SU959098 ( Nearby postcode BN18 0RL )
[https://maps.google.com/maps?t=m&z=15&q=50.8806,-0.6374](https://url.uk.m.mimecastprotect.com/s/UylDC7n2GTA380ztBiWUoUiJl?domain=maps.google.com)
**By car:** A27 east from Chichester. Take Britten's Lane 1 mile after the Crockerhill junction. Second right into Top Road. Left into Nore Wood Lane. Car park (free) after 1 mile.

### Friday 30th May – 10.30am – Fairmile Bottom

**Leader:** Peter B

**Time:** 2 hours 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.

## Monday 2nd June – 10.30am – \*Suitable for Beginners\* Chichester Canal

**Leader:** Sarah
**Duration:** 30 mins **Distance:** 1 mile. A flat walk at a gentle pace, suitable for beginners.
**Meet:** Chichester Canal, Basin Road, Chichester PO19 8DT.
**By car:** From Chichester city centre go south along Basin Road to Canal Wharf. Limited parking but plenty of public car parks available in the city.

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

## Tuesday 3rd June – 10.30am – Halnaker & Tinwood Estate

**Leader:** Richard and Sue

**Duration:** 2 hours 45 mins **Distance:** 5.5 - 6 miles. Ascent 80m. A small stretch may be muddy, so sensible shoes required. Dogs 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.

Ordnance Survey grid ref: SU 9068 0768

Latitude: 50.861533 Longitude: -0.712871

Easting: 490683 Northing: 107680

**What3words:** exactly.trickling.bottom

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

## Tuesday 3rd June – 10.30am – Havenstoke Park



**Leader:** Helen R

**For details see 6th May entry.**

## Wednesday 4th June – 10.00am – Loxwood

**Leader:** Louise

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

**Meet:** in the car park behind the Onslow Arms

**By car:** from Chichester follow the A285 road to Petworth, through Petworth then turn right on A272 and follow road to Wisborough Green about 6.5 miles, pass the green and turn left signposted Loxwood, past The Cricketers Pub and then follow Durbans Road for 1.3 miles to T junction at the end, turn left and follow B2133 road through to Loxwood. The Onslow Arms is on the right hand side – turn right through the pub car park and go through to the Wey & Arun car park at the rear. If coming from the A24 side follow the road to Billingshurst and then follow the A272 towards Midhurst about 1½ miles then turn right on B2133 signposted

## Wednesday 4th June – \*6pm\* – Evening Walk - Maybush

**Leader:** Bruce
**Duration:** 1 hour 20 minutes. **Distance**: 3 miles. Flat. A stroll through Maybush Copse and the harbour foreshore.
**Meet:** Chidham Maybush Copse. SU787052
Nearby postcode: PO18 8SR
[https://maps.google.com/maps?t=m&z=15&q=50.8413,-0.8833](https://url.uk.m.mimecastprotect.com/s/bFePC8o0JS6n2AXFMsXUyZ-5K?domain=maps.google.com)
**By car:** Take the A259 out of Chichester. Left into Cot Lane by the Barleycorn pub.
Park outside the entrance to the copse, in a layby further along or considerately in Maybush Drive.
**By bus:** 700 from Chichester.

## Wednesday 4th June – 12noon \*New day & time\* – \*Suitable for Beginners\* Midhurst Local Social Walk



**Leader:** Helen at The Grange
**For details see 7th May entry.**

### Thursday 5th June – 10.30am – Adsdean

**Leader:** Caroline

**Duration:** 2 hours **Distance:** 3.6 miles. A gently paced downland walk starting from Adsdean Farm Shop with a long incline up through the woods to Walderton Down, we take a fairly steep path before walking along the ridge towards Kingley Vale. We descend back through woodland to the farm shop there are far reaching views across to the sea. There can be animals in the fields. No dogs please. Max 10 people

**Meet:** in the car park of Adsdean Farm Shop by permission of Tim Hoare Parking at Adsdean 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

## Monday 9th June – 10.30am – \*Suitable for Beginners\* Chichester Canal

**Leader:** Sarah
**Duration:** 30 mins **Distance:** 1 mile. A flat walk at a gentle pace, suitable for beginners.
**Meet:** Chichester Canal, Basin Road, Chichester PO19 8DT.
**By car:** From Chichester city centre go south along Basin Road to Canal Wharf. Limited parking but plenty of public car parks available in the city.

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

## Monday 9th June – 10.30am – Walk the England Coast Path - Pagham to RSPB Sidlesham

**Leader:** Jane W
**Duration:** Approx. 2 hours **Distance:** Approx. 5.5 miles. A circular flat walk taking in lovely views of Pagham Harbour. There will be an opportunity for a quick stop at the Information centre, where drinks are sometimes available. **No dogs please.**

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

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

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

## Tuesday 10th June – 10.30am - Duncton

**Leader:** Richard & Sue

**Duration:** 2-2.5 hours**. Distance:** 6 miles. Enjoy a beautiful circular walk in the beautiful countryside around Lavington Common and Duncton Mill. The walk also goes along part of the Serpent Trail which ‘snakes’ its way from Haslemere to Petersfield through stunning heathland. The route also takes us past the Cricketers Pub in Duncton, a charming 16th Century coaching inn, and an ideal location for refreshments. Dogs may need to 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 is one stile and one field may have some horses at a distance. There is a small section of road walking, about 5 mins.

