



MID SUSSEX HEALTHY WALKS

Winter 2023 - 2024

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 MSDC with the kind help of all our walk leaders who are volunteers.

Please note:

- Walkers please register before your first walk, via the MSDC website, if you have not done so since June 2021 (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.
- Extra walks may be added to the programme – please check the website regularly for updates.
- Walk cancellations can also be found on the website.
- Please read the guidelines in place carefully, overleaf, before attending a walk.

For more information please contact the Rangers by email
rangers@midsussex.gov.uk or on 01444 477561

www.midsussex.gov.uk/healthywalks

Important Information:

- All walkers must register, via the MSDC website, before attending their first walk with us. This only needs to be done once.
www.midsussex.gov.uk/healthywalks If you have already registered since June 2021 that is fine.
- A register will be taken on the day by your walk leader.
- Please do NOT attend the walk if you have COVID or any COVID-19 symptoms. If a walk leader suspects you are showing signs of COVID-19 you may be asked to leave.
- Please follow the current government guidelines at the time.

LEVEL 1 WALKS:

- Every Wednesday 10am: Meet at Lindfield Common Car Park (by notice board), Backwoods Lane, Lindfield, RH16 2EB.

October 2023

03 October, Tuesday, 10am, Lindfield

LEVEL 2

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

04 October, 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 October, Wednesday, 10am, Lindfield

LEVEL 1

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

05 October, Thursday, 10am, Balcombe

LEVEL 5

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

06 October, Friday, 9.30am, Bolney

LEVEL 3

Meet at Bolney Recreation Ground, Batchelors Field (Rawson Hall), The Street, Bolney, RH17 5PG. Grid Ref: TQ 262 233

09 October, Monday, 10am, Burgess Hill

LEVEL 3

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

11 October, Wednesday, 10am, Lindfield

LEVEL 1

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

12 October, Thursday, 10.15am, Up and Amble

LEVEL 2

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

13 October, Friday, 10am, Cuckfield Circuit

LEVEL 4

Meet outside The Harvester, Beech Hurst Gardens, Butlers Green Road, Haywards Heath, RH16 4BB

18 October, Wednesday, 10am, Lindfield

LEVEL 1

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

18 October, Wednesday, 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.

19 October, Thursday, 10am, Albourne

LEVEL 3

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

23 October, Monday 10am, Hurstpierpoint

LEVEL 3

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

24 October, Tuesday, 10am, Beech Hurst

LEVEL 2

Meet at Beech Hurst Gardens Car Park, Butlers Green Road, Haywards Heath, RH16 4BB. Grid Ref: TQ 323 239

25 October, Wednesday, 10am, Lindfield

LEVEL 1

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

26 October, Thursday, 10.15am, Up and Amble

LEVEL 2

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

26 October, Thursday, 10.45am, Crawley Down

LEVEL 4

Meet Crawley Down Village shops, Station Rd, Crawley Down, RH10 4HZ

November 2023

01 November, 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

01 November, Wednesday, 10am, Lindfield

LEVEL 1

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

02 November, Thursday, 10am, Danehill

LEVEL 4

Meet at School Lane (on street parking between Danehill village and the primary school), Danehill, RH17 7JB

03 November, Friday, 9.30am, Bolney

LEVEL 4

Meet at the Bolney Stage, London Road, Bolney, RH17 5RL.
Grid Ref: TQ 265 238

06 November, Monday 10am, Hurstpierpoint

LEVEL 3

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

07 November, Tuesday, 10am, Lindfield

LEVEL 2

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

08 November, Wednesday, 10am, Lindfield

LEVEL 1

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

09 November, Thursday, 10.15am, Up and Amble

LEVEL 2

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

15 November, Wednesday, 10am, Lindfield

LEVEL 1

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

15 November, Wednesday, 10am, Ditchling Common

LEVEL 2

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

16 November, Thursday, 10am, Whitemans Green

LEVEL 3

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

20 November, Monday, 10am, Burgess Hill

LEVEL 3

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

22 November, Wednesday, 10am, Lindfield

LEVEL 1

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

23 November, Thursday, 10.15am, Up and Amble

LEVEL 2

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

24 November, Friday, 10am, LEVEL 3 Camel Walk

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.

28 November, Tuesday, 10am, Beech Hurst

LEVEL 2

Meet at Beech Hurst Gardens Car Park, Butlers Green Road, Haywards Heath, RH16 4BB. Grid Ref: TQ 323 239

29 November, Wednesday, 10am, Lindfield

LEVEL 1

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

30 November, Thursday, 10am, South Downs

LEVEL 5

Meet at Clayton Recreation Ground, Underhill Lane, Clayton, BN6 9PJ. Map Ref: TQ 300 140

December 2023

01 December, Friday, 9.30am, Bolney

LEVEL 4

Meet at Bolney Recreation Ground, Batchelors Field (Rawson Hall), The Street, Bolney, RH17 5PG. Grid Ref: TQ 262 233 Option of staying after to purchase lunch in the café.

