

Free

Brighton & Hove Healthwalks Walks & Events

Autumn/Winter 2014 – 2015



follow us on
twitter
[@healthwalksBH](https://twitter.com/healthwalksBH)

You can also follow the Healthwalk Leaders on
[@healthwalklead](https://twitter.com/healthwalklead)
(nb: this twitter is run by leaders and is independent)



Look out for our 4 mile signed seafront healthwalk route between the Marina and Hove Lagoon.



Helps people stay active during or after breast cancer treatment by providing a volunteer mentor to support and encourage them to attend our Healthwalks. See www.brighton-hove.gov.uk/walkwell

Get involved in a huge range of free or subsidised sport & physical activity in your community for all ages and abilities.

www.brighton-hove.gov.uk/activeforlife or call 01273 292569



In Shape for Life

Weekly fun fitness sessions, healthy living advice and a cup of tea. Suitable for all levels and low cost. For more information contact 01273 292724

Healthwalks are happy to come and give talks to groups or organisations that would be interested in finding out more about the benefits of walking and how to be more active. Call 01273 292564 or email healthwalks@brighton-hove.gov.uk

Volunteering

If you're interested in becoming a Volunteer Healthwalk Leader you can find out more and apply online at www.brighton-hove.gov.uk/healthwalks and follow the link to Volunteer Healthwalk Leader Training.

For a plain text version or information in other languages contact the Healthwalks team.

Introduction to Healthwalks

Welcome to the award winning Brighton & Hove Healthwalk's Autumn – Winter Programme for 2014/15, covering November through to the end of April. There's 18 weekly walks and 30 one-off walks for you to try to help you get out and about, get some gentle exercise and meet new people.

You'll find our weekly Healthwalks in the yellow section at the front of the programme, followed by our calendar of special walks, which include some fantastic new 'Walk & Read' and 'Love your Museums' walks, as well as some friendly 'Walk & Talks' in association with MIND. Our progression walks section – for people who are ready for an extra challenge – is at the back of the programme.

The walks range from easy urban ones of under a mile, to more challenging countryside walks. They are all clearly graded with green ones ideal for those who are just starting to get active (or who have limited

time) to red walks which will take up to 90 minutes and may include hills/uneven walk surfaces.

This year Brighton & Hove Healthwalks won the prestigious 'Queen's Award for Voluntary Service' in recognition of the amazing contribution the scheme makes to the health and wellbeing of the city. Most importantly it was given in recognition of the 4,000 hours of time our dedicated Volunteer Healthwalk Leader Team give each year in making this programme possible. Over 1,000 people walk with us each year and 95% of our regular walkers say they gain physical and/or mental health benefits.



Please wear clothing and footwear suitable for the walk you are attending (the walk grading section should help you) and check weather forecasts. Walks are cancelled in extreme weather.

If you are going on your first Healthwalk, please arrive ten minutes early to complete the simple registration process. Or you can do this in advance by downloading the forms from www.brighton-hove.gov.uk/healthwalks – follow the 'Healthwalks Programme' link. You can then fill these out and take them with you on your first walk.

Visit www.brighton-hove.gov.uk/healthwalks for more information.

Scheme Manager – Corinna Edwards-Colledge, corinna.edwards-colledge@brighton-hove.gov.uk

Volunteer Co-ordinator – Darren Currell, healthwalks@brighton-hove.gov.uk

Healthwalks, Sports Development, Kings House, Grand Avenue, Hove BN3 2LS. 01273 292564

Find us on @healthwalksBH and www.facebook.com/sportandactivity

For information about Walking for Health Nationally visit www.walkingforhealth.org.uk

Photo credits: www.jimpix.com, Wendy Pye, Darren Currell, Corinna Edwards-Colledge

Healthwalks is funded by Brighton & Hove City Council Sports Development and Public Health teams.

If you would like to request a programme in another language, please contact us

Healthwalks is part of our oneplanetcity strategy: www.brighton-hove.gov.uk/oneplanetcity



Getting the most out of walking

Getting the most out of walking

To get the most out of any walking you do, aim to do the middle section of your walk at a brisk pace. You will know you are walking at a brisk pace that is right for you if you:

- a) feel your heart beat a bit faster,
- b) feel a bit warmer,
- c) are breathing a bit faster,

but are able to comfortably have a conversation.

