

1st Quarter 2025 Walks & Strolls

Dear Walkers,

Country Walking, a monthly periodical, champions the physical and mental health benefits of walking 1,000 miles in 12 months. By participating in every Tuesday and Thursday walk from our 2024 programme, you would have achieved this impressive milestone by mid-August! In fact, several of our regulars are on track to exceed 2,000 miles by year-end.

This quarter, we are excited to trial a collaboration with the Ramblers Heart Healthy Strolls in the western end of the park, focusing on the Rowlands Castle and Emsworth areas. We have four strolls to offer, each no more than three miles long. Depending on participant interest, this partnership may become a regular feature in future programmes.

This year, our Walkers will be undertaking an exciting challenge: walking the scenic 108-mile Greensand Way, stretching from Haslemere in Surrey to Hamstreet in Kent. The journey will begin at the end of March, divided into two phases of four legs, with each section walked on consecutive weeks.

We currently have vacancies for stroll leaders. If you are interested in leading and sharing your passion for walking, please contact Mick at the email address below. Your enthusiasm and local knowledge could help make our walking programme even more enjoyable!

Walks Coordinator:	Ian Lancaster	E-Mail: fotsd@lancasi.plus.com
Strolls Coordinator:	Mick Heywood	E-Mail: mickheywood15@gmail.com

Notes for walkers:

- Please ensure you have read the 'Walks Guidance Notes' on our website.
- If the walk says: 'Booking by email to', then please contact the leader in advance so that he knows how many walkers to cater for and can notify you of any late alterations.
- Please remember to take care of your own safety on walks and strolls, and make sure you wear appropriate footwear and clothing and that you are fit for the walk or stroll as outlined.
- Make your own way to the meeting place, but please consider the use of car-sharing or public transport where possible. For advice about a particular walk or stroll contact the leader, or the office on the number at the bottom of this page. The code before the grid reference, e.g. 121 or OL10, refers to maps in the OS 1:25,000 Explorer series. The postcode is a guide only; the six-digit grid reference will be more precise and where that may be ambiguous the What3Words address in the format ///word1.word2.word3 more accurate still.
- New walkers: Please note that the start time on the programme is the time we start walking. Arrive at the meeting place at least 15 minutes before this time to allow for putting on boots and listening to the safety briefing from the leader. The finish time is an estimate by the leader and may vary due to conditions on the day of the walk. DoW after the phone number means that the leader's mobile number is to be used for the day of the walk only.
- All routes are circular unless stated otherwise. At lunch breaks, some people have a snack in the pub or café (unless the walk is picnic only) while others eat their packed lunch away from the pub premises and then go there for a drink or coffee. We usually stop for about an hour. Pub lunches at the end of strolls are optional.
- Strolls (shaded) are a maximum of 9 miles. Walks (unshaded) are over 9 miles. Abbreviations in use: CP=Car Park; PCNU=PostCode Not Useful; RSP=Roadside Parking; ORP=Off-Road Parking (i.e. not a car park); well-known trails may also be abbreviated, e.g. SDW=South Downs Way, SBP=Sussex Border Path.
- Dogs: Where permitted, dogs must be under control and owners must do as requested by the leader; extendable leads are prohibited.

Date & Time	Start Location OS Explorer Map / Grid Reference	Title and Outline of the Route Leader and Contact Details Notes, if applicable	Length (miles)
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Return of The Flute

Thursday 2 January 09:00 - 16:00	Glynde CP BN8 6SS OL11 / TQ458088	Station Farm, Beddingham Hill, SDW, Kingston near Lewes (Pub – The Juggs), The Cockshut, Sussex OVW, Lewes Bridge, Saxon Cross, Glyndebourne Opera House, Saxon Down <i>Notes: ///grounded.compiler.iron</i> <i>I led this walk in February 2022, with a strong Glyndebourne opera theme. It received excellent reviews on that occasion, and so I now make no apologies for this revived production.</i> <i>AM: 9.0, PM: 6.5</i>	15.5
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Ramblers Heart Healthy Stroll - A New Year Stroll in Stansted Forest

Wednesday 8 January 10:30 - 12:00	Rowlands Castle Recreation Ground the Fairway, Rowlands Castle PO9 6AQ OL8 / SU729107	A gentle stroll in the lovely Stansted Forest with an opportunity for refreshments afterwards in Rowlands Castle. Leader: tbc <i>Notes: Car parking at the Recreation Ground or on street nearby.</i> <i>W3W ///frightens.emeralds.cemented</i> <i>No dogs please.</i>	3
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East Dean West

