

Mid-Sussex Rambler



Newsletter number 177, Autumn 2025



Welcome to your Autumn Newsletter, which arrives just in time to remind you that the 53rd **AGM** of Mid Sussex Ramblers is on next **Wednesday 12th November** from 7pm at Haywards Heath Town Hall.



The fungi in my photo above, is Sheathed Woodtuft. Many thanks to William Coleman and his friend, fungi expert Martin Allison, for confirming the identification.

We have advanced notice of the **Sussex Area AGM**. 2026 will be the 50th anniversary of Sussex Area so we hope for a good turnout. The AGM will be hosted by Beachy Head Group and will be held on Saturday 24th January at East Dean and Friston Village Hall from 2pm. There will, as usual, be a walk in the morning beforehand, further details to follow.

Sussex Area still have several vital roles to fill, including that of Treasurer. If you feel that you could help out all the details are on the Sussex Area website <https://www.sussexramblers.org.uk/volunteers/17-sussex-area-vacancies.html>

Winter Talks 2026

January 8th 2026

Common leg and foot problems in walkers

By Nigel Howell

A talk about common leg and foot problems in walkers, featuring Achilles Tendinopathy, Policeman's heel (plantar fasciitis) &, if time permits, common hip & knee issues.

February 5th 2026

Flint (Mesolithic) Hand Tools in Sussex

By HELENA GRIFFITHS

Helena is a geologist turned amateur archaeologist after she found a prehistoric set of flint tools in June 2024 whilst on a walk. This find has led her on a journey to understand more about the prehistoric hunter gatherers of the Weald. She will have some of the tools to show you what was being used 10,000 years ago.

March 5th 2026

The History of the Adur Valley in West Sussex

By Janet Pennington

www.sussexhistorytalks.co.uk

The Adur valley, with its tidal river, was once a broad sea estuary where coarse brown salt was made in medieval times. Ships made their way on the tide as far as Steyning, bringing wine and other goods from overseas. Smuggling was rife in the 18th and early 19th centuries. Will include information about several archaeological excavations.

Winter Talks take place in the upstairs room in the Methodist Church Hall, Perrymount Road, Haywards Heath RH16 3DN. All talks start promptly at 8 pm doors open at 7.30.

Costs £5 including tea/coffee and biscuits. There is car parking available behind the church which gives direct access to the meeting room."

Contact: Sue Wright 07712 677319

What 3 words for entrance door. ///Recur.locating.jammy

High Weald Walking Festival 2026

The dates have just been announced for the 2026 HWWF. The festival will run from 12th September until the 20th September. This year's successful event included 58 walks, with a total of 624 walkers, and roamed across the High Weald from Balcombe to Rye.

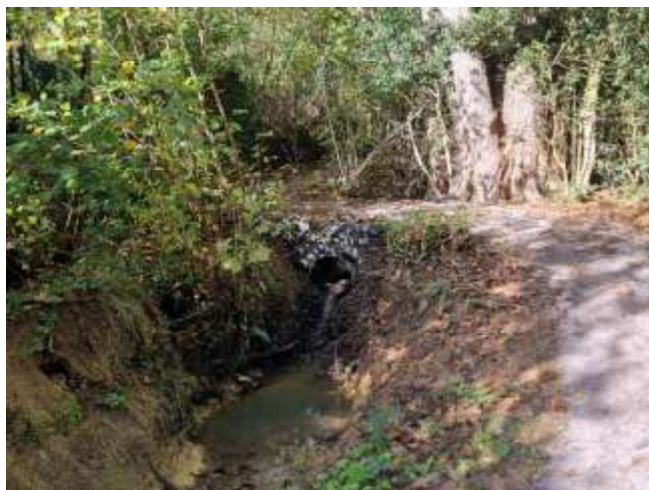
<https://www.highwealdwalks.org>

Local news of improved footpaths

You'll excuse the editor from celebrating a couple of local Haywards Heath paths that have had much needed work over the summer.

The path that starts from Old Wickham Lane in Haywards Heath as HAH-47BCU and becomes the start of LIR-24LR was completely resurfaced as far as Haywards Heath Golf Course by West Sussex County Council in the summer. As this path has been routinely bogged down and impassable in the wetter months this is very welcome. At least the start of a walk from Haywards Heath to Ardingly Reservoir will now be a little more possible.

Also receiving much needed tlc from WSCC over the summer was the portion of the Sussex Diamond Way, that leads from Harlands School in Haywards Heath to the Penlands Estate, part of path number HAH-19DCU. This path was functionally impassable in places due to a small stream using it as the line of least resistance. The path has been widened and resurfaced throughout, and, as you can see from the photo below, considerable work was undertaken to manage the water issue.



If you have news of recent path improvements that you would like to share please let us know by emailing msramblersnewsletter@gmail.com

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



The photo above was taken by Pip Houghton.

More of Pip's photos can be found at
<https://www.midsussexramblers.org.uk/gallery/event/Pip's2025highlights.html>

Many thanks to all who have sent photos in, they are always welcome.



A sunny day for William's Chailey Common walk in August, many thanks to Sue Berry for the photos



Martello Beach Huts at Seaford in October, many thanks to Monique for the photo.

<https://www.midsussexramblers.org.uk/gallery/event/ChaileyCommonWalkAugust2025.html>

<https://www.midsussexramblers.org.uk/gallery/event/CuckmereHaventoSeafordOctober2025.html>



Photos from Anne Woodroffe show the Lurgashall walk, top left, East Dean bottom left and Balcombe to Staplefield on the right

<https://www.midsussexramblers.org.uk/gallery/event/WalkfromLurgashallSeptember2025.html>

<https://www.midsussexramblers.org.uk/gallery/event/EastDeanOctober2025.html>

<https://www.midsussexramblers.org.uk/gallery/event/BalcombetoStaplefieldOctober2025.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