

# Walking in and around Cowfold



## Introduction



We are all aware that one of the drawbacks of living here in lovely Cowfold is the traffic through the village but, conversely, one of the greatest advantages in being here is the joy of walking. It is possible to walk to all parts of the village and public footpaths are to be found in the north, south, west and east quadrants.

Whether in a walking group, with a dog or on one's own, the scope of walks is unlimited and, similarly, walks can vary from short distances to a number of miles. By and large the walks are fairly flat, although there are a number of small hills and also a few stiles, but these are generally manageable. Finger posts provide clear directions and Cowfold is found towards the bottom of Ordnance Survey Explorer Series Map 134.

The countryside is delightful and to be enjoyed by us all. Walking within and from Cowfold does not require transport although, just a short journey away, is West Grinstead and the Downs Link with its former station and fun signal for small children and even further are the Downs themselves. A walk up to Chanctonbury Ring may be viewed as a challenge!



In this feature, we attach a wide selection of walks and also reference the many health advantages of walking.

**Enjoy yourself!**

## Why walk?

In England, half of all adults are not active enough to benefit their health. This means that they are at risk of developing serious illnesses such as diabetes, heart disease and cancer.

Lots of us wish we did more exercise. We know it's good for us. And we know our health's important. But it can be easy to find excuses for not actually getting out there and doing it:

- The gym is boring / intimidating / expensive
- There's not enough time
- My knee / back / hip isn't up to it these days
- It's no fun.

Sound familiar?

If you find it difficult to get active, why not take up walking? It's really easy to get started, you don't need any special equipment and, best of all, walking counts towards your recommended amount of physical activity.

## **Cowfold Walks**

Mig Cutbush, a former Parish Councillor and Editor of the Parish Magazine, compiled a series of five walks around the village in 2004. Most are designed to be child-friendly and three involve a visit to a pub en-route. They are all well worth trying out and are reproduced in Appendix A.

## **The Cloverleaf Walk**

The Cloverleaf Walk was designed by Eileen and David Precious for a fund raising event in support of the renovation of the sports pavilion in 2011 and uses a number of the paths included in the Cowfold Walks. The four legs of the walk all start and end at the sports pavilion and trace out the leaves of a four-leafed clover when viewed on a map – hence, the name. They are also highly recommended and are presented in Appendix B.

## **Horsham District Council Health Walks**

Horsham District Council (HDC) organises a programme of guided health walks, details of which are on the Council's website at [www.horsham.gov.uk](http://www.horsham.gov.uk). They are great for meeting new friends, filling your lungs with fresh air and discovering new places to walk in Horsham District. More information is given in Appendix C.

## **Downs Link**

The Downs Link is a 37mile footpath and bridleway linking the North Downs Way at St. Martha's Hill in Surrey with the South Downs Way near Steyning in West Sussex. It passes close to Cowfold at West Grinstead and more details are given in Appendix D.



## Appendix A: Cowfold Walks

# Cowfold Walks



### **SAFE WALK WITH CHILDREN NO. 1 THREE VISITS TO THE COWFOLD STREAM**

*Approximately 4km (2.5 miles); mostly flat; not suitable for buggies unless you are feeling strong enough to lift them over stiles. Cowfold Parish has many beautiful paths and bridleways and has made many appearances in books of walks in Sussex. This circular walk from the village centre is mostly away from traffic apart from the start, and is safe to walk with children and even safe enough to let them off the lead occasionally.*

**At the start of this walk, hold on tightly to children.**

1. Start with the door to the Village Hall behind you. Turn right and walk along the pavement towards the East along the Bolney Road. The Playing Field should be on your left on the other side of the road. Go past the entrance to Oakfield Road and continue past the bungalows on your right. (Scene of the infamous 'yellow box' scandal!)
2. At a two-way footpath sign, turn right up the drive of Eastlands House; this is about 200 metres long. With the house on your left, at a two-way footpath sign, turn right. In front of you is a five-barred gate with a stile on the right hand side.
3. Climb over this stile and follow the lane. Another lane will come in from the right, go past this junction and almost immediately on your left at a three way sign, go over the stile and into the field.
4. In front of you, across the field is another stile and a two-way sign. Cross over it and continue in a straight line across the second field. Cross the stile out of this field and follow the line of the hedge in the following field with the hedge on your left. **Look out for rabbits and rabbit holes in this field along the bottom of the hedge.**
5. At the bottom of the field is a bridge made from a cast iron girder across the Cowfold stream. We discovered that this makes a lovely booming noise if you stamp across it with wellies on! Across this bridge make a half turn and go through the next field with the hedge on your right.
6. **(Warning: Look out for lots of different types of animal poo on this walk! By this stage our child testers were obsessed with the different kinds we had found!)** After about 150 metres, cross a stile in front of you, don't go through the gate on your left. At the two-way sign, bear half right and follow the path diagonally across the field. There are some lovely oak trees in this field and we enjoyed picking up acorns and talking about the different creatures that live on or near the trees.
7. Cross the stile in front of you and emerge into Moatfield Lane. I have never seen a motor vehicle on this lane but, as there are houses along the lane, it would be best to keep an eye on children. Turn right along the lane. Rachel and Jamie enjoyed looking at and talking about the horses in the field on the left. Follow the bend in the lane and look out for a footpath sign on the right just past Lower Barn Farmhouse.
8. Turn right into the field and look for a small concrete bridge over the Cowfold stream, our

second visit to the stream. There are some horse footprints in the concrete of the bridge, which the children enjoyed looking at. There are also lots of different water plants in the stream to identify if you have plant books with you. Cross the stream and go through the gate in front of you. This is a bridleway so look out for oncoming horses.

