

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

Walks Programme January to April 2023

Tuesday January 3 rd	Chichester Marina, West Itchenor Circular - 7.5m easy/flat (B8) Start: Visitors car park, Chichester Marina, Birdham, PO20 7EJ (what3words: influencing.latched.epidemics) **This walk can be shortened to 6.5m if necessary
Tuesday January 10 th	Cowdray Park Circular - 6.5m moderate (C18) Start: Cowdray Farm Shop & Café car park, Midhurst, GU29 0AJ (what3words: yield.bouncing.intricate)
Tuesday January 17 th	Burpham, Wepham Down & Blakehurst - 6.5m mod/undulating (B18) Start: Burpham Cricket Club car park, BN18 9RR (what3words: rectangular.nipping.snooze)
Tuesday January 24 th	Slindon, Warren Barn, Gumber Fm, Great Down - 7m mod/undulating (S27) (or a 5.7m shortcut option). Start: By the gate opposite Slindon college entrance, BN18 ORH. On-road parking (what3words: misted.gates.dignify)
Tuesday January 31 st	Cissbury Ring from Findon - 5.5m (or a 3.5m short route) (C36) Start: Storrington Rise car park, BN14 OHT (what3words: mixer.condition.installs)
Tuesday February 7 th	Chidham Peninsular - 5m easy (C9) Start: Cobnor Farm Amenity car park, PO18 8TE (what3words: unique.poorly.mashing)
Tuesday February 14 th	Petworth, Bedham Church Ruins - 7.25m moderate (P10) Start: Sylvia Beaufoy free car park, Petworth, GU28 0ET (what3words: shirts.kings.drags) **this walk can be shortened by missing out Bedham Church ruins if necessary
Tuesday February 21 st	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. (what3words: alienated.eagle.basin)
Tuesday February 28 th	Counter's Gate, Charlton & East Dean - 7.5m mod/undulating (C30) Start: Counter's Gate Car Park, Selhurstpark Road, Goodwood, nearest Post Code PO18 0QE (what3words: sandpaper.fits.barmaid)
Tuesday March 7 th	Cowdray Park, Ambersham Bridge, Midhurst & Ruins - 7m easy/mod (C25) Start: Cowdray Farm Shop Car Park, Midhurst, GU29 0AJ (what3words: yield.bouncing.intricate)
Tuesday March 14 th	Burton Mill Pond, Lord's Piece, Sutton, Barlavington - 7.8m mod/hill (L12) Start: Duncton Village Hall, Duncton, Petworth, GU28 0JY (what3words: nutrients.blame.airstrip)
Tuesday March 21 st	Thorney Island Circular - 7.5m easy (T1) Start: Thornham Marina, Prinsted Ln, Emsworth, PO10, 8DD Parking £2 - pay in reception kiosk. Café stop available on return (what3words: weep.butter.moons)

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Tuesday March 28 th	Fernhurst to Black Down & Temple of the Winds - 5.5m uphill to start (T4) Start: Free car park by the Green in Fernhurst, post code 3HY Could be wet & boggy in places especially after prolonged rain. A lovely walk with glorious views! (*can extend to 8m if desired) (what3words: dividers.stiletto.flank)
Tuesday April 4 th	Cocking, Staple Ash Farm, Venus Wood - 6.8m mod/hills (C31) Start: Cocking Hill car park, on the A286 GU29 0HT (Grid Ref: SU875165) The car park is on the left with the entrance just before the bus stop (what3words: suave.typist.dining)
Tuesday April 11 th	1)Black Rabbit, Sth Stoke, Nth Stoke, Amberley, Arundel - 8.5m mod (B29) 2)Black Rabbit, Arundel Park, Arundel Town Circular - 5.5m easy (A5) Start: The Black Rabbit Inn, Offham, Arundel, BN18 9BP Please drive past the front of pub and park in the rear car park (what3words: propelled.aced.chin)
Tuesday April 18 th	Washington, Chanctonbury, Wiston - 6.75 or 8m mod/hill to start (W1) Start: Wiston Estate free Car Park by SDW just south of Washington, nearest Post Code RH20 4AU (what3words: replayed.sweeter.yummy)
Tuesday April 25 th	Pulborough Brooks, Nutbourne, W Chiltington Common - 7.2m easy (R5) Start: RSPB Pulborough Brooks visitor car park (£3 per car), Wiggonholt, RH20 2EL. (what3words: rinse.asking.distanced)

*** Please note:** It has been decided not to include Friday walks in this current programme. HOWEVER, weather depending, we will still be walking on occasional Thursdays or Fridays each month and will post details of these walks on our WhatsApp Noticeboard two or three days in advance for anyone who would like to join us.
 (To help us with future planning - please let us know your preference of Thursday or Friday)

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.

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 likelihood of rain, especially in winter or on one of our longer walks. The walk leader(s) 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.

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.

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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 if necessary.

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.