



## MID SUSSEX HEALTHY WALKS Winter 2025-2026

### 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)**



## October 2025

### **02 October, Thursday, 10am, Ditchling Common**

LEVEL 4

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

### **03 October, Friday, 10am, Bolney**

LEVEL 3

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

### **07 October, 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 October, Wednesday, 10am, Lindfield**

LEVEL 1

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

### **09 October, Thursday, 10.15am, Up and Amble**

LEVEL 2

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

### **13 October, Monday 10am, Hurstpierpoint**

LEVEL 3

Meet at Trinity Road Car Park, Trinity Road, Hurstpierpoint, BN6 9UY

### **14 October, 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 October, Wednesday, 9.30am, Cuckfield**

LEVEL 2

Meet at Cuckfield Recreation Ground, High Street, Cuckfield (near the Queens Hall), RH17 5EL.

### **15 October, Wednesday, 10am, Lindfield**

LEVEL 1

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

### **16 October, Thursday, 10am, Whitemans Green**

LEVEL 3

Meet at Whitemans Green Recreation Ground, Whitemans Green, Cuckfield, RH17 5HX. Grid Ref: TQ 301 256

### **22 October, Wednesday, 10am, Lindfield**

LEVEL 1

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

**23 October, Thursday, 10am, Danny**

LEVEL 4

Meet at Clayton Recreation Ground, Underhill Lane, Clayton, BN6 9PJ

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

LEVEL 2

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

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

LEVEL 2

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

**29 October, Wednesday, 10am, Lindfield**

LEVEL 1

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

**30 October, Thursday, 10am, Ardingly**

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.



## November 2025

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

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

### **04 November, 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 November, Thursday, 10am, Burgess Hill** LEVEL 3

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

### **07 November, Friday, 10am, Bolney** LEVEL 4

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

### **10 November, Monday, 10am, Hurstpierpoint** LEVEL 3

Meet at Trinity Road Car Park, Trinity Road, Hurstpierpoint, BN6 9UY

### **11 November, Tuesday, 10.00am, Bedelands** LEVEL 2

Meet at Leylands Park car park, Maple Drive, Burgess Hill, RH15 8DL.

### **12 November, Wednesday, 9.30am, Cuckfield** LEVEL 2

Meet at Cuckfield Recreation Ground, High Street, Cuckfield (near the Queens Hall), RH17 5EL.

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

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

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

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

### **19 November, Wednesday, 10am, Lindfield** LEVEL 1

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

### **20 November, Thursday, 10am, Goddenwick Farm** LEVEL 4

Meet at Goddenwick Farm, Ardingly Road, Lindfield, RH16 2QX. Parking by kind permission from Goddenwick Farm, their cafe will be open should walkers like refreshments after the walk.

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

LEVEL 2

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

**26 November, Wednesday, 10am, Lindfield**

LEVEL 1

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

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

LEVEL 2

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

## December 2025

### **01 December, Monday, 11am, Age UK Beech Hurst Gardens LEVEL 1**

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

### **02 December, 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.

### **03 December, Wednesday, 10am, Lindfield LEVEL 1**

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

### **04 December, Thursday, 10am, Wolstonbury LEVEL 5**

Meet at Pyecombe Street, Pyecombe, BN45 7ED.

### **05 December, Friday, 10am, Bolney LEVEL 4**

Meet at the Bolney Stage, London Road, Bolney, RH17 5RL

### **08 December, Monday 10am, Hurstpierpoint LEVEL 3**

Meet at Trinity Road Car Park, Trinity Road, Hurstpierpoint, BN6 9UY

### **09 December, 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.

### **10 December, 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

### **10 December, Wednesday, 10am, Lindfield LEVEL 1**

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

### **11 December, Thursday, 10am, Kingsweald, Burgess Hill LEVEL 3**

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

### **11 December, Thursday, 10.15am, Up and Amble LEVEL 2**

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

**17 December, Wednesday, 10am, Lindfield**

LEVEL 1

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

**18 December, Thursday, 10am, St Johns Mince Pie Walk**

LEVEL 2

Meet at St Johns Park, Park Road, Burgess Hill, RH15 8HG followed by refreshments with the rangers.

**24 December, Wednesday, 10am, Lindfield**

LEVEL 1

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

**30 December, Tuesday, 10am, Beech Hurst**

LEVEL 2

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

**31 December, Wednesday, 10am, Lindfield**

LEVEL 1

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

## January 2026

### **02 January, Friday, 10am, Bolney**

LEVEL 3

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

### **05 January, Monday, 11am, Age UK Beech Hurst Gardens**

LEVEL 1

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

### **06 January, 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.

### **07 January, Wednesday, 9.30am, Cuckfield**

LEVEL 2

Meet at Cuckfield Recreation Ground, High Street, Cuckfield (near the Queens Hall), RH17 5EL

### **07 January, Wednesday, 10am, Lindfield**

LEVEL 1

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

### **08 January, Thursday, 10.15am, Up and Amble**

LEVEL 2

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

### **08 January, 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 limited car parking at the church, otherwise there is street parking on roads nearby. There is the option of going for a coffee after the walk at the Mustard Seed Cafe.