9. After approximately 250 metres, at a three-way sign, cross over a stile on your right. Across the field you can see a five-barred gate. The footpath goes to the right of this and the sign is a little difficult to see. Keep going and it will appear with a short portion of hedge on your right. Go through the gap and turn left at the footpath sign.
10. Cross the stile in front of you and turn right on to the track. You will soon find yourself on a tarmac lane. This lane also carries very little traffic but it is worth keeping an eye out. Along this road we make our third crossing of the Cowfold stream. Follow the lane past the dip down to the stream and, as you come out of the dip, you are met with the attractive sight of a thatched converted barn.
11. In front of you is the lane you walked down at the beginning of the walk. Turn left at the house. You now have a choice of your route back to the Village Hall, (a) After 100 metres there is a footpath to the right that will take you up through Eastlands Wood along the rear of the houses in Acorn Avenue. Follow the path to the end of the woods and emerge into Holm Oaks. Turn left and then right into Oakfield Road. In front of you is the Bolney Road (A272). Turn left and the village hall is a short walk along the pavement. (b) Alternatively, having turned left at the farmhouse, continue on the lane past the allotments on the left (**rented from the Parish Council at very reasonable rates**) and you emerge on the A281 Henfield Road by the side of the Hare and Hounds Public House. Turn right and walk carefully (lots of traffic!) along the pavement to the village hall at the top of the hill.

*We did this walk with a three year old and an eight year old. Everyone survived!*

*Mig Cutbush*

# Cowfold Walks



## SAFE WALK WITH CHILDREN

## NO. 2 WOODS AND BLUEBELLS

*About one and a quarter hours, approximately 4km. This walk can be very muddy at times, so is probably a wellie boot outing in anything but very dry weather. There are many wild flowers to see along the way especially in spring but remember that picking wild flowers is illegal. Taking photographs isn't though and photos last much longer than bunches of flowers in water. Not really suitable for buggies.*

The walk starts from the car park beside the Playing Field. **If you are coming from other parts of the village be very careful about crossing the roads to get there. Keep a tight hold of children and try to look in all directions at once!**

1. Standing in the car park with the Playing Field behind you, turn right and walk up Fairfield Cottages along the side of the hedge between the Playing Field and the verge. After about 100 metres on the right are a footpath sign and a kissing gate into the field itself.
2. Go through the gate and walk along the edge of the field with the hedge on your left until you come to another stile on your right. Cross the stile and continue walking ahead with a very flimsy fence on your left for about 50 metres. At the end of the fence, a little to your right, you will see a two-way sign. Follow the arm of the sign that points diagonally to the left across a small field. (Don't go through the gap on the right into the larger field!) Look for a break in the brambles and follow the path through the break.
3. On your left you should see a green chain-link fence. With the fence on your left, follow a narrow path through trees along the back of large gardens belonging to Brookhill House. Look out for bluebells, wood anemones and primroses. Continue on the path passing a pond on your left close to the fence.
4. Go down a slight gradient at the end of the wood and bear towards the right. Go down some steps and follow a wire fence on your left along the edge of the field. There is a nice view across the field towards Littlebrook. Look for lots of rabbit holes on the right of the path.
5. At the end of the field, cross a plank bridge over a dry ditch and bear left at a two-way sign. Walk along the side of the field with the hedge on your left. At the corner of the field, the path dips down to a stream. This is a tributary of the Cowfold stream and is not named on the map. It runs into the Cowfold stream further South.
6. Cross the stream on a plank bridge and go into the field. There is a sign that says "Bull in Field". There are sometimes cattle in the field and there are certain categories of bull that can safely and legally be left in fields that walkers use but it is a good idea to give cattle in fields a wide berth when walking with children, It is also a good idea to keep dogs on a lead.
7. Head across the field towards the pylon to the right of the house. Go down the slope in front of you (which is covered in snowdrops at the right time of the year) to another plank bridge across what is now definitely the Cowfold stream. Across the bridge is a large patch

of wild garlic. This has wide green leaves and a not unpleasant mild garlic smell. It looks very beautiful in spring when it is covered in small white flowers. Go across the bridge and turn left at a four-way sign through a gap in the hedge. Follow the path until you reach a two-way sign. The stream should be on your left. Go round the field keeping the hedge on your left (more bluebells and sweet chestnut trees).

