MID SUSSEX HEALTHY WALKS
Winter 2026-2027

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 (up to approx. 3.5 miles) on un-surfaced paths. Some stiles and hills.
Level 4: 1.5 - 2hrs (up to approx. 5 miles). Stiles and hills.
Level 5: 2 - 3hrs (up to approx. 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

Working together for a better Mid Sussex

Version 2

October 2026

01 October, Thursday, 10am, Burgess Hill Circular LEVEL 5
Meet at Leylands Park car park, Maple Drive, Burgess Hill, RH15 8DL.

02 October, Friday, 10am, Bolney LEVEL 4
Meet at Bolney Recreation Ground (Rawson Hall), Batchelors Field, The Street, Bolney, RH17 5PG.

05 October, Monday, 10am, Age UK Beech Hurst Gardens LEVEL 1
Meet outside Age UK, Lamb House, 2 Kleinwort Close, Haywards Heath, RH16 4XG.

06 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.

07 October, Wednesday, 9.30am, Cuckfield LEVEL 2
Meet at Cuckfield Recreation Ground, High Street, Cuckfield (near the Queens Hall), RH17 5EL.

07 October, Wednesday, 10am, Lindfield LEVEL 1
Meet at Lindfield Common Car Park (by the mini roundabout), Backwoods Lane, Lindfield, RH16 2EB.

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

13 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.

14 October, Wednesday, 10am, Lindfield LEVEL 1
Meet at Lindfield Common Car Park (by the mini roundabout), Backwoods Lane, Lindfield, RH16 2EB.

15 October, Thursday, 10am, Danny LEVEL 4
Meet at Clayton Recreation Ground, Underhill Lane, Clayton, BN6 9PJ

21 October, Wednesday, 10am, Lindfield LEVEL 1
Meet at Lindfield Common Car Park (by the mini roundabout), Backwoods Lane, Lindfield, RH16 2EB.

21 October, Wednesday, 10am, Burgess Hill LEVEL 3
Meet outside the Kings Weald Co-Op, 12 Terracotta Lane, Kings Weald, Burgess Hill, RH15 0NT

22 October, Thursday, 10am, Forest Row LEVEL 5
Meet at Weir Wood Reservoir, Sailing Club car park, Weirwood Road, Forest Row, RH18 5HT. A cafe is available at the Sailing Clubhouse for refreshments.

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

27 October, Tuesday, 9.30am, Hurstpierpoint LEVEL 2
Meet at Trinity Road Car Park, Trinity Road, Hurstpierpoint, BN6 9UY.

27 October, Tuesday, 10am, Beech Hurst LEVEL 2/3
Meet at Beech Hurst Gardens Car Park, Butlers Green Road, Haywards Heath, RH16 4BB.

28 October, Wednesday, 10am, Lindfield LEVEL 1
Meet at Lindfield Common Car Park (by the mini roundabout), Backwoods Lane, Lindfield, RH16 2EB.

29 October, Thursday, 10am, Burgess Hill LEVEL 3
Meet at Burgess Hill Burial Ground, Jane Murray Way, Burgess Hill, RH 15 9XX. Please only use the front car and not the car park reserved for the Burial Ground. Further parking can be found on local roads.

November 2026

02 November, Monday, 10am, Age UK Beech Hurst Gardens LEVEL 1
Meet outside Age UK, Lamb House, 2 Kleinwort Close, Haywards Heath, RH16 4XG.

03 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.

04 November, Wednesday, 9.30am, Cuckfield LEVEL 2
Meet at Cuckfield Recreation Ground, High Street, Cuckfield (near the Queens Hall), RH17 5EL.

04 November, Wednesday, 10am, Lindfield LEVEL 1
Meet at Lindfield Common Car Park (by the mini roundabout), Backwoods Lane, Lindfield, RH16 2EB.

06 November, Friday, 10am, Bolney LEVEL 3
Meet at Bolney Recreation Ground (Rawson Hall), Batchelors Field, The Street, Bolney, RH17 5PG.

09 November, Monday, 10am, Hassocks LEVEL 3
Meet at London Road Recreation Ground car park, Belmont Close, Hassocks, BN6 9NU.

10 November, Tuesday, 10am, Bedelands LEVEL 2
Meet at Leylands Park car park, Maple Drive, Burgess Hill, RH15 8DL.

11 November, Wednesday, 10am, Lindfield LEVEL 1
Meet at Lindfield Common Car Park (by the mini roundabout), Backwoods Lane, Lindfield, RH16 2EB.

11 November, Wednesday, 10am, Ashplats Wood LEVEL 2
Meet at the lower car park at East Court playing fields, College Lane, East Grinstead, RH19 3LS.

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

13 November, Friday, 10am, Clayton LEVEL 3
Meet at Clayton Recreation Ground, Underhill Lane, Clayton, BN6 9PJ

18 November, Wednesday, 10am, Lindfield LEVEL 1
Meet at Lindfield Common Car Park (by the mini roundabout), Backwoods Lane, Lindfield, RH16 2EB.