**Meet:** Lavington Common (National Trust Free car park) **Post Code:** GU28 0QL

Ordnance Survey grid ref: SU 9489 1873

Latitude: 50.960217 Longitude: -0.650114

Easting: 494899 Northing: 118733

What3words: tilts.charities.market

**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.

The Cricketers or Badgers pubs, are very welcoming to walkers. Richard and Sue would love you to join them there for a post walk drink.

## Tuesday 10th June – 10.30am – Havenstoke Park



**Leader:** Helen R

**For details see 6th May entry.**

## Wednesday 11th June – 10.30am - Cocking

**Leader:** Alison & Peter

**Duration:** 2 hours 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.

## Wednesday 11th June – 12noon \*New day & time\* – \*Suitable for Beginners\* Midhurst Local Social Walk



**Leader:** Helen at The Grange
**For details see 7th May entry.**

### Thursday 12th June – 10.30am – Earnley

**Leader:** Jane B

**Duration:** 2 hours 30 mins. **Distance:** 4.5 miles. This is a gentle walk, over fields and hedgerows to viewpoints over the tidal estuary. Down to the Stilt Pools just inland from the coast (the Stilt Pools are famous for waders) We return over the fields past Earnley Church. The route may be moody and any shingle on the beach slippery.

There are no facilities at Medmerry (the nearest ones are at Bracklesham sea front car park).

**Meet:** Medmerry RSPB car Park Drover Lane. PO20 7JL

**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.

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

**What3words:** inflating.noise.outdoors

## Thursday 12th June – 10.30am – The Dover, Angmering Park

**Leader:** Phil & Keith
**Duration:** 2 hours 30 mins **Distance:** 5.2 miles. Circular walk to Barpham Hill trig point, taking in spectacular scenery, wooded paths and open farmland, kites and buzzards should be in view. May be 1 stile if a gate is locked.

**Meet:** the car park can be found at the top of the lane after you have passed the cottages on the right.

**By car:** off A27 Eastbound near Poling. Dover Lane has a post code of BN18 9PX and has a what three words reference of profile.cheetahs.engulfing

## Thursday 12th June –\*5.30pm\* – \*New Walk\* - Eartham

**Leader:** Lucy

**Duration**: 1 hour 45 mins **Distance**: 4 miles (however there are many routes through the woodlands so this can be made longer if wanted) **Elevation**: 154.5m

This is a glorious route through Eartham woodland. We start at the car park and head up towards rear of St Marys farm. There is a steepish section descending downwards deeper into the woodland and an equal ascent. This is a slow meander walk/stroll through the woodland with a chance to connect with nature, look around at the flourishing wild garlic, woodland fungi and see what we can see, hear, smell and feel. We will then take our return route along the monarch’s way and ancient roman road heading back towards the car park. There is a lovely pub located nearby if anyone wants to consider a dinner stop or soft drink before heading home.

**Meet:** Car park is called Eartham Woods car park and is Free.

**What3words**: edit.ethic.upper

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

There are no stiles. There are no toilets at this location. There is plenty of parking.

**By car:** Post code is PO18 0LU. Car park is called Eartham Woods car park and is Free. From the A27 take the A285 exit at Westhampnet towards Halnaker (North). Travel along this road go past Selhurst park (on your left) and then take Eartham Lane. This is a sharp hair pin bend on your right. Proceed along Eartham Lane and the carpark is located on your left.

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

## Friday 13th 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 **£3.** Please bring food and drink. Can be muddy and slippery. **No dogs please.**

**Meet:** Fishbourne Roman Palace Roman Way, Chichester PO19 3QR. Please park near the entrance to the car park and we will give a small donation to the museum.

## Monday 16th June – 10.30am – \*Suitable for Beginners\* Chichester Canal

**Leader:** Sarah
**Duration:** 30 mins **Distance:** 1 mile. A flat walk at a gentle pace, suitable for beginners.
**Meet:** Chichester Canal, Basin Road, Chichester PO19 8DT.
**By car:** From Chichester city centre go south along Basin Road to Canal Wharf. Limited parking but plenty of public car parks available in the city.

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

### Tuesday 17th June – 10.30am – \*New Walk\* Pagham to Aldwick

**Leader:** Sue & Richard

**Duration:** 2 hours. **Distance:** 4-5 miles. Lovely beach and shoreline as well as some footpath/field walking. We shall start from Pagham and make our way to Pagham Church. Pagham was one of the foremost English trading ports until the 14th Century but a huge storm in 1341 devastated the area and the harbour gradually silted up. We will then walk along the shoreline to Aldwick. Aldwick is a seaside village and was briefly the home of King George V at Craigwell House. We will explore the area around the Aldwick Bay Estate, which was established in 1929, before heading back to Pagham along the shore line. A flat walk, with the occasional uneven surface and muddy patch.

**Meet:** Outside the Lamb Inn in Pagham. Post Code: PO21 3QX. The pub has a generous car park and this can be used if you intend to have some refreshments after the walk. There is plenty of parking in Pagham Road and in nearby residential areas.