8. If you look through the trees on your left you will see a little waterfall on the stream. The Cowfold stream runs down to us from the lakes and waterfalls from the Leonardslee Estate to the North. Ignore the unmarked track on your left and continue round the field keeping the hedge on your left until you reach a two-way sign. Turn left into the woods and then right following the path through the trees. (Look out for honeysuckle.)
9. Hang on to small children at this point because there is a steep drop to the left of the path for a short distance. Follow the path until you see two large holly bushes either side of the path. Follow the path between them to a three way sign. Go straight on with a small tree plantation on your left. Horses use this path so keep ears and eyes open. Continue with the hedge on your right and a view across the valley on your left.
10. In front of you should be a five-barred gate with a two-way sign. Go through the gate remembering to shut it. Immediately in front of you across a tarmac drive is a stile with a two-way sign. Go over the stile into a small field. Walk up the field with the fence on your right to another stile with a two-way sign. Go over the stile and carry straight on with the fence on your left towards a gap in the hedge. Go through the gap and turn right into Picts Lane.
11. Walk along the lane carefully as vehicles sometimes travel quite fast along it. After about 100 metres, at Aglands farm there is a way sign to the right. Follow this sign down the track passing the house on your left. The track curves to the right when it is past the house. Keep going for about 500 metres. At the end of the track, go through a gateway with a four-way sign. Turn right and follow the line of the fence, keeping the fence on your right. Ignore an unmarked gap and the first stile. Walk on to the second stile with a two-way sign. Go over the stile and walk through the woods to a plank bridge.
12. Cross the plank bridge and go into a very muddy field. Squelch across this field to a four-way sign and the second of the plank bridges we crossed earlier. Re-cross the bridge and walk straight across the field to the first plank bridge we saw. Cross the bridge and walk up the field with the hedge on your right until you reach a footpath sign. Turn right into the woods and retrace your steps back to the Playing Field.

### *Mig Cutbush*

# Cowfold Walks



## **WALKING TO THE PUB**

## **NO. 3 THE WINDMILL, LITTLEWORTH**

*This walk will take you from Cowfold to the Windmill Inn in Littleworth. It is about 3 miles (5km) each way so not really suitable for children. Also, as it's a walk to a pub its likely to be more difficult on the way back! The landscape you will be walking through is quite varied and some bits of it are not as pretty as some of the walks round Cowfold. This is made up for by other parts being very interesting and attractive. You will find some sections of this walk muddy. Pay particular attentions to the directions as some parts could be confusing.*

*The Landlord of the pub said he would be delighted for his pub to be the end point of a walk. The pub has interesting local beers and serves lunch and dinner most days of the week.*

This walk starts from the old Co-op village shop.

1. Start with your back to the old Co-op shop and turn sharp left. Take the path that runs between the old shop and the Cowfold Cottage Tandoori restaurant. Walk along the Horsham stone path until you get to the door of the church. Take the left fork of the path and walk round to the back of the church.
2. Here the path turns right and dives through a gap in the hedge and continues between high hedges to left and right. Don't be tempted to turn left into the churchyard extension. Follow this path for about 100 metres until you reach a stile. Go over the stile and follow the path with a hedge to your right and a fence to your left along the back of the school. Turn left at a two-way sign and continue down the path to another two-way sign.
3. Turn right over a plank bridge and walk for 50 metres between the fence and the hedge to a stile you should see in front of you. Cross the stile and walk along the edge of the next field with the hedge on your right. Go past a pond on your right and you will see a way sign; turn left at this sign and you will see a stile, cross this and follow the path between two hedges past Gervase Cottage for about 100 metres. On your right you will find a stile and a plank bridge. Cross the stile and study the way sign closely.
4. This is a three-way sign, follow the middle of the three arms and cut diagonally across the field. You won't be able to see a sign to head for so steer to the left of the large dead tree in the middle of the field. As you make your way across the field, a dip in the ground comes into view on the left. Make for this avoiding cow pats. Go down the dip to the stream. This is marked on the map as the Cowfold stream but I am beginning to think there must be several different branches all called Cowfold stream. It seems to make an appearance at different spots all round the village. A plank bridge goes across the stream to a way sign. Go across the bridge, straight across the field and make for the stile in front of you.
5. Cross the stile and walk up the field with the fence on your right to a gate on the right into a bridleway. When we walked this, the field was full of brown and orange butterflies. We think they might be called Small Coppers but we're not experts. Look out for horses and make sure you shut the gate. Walk up the path between the fences. Go through the gate at the other end and turn right. Walk along with the fence on your right. This area can be very muddy so don't expect to arrive at the pub

looking glamorous. To the left, across the fields, you can see the monastery, (which my grandson calls the space rocket church for obvious reasons!).