Thursday 9 January 09:00 - 15:30	Bignor Hill CP RH20 1PQ (1800m NE) OL10 / SU974129	Glatting Beacon, Barlavington Hill, Stickingspit Bottom, SDW, Broad Walk, East Dean (Pub – Star & Garter), The Rough, Monarch's Way <i>Notes: ///munch.hails.hormones</i>	14.4
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Firle and Milton Street

Tuesday 14 January 09:00 - 15:30	West Firle Village CP BN8 6NX OL25 / TQ469075	Firle Beacon, SDW, Alfriston, Milton Street (Pub – Sussex Ox), Berwick, Vanguard Way, Selmeston <i>Notes: ///slept.birds.backup</i>	13
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18 Holes – Golf Club Circular

Thursday 16 January 10:00 - 13:00	Downs Golf Club CP BN20 8ES OL25 / TV586990	Downland stroll with wonderful long views along Eastbourne Downs. Taking in Ringwood Farm, fringes of East Dean, Willingdon Hill, Wealdway. Reverse route of previous stroll to avoid hill at the end! Lunch Golf Club café at end of stroll <i>Notes: Car parking – W3W ///script.scan.public</i> <i>Dogs welcome, Stanley my Labradoodle will be with me.</i>	7
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Café Culture

Thursday 16 January 09:00 - 15:45	Sylvia Beaufoy CP Petworth GU28 OET OL33 / SU975214	Burton Park, Barlavington, Sutton End, Fittleworth (café), Flexham Park <i>Notes: ///enough.thanks.branched</i>	14.5
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High And Dry Round Lancing Ring

Tuesday 21 January 10:00 - 14:00	Lancing Ring Nature Reserve, Mill Road, Lancing BN15 0QA OL11 / TQ183063	Steep Down, Steyning Bowl, SDW, Lychpole, Coombes , Lancing Hill. <i>Notes: Car parking – W3W ///overruns.saunas.camps Dogs welcome, I will be bringing my Border Collie along</i>	8
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Ramblers Heart Healthy Stroll - Enjoy the delights of the Stansted Estate

Wednesday 22 January 10:30 - 12:00	Stansted Garden Centre, Stansted Park PO9 6DX OL8 / SU759101	A gentle stroll around the beautiful Stansted Estate with an opportunity for refreshments afterwards at the Garden Centre. <i>Notes: Car parking in the walkers' car park at the Garden Centre. W3W ///toys.clocking.proper No dogs please</i>	3
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Round the Mulberry Bush

Thursday 23 January 09:00 - 16:00	Northchapel Village Hall or RSP along Pipers Lane GU28 9JA OL33 / SU955295	Ebernoe Common, Ebernoe, Shillinglee, Ramsnest Common (Pub – Mulberry), Gospel Green, Jays Ln, Roundhurst Common, Northchapel <i>Notes: ///expressed.showrooms.picked</i>	14.8
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Kithurst Hill to Burpham through Angmering Forest

Tuesday 28 January 09:00 - 15:30	Kithurst Hill CP S. off B2139 Amberley Rd (PCNU) PCNU OL10 / TQ070125	Kithurst Hill, Harrow Hill, Patching Rough, Hammerpot, Lower Wepham Wood, Burpham (Pub – George Inn), Amberly Mount, SDW <i>Notes: ///narrowest.farmer.crate AM: 8.5, PM:5.5</i>	14
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Cocking Hill circular

Tuesday 28 January 10:00 - 14:00	South Downs Way, Cocking Hill CP PO18 0HL OL3 / SU875166	Walk on SDW to Monkton House, chance to see the Devil's Humps, Lynchball wood, Bepton Wood and Cocking Down <i>Notes: Car parking – W3W ///fills.reinststate.bright Dogs welcome, I will be bringing my Border Collie along</i>	8
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Key Lesson from the Battle of Omdurman

