

Walk this Way... South Downs Women's Walking Group

Walks Programme June 24th to end September 2022

Friday June 24 th with Kate	Petworth, Haslingbourne, Egdean. Little Bognor, Byworth - 7.8m mod/stiles Start: Sylvia Beaufoy car park, Petworth, GU28 0ET
Tuesday June 27 th with Jackie/Suzy	Apuldram, Bosham, West Itchenor Circular - 10m flat (A4) Start: Visitors car park, Chichester Marina, Birdham, PO20 7EJ Refreshment stops available enroute, Ferry £2.50
Friday July 1 st with Jackie	Pagham Harbour, Sidlesham Quay, Sidlesham Church - 7m easy (P12) Start: Church Lane, Pagham, post code PO21 4NU. Walk starts at the bottom end of the lane. Overflow parking may be available in church car park
Tuesday July 5 th with Jackie/Suzy	Fittleworth, Shopham Bridge, Burton Mill Ponds - 7.3m easy (F4) Start: Start: Hesworth Common RH20 1JF (what3words - declares.whisk.works)
Friday July 8 th With Helen	Eartham, Selhurst Park, Halnaker Park, Boxgrove - 9.6m mod/hills (E10) Start: Eartham Woods car park, ½ mile north of Eartham Village on the right. Nearest postcode PO18 0LU (Grid Ref. SU938106)
Tuesday July 12 th with Jackie/Suzy with Sally D	Bignor, Sutton, Whiteways Loop - 7.8 mod/hills (B24) Start: Whiteways Café car park, Bury Hill, BN18 9FD (Payable £2.70) The Trundle, East Lavant & Hayes Down - 5.5 miles - moderate (T3) Start: The Triangle car park in Goodwood Country Park Nearest postcode PO18 0PT (OS GR SU879113)
Friday July 15 th with Jackie/Suzy	Lavington Common, Graffham - 7m easy (L10) Start: Lavington Common Car Park NT, nearest Post Code GU28 0QL,
Tuesday July 19 th with Jackie/Suzy	Lord's Piece, Sutton, Barlavington Down, Burton Park - 7.5 m mod/1 hill (L12) Start: Lord's Piece (upper car park) nearest Post Code RH20 1EH (Coates)
Friday July 22 nd with Jackie/Suzy	Arundel, South Stoke, Burpham, Circular - 7.2m moderate (A7) Start: Burpham village Cricket Club car park, BN18 9RR
Tuesday July 26 th with Suzy	River Arun, Swanbourne Lake, Hunting Tower, Arundel town - 7m Start: Billycan camp site, Ford Road, Nr. Arundel. Refreshments available in Arundel or the park
Friday July 29 th with Kate	Ebernoe, Colehook, the Lake - 8.25m easy/mod Start: Ebernoe Church, off Streels Lane, (what3words – grouping.mirroring.lurching) (Grid Ref. SU975278)
Tuesday August 2nd with Jackie/Suzy	Singleton, Levin Down, SDW, Charlton - 6.9m - mod/1 steepish hill (S1) Start: Roadside near The Partridge Inn, Singleton, PO18 0EY
Friday August 5 th	TBC
Tuesday August 9 th with Jackie/Suzy	Midhurst, Woolbeding & Easebourne - 7.2m easy/mod (M5) Start: Cowdray Farm Shop overflow car park, Midhurst, GU29 0AJ