6. Follow the fence and turn left at a three way sign. Turn left and with the hedge on your right head for a huge pile of chalk you can see on the horizon. Walk past the chalk pile making sure it is on your left and turn right through a five-barred gate. (Make sure you close it.) Walk with the hedge on your left for 20 metres to a stile with a three-way sign on your left. If you are feeling romantic at this point, you can look back and see Cowfold nestling in its surrounding of trees. Cross the stile and go straight across the field to a way sign and stile just to the right of the trees.
7. Go over the stile and follow the path with the trees and hedge on your left for about 50 metres. Then head for a line of four oaks on the near horizon. The path was difficult to see at the time of writing as the field had oil seed rape in it. So keep going. When you reach the trees you will find a way sign. Follow the sign that points you slightly downhill keeping the cottage you can see on your left. Look to your left; on the skyline is what appears to be a spiral staircase, although it is marked on the map as a wind pump. In front of you should be a four-way sign with a rather rickety stile.
8. Cross the stile into the field beyond. When we did this walk the field was also planted with rape so it was difficult to see the path but essentially it is a straight path, keeping the trees you can see on your right. As you walk down the field a gap in the hedge ahead of you should come in to view. This leads on to a track with a four-way sign.
9. Turn right on to the track and walk along with the hedge on your right. At a three-way sign continue to follow the track. As you pass this sign you are leaving Cowfold Parish so look out for dragons! Continue up the track and cross the stile beside a five-barred gate. Go out into Littleworth Lane and turn right. The Windmill pub is a short distance up the lane on the opposite side.
10. To get home from the pub, simply retrace your steps, but don't try doing it in the dark!

*Mig Cutbush*



# Cowfold Walks



## WALKING TO THE PUB

## NO. 4 THE CRABTREE, LOWER BEEDING

*The Crabtree is a pleasant country pub serving food of a high standard. It also has an attractive garden with good views over the Downs. Telephone them on 01403 891273 to book a table for lunch or evening meals.*

*This is another walk that starts from the car park beside the Playing Field. The first part uses the same paths as the bluebell walk for children (Cowfold walk number 2). This walk is about 3 miles (5km) each way.*

1. Standing in the car park with the Playing Field behind you, turn right and walk up Fairfield Cottages along the side of the hedge between the playing field and the verge. After about 100 metres on the right are a footpath sign and a kissing gate into the field itself.
2. Go through the gate and walk along the edge of the field with the hedge on your left until you come to another stile on your left. Cross the stile and continue walking ahead with a very flimsy fence on your right for about 50 metres. At the end of the fence a little to your right you will see a two-way sign. Follow the arm of the sign that points diagonally to the left across a small field. (Don't go through the gap on the right into the larger field!) Look for a break in the brambles and follow the path through the break.
3. On your left you should see a green chain link fence. With the fence on your left, follow a path through trees along the back of large gardens belonging to Brookhill House. Continue on the path passing a pond on your left close to the fence.
4. Go down a slight gradient at the end of the wood and bear towards the right. Go down some steps and follow a wire fence on your left along the edge of the field. There is a nice view across the field towards Littlebrook.
5. At the end of the field, cross a plank bridge over a dry ditch and turn left at a two-way sign. Walk along the side of the field with the hedge on your left. At the corner of the field, the path dips down to a stream. This is a tributary of the Cowfold stream.
6. Cross the stream on a plank bridge and head across the field towards the pylon to the right of the house. Go down the slope in front of you (which is covered in snowdrops at the right time of the year) to another plank bridge across what is now the Cowfold stream. Across the bridge is a large patch of wild garlic. This has wide green leaves and a not unpleasant mild garlic smell. It looks very beautiful in spring when it is covered in small white flowers. Go across the bridge and immediately turn left at a four-way sign through a gap in the hedge. Follow the path until you reach a two-way sign. The stream should be on your left. Go round the field keeping the hedge on your left.
7. If you look through the trees on your left you will see a little waterfall on the stream. The Cowfold stream runs down to us from the lakes and waterfalls of Leonardslee Gardens to the North. Ignore the unmarked track on your left and continue round the field keeping the hedge on your left until you reach a two-way sign. Turn left into the woods and then right following the path through the trees.
8. Follow the path until you see two large holly bushes on either side. Walk between

them to a three way sign. Go straight on with a small tree plantation on your left. Continue with the hedge on your right and a view across the valley on your left.

9. In front of you should be a five-barred gate with a two-way sign. Go through the gate remembering to shut it. Immediately in front of you across a tarmac drive is a stile with a two-way sign. Go over the stile into a small field. Walk up the field with the fence on your right to another stile with a two-way sign. Go over the stile and carry straight on with the fence on your left towards a gap in the hedge. Go through the gap and turn left into Picts Lane.
  
10. Follow Picts Lane downhill and to the left. The lane is quite steeply downhill at this point and should be interesting on the way back from the pub! Pass one footpath sign on your right and walk on to the second sign, which is in the entrance to houses called Hooklands and Gratfield. This is a farm approach track, which passes over a cattle grid after 20 metres. Follow the track uphill and slightly to the right until you reach a footpath sign on your left. This directs you down a slope past a house on your left and to another two way sign. Turn half left at this sign and walk towards and through the five-barred gate in front of you.
  
11. Once through the gate, follow the track up the rise for 500metres passing Violet Cottage on your left. At the top of the rise you will find a three-way sign, turn left and then almost immediately right at another three-way sign. Walk to the end of the track and out into Mill Lane. Turn left and walk down the lane for about 500 metres to the A281 Cowfold to Lower Beeding road. The Crabtree pub is immediately to your left.