Tuesday 4 February 09:00 - 15:30	Cheesefoot Head CP, off A272, 1.1 mi SE of jcn. with A31 PCNU OL32 / SU528279	SDW, Allan King Way (AKW), Mount Pleasant, Piddles Plantation, Stubb Lane, Douglas Cottages, Belmore Lane, Little Woodcote, Bigpath Farm, Upham (Pub – Brushmaker's Arms), Monarch's Way, Greenhill Lane, AKW, Bushy Copse, Oakclose Plantation, AKW <i>Notes: ///lawful.forgiving.ranked AM: 9, PM: 6.5</i>	15.5
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Trundle Downs

Thursday 6 February 09:00 - 15:30	Goodwood Triangle CP (was The Trundle) PO18 OPT OL8 / SU879114	Singleton, Colworth Farm, Hylter's Lane, Stoughton Down, Stoughton (Pub – Hare & Hounds), Stoke Down, Binderton House, St Roche's Hill <i>Notes: ///badminton.invested.octagonal</i>	13.7
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Lodsworth to Upperton Common

Friday 7 February 10:00 - 12:30	Car parking at Langham Brewery, the Granary, Langham Lane, Lodsworth. Off the A272 West of Petworth GU28 9BU OL28 / SU927225	From the Brewery we walk north through Lodsworth Village then onto Leggit Hill, Limekiln Rough, Upperton Common, Pitshill, River Wood returning to the car park Langham Brewery <i>Notes: Car parking – W3W ///latitudes.recital.clashing The brewery is happy for us to use their car park and would love to see us in the taproom after the stroll.</i>	5.5
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Glynde to Ringmer

Tuesday 11 February 09:00 - 16:00	Glynde CP BN8 6SS OL11 / TQ458088	Oxtedde Bottom, Lewes, Malling Nature Reserve, Ringmer (Pub – Green Man), Ashton Green, Glynde <i>Notes: ///grounded.compiler.iron</i>	14.5
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Homage to the Indian Army WW1

Tuesday 11 February 09:30 - 13:00	Jack and Jill CP, Clayton BN6 9PQ OL11 / TQ303134	Pycombe, Sweet Hill, Chattri Memorial. Lunch at The Plough at the end of the stroll. <i>Notes: Car parking – W3W ///chins.operating.fairy</i>	8
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Hills and Downs

Thursday 13 February 09:00 - 15:45	Halls Hill CP Buriton GU31 5SJ OL8 / SU734198	Butser Hill, Windmill Hill, Blendworth Down, Finchdean (Pub – George Inn), Chalton Down <i>Notes: ///jogging.dumpling.sprinkler</i>	15.2
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The Arun Valley

Monday 17 February 10:00 - 13:00	Mill Road near Swanbourne Lake PCNU OL10 / TQ019079	Arundel Park, South Stoke, riverside <i>Notes: Car parking – W3W ///auctioned.robot.silently (just over the bridge)</i>	6
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Shoreham and Steyning

Tuesday 18 February 09:00 - 15:30	Adur Recreation Ground CP Shoreham BN43 5LT OL11 / TQ211049	Hoe Court Farm, Steep Down, Steyning (Pub – The Chequer), Botolphs, Adur towpath <i>Notes: ///whirlwind.note.client</i>	13
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A Day on the Tiles

Thursday 20 February 09:00 - 16:00	Marley Common CP Camelsdale, S. of B2131 GU27 3PU OL33 / SU887312	SBP, Stanley Common, New Lipchis Way, Telegraph Hill, Birch Hill Copse, Hawksfold Fm, Fernhurst (Pub – Red Lion), Black Down, Black Dog Copse, Kingsley Green, Marley Common <i>Notes: ///contents.monument.powering</i>	15.4
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Away East

Tuesday 25 February East Dean Village CP Crowlink, SDW, Birling Gap, Wigden's Bottom, SDW, 14.3
BN20 ODR Jevington (Pub – Eight Bells), Friston Forest, East Dean
09:00 - 15:45 OL25 / TV557978 *Notes: ///took.jolt.itself*

Lets Have a Coffee At The Brewery – Forest And Downland

Tuesday 25 February Exceat Woodland Exceat CP, Westdean, through Friston Forest, Litlington (coffee 6
CP stop/toilets at Cadence Café, Church Farm). Return via SDW. Lunch at
10:00 - 13:00 Litlington Rd end of stroll at Cuckmere Inn
BN26 5RF *Notes: Car parking – W3W ///validated.deal.takeover*
OL25 / TV508996 *Dogs welcome, Stanley my Labradoodle will be with me.*