Ordnance Survey gridref: SZ 8914 9843

Latitude: 50.778618 Longitude: -0.736993

Easting: 489143 Northing: 98431

**What3words**: behind.driveway.blissful

**By car:** The B2145 from Chichester and then the B2166 to Pagham. The Lamb Inn is on the left as you enter the village.

**By bus.** The 600 from Chichester to Bognor goes past the Lamb Inn and is a frequent service.

## Tuesday 17th June – 10.30am – Havenstoke Park



**Leader:** Helen R

**For details see 6th May entry.**

## Wednesday 18th June – 10.30am – Houghton Forest & Bignor Hill

**Leader:** Alison & Peter

**Duration:** 2 hours 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 18th June – 10.00am – \*New Walk\* Loxwood, Onslow Arms

**Leader:** Louise

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

**Meet:** in the car park behind the Onslow Arms

**By car:** from Chichester follow the A285 road to Petworth, through Petworth then turn right on A272 and follow road to Wisborough Green about 6.5 miles, pass the green and turn left signposted Loxwood past The Cricketers Pub and then follow Durbans Road for 1.3 miles to T junction at the end, turn left and follow B2133 road through to Loxwood. The Onslow Arms is on the right hand side – turn right through the pub car park and go through to the Wey & Arun car park at the rear. If coming from the A24 side follow the road to Billingshurst and then follow the A272 towards Midhurst about 1½ miles then turn right on B2133 signposted to Loxwood.

## Wednesday 18th June – 12noon \*New day & time\* – \*Suitable for Beginners\* Midhurst Local Social Walk



**Leader:** Helen at The Grange
**For details see 7th May entry.**

## Thursday 19th June – 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.
**Meet**: Graffham Recreation Ground. SU931176 ( Nearby postcode GU28 0QB )
[https://maps.google.com/maps?t=m&z=15&q=50.9506,-0.6756](https://url.uk.m.mimecastprotect.com/s/HO9BC9pPKckol6zHPtOUqwdPe?domain=maps.google.com)
**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. The rec is down a lane by the war memorial close to the Foresters Arms.

## Friday 20th June – 10.30am – Iping and Chithurst

**Leader:** Jane W **Time:** 3 hours **Distance**: This is a longer 6.75 mile walk, which has several stiles and is hilly in places. A pleasant walk with lovely views. No Dogs (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.

## Saturday 21st June – 10.15am – Graylingwell



**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 23rd June – 10.30am – \*Suitable for Beginners\* Chichester Canal – followed by picnic in Lavant

**Leader:** Sarah
**Duration:** 30 mins **Distance:** 1 mile. A flat walk at a gentle pace, suitable for beginners.
**Meet:** Chichester Canal, Basin Road, Chichester PO19 8DT.
**By car:** From Chichester city centre go south along Basin Road to Canal Wharf. Limited parking but plenty of public car parks available in the city.

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

## Monday 23rd June – 10.30am, 11.30am – Summer Walk & Picnic – 1pm Picnic

**Two walk options (or a short 30min canal walk)**

**Finishing with a ‘bring your own’ picnic outside Lavant Village Hall.**

**Walk One.**

**Time**: 11:30am – Shorter Lavant Walk
**Leaders:** Bruce & Caroline
**Duration:** 1 hour 30 minutes. **Distance**: 3 miles (or a 2 mile option). For a lighter hors d'oeuvre a flat walk up Centurian Way returning via the other side of the River Lavant.
**Meet:** Lavant, Sheepwash Lane. SU859083
Nearby postcode: PO18 0AT
[https://maps.google.com/maps?t=m&z=15&q=50.8684,-0.7793](https://url.uk.m.mimecastprotect.com/s/4i0OC02PxIG679ki3ugU9JYzy?domain=maps.google.com)
**By car:** A286 to Lavant. Turn right at mini roundabout down Pook Lane to the rec.
**By bus:** 60 from Chichester

**Walk Two.**

**Time:** 10.30am – Longer Walk - Lavant, Goodwood & West Dean

**Leaders:** Richard & Sue

**Duration:** 2 hours 30 mins **Distance:** 5 - 6 miles – The walk is 5 miles, however, there is an additional 1 mile for those who wish to go around the Trundle. For those who wish not too walk the additional mile, please bring a drink, for a 20 minute drink stop. There is sometimes a mobile coffee van at the bottom of the Trundle, that maybe open. Ascent 185m. A part of the walk is on uneven ground, so sensible shoes required. Dogs 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.

Ordnance Survey grid ref: SU 8596 0836

Latitude: 50.868375 Longitude: -0.779707

Easting: 485967 Northing: 108361

**What3words**: globe.state.linen

Nearest postal code: PO18 0AT

## Tuesday 24th June – 10.30am – Fittleworth Countyside

**Leader:** Gerald

**Duration:** 1 hour 30 mins **Distance:**3 miles. Two short stretches on tarmac and then a lovely walk through countryside surrounding Fittleworth**.**No stiles and wonderful views across the River Rother**.**Two inclines. If recent rain, it's worth wearing Wellington boots for a small section of standing water. **Excellent café available for loos, teas, coffees and small lunches at the end.**

**Meet**: Fittleworth Village Hall RH20 1JB, **in the car park area at the rear of the Hall.**

**By car:**From Petworth take the A283 east towards Fittleworth, and in the middle of the village turn right into School Lane.  After the playing fields, the Village Hall (and shop) is on the left. Park at the rear of the Hall please. Contact Gerald on 07748 597 568 if uncertain. Dogs are welcome.

