



# 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@glendale-services.co.uk](mailto:rangers.midsussex@glendale-services.co.uk) or on 01444 477561**

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

Version 2

# 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](http://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.

## 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

**26 February, Monday, 10am, Burgess Hill**      LEVEL 3  
Meet outside the Kings Weald Co-Op, 12 Terracotta Lane, Kings Weald, Burgess  
Hill, RH15 0NT

**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

**25 March, Monday, 10am, Burgess Hill** LEVEL 3  
Meet outside the Kings Weald Co-Op, 12 Terracotta Lane, Kings Weald, Burgess Hill, RH15 0NT

**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