Brighton & Hove Healthwalks Programme

1 June – 31 August 2022



ALL WALKS ARE PAUSED DURING PUBLIC HOLIDAYS (2 June and 3 June, 29 August)

Guidance on attending

Healthwalks remain a drop-in service; there is no need to book, and numbers are not limited. However, large walking groups may be split and staggered to enable social distancing.

If you are new to Healthwalks, you will need to register with us in advance before attending for the first time.

You can do this by completing our form (downloadable at **www.brighton-hove.gov.uk/active-life-registrations**) and emailing it to **healthylifestyles@brighton-hove.gov.uk**

or by calling **01273 294589** if you prefer to register over the phone.

Follow us on Facebook **@brightonhovehealthwalks**

Email us: **healthwalks@brighton-hove.gov.uk**

Walks are circular and weekly unless otherwise stated.

Key to symbols:

Fitness level/ability

- 1 Easy
- 2 Moderate
- 3 Challenging

- Wheelchair friendly
- Refreshments (may be takeaway)
- Public toilets available
- Buggy friendly
- Walk includes some hills
- Family friendly

Please help us keep everyone safe on the walks:

- Only attend a walk if you are feeling well.
- Please do not attend walks if you feel unwell. Instead take a COVID lateral flow test, or PCR test if you have any symptoms of COVID-19.
- Well behaved dogs are welcome.
- At times you will need to put your dog on the lead due to grazing cattle or narrow paths, and be mindful of other walkers.

Visit: **www.healthwalks@brighton-hove.gov.uk**

RAMBLERS WELLBEING WALKS Brighton & Hove

Brighton & Hove City Council

Monday

Visit: **www.healthwalks@brighton-hove.gov.uk**



Name of walk	Meeting Place	Time	Level	Cost
Preston Park Wellbeing Walk A gentle and popular walk around the city's biggest public park.	Behind the Rotunda Café, Stanford Avenue end of Preston Park, BN1 6HN. Buses 5, 5A, 5B, 17, 270, 271, 272 & 273.	10am	1.5 miles 1	FREE
Roedean Wellbeing Walk Panoramic views and a wealth of wildlife on the downland between Sheepcote Valley and Ovingdean.	Car park off Roedean Road, below Roedean School, east of the miniature golf-course. Grid reference TQ347031. Buses 12, 12A, 14, 14C, 27, 47 & 52.	10.15am	3 miles 3	FREE
East Dean and Friston Progression Walk, monthly. Join leader Gill to explore the area around Seven Sisters, Friston Pond and East Dean. Walk routes/dates change monthly.	If you're interested in joining, please contact the Walk Leader Gill at: **lewisg016@gmail.com** to receive the route details, dates/times.	11am **Dates:** 13 June 11 July 8 August	5 - 9 miles 3	FREE

Progression Walks in partnership with Brighton and Hove Ramblers

A variety of longer walks exploring the beautiful green spaces in and around the city. 3

Monday 6 June Rottingdean Circular. (Buses: 12, 14, 27)	Meet outside Tesco's Rottingdean, 5-8 West St, Rottingdean, BN2 7HP.	10.30am	6 miles	FREE
Monday 20 June Saltdean Circular. (Buses: 12, 12A, 12X, 14,14C, 27)	Meet outside Saltdean library, BN2 8SP.	10.30am	4.5 miles	FREE
Monday 4 July Circular Walk around Shoreham Docks. (Bus: 700 to Lagoon from Brighton)	Meet outside Big Beach Café, Hove Lagoon, Kingsway, Hove, BN3 4LX.	10.30am	4-5 miles	FREE
Monday 18 July Hollingdean to Stanmer circular. (Buses: 26, 46, 79)	Meet by St Mathias Church, Ditchling Road, BN1 7JQ.	10.30am	4.5 miles	FREE
Monday 1 August Shoreham Circular. (Buses: 2, 700)	Meet outside Shoreham Centre, Pond Road, BN43 5WU.	10.30am	5 miles	FREE
Monday 15 August Circular walk from Foredown Tower. (Bus: 6)	Meet outside Foredown Tower, Foredown Road, Portslade, BN41 2EW.	10.30am	4-5 miles	FREE