Cissbury Ring & Findon Village

Wednesday 26 February Storrington Rise CP, A downland stroll to Findon Village (possible café stop), then return via 5.5
Findon Valley Cissbury Ring.
10:00 - 13:00 Worthing *Notes: Car parking – W3W ///kinks.jams.severe*
BN14 OHT
OL10 / TQ129077

Rake to Stedham

Thursday 27 February Rake/Liss London Chapel Common, Wardley Moor, Lambourne Copes, Titty Hill, Iping, 15.5
Rd; LBP just E of Stedham (Pub – Hamilton Arms), Trotton, Borden
09:00 - 16:00 Wyvale GCSP *Notes: ///panoramic.trips.confined*
outside Rake Village *AM: 9, PM: 6.6*
off the B2070
GU33 7JH
OL33 / SU807279

Good Old Sussex by the Sea (Linear Walk)

Tuesday 4 March Martello Tower, Short walk to bus stop to catch 09.44 12X to Brighton. King Charles III Up to
Seaford England Coast Path to Roedean, Rottingdean, Greenwich Meridian, 13.5
09.15 – 17.00 BN25 1JH Harbour Heights, Newhaven Fort, Tidemills, Seaford promenade
OL25 / TV485985 *Notes: ///luckier.bonfires.waltz*
ORP along the Esplanade near the Tower OR, if travelling by public transport, meet group at Brighton Pier at 10.25 and after walk return to Brighton by the No. 12 bus. The walk can be shortened at several points by using the No. 12 bus to either Seaford or Brighton.

Ramblers Heart Healthy - Enjoy the delights of the Stansted Estate

Wednesday 5 March Stansted Garden A gentle stroll around the beautiful Stansted Estate with an opportunity 3
Centre for refreshments afterwards at the Garden Centre.
10:30 - 12:00 PO9 6DX *Notes: Car parking in the walkers car park at the Garden Centre.*
OL8 / SU759101 *W3W ///toys.clocking.proper*
No dogs please.

From Cold South Georgia to Coldwaltham

Thursday 6 March 09:00 - 16:00	Bignor Hill CP RH20 1PQ OL10 / SU974129	SDW, Stickingspit Bottom, Duncton Hanger, Barlavington, Sutton End, Serpent Trail, Holmcroft Farm, Waltham Park Road, Coldwaltham (Pub – The Labouring Man), Waltham Park Road, Bignor Park Road, West Burton, West Burton Hill <i>Notes: ///munch.hales.hormones</i> <i>AM: 10, PM: 5.5</i>	15.5
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Wild Daffodils at Stopham

Thursday 6 March 10:00 - 13:00	Nr. White Hart PH at Stopham Bridge Stopham Rd, Pulborough RH20 1DS 121 / TQ031182	Ancient Stopham Bridge and church, Harwoods Green, Pallingham Quay Farm, Fittleworth Woods. We'll hope to find wild daffodils in abundance! <i>Notes: Car parking – W3W ///soil.restored.flamingo</i> <i>Small car park on right as you turn into the lane to White Hart.</i> <i>Lifts offered from Hove station area.</i>	5.5
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Kithurst Circular

Monday 10 March 10:00 - 12:45	Kithurst Hill CP N/A OL10 / TQ069125	Wepham Down, The Burgh, Amberley Mount, Rackham Hill Leader: Peter Holmes 07783 399499 / 07783 399499 (DoW) Booking by email to: peterjamesholmes@yahoo.com <i>Notes: Car parking – W3W ///huddling.yourself.meanest</i>	5.5
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Petworth to Lurgashall

Tuesday 11 March 09:00 - 15:00	Petworth North NT CP GU28 9LS OL33 / SU966239	Upperton, Lodsworth Common, Lurgashall (Pub – Noah's Ark), School House Farm, Ebernoe Common, Keyfox Farm <i>Notes: ///sparkle.joints.lines</i> <i>CP charge if not NT member</i>	12.5
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A Ramblers Heart Healthy Stroll - Perambulation around the Pond

Wednesday 12 March 10:30 - 12:00	Petersfield Heath Pond, Sussex Rd Heath Common Petersfield GU31 4LB OL33 / SU754226	A gentle stroll around Heath Pond and into Petersfield town centre with an opportunity for refreshments afterwards in the town or by the Pond. <i>Notes: Car parking in the car park at the Pond off Sussex Road (B2146).</i> <i>W3W ///ballpoint.stick.plodded</i> <i>No dogs please.</i>	3
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Danehill to Horsted Keynes