Walking at any pace is good for you, but brisk walking exercises your heart and lungs, and means you will burn as many calories as jogging!

Please note, the average person will walk 1 mile in 20 minutes so this should allow you to work out average walk times for each walk according to the mileage shown.

Regular Healthwalks

Mondays

Preston Park (1.5 miles) 10am. Meet at Rotunda café, Stanford Avenue end of the park. A very friendly and popular 1.5 mile walk around the city's biggest public park, including Preston Manor gardens and churchyard.

Bus 5, 5a, 5b, 17, 40, 40x, 273.



NEW! Woodingdean to Rottingdean (2.5 miles) 11am.

Meet at the Downs Hotel Woodingdean. A lovely moderate linear walk to set you up for the week! Explore the drove way to Ovingdean, through the village and past St Wulfran's 11th century church then onward to Beacon Hill Nature Reserve and Rottingdean. **Bus** 2 or 22 to the hotel. If you leave your car in Woodingdean you can return by a number 2 from Rottingdean.



St Ann's Well Gardens (2 or 4 miles) 2pm. Meet by the Garden Café. Explore this lovely city centre park, with option also offered for longer out of park walk. **Bus** 21a, 7.



Walk grading

- easy/beginners
- easy/moderate
- moderate/challenging



Wheelchair friendly



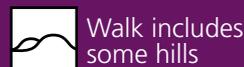
Toilets



Buggy friendly



Refreshments



Walk includes some hills



Family friendly

"Healthwalks really increased my confidence and helped me work towards getting out of my wheelchair following a spinal injury."

Tuesdays

Castle Hill/Woodingdean (2 miles) 10.30am.

Meet at the small carpark on Falmer Rd at the junction with Bexhill Rd. A 2 mile circular walk exploring this stunning chalk grassland National Nature Reserve in Woodingdean.

Bus 2/2a (Down's Hotel Stop), 22 (Last Bexhill Road stop).



Seafront (1 mile) 10am. Meet at the entrance to Brighton Pier. Start the day with a walk by the sea! Options to walk eastward to Brighton Marina or westward to Hove Lawns. **Bus** Any bus that stops at the Old Steine.



Wednesdays

Earlybird Brisk Seafront Walk (3 miles) 7.15am

– 8am. Meet at Kings Esplanade in front of the King Alfred Car Park, Hove. A brisk-paced walk along Hove seafront. This is a more challenging walk which is faster paced to raise the heart-rate and help people improve their physical fitness.

Bus 1, 1a, 6, 4, 2, 700



Regular Healthwalks Cont.

Sheepcote Valley (3 miles) 10.15am. Meet at East Brighton Park café, off Wilson Avenue. Enjoy panoramic views and a wealth of wildlife at this Site of Nature Conservation Importance. **Bus** 1 a/b/c, 7, 21



Hollingbury Hill Fort (2.5 miles) 11am. Meet at the Hollingdean Sure Start Children's Centre, Brentwood Rd. Explore some of the most historic and beautiful countryside that borders the city. **Bus** 50.



Brighton Women's Centre Walk (2 miles) 11.30am. Meet outside Brighton Women's Centre (BWC), 72 High Street, Kemptown. A chance to meet and chat with other women from around the city. www.womenscentre.org.uk **Bus** 1, 2, 7, 14, 81.



Cemeteries Walk 12.30pm, monthly: 12/11, 10/12, 14/1, 11/2, 11/3, 8/4 Meet at The Gladstone Pub, 123 Lewes Rd. Explore the beautiful surroundings and amazing views on offer in Brighton's extra-mural cemeteries. A circular green (1.5m) or yellow level (2m with hills) walk offered. No dogs, please. **Bus** 25, 49, 24.



Thursdays

Hove Park (1.5 miles) 10.15am. Meet at the Park café. A great walk in this lovely historic park, particularly good for beginners and those wanting gentle exercise. **Bus** 5B.



