



MID SUSSEX HEALTHY WALKS Summer 2025

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.

20 year celebration event on the 4th June - please see programme for information - must book ahead for refreshments.



rangers.midsussex@glendale-services.co.uk

www.midsussex.gov.uk/healthywalks

Version 1

April 2025

- 01 April, 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.
- 02 April, Wednesday, 10am, Lindfield** LEVEL 1
Meet at Lindfield Common Car Park (by notice board), Backwoods Lane, Lindfield, RH16 2EB
- 03 April, Thursday, 10am, South Downs** LEVEL 5
Meet at Clayton Recreation Ground, Underhill Lane, Clayton, BN6 9PJ. Map Ref: TQ 300 140
- 04 April, Friday, 10am, Bolney** LEVEL 3
Meet at Bolney Recreation Ground (Rawson Hall), Batchelors Field, The Street, Bolney, RH17 5PG.
- 09 April, Wednesday, 10am, Lindfield** LEVEL 1
Meet at Lindfield Common Car Park (by notice board), Backwoods Lane, Lindfield, RH16 2EB
- 10 April, Thursday, 10am, Lower Beeding** LEVEL 5
Meet at Lower Beeding Village Hall, Leechpond Hill, Lower Beeding, RH13 6NR. Park at back of hall, at the far end.
- 10 April, Thursday, 10.15am, Up and Amble** LEVEL 2
Meet at Ashenground Bridge, end of Ashenground Road, Haywards Heath, RH16 4QA
- 14 April, Monday 10am, Hurstpierpoint** LEVEL 3
Meet at Trinity Road Car Park, Trinity Road, Hurstpierpoint, BN6 9UY
- 16 April, Wednesday, 9.30am, Cuckfield** LEVEL 2
Meet at Cuckfield Recreation Ground, High Street, Cuckfield (near the Queens Hall), RH17 5EL.
- 16 April, Wednesday, 10am, Lindfield** LEVEL 1
Meet at Lindfield Common Car Park (by notice board), Backwoods Lane, Lindfield, RH16 2EB
- 16 April, Wednesday, 10am, Ditchling** LEVEL 2
Meet at Ditchling Parish Council Car Park, Keymer Road, BN6 8TR. Grid reference: TQ 323 153
- 17 April, Thursday, 10am, Scaynes Hill** LEVEL 4
Meet at Scaynes Hill Recreation Ground, off A272, Scaynes Hill, RH17 7PG.

22 April, Tuesday, 10am, Beech Hurst

LEVEL 2

Meet at Beech Hurst Gardens Car Park, Butlers Green Road, Haywards Heath, RH16 4BB.

23 April, Wednesday, 10am, Lindfield

LEVEL 1

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

24 April, Thursday, 10.15am, Up and Amble

LEVEL 2

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

30 April, Wednesday, 10am, Lindfield

LEVEL 1

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

May 2025

- 02 May, Friday, 10am, Burgess Hill** LEVEL 3
Meet outside the Kings Weald Co-Op, 12 Terracotta Lane, Kings Weald, Burgess Hill, RH15 0NT
- 02 May, Friday, 10am, Bolney** LEVEL 4
Meet at the Bolney Stage, London Road, Bolney, RH17 5RL
- 06 May, 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 May, Wednesday, 10am, Lindfield** LEVEL 1
Meet at Lindfield Common Car Park (by notice board), Backwoods Lane, Lindfield, RH16 2EB
- 08 May, Thursday, 10am, Forest Row** LEVEL 5
Meet at Tablehurst Farm (car park is before the Farm Shop and marked when you drive in), London Road, Forest Row, East Sussex, RH18 5DP
- 08 May, Thursday, 10.15am, Up and Amble** LEVEL 2
Meet at Ashenground Bridge, end of Ashenground Road, Haywards Heath, RH16 4QA
- 12 May, Monday 10am, Hurstpierpoint** LEVEL 3
Meet at Trinity Road Car Park, Trinity Road, Hurstpierpoint, BN6 9UY
- 14 May, Wednesday, 10am, Lindfield** LEVEL 1
Meet at Lindfield Common Car Park (by notice board), Backwoods Lane, Lindfield, RH16 2EB
- 14 May, Wednesday, 9.30am, Cuckfield** LEVEL 2
Meet at Cuckfield Recreation Ground, High Street, Cuckfield (near the Queens Hall), RH17 5EL.
- 15 May, Thursday, 10am, Horsted Keynes** LEVEL 4
Meet at the Recreation Ground Car Park, Lewes Road, Horsted Keynes, RH17 7AF. Grid Ref: TQ 383 281
- 19 May, Monday 10am, West Hoathly** LEVEL 3
Meet at Hook Lane Recreation Ground, Hook Lane, West Hoathly, RH19 4PT.
- 21 May, Wednesday, 10am, Lindfield** LEVEL 1
Meet at Lindfield Common Car Park (by notice board), Backwoods Lane, Lindfield, RH16 2EB

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

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

28 May: Last day to book ahead for our **20 year anniversary celebration** on the 4th
June. Please see the 4th June for details.