## Tuesday 24th June – 10.30am – Havenstoke Park



**Leader:** Helen R

**For details see 6th May entry.**

## Wednesday 25th June – 10.30am – River Arun to South Stoke

**Leader:** Peter and Alison

**Duration:** 2.hours 30 mins **Distance:** 5 miles.  A lovely walk through meadows and woods, crossing the Gurkha bridge and around to South Stoke where we'll have a short break and a chance to visit the tiny 11th century flint church of St Leonard. The footpath alongside the River Arun can get overgrown and will be muddy after heavy rain.

**Meet:** Amberley Museum/Station Car Park BN18 9LT  Designated station car park spaces are free but very limited. **We have permission to use the museum car park for a suggested donation of £1 per car (to be collected by the walk leader)**

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

## Wednesday 25th June – 12noon \*New day & time\* – \*Suitable for Beginners\* Midhurst Local Social Walk



**Leader:** Helen at The Grange
**For details see 7th May entry.**

## Friday 27th June – 10.30am – \*New Walk\* Mundham Sidlesham and Fisher

**Leader:** Jane W

**Duration:** 3 hours. **Distance:** 7 miles. This is a flat walk, exploring the villages and hamlets of Mundham and Fisher and parts of Sidlesham, which back on to Pagham Harbour Reserve. If people wish there will be an optional drink/ coffee stop at The Anchor Inn on route. Some quiet lanes and footpaths, which can be muddy at times. Bring a drink and a snack. No dogs please.

**Meet:** Mundham Village hall car park. Post Code PO20 1LA

**By car:** From Chichester take the B2145/B2166 towards Pagham. Mundham Village Hall is a left turn on the sharp bend just before the school. Alternatively us the 600 bus which stops outside the school.

## Friday 27th June – \*5pm\* – \*New Walk\* Arundel

**Leader:** Lucy

**Duration**: 2.5 – 3 hours **Distance**: 7 miles **Elevation**: 173m. This walk starts at the front of Swanbourne Lake, we then wind our way around the right side of the lake which is slightly uphill and chalky underfoot and uneven. We go through a gate and then land onto a grassy area (which can get a little muddy if it has been wet/raining). We then wander round to the right following public foot path through another gate (mostly grass through this section), then onto a significantly hilly section (we can rest halfway up to connect to our senses and nature around us). We then get to the top and can admire the beautiful far-reaching views of Amberley and surrounding areas. We then make our way slowly towards the folly at the top of Arundel (most of the path from the top/viewpoint is paved. We go past the folly and then go onto the rear access of Arundel castle. Then past Fauna Brewing and back down into the town, and then along past the stream back to the start point.

**Accessibility** – All welcome but please consider the following - This route is accessible for wheelchairs/prams that can manage undulating ground, different surfaces (chalk, mud, grass). Likely will require good fitness and/or powered wheelchairs/powered attachments as there are significant **steep** sections (ascent and descent is 173m).

There are no stiles. There are toilets located at café at the start point. There is an accessible toilet, but this is not ‘changing spaces toilet’.

**Meet location What3words**– rooster,midwinter.input

**Travel**: Park near Swanbourne Lake (many car parking spaces near the meet location W3W). Train station at Arundel (this is a short walk from the start point). Car parking is free.

**By car:** From the A27 head towards Arundel via the causeway roundabout. Travel along The Causeway road past Arundel lido. You will reach a mini roundabout where you will need to take the 3rd exit on Mill Road with Arundel Castle gates on your left. Continue along this road until you reach Swanbourne Lake.

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

## Monday 30th June - 10.30am – Emsworth to Langstone

**Leader:** Jane W

**Duration:** 2 hours **Distance:** Approx. 4.5 miles. Lovely flat shoreline walk, no stiles. Can be a little slippery and muddy underfoot. There will be an opportunity for a coffee stop. **No dogs please.**
**Meet:** Emsworth Town Square. PO10 7AW

**By car**: Take the A259 from Chichester to Emsworth. At the roundabout turn left into the town centre. The town square is on the right-hand side. Car park through town on the right. Please put sufficient money in the Emsworth car park so you don’t have to rush back.

**By bus:** 700

## Monday 30th June – 10.30am – Kingley Vale

**Leader:** Caroline

**Duration:** 1 hour 45 mins **Distance**: 3.6 miles This is a **strenuous** uphill 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. The views are fabulous if the weather is kind. No dogs. Max no.10 people

**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 right on a bend, you will find the car park on the right. Voluntary donations for the Car Parking

## Tuesday 1st July – 10.30am – \*New Walk\* Hooksway Figure of Eight

**Leader:** Richard & Sue

**Duration:**Approx 3 hours **Distance:** 4.8 or 7 miles. A part of the walk is on uneven ground, so sensible shoes required. Dogs welcome, but they will need to be on a lead when walking along the road, and when walking through fields with live stock. On this walk there maybe sheep residing in the fields. We start from the Royal Oak car park, (where we have permission to park, for those partaking in a drink afterwards). The first 4.8 miles is a gentle walk around the beautiful countryside of Hook. This is a circular route, that will bring us back to the pub, via a small amount of road walking. At this point, for those who choose, can leave us, whilst the remainder, continue onto Cocking for the remainder 2.2 miles of this walk.