Stanmer Park (3 miles) 11am. Meet at the park gates Stoney Mere Way off Lewes Road. A lovely 3 mile countryside walk with beautiful views through Millbank wood, finishing at the village tea rooms. **Bus** 25a/b/c, 23.



Multicultural Women's Group Walk, Hangleton (1.5 – 2 miles) 10am. 13 & 27/11, 11/12, 15 & 29/1, 12/2, 12 & 26/3, 23/4 Meet at Hangleton Community Centre, Harmsworth Crescent. Join Healthwalk Leader Husnul on this friendly women-only walk group. Refreshments available afterwards at the community centre. **Bus** 16 & 56.



The Level Walk (1.5 miles) 11am. Meet at the southern entrance. Explore this jewel of a park in the heart of the city, and the local Regency Crescents. **Bus** Any bus that stops at St Peter's Church.



Fridays

Patcham (1.5 to 2.5 miles) 10.30am. Meet at the bus stop outside the Co-op, Old London Rd. Three options to walk in this historic area of Brighton: * **1:** Short Horsdean Rec Ground to Patcham Old Village. **2:** Medium Horsdean Rec woods & Patcham Church. **3:** Long walk on to Ladies Mile. *All walks finish at the Black Lion for refreshments and a natter! **Bus** 5a to Co-op stop.



Saltdean/Undercliff (3 miles) 11am. Meet outside Saltdean Library. A fantastic walk to Ovingdean Gap returning to Saltdean. Last Friday of the month through to Brighton Marina and beyond if requested. **Bus** 12, 12a, 14, 14c, 27, 47.



Saturdays

Portslade/Benfield Valley (3 – 3.5 miles) 11am. Meet at cash machines of Sainsbury's superstore on the Hangleton Link Road, off Old Shoreham Road. A great walk for those who are feeling a bit adventurous and like fantastic views! **Bus** 6, 6a, 46, 46a.



Sundays

Stanmer Park Sunday (3 – 3.5 miles) 10.45am. Meet outside the Village Tea Rooms. A variety of walks through the park exploring the Great Wood and surrounding countryside. Finishes at the Village Tea Rooms. **Bus** Bus 78 direct to Stanmer Church or 25 or 25 to lodge gates.



Sundays monthly: Withdean Woods Nature Reserve (1.5 – 2 miles) 11am. Meet at the Withdean Rd, reserve entrance. Explore the oasis of quiet in the heart of our bustling city with a walk around this new local Nature Reserve. Finishes at the Sportsman pub. First Sunday of the month: **2/11, 7/12, 4/1, 1/2, 1/3, 5/4.** **Bus** Park & Ride, 47 to Withdean Stadium, 5/5a Tongdean Lane



Saltdean Under & Overcliff Sundays (3 miles) 2pm. Meet outside Saltdean Library. Explore this dramatic and beautiful bit of coastline, with a moderate 3 mile walk to Brighton Marina. (See Progression Walks section for a more challenging walk by walking back to Saltdean Library. This long route includes the under and over-cliff.) Last Sunday of each month: **30/11/14, 28/12/14, 25/1/15, 22/2/15, 29/3/15, 26/04/15**

Bus 12, 12a, 14, 14c, 27, 47



November

Sun 2 Nov LGBT & Friends Walk 2pm.

(1 miles) Meet at St Ann's Well Gardens Café. This month's walk is celebrating the work of the Terrence Higgins Trust with this lovely walk around St Ann's Well Gardens. (www.tht.org.uk)

Bus 21a.



Mon 3 Nov Preston Manor 'Love Your Museums' Healthwalk, 10am (1 mile).

Meet at the Rotunda Café, Preston Park. Join our regular 1.5m Preston Park Healthwalk, finishing at Preston Manor at 11 for a free tour of this wonderful historic home with Paula Wrightson, Programmer at the Manor. PLEASE NOTE: The tour is book in advance for the first 30 people to request a place. Please email healthwalks@brighton-hove.gov.uk and mark your subject as 'Preston Manor tour' to book a place.

Bus 5, 5a, 5b, 17, 40, 273.