Thursday 13 March 09:45 - 15:45	Danehill Village Hall CP, School Lane RH17 7HY 135 / TQ 404278	Allin's Farm, Chelwood Common, Birchgrove Wood, Horsted Keynes (Pub – Green Man), SBP, Northland Farm <i>Notes: ///remix.goodbyes.case</i>	11
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Tillington's mini stately home – Pitshill House

Thursday 13 March 10:30 - 12:00	The Horse Guards Inn, Upperton Rd, Tillington GU28 9AF OL33 / SU963220	This lovely stroll is via the Tillington vineyards to see the outside of Pitshill House. It won the 2017 Georgian Group's top Architectural Award and was awarded second prize in the 2017 Historic Houses Association Awards. Time to pause and admire this mini Stately Home. Firm and pleasant going. <i>Notes: Car parking – W3W ///lifted.using.earlobes 1 mile west from Petworth on A272, then in middle of Tillington head north following brown tourist sign to the Horse Guards. Parking is on the roadside just past the pub. No.1 bus from Midhurst or Worthing to Tillington.</i>	3
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The We're Not Paying Walk

Tuesday 18 March 09:00 - 15:30	Bo-Peep CP End of Bo-Peep Bostal BN26 6UJ OL25 / TQ494050	The Comp, Litlington, Long Brow, Jevington (Pub – Eight Bells), The Long Man, Winton, SDW <i>Notes: ///found.horizons.decimals</i>	14
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Greensand Way – Leg 1

Thursday 20 March 09:00 - 16:30	Hascombe Hill, parking is opposite White Horse PH GU8 4BQ OL34 / TQ002391	Gibbet Hill, Smallbrook, Brook (Pub – Dog & Pheasant), Witley Station, Hambledon Common, Vann Hill, The Hurtwood <i>Notes: The specified meeting place ///booth.chatted.suits is the walk end point and the start time refers to leaving from that location. You may be asked to drive fellow walkers to the start which is Haslemere Recreation Ground CP, Scotland Lane (GU27 3AR, SU905302, ///curve.farmed.unionists) in exchange for a lift back from someone to retrieve your car afterwards. 1917 ft ascent</i>	15.1
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Lost Sheep

Friday 21 March 10:30 - 12:30	Bo-Peep CP Bo-Peep Bostal, Alciston BN26 6UJ OL25 / TQ494050	SDW, Greenway Bottom, Five Lord's Burgh, Bo-Peep <i>Notes: Car parking – W3W ///found.horizons.decimals</i>	5.1
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Spring in the Downs

Tuesday 25 March 09:00 - 15:30	Cocking Hill CP GU29 0HT OL8 / SU875166	Church Farm, Brimbrook Lane, Treyford, Hooksway (Pub – Royal Oak), Monkton Farm, Yew Tree Cottage, Bepton Wood <i>Notes: ///confetti.revise.carbonate</i>	14.2
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St Hubert's and the Idsworth valley

Tuesday 25 March 10:00 - 14:00	Stansted Park Slip CP, Brook St. Stoughton PO9 6DU OL8 / SU754103	Walk through Stansted Park then along the Sussex Border path with views of Idsworth valley. Time to view the medieval church of St Hubert's then return via the Staunton Way. <i>Notes: Car parking – W3W ///bumps.crackling.ropes Dogs welcome, I will be bringing my Border Collie along.</i>	7
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Greensand Way – Leg 2

**Thursday 27
March**
09:00 - 17:00

Broadmoor CP
Sheephouse Lane,
Wotton
RH5 6JY
146 / TQ133454

Scotsland Fm, Rooks Hill Fm, Woodhill, Winterfold Hill, Reynards Hill,
Pitch Hill, Duke of Kent Sch., Holmbury Hill, Leith Hill, Whiteberry Rd,
Broadmoor

15.1

*Notes: The specified meeting place (///stuff.sketch.moral) is the walk
end point and the start time refers to leaving from that location. You
may be asked to drive fellow walkers to the start which is opposite the
White Horse PH, Hascombe (///booth.chatted.suits) in exchange for a lift
back from someone to retrieve your car afterwards.
2260 ft ascent; Picnic only.*
