



Stanmer Experience Project

This project involves a broad range of people with an interest in what happens in Stanmer Park. It aims to create a permanent outdoor network of trails for different activities that provide effective exercise.

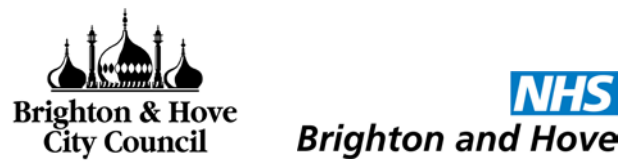
Trails for Healthwalks

Healthwalks offer free weekly volunteer led healthwalks in Stanmer Park using two of these routes. They are a great way to meet new people and enjoy the beautiful views across the South Downs National Park.

Accredited Courses

Healthwalks offer Volunteer Healthwalk Leader Training to give people the knowledge and resources to lead walks with members of the public as part of the Healthwalks scheme.

Further information & other walks
 Brighton and Hove City Council
www.brighton-hove.gov.uk/healthwalks
 01273 292564
www.brighton-hove.gov.uk/stanmerpark
 South Downs National Park Authority
www.southdowns.gov.uk/enjoying/walks-and-rides



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Stanmer Experience Trail Healthwalks



Leave your car at home, take the bus or train