Wed 5 Nov MIND Autumn Orchard Walk, 10.15 – 11am. (1 mile). Meet Brighton/Wyevale Garden Centre, Warren Rd. Join MIND in Brighton & Hove (www.mindcharity.co.uk) for a friendly walk and chat to the lovely community orchard at Racehill. Once there help with some orchard maintenance or just relax and enjoy the surroundings with some refreshments. For more information or to check if the walk is going ahead due to bad weather etc contact 01273 666950 or karen.george@mindcharity.co.uk / clare.nichols@mindcharity.co.uk. (with an option

to walk back to the Garden Centre)

Bus 2, 22, 37b



Wed 12 Nov Art Walk Preston Park & the Rock Gardens 1 – 3pm. (1.5 miles). Meet at the Rotunda Café. Explore Preston Park and the newly restored Rock Gardens with time to stop and sketch the amazing scenery.

Bus 5, 5a, 5b, 17, 40 & 40x, 273



Sat 15 Nov Jubilee Library 'Walk & Read' 11am. (3 miles). Meet outside Jubilee Library. Enjoy the combined wellbeing benefits of walking & reading with this fantastic walk to the seafront and then back to Jubilee Library through the historic North Laine and twittens. At the library you can find out more about its 'mood boosting' books, take out a good read, or just enjoy browsing with a cuppa!

Bus any bus that stops on North Street.



1 – 24 Nov Nordic Walk Beginners' Courses
Course 12 Sat 1-22 Nov 11-12.30pm, Course 13 Mon 3-24 Nov 1-2.30pm. Meet at Hove Park Café. Two chances to attend the basic four week Nordic Walking Course and learn how to use this technique and exercise the whole body through walking. The training is being offered at the discounted price of £30pp (inclusive of pole hire) for Healthwalkers. To book contact lewisgillian@sky.com and quote 'healthwalks10'. Once you have completed this course you can attend our easy/green level Nordic walks (see Progression section of this programme). **Bus** 5b



December

Wed 3 Dec Patcham Open Access Land Healthwalk, 11am. (3 miles). Meet at Horsdean Rec. Explore the new Patcham Open Access land with the citypark rangers and find out more about the archaeology of the area and the history of the Chattri War Memorial.

Bus 5/5a to Mackie Avenue first stop



"I really enjoy them, particularly the social side."



Thurs 4 Dec Walk & Read' Woodingdean Wander, 10.15am. (2 miles). Meet at Woodingdean Library, Warren Road. Enjoy a lovely walk exploring the beautiful green spaces of Woodingdean followed by a friendly session with a cuppa at Woodingdean Library where you can check out the city's favourite 'mood-boosting' books, take books out or just browse.

Bus 2, 2a, 22



December cont.

Sun 7 Dec LGBT & Friends Christmas Jumper Walk!, 2pm. (3 miles). Meet at Charles St Bar. Don a bit of tinsel, festive jumper or panto drag and join in the walking party around Queen's Park, finishing back at Charles Street Bar! (www.charles-street.com)

Bus any bus that stops at St James' street or Marine Drive.



Wed 10 Dec Christmas Art Walk at the Royal Pavilion Gardens, 1 – 3pm. (1 miles).

Sketch the festive goings on at beautiful Royal Pavilion Gardens and enjoy a gentle walk too.

Bus any bus that stops on North Street.



Thurs 11 Dec Brighton Museum & Art Gallery 'Love Your Museum' Healthwalk, 11am. (2 miles).

Meet at the southern entrance to The Level (St Peter's Church end). Enjoy our regular Healthwalk around The Level, finishing at Brighton Museum for a fascinating guided tour of the 'War Stories' WW1 exhibition led by curator,

Jody East. NB Tour 20 people max book via healthwalks@brighton-hove.gov.uk



Sat 20 Dec Christmas Markets walk, 11am. (4 miles).

Meet at the Clocktower. A chance to get some last minute Christmas shopping done while supporting local businesses and getting some effective exercise! A great walk taking in 5 of the city's markets, each with their own distinctive characters. Finishes at the Open Market, London Road. **Bus** Any bus that goes to North St/Clocktower.