19 November, Thursday, 10am Scaynes Hill LEVEL 4
Meet at Scaynes Hill Recreation Ground, off A272, Scaynes Hill, RH17 7PG.

24 November, Tuesday, 9.30am, Hurstpierpoint LEVEL 2/3
Meet at Trinity Road Car Park, Trinity Road, Hurstpierpoint, BN6 9UY.

24 November, Tuesday, 10am, Beech Hurst LEVEL 2
Meet at Beech Hurst Gardens Car Park, Butlers Green Road, Haywards Heath, RH16 4BB.

25 November, Wednesday, 10am, Lindfield LEVEL 1
Meet at Lindfield Common Car Park (by the mini roundabout), Backwoods Lane, Lindfield, RH16 2EB.

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

27 November, Friday, 10am, Janes Lane LEVEL 3
Meet at Janes Lane Recreation Ground, Janes Lane, Burgess Hill, RH15 0QJ.

December 2026

01 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, kindly organised by the walk leaders. The meal needs to be pre-booked with the Lindfield Level 2 walk leader.

02 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

02 December, Wednesday, 10am, Lindfield LEVEL 1
Meet at Lindfield Common Car Park (by the mini roundabout), Backwoods Lane, Lindfield, RH16 2EB.

03 December, Thursday, 10am, Brambletye LEVEL 3
Meet at Weir Wood Reservoir, Sailing Club car park, Weirwood Road, Forest Row, RH18 5HT. A cafe is available at the Sailing Clubhouse for refreshments.

04 December, Friday, 10am, Bolney Cider Tap LEVEL 4
Meet at Cider Tap, Old Mill Farm, Cowfold Road, Bolney, RH17 5SE.

04 December, Friday, 10.30 am, Burgess Hill LEVEL 1
Meet outside the Kings Weald Co-Op, 12 Terracotta Lane, Kings Weald, Burgess Hill, RH15 0NT

07 December, Monday, 10am, Age UK Beech Hurst Gardens LEVEL 1
Meet outside Age UK, Lamb House, 2 Kleinwort Close, Haywards Heath, RH16 4XG.

08 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.

09 December, Wednesday, 10am, Lindfield LEVEL 1
Meet at Lindfield Common Car Park (by the mini roundabout), Backwoods Lane, Lindfield, RH16 2EB.

09 December, Wednesday, 10am, Burgess Hill LEVEL 3
Meet outside the Kings Weald Co-Op, 12 Terracotta Lane, Kings Weald, Burgess Hill, RH15 0NT

10 December, Thursday, 10am, Clayton LEVEL 5
Meet at Clayton Recreation Ground, Underhill Lane, Clayton, BN6 9PJ

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

16 December, Wednesday, 10am, Lindfield LEVEL 1
Meet at Lindfield Common Car Park (by the mini roundabout), Backwoods Lane, Lindfield, RH16 2EB.

16 December, Tuesday, 10am, Beech Hurst LEVEL 2
Meet at Beech Hurst Gardens Car Park, Butlers Green Road, Haywards Heath, RH16 4BB.

18 December, Friday, 10.30 am, Burgess Hill LEVEL 1
Meet outside the Kings Weald Co-Op, 12 Terracotta Lane, Kings Weald, Burgess Hill, RH15 0NT

17 December, Thursday, 10am, East Grinstead LEVEL 3
Meet at East Court top car park, College Lane, East Grinstead, RH19 3LT. Parking by kind permission from East Grinstead Town Council.

22 December, Tuesday, 9.30am, Hurstpierpoint LEVEL 2/3
Meet at Trinity Road Car Park, Trinity Road, Hurstpierpoint, BN6 9UY.

22 December, Tuesday, 10am, Beech Hurst LEVEL 2
Meet at Beech Hurst Gardens Car Park, Butlers Green Road, Haywards Heath, RH16 4BB.

23 December, Wednesday, 10am, Lindfield LEVEL 1
Meet at Lindfield Common Car Park (by the mini roundabout), Backwoods Lane, Lindfield, RH16 2EB.

30 December, Wednesday, 10am, Lindfield LEVEL 1
Meet at Lindfield Common Car Park (by the mini roundabout), Backwoods Lane, Lindfield, RH16 2EB.

January 2027

01 January, Friday, 10am, Bolney LEVEL 3
Meet at the Bolney Stage, London Road, Bolney, RH17 5RL.

04 January, Monday, 10am, Age UK Beech Hurst Gardens LEVEL 1
Meet outside Age UK, Lamb House, 2 Kleinwort Close, Haywards Heath, RH16 4XG.

05 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.

06 January, Wednesday, 9.30am, Cuckfield LEVEL 2
Meet at Cuckfield Recreation Ground, High Street, Cuckfield (near the Queens Hall), RH17 5EL.

06 January, Wednesday, 10am, Lindfield LEVEL 1
Meet at Lindfield Common Car Park (by the mini roundabout), Backwoods Lane, Lindfield, RH16 2EB.