*Have fun!*

*Mig Cutbush*

# Cowfold Walks



## WALKING TO THE PUB

## NO. 5 THE WHITE HORSE, MAPLEHURST

*The White Horse has a friendly atmosphere and a garden for sitting with children. The pub is a free house and is in the Good Beer Guide. Telephone: 01403 891208.*

*This walk passes through Highhurst stables, lots of horses to look at and the occasional deer, and is about 5 miles (8 km).*

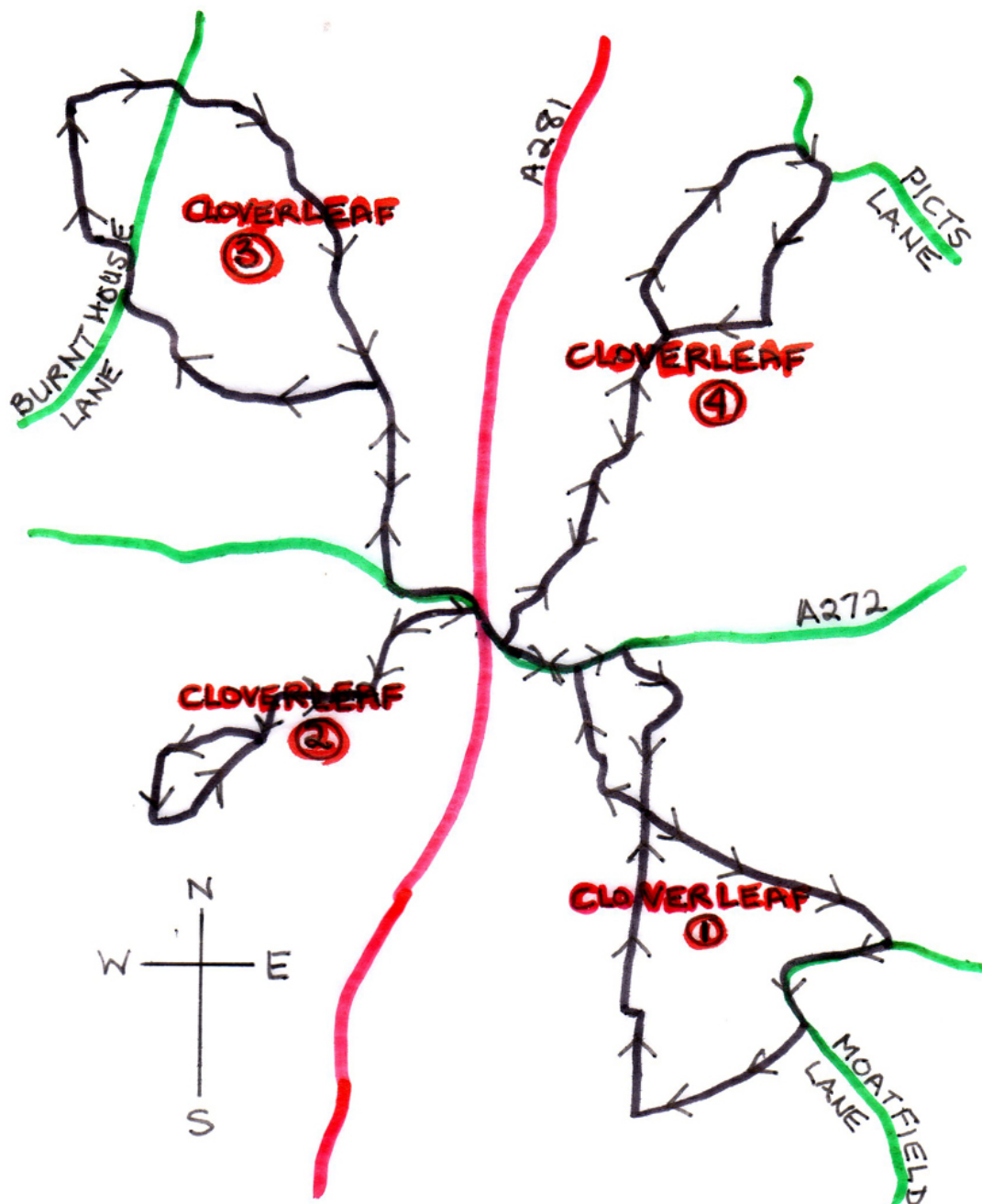
1. Starting from the car park, cross to the old Co-op shop and turn right and then immediately left along Station Road. After 200 metres, just past Thornden Road, turn right at a footpath sign. Continue through a metal gate and follow the path up a rise for 300 metres.
2. Enter a small wood (full of bluebells at the right time of year) and follow the path over the ridge and down to a four-way sign at a small stream bridge. Go straight across the field to a way sign you can see at the entrance to another wood.
3. Enter the wood and follow the path. Leave the wood at a two-way sign and turn right into the field following the hedge on your right. You can often see deer in this field. After about 100 metres, go through a gap in the hedge at a two-way sign. Head diagonally across the field to where you can see two ponds. If the field is ploughed go round the edge.
4. Go between the ponds in to the next field; turn right at the way sign, following the hedge *on* your right for 50 metres to a stile *across* a plank bridge. Go diagonally left (not straight across *as* this is a different path) up the rise to the top left corner of this field.
5. At a four-way sign turn left alongside Northfield Farm and out on to Burnthouse Lane. Turn right on the road for 100 metres and left in to a paved farm drive. Continue for about 400 metres on the drive until you pass a group of farm cottages and open green on your left. At the four-way sign, turn right uphill passing between two black timbered barns. Continue uphill passing under the power lines, past fir trees on your left and into the wooded area at the top of the ridge.
6. After only 50 metres in the wood bear half left at the second way sign. Ignore the path that goes straight on. Follow the path diagonally down hill for 100 metres to a stile at the edge of a field. Follow the way sign finger diagonally left across the field to a metal gate and then climb uphill alongside Orchard Farm. And then on to Park Lane.
7. Turn left on this paved road for about 750 metres and the White Horse will be a welcome sight on your left.