January

Sun 4 Jan LGBT & Friends Walk On The Level! 2pm. (1 mile). Meet at the Velo Café, The Level. Enjoy a gentle walk around the fantastic Level park with its art installations and urban playground. Finishes at A-Bar www.abarbrighton.co.uk

Bus any bus that stops at St Peter's Church



Sat 10 – 31 Jan Nordic Walking Beginners' Course 14: 1.30 – 3pm. See November for details. Meet at Hove Park Café. Once you have completed this course you can attend our easy/green level Nordic walks (see Progression section of this programme). **Bus** 5b



“Healthwalks encouraged me to get walking again after knee and hip problems. The social side is brilliant and the leaders inspiring!”

Wed 14 Jan MIND New Year Healthwalk, 11 – 11.45am. (1.5 miles). Meet at Palace Pier. MIND in Brighton & Hove (www.mindcharity.co.uk) would love you to join them for a friendly chat and lovely walk from the Pier to the Marina with time for refreshments at a local café. Includes an option to get the bus back to the start point or walk back. For more information or to check if the walk is going ahead due to bad weather etc contact 01273 666950 or karen.george@mindcharity.co.uk/ clare.nichols@mindcharity.co.uk.

Bus: any bus that stops at the Old Steine.



Fri 23 January Hove Library 'Walk & Talk', 10am. (1.5 miles).

Meet at Hove Library. Enjoy some gentle exercise with a walk to the seafront finishing back at the library for some time to grab a cuppa, chat and read and peruse the city's favourite 'mood-boosting' books.

Bus: any bus that stops on Church Road.



February

Some of our walkers have been walking with us for over ten years!



Sun 1 Feb Love your Heart LGBT & Friends Healthwalk, 2pm. (2 miles). Meet at the floral clock opp Palmeira square, Church Rd, Hove. Share this lovely walk along the seafront to Legends bar with someone you love: partner, friend, child, parent, dog or teddy-bear! Also, make a small donation to the British Heart Foundation and write a message on a heart to be displayed in the BHF Charity Shop window on London Road and the Healthwalks Twitter and FB. **Bus** all buses that go along Western/ Church Rd.



Fri 13 Feb Portslade Parks 'Walk & Read', 9.45am. (2 miles). Meet at Portslade Library, 223 Old Shoreham Road. Shake off those Friday the 13th worries with this lovely walk around Green Flag Award Winning Easthill Park, the Emmaus Community Garden and Victoria Rec. The walk finishes at the library for a cup of tea and the chance to browse some of the library's

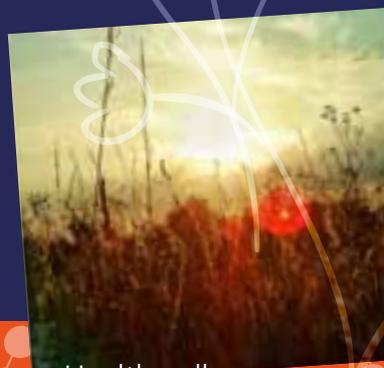
'mood-boosting' book collection!

Bus: 2, 2a/b, 6, 49, 59, 66



Sat 28 Feb Introduction to Geocaching Healthwalk, 10.30am. (1.5 – 2 miles). Meet at the Black Lion Pub, Patcham. Enjoy a lovely walk starting in Patcham and going through Coney Woods, along Green Ridge, across to Three Corner Copse and down to Hove Park. If possible set up a Geocaching account beforehand (www.geocaching.com) and bring a smart phone or GPS device, a pen and some small 'swappables' that can be swapped with other items found in the geocaches.

Citypark ranger Garry, will highlight some local routes and series geocaches for this activity where orienteering meets treasure hunting! **Bus** 5a, 56.



March



Sun 1 March LGBT & Friends walk with 'Older & Out': 2pm. (1 mile). Meet at the Peace Statue. Enjoy a gentle walk from the Peace Statue to Brighton Pier and find out more about 'Older & Out', a group for older LGBT people providing social opportunities. **Bus** any bus that stops on Western Rd then walk down Western St. info@somersetdaycentre.org.uk, 01273 699000



Wed 11 March Booth Museum of Natural History 'Love Your Museum' Healthwalk 10am. (1 mile). Meet on the green area opposite the Booth Museum, Dyke Road. Enjoy a gentle walk around Dyke Road Park, followed by a fascinating talk on the history of the museum led by John Cooper; Keeper of Natural Science. NB Tour for 20 people max book via healthwalks@brighton-hove.gov.uk **Bus** 14, 14c, 27



Fri 20 March Patcham 'Walk & Read', 10.30am. (2 miles). Meet at the bus stop outside the Co-Op, Old London Road. A special

addition to our regular Patcham Healthwalk, finishing at Patcham Library for a cuppa and a chance to browse its 'mood-boosting' books.