07 January, 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.

12 January, Tuesday 10am, Ditchling LEVEL 2
Meet at Ditchling Parish Council Car Park, Keymer Road, BN6 8TR. Grid reference: TQ 323 153

13 January, Wednesday, 10am, Lindfield LEVEL 1
Meet at Lindfield Common Car Park (by the mini roundabout), Backwoods Lane, Lindfield, RH16 2EB.

13 January, Wednesday, 10am, Burgess Hill LEVEL 3
Meet outside the Kings Weald Co-Op, 12 Terracotta Lane, Kings Weald, Burgess Hill, RH15 0NT.

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

15 January, Friday, 10.30 am, Burgess Hill LEVEL 1
Meet outside the Kings Weald Co-Op, 12 Terracotta Lane, Kings Weald, Burgess Hill, RH15 0NT

20 January, Wednesday, 10am, Lindfield LEVEL 1
Meet at Lindfield Common Car Park (by the mini roundabout), Backwoods Lane, Lindfield, RH16 2EB.

21 January, Thursday, 10am, Janes Lane LEVEL 3
Meet at Janes Lane Recreation Ground, Janes Lane, Burgess Hill, RH15 0QJ.

26 January, Tuesday, 10am, Beech Hurst LEVEL 2
Meet at Beech Hurst Gardens Car Park, Butlers Green Road, Haywards Heath, RH16 4BB.

27 January, Wednesday, 10am, Lindfield LEVEL 1
Meet at Lindfield Common Car Park (by the mini roundabout), Backwoods Lane, Lindfield, RH16 2EB.

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

February 2027

01 February, Monday, 10am, Age UK Beech Hurst Gardens LEVEL 1
Meet outside Age UK, Lamb House, 2 Kleinwort Close, Haywards Heath, RH16 4XG.

02 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.

03 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

03 February, Wednesday, 10am, Lindfield LEVEL 1
Meet at Lindfield Common Car Park (by the mini roundabout), Backwoods Lane, Lindfield, RH16 2EB.

05 February, Friday, 10am, Bolney LEVEL 2
Meet at Bolney Recreation Ground (Rawson Hall), Batchelors Field, The Street, Bolney, RH17 5PG.

08 February, Monday, 10am, Hassocks LEVEL 3
Meet at London Road Recreation Ground car park, Belmont Close, Hassocks, BN6 9NU.

09 February, 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.

10 February, Wednesday, 10am, Lindfield LEVEL 1
Meet at Lindfield Common Car Park (by the mini roundabout), Backwoods Lane, Lindfield, RH16 2EB.

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

17 February, Wednesday, 10am, Lindfield LEVEL 1
Meet at Lindfield Common Car Park (by the mini roundabout), Backwoods Lane, Lindfield, RH16 2EB.

18 February, Thursday, 10am, Staplefield LEVEL 4
Meet near the Play Ground, Cuckfield Road, Staplefield, RH17 6EU.

23 February, Tuesday, 10am, Beech Hurst LEVEL 2
Meet at Beech Hurst Gardens Car Park, Butlers Green Road, Haywards Heath, RH16 4BB.

24 February, Wednesday, 10am, Lindfield LEVEL 1
Meet at Lindfield Common Car Park (by the mini roundabout), Backwoods Lane, Lindfield, RH16 2EB.

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

March 2027

01 March, Monday, 10am, Age UK Beech Hurst Gardens LEVEL 1
Meet outside Age UK, Lamb House, 2 Kleinwort Close, Haywards Heath, RH16 4XG.

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

03 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

03 March, Wednesday, 10am, Lindfield LEVEL 1
Meet at Lindfield Common Car Park (by the mini roundabout), Backwoods Lane, Lindfield, RH16 2EB.

04 March, Thursday, 10am, Shermanbury LEVEL 3
Meet at Kidders Lane Car Park, on the A281 just south of Shermanbury and The Bull Inn, BN5 9AL.

05 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, 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 March, Wednesday, 10am, Lindfield LEVEL 1
Meet at Lindfield Common Car Park (by the mini roundabout), Backwoods Lane, Lindfield, RH16 2EB.

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

17 March, Wednesday, 10am, Lindfield LEVEL 1
Meet at Lindfield Common Car Park (by the mini roundabout), Backwoods Lane, Lindfield, RH16 2EB.

18 March, Thursday, 10am, Balcombe LEVEL 4
Meet in the layby along from the Church, London Road, Balcombe, RH17 6PY.

23 March, Tuesday, 10am, Beech Hurst LEVEL 2
Meet at Beech Hurst Gardens Car Park, Butlers Green Road, Haywards Heath, RH16 4BB.

24 March, Wednesday, 10am, Lindfield LEVEL 1
Meet at Lindfield Common Car Park (by the mini roundabout), Backwoods Lane, Lindfield, RH16 2EB.

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

31 March, Wednesday, 10am, Lindfield LEVEL 1
Meet at Lindfield Common Car Park (by the mini roundabout), Backwoods Lane, Lindfield, RH16 2EB.