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

29 May, Thursday, 10am, Wineham LEVEL 5
Meet at The Royal Oak Pub, Wineham Lane, Wineham, BN5 9AY



June 2025

03 June, 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 June, Wednesday, 10am, Lindfield

LEVEL 1

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

04 June, Wednesday, Beech Hurst LEVEL 2



20th anniversary walk and celebration

10am: Meet at Beech Hurst Gardens Car Park, Butlers Green Road, Haywards Heath, RH16 4BB for a Level 2 walk.

11am: refreshments (**booking essential**) and social get together in Beech Hurst park for all our leaders and walkers. If you would like to attend Beech Hurst for refreshments please book with the Rangers by the 28th May: rangers.midsussex@glendale-services.co.uk

05 June, Thursday, 10am, Albourne

LEVEL 4

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

06 June, Friday, 10am, Bolney

LEVEL 3

Meet at Bolney Recreation Ground (Rawson Hall), Batchelors Field, The Street, Bolney, RH17 5PG.

09 June, Monday 10am, Hurstpierpoint

LEVEL 3

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

11 June, Wednesday, 10am, Lindfield

LEVEL 1

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

12 June, Thursday, 10am, Burgess Hill

LEVEL 3

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

12 June, Thursday, 10.15am, Up and Amble

LEVEL 2

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

- 17 June, Tuesday, 10am, Balcombe** LEVEL 5
Meet opp. Victory Hall (no parking in Hall car park), Stockcroft Road, Balcombe, RH17 6HP. Grid Ref: TQ 309 306
- 18 June, 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
- 18 June, Wednesday, 10am, Lindfield** LEVEL 1
Meet at Lindfield Common Car Park (by notice board), Backwoods Lane, Lindfield, RH16 2EB
- 18 June, Wednesday, 10am, Red House Common** LEVEL 2
Meet at Red House Common Car Park, Warrs Hill Lane, North Chailey, BN8 4JE. Grid reference: TQ392 217.
- 24 June, Tuesday, 10am, Beech Hurst** LEVEL 2
Meet at Beech Hurst Gardens Car Park, Butlers Green Road, Haywards Heath, RH16 4BB.
- 25 June, Wednesday, 10am, Lindfield** LEVEL 1
Meet at Lindfield Common Car Park (by notice board), Backwoods Lane, Lindfield, RH16 2EB.
- 25 June, Wednesday, 7pm, Wineham** LEVEL 3
Meet at The Royal Oak Pub, Wineham Lane, Wineham, BN5 9AY
- 26 June, Thursday, 10.15am, Up and Amble** LEVEL 2
Meet at Ashenground Bridge, end of Ashenground Road, Haywards Heath, RH16 4QA

July 2025

- 01 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.
- 02 July, Wednesday, 10am, Lindfield** LEVEL 1
Meet at Lindfield Common Car Park (by notice board), Backwoods Lane, Lindfield, RH16 2EB
- 04 July, Friday, 10am, Bolney** LEVEL 4
Meet at Bolney Recreation Ground (Rawson Hall), Batchelors Field, The Street, Bolney, RH17 5PG. Option of staying after to purchase lunch in the café.
- 09 July, Wednesday, 10am, Lindfield** LEVEL 1
Meet at Lindfield Common Car Park (by notice board), Backwoods Lane, Lindfield, RH16 2EB
- 10 July, Thursday, 10am, Danny** LEVEL 4
Meet at Clayton Recreation Ground, Underhill Lane, Clayton, BN6 9PJ.
- 10 July, Thursday, 10.15am, Up and Amble** LEVEL 2
Meet at Ashenground Bridge, end of Ashenground Road, Haywards Heath, RH16 4QA
- 14 July, Monday 10am, Hurstpierpoint** LEVEL 3
Meet at Trinity Road Car Park, Trinity Road, Hurstpierpoint, BN6 9UY
- 15 July, Tuesday, 10am, Horsted Keynes** LEVEL 5
Meet at the Recreation Ground Car Park, Lewes Road, Horsted Keynes, RH17 7AF.
- 16 July, Wednesday, 10am, Lindfield** LEVEL 1
Meet at Lindfield Common Car Park (by notice board), Backwoods Lane, Lindfield, RH16 2EB.
- 16 July, 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
- 16 July, Wednesday, 10.30am, Bedelands** LEVEL 2
Meet at Leylands Park car park, Maple Drive, Burgess Hill, RH15 8DL. Grid reference: TQ 317 202
- 17 July, Thursday, 10am, Burgess Hill** LEVEL 3
Meet at Leylands Park car park, Maple Drive, Burgess Hill, RH15 8DL. Grid reference: TQ 317 202

