

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

Walks Programme 4th October 2022 to 3rd January 2023

Tuesday October 4 th with Jackie/Suzy	Burpham, Warningcamp, Arundel Park, S. Stoke - 8m mod/hills (A8) Start: Burpham Village Cricket Club car park, BN18 9RR
Tuesday October 11 th with Jackie/Suzy	Thorney Island Circular - 7.5m easy (T1) Start: Thornham Marina car park, Prinsted, PO10 8DD. Parking £2 (pay at office) *Pop up café at Marina available for coffee etc. at end of walk
Friday October 14 th with Helen	Bignor Hill, Burton Mill Pond, Sutton, Barlavington Down - 8.9m Hilly(B36) Start: Bignor Hill car park. Directions: Turn left off A29 towards W. Burton & Bignor. Pass Bignor Roman Villa on your right, turn left at Jays Farm and follow the lane up the hill to the car park. (what3words: parade.uncouth.cadet) (OS GR SU973129).
Tuesday October 18 th with Kate	Stedham & Iping Commons & Stedham Mill - 6.7m moderate Start: Stedham with Iping Commons Car Park, Elsted Road on the left just off the A272 near Midhurst. (what3words: butchers.comically.folks)
Friday October 21 st with Jackie/Suzy	The Trundle, West Dean, Hat Hill, Singleton - 8.5m mod/hills (T5) Start: Goodwood Triangle car park, nr. Goodwood Racecourse, nearest post code PO18 0PT (OS GR SU879113)
Tuesday October 25 th with Jackie/Suzy	**Autumn Day Outing to Leonardslee Lakes & Gardens Location: Lower Beeding, Horsham RH13 6PP (car share to be arranged) Entry ticket: Adult £12.50, Senior 60 + £11.00 (Gardener's World 2 for 1 entry ticket can be used if you have one)
Tuesday November 1 st	Littlehampton sea front to Bluebird Café & back - 7.5m easy <i>No £3 subs for this walk</i> Start: East Green car park, Sea Road, Littlehampton, BN17 5NZ (£3 for over 2 hrs) There's also some free road parking along South Terrace.
Friday November 4 th With Kate	Burton Mill Pond, Lord's Piece, Sutton, Barlavington - 7.8m mod/hill (L12) Start: Duncton Village Hall, Duncton, Petworth, GU28 0JY
Tuesday November 8 th with Jackie/Suzy	Washington, Chanctonbury, Wiston - 6.75m or 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 (what3words: froze.increment.door)
Tuesday November 15 th with Jackie/Suzy	Harting Down, Compton - 8m mod/undulating (H8) Start: Harting Down NT car park post code GU31 5PN (Grid Ref: SU791180) Parking is £3 per day for non-NT members (*download parking App in advance)
Friday November 18 th With Jackie/Suzy	Kithurst Hill, North Stoke Circular - 7.8m mod/hills (K2) Start: Kithurst Hill car park, nearest post code RH20 4HW (GR TQ070125) (what3words: giggle.club.tonal)
Tuesday November 22 nd with Jackie/Suzy	Lurgashall, Blackdown & Temple of The Winds - 6.5m moderate/hills (L4) Start: Lurgashall, roadside nr. Noah's Arc pub/church GU28 9ET (GR SU937270)

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Tuesday November 29 th with Sally D	East Wittering, West Wittering & East Head - 7m easy Start: park along Kimbridge Road as near to the beach as possible, PO20 8PF
Friday December 2 nd With Kate	Cowdray Park Circular, Benbow Pond, Lodsworth, Easebourne - 6m mod Start: Car park at Benbow Pond, off A272, 2 miles east of Midhurst GU29 0BA (GR SU914222) (what3words: blot.giant.swarm)
Tuesday December 6 th with Jackie/Suzy	Rackham Hill, SDW, Storrington, Parham - 7.2m mod/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
Friday Evening December 9th 6.30 - 10pm	Christmas 'Knees Up, Nosh & Natter' at Coronation Hall, Slindon The plan is for each of us to contribute towards a cold buffet & dessert and bring our own alcoholic drinks. WtW to provide soft drinks etc. and music <i>** If you would like to help with this event - please contact Jackie T</i>
Tuesday December 13 th with Jackie/Suzy	Midhurst, Woolbeding and Easebourne - 7.5m easy/moderate (M5) Start: Cowdray Farm Shop & Cafe free car park on the A272 at Easebourne, GU29 0AJ
Friday December 16 th With Jackie/Suzy	Stansted Park, Rowlands Castle, Walderton, Racton - 8.8m mod (S22) Start: Stansted House Garden Centre car park, Rowlands Castle, PO9 6DX
Tuesday December 20 th with Jackie/Suzy	Eartham, Upwaltham, Gumber, Bignor Hill, Stane Street - 7.5m mod (E8) Start: Eartham Woods car park, ½ mile north of Eartham Village on the right. Nearest postcode PO18 0LU
<h1>Christmas & New Year Break</h1>	
Tuesday January 3 rd with Jackie/Suzy	Chichester Marina, West Itchenor Circular - 7.5m easy (B8) Start: Visitors car park, Chichester Marina, Birdham, PO20 7EJ

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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.

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 we aim to keep group size under 24.