



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

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



Working together for a better Mid Sussex

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.