Walk this Way... South Downs Women's Walking Group

Walks Programme June 24th to end September 2022

Friday August 12 th with Jackie/Suzy	Slindon, The Folly, 6 Ways, Stane Street, Great Down - 7.5m mod (S26) Start: By the gate opposite Slindon college entrance, BN18 ORH. Free road parking Café stop at 'The Forge' near end of walk.
Tuesday August 16 th with Jackie/Suzy	Thorney Island Circular - 7.5 miles easy (T1) Start: Prinsted Lane car park PO10 8HS. Additional free overflow car parking is available in a field to the right of the beach car parking
Friday August 19 th with Jackie/Suzy	Bignor, Sutton, Whiteways Loop - 8m mod/hills (B24) Start: Whiteways Café car park, Bury Hill, BN18 9FD
Tuesday August 23 rd with Jackie/Suzy	Petworth, Haslingbourne, Hesworth, Egdean, Byworth - 7.7m mod (P15) Start: Sylvia Beaufoy car park, Petworth, GU28 0ET
Friday August 26 th with Kate	Billingshurst Wey Canal - 7.5 m easy Start: Jubilee Fields car park, Billingshurst (what3words – ripen.generally.climate) (Grid Ref. TQ082263)
Tuesday August 30 th with Jackie/Suzy	Slindon, Madehurst, Fairmile, Rewell Wood - 6.2m mod/steep steps (S25) Start: By the gate opposite Slindon college entrance, BN18 ORH. On-road parking Café stop at The Forge near end of walk
Friday September 2 nd with Kate & Suzy	Washington, Chanctonbury, Steyning - 8m mod/hill to start (W1) Start: free Car Park by SDW just south of Washington, nearest Post Code RH20 4AU, Grid Reference: TQ120 119
Tuesday September 6 th with Sally D	Chichester Marina, West Itchenor Circular - 7.5m easy (B8) Start: Visitors car park, Chichester Marina, Birdham, PO20 7EJ Café stop halfway at The Quarterdeck
Friday September 9 th with Helen	Lurgashall, Lodsworth, Henley - 9.5m mod/gently undulating (L11) Start: Lurgashall, roadside nr. Noah's Arc pub/church GU28 9ET (GR SU937270)
Tuesday September 13 th with Suzy	Eartham, East Dean, Droke - 7.6m mod/hills (E11) Start: Eartham Woods car park, ½ mile north of Eartham Village on the right. Nearest postcode PO18 0LU
Friday September 16 th with Suzy	Counter's Gate, Charlton & East Dean, - 7.5m moderate (C30) Start: Counter's Gate Car Park, Selhurstpark Road, Goodwood, nearest Post Code PO18 0QE
Tuesday September 20 th with Jackie/Suzy	Stoughton, Up Marden and East Marden - 6m Mod/hills (S11) Start: Stoughton Down Forestry Commission Car Park, nearest Post Code PO18 9JQ (GR SU824110) Note: no phone signal at car park
Friday September 23 rd with Jackie	Tillington, Lodsworth & Cowdray via The Midhurst Way - 5.5m (11m) (T2) Start: at The Horseguards Inn, Upperton Road, Tillington GU28 AF (GR SU963220). A linear walk to Cowdray Farm Shop Cafe, Easebourne. Return by bus or walk back to start. Bus leaves every hour.
Tuesday September 27 th with Jackie	Rowlands Castle, Finchdean, Chalton - 8.7m moderate (R6) with one steepish descent near Chalton Start: Roadside parking opposite Castle Inn, PO9 6DA (Grid Ref. SU734106)
Friday September 30 th with Jackie/Suzy	Rackham Hill, SDW, Storrington, Parham - 7.2m moderate/1 steep hill (P16) Start: Rackham Old School House, RH20 2EU, limited parking on verge along the lane opposite the School House. Refreshments enroute at Gerston Farm café

Walk this Way... South Downs Women's Walking Group

Walks Programme June 24th to end September 2022

COVID & Social Distancing

Please always be mindful of social distancing whilst walking in a group. Many of us are now feeling happy and relaxed to walk **outdoors** within **one metre** of another person. But please always be mindful of others who may still not feel comfortable doing so.

Give way to other countryside walkers or cyclists

When you see others coming towards the group, or anyone coming from behind and wishing to overtake - please step to the side of the path to let them pass with plenty of room.

Safe road walking

All walkers are responsible for their own road safety - please be alert and listen for any instructions the leader(s) may give when crossing or walking alongside a busy road.

The Highway Code rules for organised walks states:

Walking alongside a road: What do when there is no pavement available.

Different rules for walkers apply when there is no pavement depending on the size of your group .

Small groups should keep to the right-hand side of the road so you can see oncoming traffic. Keep close to the side of the road and be prepared to walk in single file. If you come across a sharp right-hand bend it may be safer to cross to the left-hand side of the road and cross back after the bend.

Large groups on organised walks should keep to the left when no pavement is available. There should be a look-out at the front and back of the group wearing fluorescent clothes in daylight and reflective clothes in the dark. At night, the front look-out should have a white light and the rear look-out a red light. People on the outside of large groups should also carry lights and wear reflective clothing.

Crossing a road. When it is safe, go straight across the road – do not run. Keep looking and listening for traffic while you cross in case there is any traffic you did not see, or in case other traffic appears suddenly. Look out for cyclists and motorcyclists travelling between lanes of traffic. Do not walk diagonally across the road.

Maximum group size

This is up to each walk leader's preference but as a rule we aim to keep group size to 24 max.

Clothing and equipment

Please always bring a rucksack with plenty of water, a snack or packed lunch, spare layers & also waterproofs if the forecast shows any inkling of rain, especially in winter or on one of our longer walks. The walk leader will be carrying a basic first aid kit, but if in any doubt please pack a few plasters, sun cream, antihistamine, or anything else you think you may need - always best to be safe than sorry!

Change of a walk location or cancellation

Our Walks Programme is subject to change.

Occasionally a walk may also be cancelled at short notice due to unforeseen circumstances such as walk leader unavailability/illness or bad weather conditions. We will post any changes or cancellations on our WhatsApp Group Noticeboard and on our Face Book page.