Email us: **healthwalks@brighton-hove.gov.uk**

Tuesday

Follow us on Facebook@**brightonhovehealthwalks**

Name of walk	Meeting Place	Time	Level	Cost
Castle Hill Wellbeing Walk Explore this stunning chalk grassland National Nature Reserve. (When conditions are muddy, and on the first and last Tuesday of the month, the walk follows an alternative route around Bullock Hill, opposite the reserve.)	Castle Hill National Nature Reserve car park, Woodingdean, off Falmer Road (B2123), just north of the junction with Bexhill Road. Grid reference TQ356063. Buses 2 & 22.	10.30am	2 - 3 miles 3	FREE
Seafront Wellbeing Walk Enjoy a seafront stroll. The walk alternates weekly, finishing at Hove Lawns one week and Brighton Marina the next.	The main promenade in front of Brighton Palace Pier **14 & 28 June, 12 & 26 July, 9 & 23 Aug** - finishing at Hove Lawns. **7 & 21 June, 5 & 19 July, 16 & 30 Aug** - finishing at Brighton Marina.	10am Buses: any that stop at Old Steine.	1 mile 1	FREE
NEW Monthly Progression Walk **Falmer & Beyond.** **First Tuesday of the month.** This walk takes in the beautiful Falmer Village and the countryside surrounding the University complex, before descending into the Uni for refreshments.	The Swan pub in North Falmer, Middle St, Falmer, Brighton BN1 9PD. Buses: 15, 23 to Mill Street or 28, 29 to Falmer Village or 25 to the Stadium and a short walk to the village.	1pm **Dates:** 7 June 5 July 2 August	5miles 3	FREE



Wednesday

Name of walk	Meeting Place	Time	Level	Cost
Hollingbury Hillfort Wellbeing Walk Explore some of the most historic and beautiful countryside that borders the city.	Corner of Golf Drive and Brentwood Road, BN1 7HR. Buses 26, 46 & 50.	11am	2 - 3 miles 3	FREE
Women's Walk and Talk Wellbeing Walk Meet and chat with other women from around the city and enjoy a gentle walk. This is not a dog friendly walk (due to parts of the park not being dog-friendly).	Queens Park, South Avenue entrance, by the pond, BN2 0GD. Buses 1, 1A, 2, 7 & 18.	1pm (walk sets off at 1:15pm)	1 - 2 miles 1	FREE
NEW Special Walk Castle Hill Prehistory Progression Walk How did Castle Hill get its name? Walk leader David Cuthbertson shows Bronze Age earthworks on this iconic nature reserve.	Meet at Castle Hill National Nature Reserve car park, Woodingdean, off Falmer Road (B2123), just north of the junction with Bexhill Road. Grid reference TQ356063.	1 - 4pm **Date:** 31 August Buses 2 & 22.	4.5 miles 3	FREE

Thursday



Name of walk	Meeting Place	Time	Level	Cost
Hove Park Wellbeing Walk Enjoy a gentle walk around this pretty park in the heart of Hove.	Hove Park Café, BN3 7BF. Buses 5, 5A, 5B, 21, 21A & 47.	10.15am	1.5 miles 1	FREE
Wellbeing Walk for Adults with a Learning Disability & additional needs Come and enjoy a healthy walk and learn about nature whilst making new friends.	St. Ann's Well Gardens Café, BN3 1PF. Buses 7 & 21A. For more information on this walk, email **Shanni.Collins@brighton-hove.gov.uk**	10.30am	1 mile 1	FREE
Stanmer Park Wellbeing Walk A lovely countryside walk through Millbank wood, finishing at the village tea rooms. Choose between the regular 3-mile walk (Wellbeing Walk) or a longer version (Progression Walk).	Inside the Lower Lodges park entrance, off the Lewes Road. Buses 23 & 25. Note: parking charges are now in force at the park. See **https://www.brighton-hove.gov.uk/content/leisure-and-libraries/parks-and-green-spaces/stanmer-park**	11am	3 or 5 miles 3	FREE
NEW Special Walk Castle Hill Mindful 'Night-time' Nature Progression Walk A quiet, mindful circular walk around the Nature Reserve returning in time to see the setting sun over Brighton and beyond.	Meet at Castle Hill National Nature Reserve car park, Woodingdean, off Falmer Road (B2123), just north of the junction with Bexhill Road. Grid reference TQ356063. Buses 2 & 22.	7 -9.20pm (sunset 9.17pm), **Date:** 30 June	2.5 or 4.5 miles 3	FREE
New Monthly Wellbeing Walk: Seafront Heritage Wellbeing Walk A gentle walk along the seafront with the West Pier Trust. We will start and finish at the West Pier Centre, stopping briefly along the route to admire Brighton & Hove's historic seaside architecture.	Meet outside the West Pier Centre, 103-105 King's Road Arches, BN1 2FN (lower esplanade, just east of BAi360) Bus 77. For more information email rachel@westpier.co.uk	10.30am **Dates:** 23 June 21 July 25 August	1 -1.5 miles 1	FREE





