



## MID SUSSEX HEALTHY WALKS Summer 2026

### Walk Levels:

**Level 1:** 30 minutes on paved paths. No stiles.

**Level 2:** 30 minutes - 1hr (1.5 - 2.5 miles) some un-surfaced paths. No stiles, hills will be encountered.

**Level 3:** 1 - 1.5hrs (max. 3.5 miles) on un-surfaced paths. Some stiles and hills.

**Level 4:** 1.5 - 2hrs (max. 5 miles). Stiles and hills.

**Level 5:** 2 - 3hrs (max. 7 miles). Stiles, steep hills, faster pace.

These walks are free and provided by Glendale Countryside Services for MSDC with the kind help of all our walk leaders who are volunteers.

### Important Information

- Walkers, if you have not registered before with us please do so before your first walk, via the MSDC website (this only needs to be done once).
- The start times are the time the walk departs; please arrive 10 minutes prior to the start time.
- If a walk is cancelled we will endeavor to update the online programme and website.
- Extra walks may be added to the programme – please check the website regularly for updates.
- We reserve the right to change or cancel a walk without notice.
- Please wear suitable clothing and footwear.
- Children under 16 must be accompanied by an adult.
- We expect walk leaders to be treated with respect at all times.
- Well-behaved dogs are welcome on our walks, but please refer to our webpage for more information.
- If you would like to become a volunteer walk leader please contact the Countryside Rangers.

**[rangers.midsussex@glendale-services.co.uk](mailto:rangers.midsussex@glendale-services.co.uk)**

**[www.midsussex.gov.uk/healthywalks](http://www.midsussex.gov.uk/healthywalks)**



Version 2

## April 2026

- 01 April, Wednesday, 10am, Lindfield** LEVEL 1  
Meet at Lindfield Common Car Park (by notice board), Backwoods Lane, Lindfield, RH16 2EB.
- 03 April, Friday, 10am, Bolney** LEVEL 3  
Meet at the Bolney Stage, London Road, Bolney, RH17 5RL.
- 07 April, Tuesday, 10am, Lindfield** LEVEL 2  
Meet at Lindfield Common Car Park (by tennis courts), West View, off Lewes Road, Lindfield, RH16 2LL. There is the option of going for a coffee afterwards at The Red Lion, Lindfield.
- 08 April, Wednesday, 9.30am, Cuckfield** LEVEL 2  
Meet at Cuckfield Recreation Ground, High Street, Cuckfield (near the Queens Hall), RH17 5EL.
- 08 April, Wednesday, 10am, Lindfield** LEVEL 1  
Meet at Lindfield Common Car Park (by notice board), Backwoods Lane, Lindfield, RH16 2EB.
- 09 April, Thursday, 10.15am, Up and Amble** LEVEL 2  
Meet at Ashenground Bridge, end of Ashenground Road, Haywards Heath, RH16 4QA.
- 13 April, Monday, 10am, Albourne** LEVEL 3  
Meet at Albourne Village Hall Car Park, The Street, Albourne, BN6 9DH.
- 13 April, Monday, 11am, Age UK Beech Hurst Gardens** LEVEL 1  
Meet outside Age UK, Lamb House, 2 Kleinwort Close, Haywards Heath, RH16 4XG.
- 14 April, Tuesday, 10am, Nightingale Lane Meadows** LEVEL 2  
Meet outside the entrance to the Tesco Superstore (by the cash machine), Hammonds Farm, Burgess Hill, RH15 9QT. Free parking is available, by kind permission of the Manager, but please do not park in the area immediately in front of the store entrance, but at the back of the car park.
- 15 April, Wednesday, 10am, Lindfield** LEVEL 1  
Meet at Lindfield Common Car Park (by notice board), Backwoods Lane, Lindfield, RH16 2EB.
- 16 April, Thursday, 10am, Wolstonbury** LEVEL 5  
Meet at the far end of Pyecombe Street, Pyecombe, BN45 7ED.