*Mig Cutbush*

## Appendix B: Cloverleaf Walk

# COWFOLD VILLAGE CLOVERLEAF WALK

There are four separate legs to the Cloverleaf Walk of varying distances spanning the four points of the compass - approximately 11 miles in total. They all start and finish at the sports pavilion on the Playing Field.



## ***Cloverleaf Walk 1 - South East - about 3 miles***

**(This is almost identical to Cowfold Walk No1)**

1. Leave the pavilion, turn diagonally right across the Playing Field, cross the A272 carefully and turn left along the pavement; cross Oakfield Road with care and ignore the first footpath sign. Walk single file along the narrow pavement (past a private stile) and turn right into the private drive to Eastlands House - dogs on leads please!
2. Continue up towards the house and, at the top of the drive, turn right (away from the house), over the stile (slightly to the right) and follow the lane past all of the houses. About 20 yards after the thatched house (Clerks), turn left over the stile.
3. Cross the field with the pond on your right, climb over the next stile, and, passing a water trough, head for a sort of shiny metal "kissing gate" by the leaning finger post and go through the gap across a tiny stream.
4. Follow the left edge of the field and cross the metal bridge in the corner, carry straight on through the next field with the hedge on the right to the finger post in the corner and go through the middle gate (or over the stile if closed). Continue diagonally right across the field towards two big trees, climb over the stile and turn right into Moatfield Lane.
5. Follow the lane for some distance with care, past The Granary and Lower Barn Farm house drives and turn right through the gate at the next finger post opposite the gate to Lower Barn Farm. Continue across the field, across a concrete bridge, and go straight ahead a short distance to a metal gate with a finger post.
6. Go through the metal gate and continue up the bridleway some distance between hedges. Half way along, turn right at the next fingerpost, climb over the stile and walk straight across the field. Head towards and past the telegraph poles to the corner of the hedge, then straight ahead, with the hedge on the right, to the finger post.
7. Turn left and exit the field over the stile. Turn right and at the end of the track turn left and right and follow the lane back to the thatched house (Clerks). Turn left by the house and follow the lane to the next finger post. Turn right over the planks and enter the wood.
8. Follow the main footpath until you reach a bridge on the left, pass over the bridge and go up behind houses, across Holm Oaks and up to the A272. Turn left and cross the road at the traffic island, again with care, and return to the Playing Field.




## ***Cloverleaf Walk 2 - South West - about 1.8 miles***

1. From the pavilion, walk down the Playing Field to the A272 and turn right towards the Post Office on the corner, follow the pavement round to the right and cross the road (A281) at the pelican crossing.
2. Once across the road, turn left and enter the footpath between the old Co-op store and the Indian Restaurant. Walk up the path through the churchyard towards the church, continue round the back of the church and follow the footpath between hedges alongside the graveyard, climb over a stile towards the school, then turn left round the field.
3. Bear right at the bottom, continue through a metal gate at the finger post and cross the small bridge, then go straight ahead through the second metal gate and carry on along the path and over the stile into the field. Walk straight ahead past the pond to a finger post in the corner.
4. Turn left along the fence towards Gervaise Cottage to a stile. Climb over the stile and walk straight ahead to another stile at a finger post; turn right keeping close to the hedge on the right hand side towards the next finger post then cross the bridge and follow the footpath diagonally across the field towards the finger post close to a metal gate. Keeping inside the field, turn sharp left, continue ahead (looking towards the Monastery), pass a large oak on the right, walk over wooden planks and up some steps, then continue half right alongside the fence and hedge to the corner of the field - do not go over the stile.
5. Turn sharp diagonally left inside the field, cross the footbridge in the middle of the trees ahead, pass through twin posts and cross to the right hand side of the cottage ahead. Go over the stile and continue up the footpath between hedges, climb over the stile and carry on up the side of the field to the corner.
6. Turn right and retrace your steps along the field, past the pond on the left hand side, back across the stile, down the pathway to the corner, left along the pathway towards the school, right at the corner towards the church and back through the churchyard.
7. At this point, return back across the A281 at the pelican crossing, back past the Post Office to the Playing Field.