The second part of this walk, will be a steady climb towards Monks Farm, where we will then walk through open fields, before turning onto the SDW where we will see the ancient burial ground, prior to a downward walk back to the Hooksway car park.

**Meet:**The Royal Oak, Chichester Post Code: PO18 9JZ

Ordnance Survey gridref: SU 8156 1624

Latitude: 50.939915 Longitude: -0.840559

Easting: 481560 Northing: 116248

**What3words:** chops.barrel.sundial

Nearest postal code: PO18 9JZ

At the end of the walk you are welcome to join us for some refreshments, at the Royal Oak.

## Wednesday 2nd July – 10.30am – Singleton to West Dean Woods

**Leader:** Peter and Alison

**Duration:** 3-3.5 hours **Distance:** 7 miles. A longer strenuous but lovely walk, starting with a steep climb up Levin Down and going across to the West Dean Estate through woods and along lanes. A steep descent down Hat Hill back to Singleton to finish. Some uneven paths and two stiles. Suitable for people who enjoy a faster paced walk.

**Meet:** Outside Singleton CofE 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. Roadside parking available opposite the school or in the village.

**By bus:** No 60 from Chichester every 30 mins.

## Wednesday 2nd July – 12noon \*New day & time\* – \*Suitable for Beginners\* Midhurst Local Social Walk



**Leader:** Helen at The Grange
**For details see Wed 7th May.**

## Thursday 3rd July – 10.30am – Dell Quay to Chichester Marina

**Leader:** Jane B

**Duration:** 2 hours 30 mins. **Distance:** 4.5 miles. This is a circular flat walk, taking in one of the largest marinas in the country and the tiny village of Dell Quay. Dell Quay used to be a busy commercial port and has connections to Roman Chichester a WW2 airfield. Good underfoot but could be muddy after heavy rain. There are toilets and refreshments available at the Crown and Anchor and the marina.

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

**By car:** From the A27 take the A286 south of Chichester towards the Witterings. After about 2 miles turn right into Dell Quay Road. Drive down towards the pub and park as near as you can at the side of the road. **By bus:** take the number 52 from Chichester.

**What3words:** found.statement;insulated

## Friday 4th July – 10.30am – Longer Stoughton Down Walk

**Leader:** Jane W
**Duration:** 3.5-4 hours **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.

## Friday 4th July – 10.30am – Fishbourne & Bosham

**Leader:** Caroline

**Duration:** 2 hours 30 mins **Distance:** 4.6 miles. This walk is flat and at a gentle pace. It takes a westward path through farmland to the village of Bosham with its quaint streets and cafes, we walk back along the Trippet across farmland again back to Fishbourne. There is a little road work through the village of Bosham. No dogs. Max 10 people

**Meet:** Meet at The Fishbourne Centre Blackboy Lane PO18 8BE park in the first car park on the right immediately you turn into the Fishbourne Centre

**By car:** Take the A259 from Chichester towards Fishbourne. In Fishbourne pass Salthill Road and take the next right turn to Blackboy Lane. You will find the Fishbourne Centre on you right before the railway crossing.

## Friday 4th July – 10.30am – Burton Mill

**Leader:** Richard M

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

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

**Directions:** 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 7th July – 10.30am – Burpham & the Gurkha Bridge

**Leader:** Keith & Phil

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

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

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

**Meet:** Parking in the public car park, next to the village hall, off The Street, Burpham.

BN18 9RR. What 3 words: tingled.knowledge.gashes

## Tuesday 8th July – 10.30am – Graffham, Lavington Park & Seaford College

**Leader:** Richard & Sue

**Duration**: 2 hours 15 mins. **Distance:** 5.5 miles. Ascent 80m. A part of the walk is on uneven ground, so sensible shoes required. Dogs 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 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 Woodcote Pub in Graffham is a friendly warm and inviting environment to enjoy refreshments. Will be nice for you to join us afterwards.

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

Ordnance Survey grid ref: SU 9312 1762

Latitude: 50.950562 Longitude: -0.675595

Easting: 493129 Northing: 117627

**What3words:** hesitate.district.delighted

**By car:** Either from the south via A286 to Cocking. After 1 Mile turn right into Bex Lane (signposted Heyshott, Graffham). Follow the signs to Graffham. After the Woodcote pub, turn left into Graffham Village and look for the war memorial close to the Foresters Arms and the car park is down the Lane next to the memorial.

Or from the south via A285 to Duncton. After 1 mile turn left, signposted Selham, Graffham. After 1.4 miles turn left for Graffham. The recreation ground is down a Lane by the war memorial close to the Foresters Arms (which is closed on a Tuesday). The memorial is approximately 200 yards from the pub, just before you will see a road that will lead you to the dirt car park area.