**17 April, Friday, 10am, Burgess Hill**

LEVEL 3

Meet outside the Kings Weald Co-Op, 12 Terracotta Lane, Kings Weald, Burgess Hill, RH15 0NT

**22 April, Wednesday, 10am, Lindfield**

LEVEL 1

Meet at Lindfield Common Car Park (by notice board), Backwoods Lane, Lindfield, RH16 2EB.

**22 April, Wednesday, 10am, Gravetye**

LEVEL 4

Meet at Vowels Lane Car Park (Forestry Commission), West Hoathly, East Grinstead, RH19 4LL.

**23 April, Thursday, 10.15am, Up and Amble**

LEVEL 2

Meet at Ashenground Bridge, end of Ashenground Road, Haywards Heath, RH16 4QA.

**23 April, Thursday, 10.30am. Burgess Hill**

LEVEL 1

Meet in the car park outside St Edward's Church, Royal George Road, Burgess Hill, RH15 9TD. There is street parking on roads nearby and the option of going for a coffee after the walk at the Mustard Seed Cafe.

**28 April, Tuesday, 10am, Beech Hurst**

LEVEL 2

Meet at Beech Hurst Gardens Car Park, Butlers Green Road, Haywards Heath, RH16 4BB.

**29 April, Wednesday, 10am, Lindfield**

LEVEL 1

Meet at Lindfield Common Car Park (by notice board), Backwoods Lane, Lindfield, RH16 2EB.

## May 2026

- 01 May, Friday, 10am, Bolney** LEVEL 4  
Meet at Bolney Recreation Ground (Rawson Hall), Batchelors Field, The Street, Bolney, RH17 5PG.
- 05 May, Tuesday, 10am, Lindfield** LEVEL 2  
Meet at Lindfield Common Car Park (by tennis courts), West View, off Lewes Road, Lindfield, RH16 2LL. There is the option of going for a coffee afterwards at The Red Lion, Lindfield.
- 06 May, Wednesday, 9.30am, Cuckfield** LEVEL 2  
Meet at Cuckfield Recreation Ground, High Street, Cuckfield (near the Queens Hall), RH17 5EL.
- 06 May, Wednesday, 10am, Lindfield** LEVEL 1  
Meet at Lindfield Common Car Park (by notice board), Backwoods Lane, Lindfield, RH16 2EB.
- 07 May, Thursday, 10am, Whitemans Green** LEVEL 3  
Meet at Whitemans Green Recreation Ground, Whitemans Green, Cuckfield, RH17 5HX.
- 11 May, Monday, 10am, Hurstpierpoint** LEVEL 3  
Meet at Trinity Road Car Park, Trinity Road, Hurstpierpoint, BN6 9UY.
- 11 May, Monday, 11am, Age UK Beech Hurst Gardens** LEVEL 1  
Meet outside Age UK, Lamb House, 2 Kleinwort Close, Haywards Heath, RH16 4XG.
- 12 May, Tuesday, 10am, Red House Common** LEVEL 2  
Meet at Red House Common Car Park, Warrs Hill Lane, North Chailey, BN8 4JE.  
Grid reference: TQ 392 217.
- 13 May, Wednesday, 10am, Lindfield** LEVEL 1  
Meet at Lindfield Common Car Park (by notice board), Backwoods Lane, Lindfield, RH16 2EB.
- 14 May, Thursday, 10.15am, Up and Amble** LEVEL 2  
Meet at Ashenground Bridge, end of Ashenground Road, Haywards Heath, RH16 4QA.
- 20 May, Wednesday, 10am, Lindfield** LEVEL 1  
Meet at Lindfield Common Car Park (by notice board), Backwoods Lane, Lindfield, RH16 2EB.

**21 May, Thursday, 10am, Wineham**

LEVEL 4

Meet at The Royal Oak Pub, Wineham Lane, Wineham, BN5 9AY.

**26 May, Tuesday, 10am, Beech Hurst**

LEVEL 2

Meet at Beech Hurst Gardens Car Park, Butlers Green Road, Haywards Heath, RH16 4BB.