04 December, Monday 10am, Hurstpierpoint

LEVEL 3

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

05 December, Tuesday, 10am, Lindfield

LEVEL 2

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

06 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

06 December, Wednesday, 10am, Lindfield

LEVEL 1

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

07 December, Thursday, 10am, Staplefield

LEVEL 4

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

13 December, Wednesday, 10am, Lindfield

LEVEL 1

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

14 December, Thursday, 10.15am, Up and Amble

LEVEL 2

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

18 December, Monday 10am, Hurstpierpoint

LEVEL 3

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

19 December, Tuesday, 10am, Beech Hurst

LEVEL 2

Meet at Beech Hurst Gardens Car Park, Butlers Green Road, Haywards Heath, RH16 4BB. Grid Ref: TQ 323 239

20 December, Wednesday, 10am, Lindfield

LEVEL 1

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

20 December, Wednesday, 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.

21 December, Thursday, 10am, Ardingly

LEVEL 3

Meet in Layby opposite Ardingly Showground, Selsfield Road (B2028), Ardingly, RH17 6TJ. Grid Ref: TQ 345 305

27 December, Wednesday, 10am, Lindfield

LEVEL 1

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

28 December, Thursday, 10.15am, Up and Amble

LEVEL 2

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

January 2024

02 January, Tuesday, 10am, Lindfield

LEVEL 2

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

03 January, Wednesday, 10am, Lindfield

LEVEL 1

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

05 January, Friday, 9.30am, Bolney

LEVEL 3

Meet at the Bolney Stage, London Road, Bolney, RH17 5RL. Grid Ref: TQ 265 238

08 January, Monday 10am, Hurstpierpoint

LEVEL 3

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

10 January, 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 January, Wednesday, 10am, Lindfield

LEVEL 1

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

11 January, Thursday, 10.15am, Up and Amble

LEVEL 2

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

17 January, Wednesday, 10am, Lindfield

LEVEL 1

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

17 January, Wednesday, 10am, Bedelands

LEVEL 2

Meet at Leylands Park car park, Maple Drive, Burgess Hill, RH15 8DL. Grid reference: TQ 317 202

18 January, Thursday, 10am, Wivelsfield

LEVEL 3

Meet at Wivelsfield Green Recreation Ground, Eastern Road, Wivelsfield Green, RH17 7QG

23 January, Tuesday, 10am, Beech Hurst

LEVEL 2

Meet at Beech Hurst Gardens Car Park, Butlers Green Road, Haywards Heath, RH16 4BB. Grid Ref: TQ 323 239

24 January, Wednesday, 10am, Lindfield

LEVEL 1

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

25 January, Thursday, 10.15am, Up and Amble

LEVEL 2

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

26 January, Friday, 9.30am, LEVEL 5 Camel Walk

LEVEL 5

Meet at Chailey Sports Ground Car Park, Haywards Heath Road, North Chailey, BN8 4EY

31 January, Wednesday, 10am, Lindfield

LEVEL 1

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

February 2024

01 February, Thursday, 10am, Hassocks LEVEL 5
Meet at London Road Recreation Ground, Belmont Close, Hassocks, BN6 9DW.

02 February, Friday, 9.30am, Bolney LEVEL 4
Meet at Bolney Recreation Ground, Batchelors Field (Rawson Hall), The Street, Bolney, RH17 5PG. Grid Ref: TQ 262 233

05 February, Monday 10am, Hurstpierpoint LEVEL 3
Meet at Trinity Road Car Park, Trinity Road, Hurstpierpoint, BN6 9UY

06 February, Tuesday, 10am, Lindfield LEVEL 2
Meet at Lindfield Common Car Park (by tennis courts), West View, off Lewes Road, Lindfield, RH16 2LL

07 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

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

08 February, Thursday, 10.15am, Up and Amble LEVEL 2
Meet at Ashenground Bridge, end of Ashenground Road, Haywards Heath, RH16 4QA

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

15 February, Thursday, 10am, Scaynes Hill LEVEL 4
Meet at Scaynes Hill Recreation Ground, off A272, Scaynes Hill, RH17 7PG. Grid Ref: TQ 367 233

16 February, Friday, 10am, LEVEL 3 Camel Walk 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.

19 February, Monday 10am, Hurstpierpoint LEVEL 3
Meet at Trinity Road Car Park, Trinity Road, Hurstpierpoint, BN6 9UY

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

21 February, Wednesday, 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.

22 February, Thursday, 10.15am, Up and Amble

LEVEL 2

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

27 February, Tuesday, 10am, Beech Hurst

LEVEL 2

Meet at Beech Hurst Gardens Car Park, Butlers Green Road, Haywards Heath, RH16 4BB. Grid Ref: TQ 323 239

28 February, Wednesday, 10am, Lindfield

LEVEL 1

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

March 2024

01 March, Friday, 9.30am, Cowfold

LEVEL 4

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

04 March, Monday 10am, Hurstpierpoint

LEVEL 3

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

05 March, Tuesday, 10am, Lindfield

LEVEL 2

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

06 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

06 March, Wednesday, 10am, Lindfield

LEVEL 1

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

07 March, 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

13 March, Wednesday, 10am, Lindfield

LEVEL 1

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

14 March, Thursday, 10.15am, Up and Amble

LEVEL 2

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

18 March, Monday 10am, Hurstpierpoint

LEVEL 3

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

20 March, Wednesday, 10am, Lindfield

LEVEL 1

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

20 March, Wednesday, 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.

21 March, Thursday, 10am, Danny

LEVEL 4

Meet at Clayton Recreation Ground, Underhill Lane, Clayton, BN6 9PJ. Map Ref: TQ 300 140

22 March, Friday, 9.30am, LEVEL 5 Camel Walk LEVEL 5

Meet at Chailey Sports Ground Car Park, Haywards Heath Road, North Chailey, BN8 4EY

26 March, Tuesday, 10am, Beech Hurst LEVEL 2

Meet at Beech Hurst Gardens Car Park, Butlers Green Road, Haywards Heath, RH16 4BB. Grid Ref: TQ 323 239

27 March, Wednesday, 10am, Lindfield LEVEL 1

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

28 March, Thursday, 10.15am, Up and Amble LEVEL 2

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