### **12 January, Monday 10am, Hurstpierpoint**

LEVEL 3

Meet at Trinity Road Car Park, Trinity Road, Hurstpierpoint, BN6 9UY

### **13 January, 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.

### **14 January, Wednesday, 10am, Lindfield**

LEVEL 1

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



**15 January, Thursday, 10am, Scaynes Hill**

LEVEL 4

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

**21 January, Wednesday, 10am, Lindfield**

LEVEL 1

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

**22 January, Thursday, 10.15am, Up and Amble**

LEVEL 2

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

**22nd January, 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 limited car parking at the church, otherwise there is street parking on roads nearby. There is the option of going for a coffee after the walk at the Mustard Seed Cafe.

**27 January, Tuesday, 10am, Beech Hurst**

LEVEL 2

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

**28 January, Wednesday, 10am, Lindfield**

LEVEL 1

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

**29 January, Thursday, 10am, Burgess Hill**

LEVEL 3

Meet at Janes Lane Recreation Ground, Janes Lane, Burgess Hill, RH15 0QJ

**30 January, Friday, 10am, Kingsweald, Burgess Hill**

LEVEL 3

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

## February 2026

### **03 February, 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.

### **04 February, 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

### **04 February, Wednesday, 10am, Lindfield**

LEVEL 1

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

### **05 February, 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

### **05 February, 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 limited car parking at the church, otherwise there is street parking on roads nearby. There is the option of going for a coffee after the walk at the Mustard Seed Cafe.

### **06 February, Friday, 10am, Bolney**

LEVEL 3

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

### **09 February, Monday 10am, Hurstpierpoint**

LEVEL 3

Meet at Trinity Road Car Park, Trinity Road, Hurstpierpoint, BN6 9UY

### **10 February, Tuesday, 10am, Ditchling**

LEVEL 2

Meet in Ditchling Parish Council Car Park, Keymer Road, BN6 8TR, Grid Ref: TQ 323 153.

### **11 February, Wednesday, 10am, Lindfield**

LEVEL 1

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

### **12 February, Thursday, 10.15am, Up and Amble**

LEVEL 2

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

**12 February, 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 limited car parking at the church, otherwise there is street parking on roads nearby. There is the option of going for a coffee after the walk at the Mustard Seed Cafe.

**18 February, Wednesday, 10am, Lindfield**

LEVEL 1

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

**19 February, Thursday, 10am, Staplefield**

LEVEL 4

Meet at Village Green Car Park (near Play Ground), Cuckfield Road, Staplefield, RH17 6EU. Grid Ref: TQ 275 281

**19 February, 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 limited car parking at the church, otherwise there is street parking on roads nearby. There is the option of going for a coffee after the walk at the Mustard Seed Cafe.

**24 February, Tuesday, 10am, Beech Hurst**

LEVEL 2

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

**24 February, Tuesday, 10am, Balcombe**

LEVEL 5

Meet opp. Victory Hall (no parking in Hall car park), Stockcroft Road, Balcombe, RH17 6HP. Grid Ref: TQ 309 306

**25 February, Wednesday, 10am, Lindfield**

LEVEL 1

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

**26 February, Thursday, 10.15am, Up and Amble**

LEVEL 2

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

**26 February, 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 limited car parking at the church, otherwise there is street parking on roads nearby. There is the option of going for a coffee after the walk at the Mustard Seed Cafe.

## March 2026

### **03 March, Tuesday, 10am, Lindfield**

LEVEL 2

Meet at Lindfield Common Car Park (by tennis courts), West View, off Lewes Road, Lindfield, RH16 2LL

### **04 March, 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

### **04 March, Wednesday, 10am, Lindfield**

LEVEL 1

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

### **05 March, Thursday, 10am, Ardingly**

LEVEL 3

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

### **05 March, 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 limited car parking at the church, otherwise there is street parking on roads nearby. There is the option of going for a coffee after the walk at the Mustard Seed Cafe.

### **06 March, Friday, 10am, Cowfold**

LEVEL 4

Meet at Cowfold Recreation Ground, off A272, Cowfold, West Sussex, RH13 8BL. Grid Ref: TQ 214 226

### **09 March, Monday 10am, Hurstpierpoint**

LEVEL 3

Meet at Trinity Road Car Park, Trinity Road, Hurstpierpoint, BN6 9UY

### **10 March, 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.

### **11 March, Wednesday, 10am, Lindfield**

LEVEL 1

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

### **12 March, Thursday, 10.15am, Up and Amble**

LEVEL 2

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

**12 March, 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 limited car parking at the church, otherwise there is street parking on roads nearby. There is the option of going for a coffee after the walk at the Mustard Seed Cafe.

**18 March, Wednesday, 10am, Lindfield**

LEVEL 1

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

**19 March, Thursday, 10am, Horsted Keynes**

LEVEL 4

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

**24 March, Tuesday, 10am, Beech Hurst**

LEVEL 2

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

**24 March, Tuesday, 10am, Lower Beeding**

LEVEL 5

Meet at Lower Beeding Village Hall, Leechpond Hill, Lower Beeding, RH13 6NR. Park at back of hall, at the far end.

**25 March, Wednesday, 10am, Lindfield**

LEVEL 1

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

**26 March, Thursday, 10.15am, Up and Amble**

LEVEL 2

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

**26 March, 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 limited car parking at the church, otherwise there is street parking on roads nearby. There is the option of going for a coffee after the walk at the Mustard Seed Cafe.