**27 May, Wednesday, 10am, Lindfield**

LEVEL 1

Meet at Lindfield Common Car Park (by notice board), Backwoods Lane, Lindfield, RH16 2EB.

**28 May, Thursday, 10am, Scaynes Hill**

LEVEL 4

Meet at Scaynes Hill Recreation Ground, off A272, Scaynes Hill, RH17 7PG.

**28 May, Thursday, 10.15am, Up and Amble**

LEVEL 2

Meet at Ashenground Bridge, end of Ashenground Road, Haywards Heath, RH16 4QA.

**28 May, Thursday, 10.30am. Burgess Hill**

LEVEL 1

Meet in the car park outside St Edward's Church, Royal George Road, Burgess Hill, RH15 9TD. There is street parking on roads nearby and the option of going for a coffee after the walk at the Mustard Seed Cafe.

## June 2026

- 01 June, Monday, 11am, Age UK Beech Hurst Gardens** LEVEL 1  
Meet outside Age UK, Lamb House, 2 Kleinwort Close, Haywards Heath, RH16 4XG.
- 02 June, Tuesday, 10am, Lindfield** LEVEL 2  
Meet at Lindfield Common Car Park (by tennis courts), West View, off Lewes Road, Lindfield, RH16 2LL. There will be a Christmas lunch afterwards at The Red Lion, Lindfield. The meal needs to be pre-booked with the Lindfield Level 2 walk leader.
- 02 June, Tuesday, 7pm, Wineham** LEVEL 3  
Meet at The Royal Oak Pub, Wineham Lane, Wineham, BN5 9AY.
- 03 June, Wednesday, 9.30am, Cuckfield** LEVEL 2  
Meet at Cuckfield Recreation Ground, High Street, Cuckfield (near the Queens Hall), RH17 5EL. Grid Ref: TQ 303 248
- 03 June, Wednesday, 10am, Lindfield** LEVEL 1  
Meet at Lindfield Common Car Park (by notice board), Backwoods Lane, Lindfield, RH16 2EB.
- 04 June, Thursday, 10am, West Hoathly** LEVEL 5  
Meet at Hook Lane Recreation Ground, Hook Lane, West Hoathly, RH19 4PT.
- 05 June, Friday, 10am, Bolney** LEVEL 3  
Meet at Bolney Recreation Ground (Rawson Hall), Batchelors Field, The Street, Bolney, RH17 5PG.
- 08 June, Monday 10am, Ditchling** LEVEL 3  
Meet at Ditchling Parish Council Car Park, Keymer Road, BN6 8TR. Grid reference: TQ 323 153
- 09 June, Tuesday 10am, Ditchling** LEVEL 2  
Meet at Ditchling Parish Council Car Park, Keymer Road, BN6 8TR. Grid reference: TQ 323 153
- 10 June, Wednesday, 10am, Lindfield** LEVEL 1  
Meet at Lindfield Common Car Park (by notice board), Backwoods Lane, Lindfield, RH16 2EB.
- 11 June, Thursday, 10.15am, Up and Amble** LEVEL 2  
Meet at Ashenground Bridge, end of Ashenground Road, Haywards Heath, RH16 4QA.
- 11 June, Thursday, 10am, Danny** LEVEL 4  
Meet at Clayton Recreation Ground, Underhill Lane, Clayton, BN6 9PJ

**17 June, Wednesday, 10am, Lindfield** LEVEL 1  
Meet at Lindfield Common Car Park (by notice board), Backwoods Lane, Lindfield, RH16 2EB.

**18 June, Thursday, 10am, Bolney** LEVEL 4  
Meet at Bolney Recreation Ground (Rawson Hall), Batchelors Field, The Street, Bolney, RH17 5PG.

**19 June, Friday, 10am, Burgess Hill** LEVEL 3  
Meet outside the Kings Weald Co-Op, 12 Terracotta Lane, Kings Weald, Burgess Hill, RH15 0NT

**24 June, Wednesday, 10am, Lindfield** LEVEL 1  
Meet at Lindfield Common Car Park (by notice board), Backwoods Lane, Lindfield, RH16 2EB.