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

## Wednesday 9th July – 10.30am – Eartham

**Leader:** Alison & Peter
**Duration:** 2-2.5 hours **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.

## Wednesday 9th July – 10.00am – Wisborough Green – Newpound & canal

**Leader:** Louise

**Duration:** 2.5 - 3 hours **Distance:** 5 miles. Walk up Newpound Lane over the road and down to the canal, turn left along canal back up towards Wisborough Green and then turn left, then right back down Newpound Lane and then turn right on to a bridleway. Follow the bridleway down to the end and then back up the road.

**Meet:** Park at the green in the laybys

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

## Wednesday 9th July – 12noon \*New day & time\* – \*Suitable for Beginners\* Midhurst Local Social Walk



**Leader:** Helen at The Grange
**For details see 7th May entry.**

## Thursday 10th July – 10.30am – Ancient Tree Walk: Petworth Park Part 2

**Leader:** Gerald

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

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

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

**By** **bus No.1 from Worthing to Midhurst**

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

## Thursday 10th July – 10.30am – Harting Down

**Leader:** Bruce
**Duration:** 2 hours. **Distance:** 3.5 miles. Ascent 200m. A strenuous climb to Beacon Hill rewarded with big sky views.
**Meet:** Harting Hill Viewpoint. SU791180 ( Nearby postcode GU31 5PN )
[https://maps.google.com/maps?t=m&z=15&q=50.9560,-0.8751](https://url.uk.m.mimecastprotect.com/s/aXoyCgxN3FAVojqtZCWU47pQs?domain=maps.google.com)
**By Car:** Take the B2141 between Chilgrove and South Harting. National Trust car park on the right.
PayByPhone app or call 0330 060 4037. Location code 805444 Free for NT members and Blue Badge Holders otherwise £3 or park in Hill Lane.

## Friday 11th July – 9.30am (or 10.45am) – \*New walk\* Chichester Canal Basin to West Wittering

**Leader:** Jane W

**Duration:** all day **Distance:** 10 miles or 6.75 miles. Chichester Canal basin to West Wittering with the shorter option of Chichester Marina to West Wittering

10 miles from Canal Basin starting at 9.30am. 6.75 miles from Chichester Marina starting at 10.45am. No dogs please.

This is a lovely linear walk, following the canal from Chichester for the longer route, arriving at Chichester marina to walk through the fields and round the shore line of the harbour to Itchenor, carrying on round the shore line to west Wittering, where we will catch a bus back to your starting point. Bring bus pass or money for the bus. Bring drink and something to eat and there is the option of a café stop in Itchenor and Wittering.

**Meet:** Chichester Canal basin for the longer walk at 9.30 by the café. Postcode PO19 8WZ. If arriving by car there are pay car parks in Chichester

Meet 10.45 for the shorter walk at the first Chichester Marina car park. Take the A286 Wittering Road from Chichester, turn right into Chichester marina and park in the first car park on the right. This is a pay car park. Alternatively take the 52 bus from Chichester.

## Friday 11th July – \*5pm\* – \*New walk\* Iping & Steadham Common nature reserve

**Leader:** Lucy

**Duration**: 1 hour 30 mins **Distance**: 3.5 miles **Elevation**: 50m The walk will start at steadham common/Nature reserve which is a site of special scientific interest and is managed by the Woodland Trust. We will slowly stroll through the nature reserve/Fitzhall heath, passing over the point of a roman road and then stopping at a stunning pond to see what we can find here. We will then wander on passing through a gate and down towards a road. We will cross the road and then pass through the Fitzhall plantation (this can get very very muddy if wet or has been raining). Onwards past the outer edges of the Sand pit and through the tree lined pathway towards a small road. We will navigate carefully a very short distance on this road to go onto Steadham Common and the Serpent Trail, heading slowly back across the common towards the car park.

**Meet:** Iping and Steadham common car park, Elsted Road, GU29 0PB.

**What3words**: drizzly.work.volcano

**Accessibility** – All welcome but please consider the following - This route is accessible for wheelchairs/prams that can manage undulating ground, different surfaces (woodland surfaces with some mud, sandy, grass and small protruding roots to negotiate). Likely will require good fitness and/or powered wheelchairs/powered attachments due to undulating ground.

There are no stiles. There are no toilets at this location. There is plenty of parking.

**By car:** Iping and Steadham common car park, Elsted Road, GU29 0PB. This is situated west of Midhurst. From Midhurst travel along the A272 Petersfield Road towards Stedham. After the primary school take Elsted road which is on your left and the car park will be visible on your right.

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

## Monday 14th July – 10.30am – \*Suitable for Beginners\* Chichester Canal

**Leader:** Sarah
**Duration:** 30 mins **Distance:** 1 mile. A flat walk at a gentle pace, suitable for beginners.
**Meet:** Chichester Canal, Basin Road, Chichester PO19 8DT.
**By car:** From Chichester city centre go south along Basin Road to Canal Wharf. Limited parking but plenty of public car parks available in the city.

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

### Monday 14th July – 10.30am – Amberley Village

**Leader:** Peter B
**Duration:** 2 hours **Distance:** 4 mile walk through Amberley village and back round the castle and along the river Arun.
**Meet:** Car park at Amberley Station. MAP REF TQ026117
**By car:** A27 to Fontwell, A29 to Whiteways Lodge roundabout then B2139 to Amberley.

