



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

www.midsussex.gov.uk/healthywalks



July 2026

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 the mini roundabout), 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, Tuesday, 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 the mini roundabout), 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 the mini roundabout), 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 the mini roundabout), Backwoods Lane, Lindfield, RH16 2EB.

29 July, Wednesday, 10am, Ashplatts Wood

LEVEL 2

Meet at the lower car park at East Court playing fields, College Lane, East Grinstead, RH19 3LS.

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 the mini roundabout), 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 the mini roundabout), 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.

13 August, Thursday, 10am Brambletye LEVEL 3

Meet at Weirwood Reservoir, Sailing Club car park, Weirwood Road, Forest Row, RH18 5HT. A cafe is available at the Sailing Clubhouse for refreshments.

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 the mini roundabout), 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 the mini roundabout), 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 the mini roundabout), 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 the mini roundabout), 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 the mini roundabout), 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 the mini roundabout), Backwoods Lane, Lindfield, RH16 2EB.

23 September, Wednesday, 10am, Gravetye

LEVEL 2

Special permission has been granted to meet at "House Martins", the William Robinson Gravetye Charity, Home Farm, Vowels Lane, East Grinstead, RH19 4LH. Please do not park at this car park on any other occasion. Refreshments available afterwards.

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 the mini roundabout), Backwoods Lane, Lindfield, RH16 2EB.