**25 June, Thursday, 10.15am, Up and Amble** LEVEL 2  
Meet at Ashenground Bridge, end of Ashenground Road, Haywards Heath, RH16 4QA.

**25 June, Thursday, 10.30am. Burgess Hill** LEVEL 1  
Meet in the car park outside St Edward's Church, Royal George Road, Burgess Hill, RH15 9TD. There is street parking on roads nearby and the option of going for a coffee after the walk at the Mustard Seed Cafe.

**30 June, Tuesday, 10am, Beech Hurst** LEVEL 2  
Meet at Beech Hurst Gardens Car Park, Butlers Green Road, Haywards Heath, RH16 4BB.

## July 2026

- 01 July, Wednesday, 10am, Lindfield** LEVEL 1  
Meet at Lindfield Common Car Park (by notice board), Backwoods Lane, Lindfield, RH16 2EB.
- 03 July, Friday, 10am, Bolney Cider Tap** LEVEL 4  
Meet at Cider Tap, Old Mill Farm, Cowfold Road, Bolney, RH17 5SE.
- 06 July, Monday, 11am, Age UK Beech Hurst Gardens** LEVEL 1  
Meet outside Age UK, Lamb House, 2 Kleinwort Close, Haywards Heath, RH16 4XG.
- 07 July, Tuesday, 10am, Lindfield** LEVEL 2  
Meet at Lindfield Common Car Park (by tennis courts), West View, off Lewes Road, Lindfield, RH16 2LL. There is the option of going for a coffee afterwards at The Red Lion, Lindfield.
- 08 July, Wednesday, 10am, Lindfield** LEVEL 1  
Meet at Lindfield Common Car Park (by notice board), Backwoods Lane, Lindfield, RH16 2EB.
- 08 July, Wednesday, 9.30am, Cuckfield** LEVEL 2  
Meet at Cuckfield Recreation Ground, High Street, Cuckfield (near the Queens Hall), RH17 5EL.
- 09 July, Thursday, 10am, Ardingly** LEVEL 3  
Meet in the lay-by opposite Ardingly Showground, Selsfield Road (B2028), Ardingly, RH17 6TJ.
- 09 July, Thursday, 10.15am, Up and Amble** LEVEL 2  
Meet at Ashenground Bridge, end of Ashenground Road, Haywards Heath, RH16 4QA.
- 13 July, Monday 10am, Hurstpierpoint** LEVEL 3  
Meet at Trinity Road Car Park, Trinity Road, Hurstpierpoint, BN6 9UY.
- 14 July, Wednesday, 10.30am, Bedelands** LEVEL 2  
Meet at Leylands Park car park, Maple Drive, Burgess Hill, RH15 8DL. Grid reference: TQ 317 202
- 15 July, Wednesday, 10am, Lindfield** LEVEL 1  
Meet at Lindfield Common Car Park (by notice board), Backwoods Lane, Lindfield, RH16 2EB.

**16 July, Thursday, 10am, Albourne**

LEVEL 4

Meet at Albourne Village Hall Car Park, The Street, Albourne, BN6 9DH.

**21 July, Tuesday, 7pm, South Chailey**

LEVEL 3

Meet at Chailey Parish Hall car park, (on A275 adjacent to The Five Bells) Lewes Road, Chailey, BN8 4BE. Please park at the rear of the car park, away from the hall.

**22 July, Wednesday, 10am, Lindfield**

LEVEL 1

Meet at Lindfield Common Car Park (by notice board), Backwoods Lane, Lindfield, RH16 2EB.

**23 July, Thursday, 10.15am, Up and Amble**

LEVEL 2

Meet at Ashenground Bridge, end of Ashenground Road, Haywards Heath, RH16 4QA.