17 July, Thursday, 10am, Ansty

LEVEL 4

Meet at Ansty Recreation Ground car park, Desks Lane, Ansty, RH17 5AS

21 July, Monday 10am, West Hoathly

LEVEL 5

Meet at Hook Lane Recreation Ground, Hook Lane, West Hoathly, RH19 4PT.

22 July, Tuesday, 10am, Beech Hurst

LEVEL 2

Meet at Beech Hurst Gardens Car Park, Butlers Green Road, Haywards Heath, RH16 4BB.

23 July, Wednesday, 10am, Lindfield

LEVEL 1

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

24 July, Thursday, 10.15am, Up and Amble

LEVEL 2

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

30 July, Wednesday, 10am, Lindfield

LEVEL 1

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

31 July, Thursday, 10am, Wolstonbury

LEVEL 5

Meet at Pyecombe Street, Pyecombe, BN45 7ED.

August 2025

01 August, Friday, 10am, Bolney

LEVEL 3

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

05 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.

06 August, Wednesday, 10am, Lindfield

LEVEL 1

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

07 August, Thursday, 10am, Ardingly

LEVEL 4

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

11 August, Monday 10am, Hurstpierpoint

LEVEL 3

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

13 August, Wednesday, 10am, Lindfield

LEVEL 1

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

14 August, Thursday, 10.15am, Up and Amble

LEVEL 2

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

20 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

20 August, Wednesday, 10am, Lindfield

LEVEL 1

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

20 August, 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.

21 August, Thursday, 10am, Camel Walk

LEVEL 4

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.

26 August, Tuesday, 10am, Beech Hurst

LEVEL 2

Meet at Beech Hurst Gardens Car Park, Butlers Green Road, Haywards Heath, RH16 4BB.

27 August, Wednesday, 10am, Lindfield

LEVEL 1

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

28 August, Thursday, 10am, Wivelsfield

LEVEL 4

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

28 August, Thursday, 10.15am, Up and Amble

LEVEL 2

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

September 2025

- 02 September, Tuesday, 10am, Lindfield** LEVEL 2
Meet at Lindfield Common Car Park (by tennis courts), West View, off Lewes Road, Lindfield, RH16 2LL
- 03 September, Wednesday, 10am, Lindfield** LEVEL 1
Meet at Lindfield Common Car Park (by notice board), Backwoods Lane, Lindfield, RH16 2EB.
- 05 September, Friday, 9.30am, Cowfold** LEVEL 4
Meet at Cowfold Recreation Ground, off A272, Cowfold, West Sussex, RH13 8BL.
Grid Ref: TQ 214 226
- 08 September, Monday 10am, Hurstpierpoint** LEVEL 3
Meet at Trinity Road Car Park, Trinity Road, Hurstpierpoint, BN6 9UY
- 09 September, Tuesday, 10am, West Hoathly** LEVEL 5
Meet at Finche Field, Church Hill, West Hoathly, RH19 4PN
- 10 September, Wednesday, 10am, Lindfield** LEVEL 1
Meet at Lindfield Common Car Park (by notice board), Backwoods Lane, Lindfield, RH16 2EB.
- 11 September, Thursday, 10am, Burgess Hill** LEVEL 3
Meet at Leylands Park car park, Maple Drive, Burgess Hill, RH15 8DL. Grid reference: TQ 317 202
- 11 September, Thursday, 10.15am, Up and Amble** LEVEL 2
Meet at Ashenground Bridge, end of Ashenground Road, Haywards Heath, RH16 4QA
- 17 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
- 17 September, Wednesday, 10am, Lindfield** LEVEL 1
Meet at Lindfield Common Car Park (by notice board), Backwoods Lane, Lindfield, RH16 2EB.
- 17 September, 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.

23 September, Tuesday, 10am, Beech Hurst

LEVEL 2

Meet at Beech Hurst Gardens Car Park, Butlers Green Road, Haywards Heath, RH16 4BB.

24 September, Wednesday, 10am, Lindfield

LEVEL 1

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

25 September, Thursday, 10am, Ardingly

LEVEL 3

Meet in Layby opposite Ardingly Showground, Selsfield Road (B2028), Ardingly, RH17 6TJ.

25 September, Thursday, 10.15am, Up and Amble

LEVEL 2

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