## Tuesday 15th July – 10.30am – Heyshott to Graffham

**Leader:** Richard & Sue

**Duration:** Approx. 2 hours 30 mins. **Distance:** Approx. 5.5 miles. Elevation 746ft. This is a circular walk from Heyshott to Graffham and back to Heyshott. The first part of the walk is a steady climb for approximately 40 minutes, climbing 746 ft, onto the South Downs Way at Heyshott. Please note, this climb is not a race, but a steady walk to the top, whereby we encourage walkers to take breaks as required. We will re group at the top by the gate, where we will stop for a drink break. There are wonderful views from the top and then a descent to Graffham. We then find our way back to Heyshott through fields and footpaths and a small stretch could be muddy. We then find our way back to the Unicorn Pub in Heyshott. 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. **Post code:** GU29 ODL. For those wishing to have a drink in the pub afterwards, we have an arrangement with the Landlord, that you can use their car park, instead of parking on the road.

Ordnance Survey grid ref: SU 8991 1798

Latitude: 50.954335 Longitude: -0.721222

Easting: 489917 Northing: 117990

What3words: villager.ashes.states

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.

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

## Wednesday 16th July – 10.30am – Compton to Up Marden

**Leader:** Peter & Alison

**Duration:** 2 hours 30 mins **Distance:** 6 miles. A good walk along lanes through woodland and fields, with a chance to visit the 12th century church of St Michael at Up Marden. Two up-hills, no stiles. Suitable for people who enjoy a faster paced walk.

**Meet:** Compton Recreation Ground

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

## Wednesday 16th July – 12noon \*New day & time\* – \*Suitable for Beginners\* Midhurst Local Social Walk



**Leader:** Helen at The Grange
**For details see 7th May entry.**

## Thursday 17th July – 10.30am – Chidham

**Leader:** Jane B

**Duration:** 2 hours 30 mins. **Distance:** 5 miles. This is a circular flat walk along the shoreline and through the picturesque village of Chidham. During our walk we will look over to Bosham and Itchenor. Good underfoot but could be muddy after rain. There are toilets and refreshments at the Bosham Inn.

**Meet:** The Bosham Inn, Main Road, Bosham, PO18 8PW. Please park in the small carpark at the back of the pub.

**By car:** take the main road to Bosham, from Fishbourne Roundabout, take the second turning at the first roundabout, drive for another couple of miles and you will see the Bosham Inn on your right hand side.

**By bus**: the number 700 bus stops close to the pub.

**What3words:** trembles.unions.reactions

## Friday 18th July – 10.30am – Swanbourne Lake, South Stoke and Arundel Park

**Leader:** Jane W

**Duration:** approx. 2 hours 30 mins **Distance:** 6 miles. This walk will take in the Arun riverbank to South Stoke, then on a further wooded riverside path. We will then climb steeply up to reach Arundel Park where there are beautiful views towards both Amberley and Arundel. We will then descend to Swanbourne lake and our start point. Please note that the 2 climbs and the descent are steep and it can be slippery if wet. No dogs please.

**Meet:** Entrance to Swanbourne lake Mill Road Arundel BN18 9PA. Street parking is available.

### Friday 18th July – 10.30am – Plaistow

**Leader:** Richard

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

**Meet**: On East side of village green opposite shop.

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

## Monday 21st July – 10.30am – \*Suitable for Beginners\* Chichester Canal

**Leader:** Sarah
**Duration:** 30 mins **Distance:** 1 mile. A flat walk at a gentle pace, suitable for beginners.
**Meet:** Chichester Canal, Basin Road, Chichester PO19 8DT.
**By car:** From Chichester city centre go south along Basin Road to Canal Wharf. Limited parking but plenty of public car parks available in the city.

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

## Tuesday 22nd July – 10.30am – Cowdray Park & Easebourne

**Leader:** Richard & Sue

**Duration:** 2 – 2.5 hours **Distance:** 5 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 9BX

Ordnance Survey grid ref: SU 9138 2222

Latitude: 50.992162 Longitude: -0.699306

Easting: 491382 Northing: 122223

**What3words:** unsecured.wrong.yourself

Nearest postal code: GU28 9BX

**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.

## Wednesday 23rd July – 10.30am – Stansted Forest

**Leader:** Peter and Alison

**Duration:** 2 hours 30 mins **Distance:** 6 miles. A lovely walk starting off on the Monarchs Way towards Rowlands Castle and then following paths that criss-cross through Stansted Forest and grass meadows with some fine views. Bring a snack for a short stop at Forestside, where there will be a chance to visit Christchurch, a pretty Victorian church in the Octagon Parish. Suitable for people who enjoy a faster paced walk.

**Meet:** Stansted House Visitors Car Park PO9 6DX Please use the first car parks on your right that are designated for walkers.

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

## Wednesday 23rd July – 10.00am – Wisborough Green, Harsfold & Lordings

**Leader:** Louise

**Duration:** 2.5-3 hours **Distance:** 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, 3 stiles – it should be fun.