**23 July, Thursday, 10.30am, Burgess Hill**

LEVEL 1

Meet in the car park outside St Edward's Church, Royal George Road, Burgess Hill, RH15 9TD. There is street parking on roads nearby and the option of going for a coffee after the walk at the Mustard Seed Cafe.

**28 July, Tuesday, 10am, Beech Hurst**

LEVEL 2

Meet at Beech Hurst Gardens Car Park, Butlers Green Road, Haywards Heath, RH16 4BB.

**29 July, Wednesday, 10am, Lindfield**

LEVEL 1

Meet at Lindfield Common Car Park (by notice board), Backwoods Lane, Lindfield, RH16 2EB.

**30 July, Thursday, 10am, Ardingly & Ouse Valley Viaduct**

LEVEL 5

Meet at Ardingly reservoir car park, Ardingly, RH17 6SQ. The activity centre cafe will be open should walkers like refreshments after the walk.

## August 2026

### **03 August, Monday, 11am, Age UK Beech Hurst Gardens** LEVEL 1

Meet outside Age UK, Lamb House, 2 Kleinwort Close, Haywards Heath, RH16 4XG.

### **04 August, Tuesday, 10am, Lindfield** LEVEL 2

Meet at Lindfield Common Car Park (by tennis courts), West View, off Lewes Road, Lindfield, RH16 2LL. There is the option of going for a coffee afterwards at The Red Lion, Lindfield.

### **05 August, Wednesday, 9.30am, Cuckfield** LEVEL 2

Meet at Cuckfield Recreation Ground, High Street, Cuckfield (near the Queens Hall), RH17 5EL. Grid Ref: TQ 303 248

### **05 August, Wednesday, 10am, Lindfield** LEVEL 1

Meet at Lindfield Common Car Park (by notice board), Backwoods Lane, Lindfield, RH16 2EB.

### **06 August, Thursday, 10am, Horsted Keynes** LEVEL 4

Meet at the Recreation Ground Car Park, Lewes Road, Horsted Keynes, RH17 7AF. Grid Ref: TQ 383 281

### **07 August, Friday, 10am, Bolney** LEVEL 3

Meet at Bolney Recreation Ground (Rawson Hall), Batchelors Field, The Street, Bolney, RH17 5PG.

### **11 August, Tuesday, 10am, Ditchling Common** LEVEL 3

Meet in the car park of Ditchling Common Country Park, Folders Lane East, BN6 8SQ. Grid reference: TQ 337 181.

### **12 August, Wednesday, 10am, Lindfield** LEVEL 1

Meet at Lindfield Common Car Park (by notice board), Backwoods Lane, Lindfield, RH16 2EB.

### **13 August, Thursday, 10.15am, Up and Amble** LEVEL 2

Meet at Ashenground Bridge, end of Ashenground Road, Haywards Heath, RH16 4QA.

### **14 August, Friday, 10am, Burgess Hill** LEVEL 3

Meet outside the Kings Weald Co-Op, 12 Terracotta Lane, Kings Weald, Burgess Hill, RH15 0NT.

### **17 August, Monday, 10am, Hassocks** LEVEL 3

Meet at London Road Recreation Ground car park, Belmont Close, Hassocks, BN6 9NU.

**19 August, Wednesday, 10am, Lindfield**

LEVEL 1

Meet at Lindfield Common Car Park (by notice board), Backwoods Lane, Lindfield, RH16 2EB.

**20 August, Thursday, 10am, Balcombe**

LEVEL 3

Meet in the layby along from Church, London Road, Balcombe, RH17 6PY.

**25 August, Tuesday, 10am, Beech Hurst**

LEVEL 2

Meet at Beech Hurst Gardens Car Park, Butlers Green Road, Haywards Heath, RH16 4BB.

**26 August, Wednesday, 10am, Lindfield**

LEVEL 1

Meet at Lindfield Common Car Park (by notice board), Backwoods Lane, Lindfield, RH16 2EB.

**27 August, Thursday, 10.15am, Up and Amble**

LEVEL 2

Meet at Ashenground Bridge, end of Ashenground Road, Haywards Heath, RH16 4QA.

