

Mid-Sussex Rambler



Newsletter number 179, Spring 2026



Welcome to your Spring Newsletter.

It is wonderful to have so much light and comparative warmth to walk in.

Many thanks to Paul Jenkins for photo of the bluebell edged path.

Heli Hike in Sussex for AAKSS - Steyning 13th June

Marshals sought: if you are available on the 13th June KSS, our local Air Ambulance charity are looking for Marshals for their Heli Hike at the Wiston Park estate at Steyning. Marshals will be needed from 8.30 am, when there will be coffee and instructions, to (at the very latest) 2.30pm. Marshalls will all get AAKSS t-shirts.

If you are interested in helping out (and getting to see the helicopter afterwards) then please get in touch with Katie Austin at AAKSS KatieAustin@aakss.org.uk

Or, join in the Heli Hike itself which has alternative routes of 3 miles and 7.5 miles; all the details can be found here <https://aakss.org.uk/events/heli-hike-in-sussex/>

My Favourite View – Judith Bowron

Judith says 'I have a lot of favourite views, but this is one very close to home. It is looking across at Highbrook from Chilling Street, Horsted Keynes where the Sussex Border Path leaves the road and heads towards Sharpthorne.

The lambs are a bonus at this time of year.'



King Charles III England Coast Path

The coastal path for the whole of England was formally launched on the 19th March 2026. It's 2,700 miles long, so we don't expect you to walk all of it at once! We will however, be running some walks during the summer to celebrate the opening. These walks will be marked on our walks programme as KCIIIIECP. We hope you enjoy some pleasant coastal walking!

This also allows us to share, once again,

Monique's fabulous photo of beach huts.

<https://www.midsussexramblers.org.uk/walks/walks-programme.html>

Do you go on walking holidays with Ramble Worldwide? Do you know that if you book your holiday by clicking on the link on the Mid Sussex Ramblers Home page and nominating us when you make a booking that we will get extra funds through The Walking Partnership. The link can be found centre left on our home page at <https://www.midsussexramblers.org.uk>



Photos from Judith's March 3rd Walk

from Anne Woodroffe

Warm up exercises for walkers

Josh and Nigel from Chichester Physio gave one of our Winter Talks. They've subsequently kindly shared a link to this video showing a warm up routine for walkers. Obviously, they are the Physios and we are just sharing this for information only!

<https://www.youtube.com/watch?v=DjnwCEWS8EY>



Spring walk photos from Paul Jenkins

Shame there's no walk today! Have you ever found yourself saying those words? And could you do something about it yourself? We really need more walk leads to step forward. You don't have to lead a walk every month, but a handful of people offering one or two walks each would make all the difference. Speak to Paul Jenkins or any walk lead or committee member about how to become a walk lead.

The Monday Group – improving our footpaths

By Jim Redwood of The Monday Group

The Monday Group is here to help you get more enjoyment from walking in our beautiful Sussex countryside. We are very lucky to live in such a lovely area, and many of you already enjoy walking our footpaths. Many of these are ancient rights of way, legitimised by use through the ages, and now accessible by right in law as public rights of way. We need to guard our heritage closely or we'll lose it, and our fantastic footpath network is no exception.



(Left) The Monday Group at work on Malling Down

However, as walkers know so well, paths are often neglected, either because they are overgrown or too muddy or the stiles are in disrepair. The Monday Group is one of the oldest voluntary organisations in the area, and we've been doing our best to look after the local footpath network since its inception in 1961. We are a registered charity and in 2023 we were awarded the King's Award for Voluntary Services in recognition of our work over the years.



*Blocked path – before
after clearance*



and

However, we can only put things right when we know about them, so now that spring has arrived, and as you get out and about more, please let us know of any problems like paths that are overgrown or dangerously boggy, or stiles that are getting too old/wobbly or difficult to cross so we can deal with them. It's easy to report things that need dealing with. Our stiles all have plaques with contact details, including a QR code. You can also contact us by phone, email, via our "Report a Problem" page on our website, or Facebook. Many people use 'what 3 words' to identify locations, or else just describe where it is as best you can. If you provide contact details, we can follow it up with you if we can't find it.

(Right) One of our gates on Offham Hill

We can't deal with everything, but we can deal with most of the problems that are reported to us. If the work is out of our scope we can refer it to the County Councils, who we work closely with. Our core area is from Albourne to Ringmer, north of the Downs, but we do work further afield. Recently, for



instance, we have worked in Folkington near Polegate, and south of the Downs including Telscombe and Rodmell and as far away as Motts Mill near Crowborough.

I'm the fundraiser for The Monday Group and we are always grateful for donations towards our work, but please also keep us in mind as you set out into the countryside and let us know if you come across any problems. We'll do our best to fix them.

Mostly, however, get out and walk. Use it or lose it as they say!

Happy walking.

Jim Redwood Monday Group (Fundraising)

Website: <https://www.mondaygroup.org>

Messages: hello@mondaygroup.org

Facebook: [facebook.com/MondayGroupSussex](https://www.facebook.com/MondayGroupSussex)



Photos of East Dean & Beacy Head thanks to Anne Woodroffe



Our walks programme can always be accessed at
<https://www.midsussexramblers.org.uk/walks/walks-programme.html>

Details of the **Mid Sussex Ramblers Committee** may be found at
<https://www.midsussexramblers.org.uk/gallery/event/MSRCommittee.html>

We hope you have found this newsletter to be of interest. As ever, suggestions, photos or queries are welcome at msramblersnewsletter@gmail.com