Bus 5a to Co-op stop.



Fri 6 – 27 March Nordic Walking Beginners' Course 15. 11.30 – 1pm. See November for details. Meet at Hove Park Café. Once you have completed this course you can attend our easy/green level Nordic walks (see Progression section of this programme). **Bus** 5b



Sat 28 March Earthhour 2015 find out how to help fight climate change & enjoy a fab torch-lit walk with music & activities. Time & start point TBC, check www.brighton-hove.gov.uk/healthwalks.

Tue 31 March Volks Railway Walk, 10am. (1.5 miles). Meet outside Brighton Pier. Celebrate the spring re-opening of the Volks Railway with this special version of our regular Seafront Healthwalk. Walk from the pier to the Marina then have a free trip back to the pier on the historic Volks electric railway!



April

76% of Healthwalkers more active because of Healthwalks and 90% experience an improvement in their health.

Wed 8 April Art Walk: Hilltop wander 1 – 3pm. (1 mile). Meet outside Wyevale Garden Centre, Warren Rd. Explore the lovely countryside of Racehill and stop to sketch the amazing views. **Bus 2, 22 & 22a**



Thurs 9 April Jaunt to the Juggs Road 10.30 – 12.30. (3 miles). Meet Falmer Road Car Park, Woodingdean. A lovely walk run by the Brighton & Lewes Downs Biosphere project. A chance for you to find out what it means for the people and nature of Brighton & Hove to now me UNESCO "World Biosphere Area" www.biospherehere.org.uk **Bus 2/2a** (Down's Hotel Stop), 22 (Last Bexhill Road stop).



Sun 12 April LGBT & Friends Walk with 'Allsorts' 2pm. (1 mile). Meet at the Wooden Belly Café, Egremont Place. Come along for a walk exploring beautiful Queen's Park and find out more about the work of 'Allsorts' in supporting young LGBT people. (www.allsortsyouth.org.uk) **Bus 1 & 1a, 2 & 2a, 7, 23**



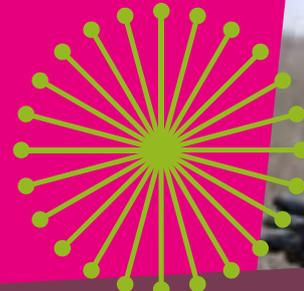
Tue 14 April Saltdean 'Walk & Read', 11am. (3 miles). Meet outside Saltdean Library. Enjoy the combined wellbeing benefits of walking & reading with this great addition to the regular Saltdean walk. Enjoy a circular version of the walk, ending back at the library where you can find out more about its 'mood boosting' books, take out a good read, or just enjoy browsing with a cuppa! **Bus: 12, 12a, 14, 14c, 27, 47**



Thurs 16 April Hove Museum & Art Gallery 'Love Your Museum' Healthwalk, 10am. (1.5 miles). Meet at Hove Bandstand, seafront. Enjoy a gentle seafront stroll finishing at Hove Museum for a fascinating guided tour led by Julia Basnett, the Programmer for the Museum & Gallery. *PLEASE NOTE* The tour is book only to the first 20 people to request a place. If you would like to attend email healthwalks@brighton-hove.gov.uk and mark your subject as 'Hove Museum tour' to book a place. Bus any bus that stops on Western Rd and walk down Montpelier Rd/Bedford Square.



Tue 7 – 28 April Nordic Walking Beginners' Course 16: 1.30 – 3pm. See November for details. Meet at Hove Park Café. Once you have completed this course you can attend our easy/green level Nordic walks (see Progression section of this programme). **Bus 5b**



"After my friend died the Healthwalks I came on helped me change my life."