**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.

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

## Wednesday 23rd July – 12noon \*New day & time\* – \*Suitable for Beginners\* Midhurst Local Social Walk



**Leader:** Helen at The Grange
**For details see 7th May entry.**

## Thursday 24th July – 10.30am – Goodwood Counters Gate – Open Winkins

**Leader:** Bruce
**Duration:** 2 hours. **Distance:** 4 miles. Ascent: 130m Woodland walk through Goodwood Country Park, Chiseldown Copse and Open Winkins .
**Meet:** Goodwood - Counters gate car park. SU897113
Nearby postcode: PO18 0QE
[https://maps.google.com/maps?t=m&z=15&q=50.8945,-0.7238](https://url.uk.m.mimecastprotect.com/s/2JZICjvN3hnpBwYFxFvUmJKNR?domain=maps.google.com)
**By car:** Up Kennel Hill towards Goodwood Racecourse. Turn right before the Trundle. Car Park is 1.2 miles on the right.

## Friday 25th July – 10am – \*New Walk\* Pulborough to Amberley via RSPB Pulborough

**Leader:** Jane W

**Duration:** all day **Distance:** 8.25 miles. The walk will include quiet lanes, a wander through the RSPB at Pulborough and Wigginholt, woodland, Amberley village, returning to Amberley Station by the riverbank. This is mainly a flat walk, which could be muddy after rain, but offering lovely views of downland and river. There will be an option to stop at the RSPB reserve where there are toilets and a café. But bring something to drink and a snack. No dogs please.

**Meet:** Amberley Station at 10am to catch the 10.18am train to Pulborough. Or if you wish you could catch the train that arrives into Amberley at 10.18 and we will see you on the train. Post Code BN18 9LR. Parking is currently free. We will then get a train to Pulborough and start our walk.

## Saturday 26th July – 10am – \*New Walk\* Boxgrove, Halnaker, Eartham

**Leader:** Lucy

**Duration**: 3 hours 30mins with no stop. (Stop at Eartham pub for lunch/drink/snack will add time on so will be approx. 4hrs 30 – 5hrs with midway stop for drink. **Distance**: 7.5 miles **Elevation:** 185m. Time to find your inner child – This walk has 2 tree swings one of which you can lay down on. This walk starts at Boxgrove village hall. We then head towards the remains of Boxgrove priory where we can admire the history. We cross the fields behind the priory and head towards Halnaker and then onwards towards the Halnaker windmill to look at the amazing view. We head back down the track and take a sharp left down towards the A285. We need to cross this road carefully and then head up through woodland and then up across the fields finally reaching the beautiful village of Eartham. We can stop here for something to eat/drink/rest at The George Pub. We will then head down a lane towards Chaff barn. Alongside this footpath we will find two professionally strung tree swings. We then head through Eartham Thicket, on towards Boxgrove common and Tinwood lane and then on back towards the priory.

**Meet:** Boxgrove Village Hall

**By car:** Take the A27 to the Boxgrove roundabout and head into Boxgrove village. Heading north the car park is located at the village community centre/hall on your left. The car park is free.

**What3words**: untruth.stage.tilt

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

## Monday 28th July – 10.30am – \*Suitable for Beginners\* Chichester Canal

**Leader:** Sarah
**Duration:** 30 mins **Distance:** 1 mile. A flat walk at a gentle pace, suitable for beginners.
**Meet:** Chichester Canal, Basin Road, Chichester PO19 8DT.
**By car:** From Chichester city centre go south along Basin Road to Canal Wharf. Limited parking but plenty of public car parks available in the city.

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

## Tuesday 29th July – 10.30am – Cissbury to Chanctonbury Rings

**Leader:** Richard & Sue

**Duration:** 3 hours 30 mins. **Distance:** Approx. 8-9 miles. Cissbury Ring is one of the jewels in the crown of the South Downs National Park. It’s the largest hill fort in Sussex and has a history dating back over 4000 years.

Chanctonbury Ring is one of the most prominent landmarks along the South Downs Way. The ring is an Iron Age hill fort which is best known for the beech trees which dominate the site. The trees were planted in 1760 by Charles Goring, heir to the large Wiston Estate.

The first part of the walk is on footpaths through fields, a small stretch could be muddy in winter, so sensible shoes required. Dogs welcome but may need to be on a lead if there are horses or sheep around.

As this is a longer walk, you may wish to bring a drink and snacks along for this walk.

**Meet:** Storrington Rise car park **Post code:** BN14 OHT

Ordnance Survey grid ref: TQ 1290 0767

Latitude: 50.857542 Longitude: -0.397254

Easting: 512905 Northing: 107671

**What3words**: point.proud.chatters

Nearest postal code: BN14 0HT

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

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

## Wednesday 30th July – 10.30am – West Marden

**Leader:** Alison & Peter

**Duration:** 2.5 - 3 hours **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 30th July – 12noon \*New day & time\* – \*Suitable for Beginners\* Midhurst Local Social Walk



**Leader:** Helen at The Grange
**For details see 7th May entry.**

## Thursday 31th July – 10.30am – Stoughton

**Leader:** Keith & Phil

**Duration:** 1 hour 30 mins **Distance:** 4 miles. **The devil’s humps, yew trees and Battle of Britain pilots.** This circular walk climbs steadily though 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

## Thursday 31st July - 10.30am – Burpham and Wepham

**Leader:** Jane W

**Duration:** 2 hours **Distance**: Approx. 5 miles. Hilly with several climbs. Lovely views. Can be uneven and muddy underfoot in the woods. Has stiles. **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.