## ***Cloverleaf Walk 3 - North West - about 3.2 miles***

1. From the pavilion, walk down the Playing Field to the A272, turn right towards the Post Office on the corner, follow the pavement round to the right and cross the road (A281) at the pelican crossing. Once across the road, turn right and proceed to the corner, turn left and continue along the pavement past houses to the pelican crossing. Cross the A272 at the lights, turn left and cross over Thornden with care.
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2. At the metal finger post, turn right and enter the footpath between a fence and a hedge. Continue along to woods, pass straight through the woods and go over a wooden bridge, turn left and continue along the edge of the field. Walk over wooden planks and continue straight ahead along the edge of the field to the end. Round the corner of the field, climb over a stile at the finger post, turn right and walk a few steps through to the next field.
  3. Cross the field diagonally following the direction of the finger post to the opposite corner. Turn right and carry on along the edge of the field to the corner and cross the stile.
  4. Turn left at the finger post between the hedge and fence, then climb over the stile following the path into Burnthouse Lane. Turn right with care along the lane, then turn left at the next finger post (just after the entrance to the private drive to Camelia Botnar) and eventually pass through posts, straight ahead, climb over a stile and follow the fence, with trees on the right, to a stile half way along the fence.
  5. Go over the stile and wooden planks and climb over another stile, turn left along the fence, go through a metal gate, continue along and through the second metal gate by the finger post. Walk straight across the open green to the finger post by a telegraph pole. Turn right along the drive with three-rail wooden fences on both sides and join Burnthouse Lane at Little Burnt House.
  6. Turn right along the lane for a short distance, with care, then turn left at the finger post before Northfield Barn. Continue straight ahead to the corner of the field, through into the next field, right at the finger post into the right hand field and immediately diagonally left following the narrow worn walking path across the field (do not follow the tractor tracks to the hedge opening).
  7. Cross the stile and wooden bridge and head down the left side of the field. Turn left between ponds, walk diagonally across the field to the far corner, then turn half right at the finger post and continue along the side of the field. Half way along, turn left through the woods to the stile at the end of the woods and go straight across the field.
  8. Continue back over the stile, through woods and up the footpath to the A272. Turn left, cross Thornden with care, cross the A272 at the pelican crossing and continue back into the village across the A281 at the second crossing and walk back to the Playing Field.

## Cloverleaf Walk 4 - North East - about 2.5 miles

(This follows a similar route to Cowfold Walk No 2)

1. From the pavilion, turn left to the top of the Playing Field and bear right along to the corner, picking up a footpath halfway along. Turn sharp left at the finger post, continue alongside houses, turn left at the next finger post and follow the footpath between trees and fences.
2. Continue down some steps, turn right at the finger post, continue alongside a fence, across wooden planks, left at a finger post and down the left hand side to the corner of the field. Walk straight ahead, across wooden planks and climb a stile and go over the field towards a pylon.
3. Bear right at the house, go through a metal gate, walk over the bridge and turn left at the finger post. Walk straight ahead to the left of the pylon, pass through the gap in the hedge, turn left at the finger post and continue alongside the edge of the field.
4. Half way up, enter the woods on the left at the finger post. **Please take good care of children and dogs here - there is a steep drop on the left hand side.** Continue on past the finger post and alongside young trees, pass through a metal gate, climb over a stile straight ahead, with Picts Barn and Farm on the right, walk up the right side of the garden, through gate posts and alongside a fence on the left - take care, there is a road ahead. Go through the gap in the hedge to Picts Lane and turn right, keeping to the grass verge.
5. Continue a short distance on Picts Lane passing the first cottage, turn right at the finger post (Aglands sign) before farm buildings then climb over a stile by a finger post in front of farm buildings and keep to the fence on the right hand side.
6. Carry on between the fence and hedge, then alongside the fence, over the stile at the finger post and straight ahead down the track.
7. At the gate with a four-way finger post, turn right inside the field, walk past the first stile, bear right across/through the next stile at the finger post, cross wooden planks, continue straight ahead across a wooden bridge and through a metal gate.
8. Walk back across the field, leaving the house behind, climb over the stile and cross the planks and back up the field. At the finger post turn right and follow the footpath back to the Playing Field.





## Appendix C: Horsham District Council Health Walks

### Guided Health Walks

Horsham District Council (HDC) organises a programme of guided health walks, details of which are on the Council's website at [www.horsham.gov.uk](http://www.horsham.gov.uk). They are great for meeting new friends, filling your lungs with fresh air and discovering new places to walk in Horsham District.

Walking is a great way of being active, and it can be fitted into everyday life quite easily. Maybe you've been too busy, not had access to transport or been too ill to take part in a health walk before. Don't worry. The most important thing is to start to get active now. From reducing stress, to losing weight, to sharing laughs, to making new friends, Horsham health walks have something for everyone. All the walks are led by trained volunteers and are free to join. If you have any worries or concerns about joining a walk, please telephone the Walk Leader.

### What are Health Walks?

The Council offers two levels of walks: health or leisure.

A **health** walk will be less than 3 miles, over easy terrain, have no stiles, accessible for almost everyone, will be no longer than 90 minutes and more often less than an hour, will require no special equipment, and will be regular.