"I can't afford gyms and clubs so Healthwalks is perfect for me."



Progression Walks

More challenging walks for those who want to go a bit further!

Tuesdays

NEW DAY! Balsdean (4.5 miles) 1pm. Meet at the small car park adjacent from the junction of Falmer Rd and Bexhill Road. A lovely linear walk from Castle Hill, through wonderful downland finishing at Kipling Gardens in Rottingdean. 4/11, 2/12, 6/1, 3/2, 3/3, 7/4



Wednesday

Nordic Walks (4 miles) 1.30pm. 1st & 3rd Wednesdays of the month. A chance for people who have completed the basic Nordic Walking course* to practice and develop their skills with fellow Nordic Healthwalkers. Those who complete the basic training will be sent full info on these walks. *See calendar section for course listings.



Thursday

Stanmer Thursday (5 miles) weekly, 11am

Meet at the lodge park gates off Lewes Road. A more challenging version of our Thursday Healthwalk in Stanmer, exploring Open Access Land including Millbank Wood and taking in some beautiful views. **Bus** 25a/b/c, 23.



People who walk regularly are a third less likely to get dementia.

“Healthwalks make my Monday mornings enjoyable!”



Saturdays

Sheepcote Saturday,

(4.5 miles) 11am. Meet at the park café. A longer version of the popular Wednesday Healthwalk coming in at around 4.5 miles. It takes in Ovingdean, the Undercliff and Roedean, before returning to the park café. 1/11, 6/12, 3/1, 7/2, 7/3, 8/4

Bus 1 a/b/c, 7, 21.



NEW DAY! Falmer & Beyond (5 miles) 1pm.

Falmer Church, East Street, Falmer (north side of the pond). A lovely walk taking in Falmer village, the university boundary and finishing at the university for a cuppa and bus-stops! 8/11, 13/12, 10/1, 14/2, 14/3, 11/4. **Bus** 25 & 23 get off at Mill St Falmer, or the 28 & 29 to Falmer Village.



Sundays

Saltdean Under & Overcliff Sundays

(6 miles) 2pm. Meet outside Saltdean Library. Explore this dramatic and beautiful bit of coastline by walking to Brighton Marina and back, taking in the over and under cliff. Last Sunday of each month: 30/11, 28/12, 25/1, 22/2, 29/3, 26/4.

Bus 12, 12a, 14, 14c, 27, 47.



Various

John's Jolly Jaunts

Join experienced Healthwalk Leader, John Milsom, for a range of walks in the 4 – 8 mile range for those who would like to push themselves and explore our local countryside. All are monthly, free and on public transport. For more info email johnjollyjaunts@gmail.com or visit the Facebook page by putting 'John Jolly Jaunts' into search or follow @healthwalklead on Twitter.



Regular Healthwalks Map



“76% of regular walkers say Healthwalks has improved their wellbeing and they feel less stressed.”

↑ Falmer Church Village

A27

A27

Library (behind lido)

Saltdean

Rottingdean

Ovingdean

Brighton Marina

Park Café

Brighton Women's Centre

Brighton Pier

Park arch

Queen's Park

Gladstone Pub

The Level

Rotunda Café

Preston Park

Hove Park Park Café

Withdean Woods Nature Reserve

West Blatchington

Supermarket cash machines

Village Tea rooms

Stanmer Park

University of Sussex

Bus stop

Park Gates

Coldean

Hollingbury Golf Club

Moulsecoomb Wild Park

Hollingbury

Patcham

Withdean

Moulsecoomb

Bevendean

Castle Hill Balsdean

Woodingdean

Downs Hotel, Woodingdean

Brighton

Hove

Portslade

Coleman Avenue

St Ann's Well Garden

King Alfred

King's Road

Sackville Rd

Nevill Avenue

Egmont Road

Hangleton Road

Hangleton Link Road, A293

Locks Hill

Church Rd

Edward Street

Queen's Park

Bear Road

Elm Grove

Lewes Road

Brentwood Rd

Ditchling Road

Preston Drive

Preston Road

Ladies Mile Road

Old London Road

Falmer Road

Wilson Avenue

Marine Drive

Arundel Road West