Friday

Name of walk	Meeting Place	Time	Level	Cost
Portslade Library Walk and Read Wellbeing Walk Explore Easthill Park, Emmaus Community Garden and Portslade old village, finishing at the library for a browse and a cuppa.	Meet at Portslade Library, Old Shoreham Road, Portslade, Brighton, BN41 1XR. Buses: 1A, 2, 46, 6.	10.15am	1.5 miles 1	FREE
Saltdean/Undercliff Wellbeing Walk Follows the level Undercliff Walk with great views of the sea and white cliffs towering overhead. The general weekly route is via Rottingdean to Ovingdean Gap, then return to Saltdean. (On the last Friday only of the month we walk past Ovingdean Gap through to end at the Marina.)	Meet outside Saltdean Library, BN2 8SP. Buses 12, 12A, 12X, 14, 14C, 27.	11am	3 miles 2	FREE
LGBTQ+ Downland Wellbeing walk, monthly A lovely walk into the hills and Ovingdean village, with great views and more to explore! For more information on this walk and how to register contact the Healthy Lifestyles Team **healthylifestylesteam@brighton-hove.gov.uk**	Car park off Roedean Road, below Roedean School, east of the miniature golf-course. Grid reference TQ347031. Buses 12, 12A, 14, 14C, 27, 47 & 52.	10am - 12noon **Dates:** 10 June 8 July 5 August	2 miles 3	FREE
LGBTQ+ Seafront Wellbeing Walk, monthly A social, seafront walk to increase fitness and enjoy fresh air. For more information on this walk and how to register contact the Healthy Lifestyles Team **healthylifestylesteam@brighton-hove.gov.uk**	King Alfred Leisure Centre car park (by beach railings). Buses 1, 1A, 6, 49 & 700.	10.30am - 12noon **Dates:** 24 June 22 July 19 August	1.5 miles 1	FREE
East Dean and Friston Progression Walk, monthly Join leader Gill to explore the area around Seven Sisters, Friston Pond and East Dean. Walk routes/dates change monthly.	If you're interested in joining, please contact the Walk Leader Gill at: **lewisg016@gmail.com** to receive the route details, dates/times.	11am **Dates:** 24 June 22 July 19 August	4-5 miles 3	FREE

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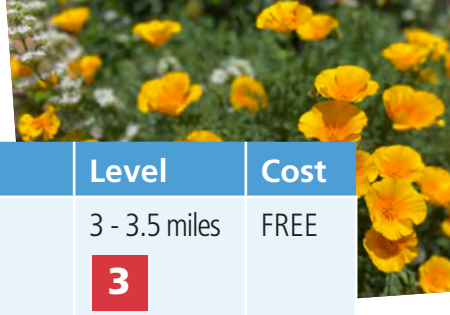
Saturday



Name of walk	Meeting Place	Time	Level	Cost
Benfield Valley Wellbeing Walk beautiful walk taking in Benfield Valley and the Dyke Railway trail.	Greenleas Recreation Ground car park, bottom of Hangleton Valley Drive, BN3 8AN. Bus 5B to Towns Corner Shops or buses 6 or 46 to Sainsbury's West Hove.	11am	3 - 3.5 miles 3	FREE
Badgers Downs On Your Doorstep Progression Walk First Saturday of the month. A stunning walk around Whitehawk Hill and Sheepcote Valley.	On grass outside Badgers Tennis Club house, Church Place, Kemptown, BN2 5JN. Buses 1, 1A, 7, 14C, 23, 47, 52 & 57.	10.30am **Dates:** 4 June 2 July 6 August	4.5 miles 3	FREE
Balsdean Progression Walk Second Saturday of the month. A lovely linear walk from Castle Hill, finishing near Kipling Gardens, Rottingdean.	Castle Hill National Nature Reserve car park, Woodingdean, off Falmer Road (B2123), just north of the junction with Bexhill Road. Grid reference TQ356063. Buses 2 & 22.	1pm **Dates:** 11 June 9 July 13 August	4.5 miles 3	FREE
Sheepcote Valley Progression walk Third Saturday of the month. A scenic walk taking in Sheepcote Valley, Ovingdean and the Undercliff.	East Brighton Café building, BN2 5UA.	11am **Dates:** 18 June 16 July 20 August	4.5 miles 3	FREE





Sunday

Name of walk	Meeting Place	Time	Level	Cost
New Bi-monthly Wellbeing Walk: for new and expecting mums & birthing parents (Partners, children and dogs welcome) Join in for a social walk around the beautiful green spaces of Dyke Road Park.	Meet @ Dyke Road Cafe, Tea Chalet, Dyke Road, Hove BN3 6EH. Bus: 14, 14C, 27 and 77.	11am **Dates:** 12, 26 June 10, 24 July 7 & 21 Aug	1	FREE
NEW Special Walk Chalk, Flint and Fossil Undercliff Geology Progression Walk The chalk cliff between the Marina and Newhaven is a Geological Site of Special Scientific Interest. Leader David Cuthbertson will tell walkers about their formation etc.	Meet @ Brighton Marina bus stop (near McDonalds) Bus: 7, 21, 23, 21A, 52. This is a Wheelchair accessible linear walk from Brighton Marina to Rottingdean.	1 - 4pm **Date:** 31 July	2.5 miles 1	FREE

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