A **leisure** walk will be more than 3 miles, may have hills and stiles, may start from more rural places, probably require stout shoes or walking boots, may be only once a month or quarter and will have a good pace.

Walking can form part of a healthy lifestyle, and for advice on other areas of your health and wellbeing please contact the Horsham District Wellbeing hub on 01403 215111 or visit [www.horshamdistrictwellbeing.org.uk](http://www.horshamdistrictwellbeing.org.uk).

A new website was launched in 2011 which provided information on those walks, countryside and green spaces which are accessible to those using wheelchairs, mobility scooters, pushchairs and buggies covering the South West and South East Regions. Visit [www.accessiblecountryside.org.uk](http://www.accessiblecountryside.org.uk).

### Severe Weather

The health walks will continue throughout the year but please be aware that the Walk Leader may cancel the walk if they consider that the conditions are too hazardous. Each Walk Leader has the prerogative to make the decision to walk or

not. If you would like to be sure that the walk is going ahead, please telephone the relevant walk leader. Please also check weather forecasts and road conditions and make sure it is safe to travel before travelling to the start of a walk.

## **Guidelines for dog owners**

Dogs are welcome on the majority of our walks. However, the walk leader (who is responsible for the safety of the walkers) may offer advice, or request the removal of the dog from the walk if it is causing a nuisance. Please respect the views of our unpaid leaders and those of other walkers.

Sometimes it is not appropriate to take your dog on certain walks. It is clearly marked in the programme which walks welcome dogs and which ones do not. To ensure the enjoyment of walkers, dog owners and dogs alike, you are asked to comply with the following simple guidelines:

- Dog owners are responsible for the actions of their dogs. Therefore, please ensure that your dog is under close control when near livestock and amongst a group of walkers
- If conditions are suitable for dogs to be off the lead please ensure that they remain close to you and do not run back and forth through a line of walkers
- Please ensure that your dog does not cause a nuisance at the start or end of the walk
- Dogs need water as well as humans when out for a walk. Don't forget to provide for them, too
- Please clean up after your dog.

## **Printed Programmes**

A printed version of the programme can be purchased in the form of four three-monthly booklets or it can be downloaded from the HDC website.

If you would like to be put on the mailing list, please contact the Health Walks Co-ordinator:

Telephone: 01403 215269

email: [community.development@horsham.gov.uk](mailto:community.development@horsham.gov.uk)

## Appendix D: Downs Link

### Downs Link

The Downs Link is a 37mile (59km) footpath and bridleway linking the North Downs Way at St. Martha's Hill in Surrey with the South Downs Way near Steyning in West Sussex.

#### What's along the Downs Link?

The Downs Link follows two disused railway lines and crosses the Surrey Hills, the Low Weald, the South Downs and the Coastal Plain. Since the trains departed in the 1960's the embankments and cuttings have become a green corridor for wildlife and people. The route connects a variety of habitats, passing banks of wildflowers, trees, hedges, woodlands, rivers, ponds and streams. This provides food and shelter to many species of wildlife, some scarce or uncommon.

Butterflies, such as fritillaries and admirals, can be seen fluttering in the sunny sheltered woodland glades, and you can see kingfishers fishing from the railway bridges. Bats can be seen foraging and nightingales heard singing during the summer evenings. Glowworms are an exciting find on warm summer nights.

The landscape is varied as the trail crosses the different layers of rock and soil that lie between the North and South Downs, facing each other across the Weald. The acid sandy soils of the greensand ridge at St Martha's Hill give way to the Low Weald clays at the county border, then in places there are beds of hard sandstone known as 'Horsham Slab', much used for roofing in days gone by.

Between Henfield and Steyning, the route enters the River Adur flood plain. The river cuts through the South Downs. Until the 14th Century, the estuary covered a much wider area where there are now arable fields and grassland, surrounded by 'rifes' or drainage ditches.

#### Downs Link information centre

At West Grinstead Old Station, a railway carriage has a new life as an information centre run by volunteers, who aim to open it on most Sundays (hours generally 10.00am until 4.00pm). There is a car park with a 6 feet 6 inch height barrier and picnic benches.

#### How to get there

There are many local starting points, including car parks, along the length of the route. The Downs Link connects with other long-distance routes such as the North Downs Way, the South Downs Way, the Wey South Path, The Greensand Way, Sussex Border Path and National Cycle Network routes 2 and 22.

## **Getting around**

A Six-Stage Route Guide is available which provides details of walks or rides of between 4 and 7 miles (6km and 11km) accessible by public transport or car. The trail can be completed in stages, as a weekend walk or a full day's ride. There is also an alternative off-road route from Guildford Station, for walkers and cyclists only, that joins the Downs Link at Bramley.

The Downs Link is a shared-use route accessible for pedestrians, horse riders and cyclists. Please be aware that cyclists should give way to horses and horses should give way to pedestrians. Be considerate of other users and mind your speed when passing.

## **More Information**

More information can be found on the West Sussex County Council website at [www.westsussex.gov.uk](http://www.westsussex.gov.uk).