**27 August, Thursday, 10.30am, Burgess Hill**

LEVEL 1

Meet in the car park outside St Edward's Church, Royal George Road, Burgess Hill, RH15 9TD. There is street parking on roads nearby and the option of going for a coffee after the walk at the Mustard Seed Cafe.

## September 2026

- 01 September, Tuesday, 10am, Lindfield** LEVEL 2  
Meet at Lindfield Common Car Park (by tennis courts), West View, off Lewes Road, Lindfield, RH16 2LL.
- 02 September, Wednesday, 9.30am, Cuckfield** LEVEL 2  
Meet at Cuckfield Recreation Ground, High Street, Cuckfield (near the Queens Hall), RH17 5EL. Grid Ref: TQ 303 248
- 02 September, Wednesday, 10am, Lindfield** LEVEL 1  
Meet at Lindfield Common Car Park (by notice board), Backwoods Lane, Lindfield, RH16 2EB.
- 03 September, Thursday, 10am, South Downs Chattri** LEVEL 5  
Meet at Jack & Jill Car Park (Windmills), Mill Lane (off Clayton Hill), Clayton, BN6 9PG. Grid Ref: TQ 303 134
- 04 September, Friday, 10am, Cowfold** LEVEL 3  
Meet at Cowfold Recreation Ground, off A272, Cowfold, West Sussex, RH13 8BL. Grid Ref: TQ 214 226
- 07 September, Monday, 11am, Age UK Beech Hurst Gardens** LEVEL 1  
Meet outside Age UK, Lamb House, 2 Kleinwort Close, Haywards Heath, RH16 4XG.
- 08 September, Tuesday, 10am, Malthouse Lane Meadows** LEVEL 2  
Meet outside the entrance to the Tesco Superstore (by the cash machine), Hammonds Farm, Burgess Hill, RH15 9QT. Free parking is available, by kind permission of the Manager, but please do not park in the area immediately in front of the store entrance, but at the back of the car park.
- 09 September, Wednesday, 10am, Lindfield** LEVEL 1  
Meet at Lindfield Common Car Park (by notice board), Backwoods Lane, Lindfield, RH16 2EB.
- 10 September, Thursday, 10.15am, Up and Amble** LEVEL 2  
Meet at Ashenground Bridge, end of Ashenground Road, Haywards Heath, RH16 4QA.
- 14 September, Monday 10am, Hurstpierpoint** LEVEL 3  
Meet at Trinity Road Car Park, Trinity Road, Hurstpierpoint, BN6 9UY.
- 16 September, Wednesday, 10am, Lindfield** LEVEL 1  
Meet at Lindfield Common Car Park (by notice board), Backwoods Lane, Lindfield, RH16 2EB.

**17 September, Thursday, 10am, Janes Lane** LEVEL 3  
Meet at Janes Lane Recreation Ground, Janes Lane, Burgess Hill, RH15 0QJ

**23 September, Wednesday, 10am, Lindfield** LEVEL 1  
Meet at Lindfield Common Car Park (by notice board), Backwoods Lane, Lindfield, RH16 2EB.

**24 September, Thursday, 10.15am, Up and Amble** LEVEL 2  
Meet at Ashenground Bridge, end of Ashenground Road, Haywards Heath, RH16 4QA.

**24 September, Thursday, 10.30am, Burgess Hill** LEVEL 1  
Meet in the car park outside St Edward's Church, Royal George Road, Burgess Hill, RH15 9TD. There is street parking on roads nearby and the option of going for a coffee after the walk at the Mustard Seed Cafe.

**29 September, Tuesday, 10am, Beech Hurst** LEVEL 2  
Meet at Beech Hurst Gardens Car Park, Butlers Green Road, Haywards Heath, RH16 4BB.

**30 September, Wednesday, 10am, Lindfield** LEVEL 1  
Meet at Lindfield Common Car Park (by notice board), Backwoods Lane, Lindfield, RH16 2EB.