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# Wellbeing Walks, Nordic walks and cycle rides

**1 July to 30 September 2024**

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Supporting you to get active and stay active



**Elmbridge**  
Borough Council



# Wellbeing Walks Elmbridge and Nordic walks

Our friendly walks welcome anyone who would like to walk in a group to get active, benefit their mental wellbeing and explore the local area. All walks are free and operate on a 'just turn up' basis (unless specified on the programme). You'll be led by trained and experienced volunteers.

Previously known as Elmbridge Healthy Walks, our programme has run for 20 years since 2003. Many local people have walked with us regularly over the years, but we are always happy to welcome new walkers. Many of our walks have a visit to a café at the end, so they are great for a friendly chat with other likeminded people.

## Walker's responsibility

- Please ensure you arrive in good time as all walks leave promptly.
- New to our walks? Start with a walk suitable for your walking ability. Our walks are graded as follows:

**Slow:** a gentle, relaxed pace suitable for beginners and those who need a slower speed. Extra rest stops included.

**Moderate:** for regular walkers who can maintain a steady pace (2.5mph) for the duration of the walk on uneven ground.

- Keep in mind our leaders are volunteers. Be respectful, listen carefully to any instructions they give and let them lead!
- If you wish to leave the walk, let the walk leader know first.
- Your leader will direct the group during the walk; however, you are responsible for your own safety.
- On the day of your walk [check our website for updates](http://elmbridge.gov.uk/wellbeingwalks) before you set off at [elmbridge.gov.uk/wellbeingwalks](http://elmbridge.gov.uk/wellbeingwalks)

## What should I bring on a walk?

- Wear appropriate footwear and clothing for the weather.
- Especially in **summer months, bring water, sun hat and sunscreen** with you and optional money for café visits (if applicable)
- If attending a Nordic Walk you will need to bring your own poles, though you are welcome to walk without. Nordic walks include a warm-up pre-walk and a cool down stretch post walk.
- If the walk description has a £ symbol it means money is needed for parking or a ferry ride. All other car parks or local street parking we use should be free, though do double check signage on the day.
- A walk register will be taken at the start of each walk

## Questions?

If you require any further information on the programme, please contact the Sport and Health team. We are here to help.

**Email [health@elmbridge.gov.uk](mailto:health@elmbridge.gov.uk) or telephone 01372 474574**

## Walk programme key

WC	Toilets at meeting point
RA	Optional refreshments after the walk
RE	Refreshments stop en-route usually 30 minutes (included in timings)
£	There is a cost for parking or ferry ride
Dogs on lead welcome	Well behaved dogs on short leads welcome (Please only bring dogs if specified next to the walk details)
Booking required	To book a free space on our Painshill Park and Claremont walks please email: <b><a href="mailto:health@elmbridge.gov.uk">health@elmbridge.gov.uk</a></b>  Please note: Request emails must be received by 12pm the day before the walk, or by 12pm Friday for weekend and Monday walks.

## New Walkers

- Please come and try 1 or 2 of our walks to see if you like them.
- If you decide to continue attending, please register for **free** with the Elmbridge Wellbeing Walks scheme.
- Walker registration enables us to
  - Know who is using our scheme and provide programme updates to them (email opt-out is available)
  - Utilise new online register capabilities, whereby our walk leaders can check walkers in via our monitoring system by phone or tablet (either at the walk or after).
  - Create more detailed (anonymised) and accurate statistics to help shape the scheme and justify its future funding.

Register with Elmbridge Wellbeing Walks via:  
[www.ramblers.org.uk/wellbeing-walks-sign-up](http://www.ramblers.org.uk/wellbeing-walks-sign-up)

Please note: Wellbeing Walks operate separately to traditional Ramblers walks. You do not have to join the Ramblers or pay any fees. All Wellbeing Walks are free to attend.

### Help with registration

- Please select 'Ramblers Wellbeing Walks Elmbridge' as your preferred group during the signing up process
- You will need your own, individual email address to register. If you do not have one, or are not online, please call our health phone on 01372 474574 for assistance in registering.
- If you have an email address, please email the Ramblers help team if you need any assistance with online registration for Wellbeing Walks. Their email is [ramblers@ramblers.org.uk](mailto:ramblers@ramblers.org.uk)

## Regular weekly and monthly walks

These walks take place either weekly, fortnightly or monthly from the same starting point, at the same time unless otherwise specified. Routes and leaders may vary.

Great for getting into a routine of regular exercise and meeting regular walkers. Most have a café stop at the end (RA). The slow and gentle flat walks are suitable for beginners and will include rest stops where required by the group.

Time	Route	Pace / gradient
Last Monday of the month 10:30 -12:00	<b>'Lucky Dip' Country walk</b> WC RA Claygate Centre for the Community car park, Elm Road, Claygate KT10 0EH	Moderate slopes
Weekly, every Tuesday 10:30 -11:30	<b>Molesey Circular Walk</b> WC RA Meet in council car park by St. Mary's Road/Bell Road exit, Walton Road, East Molesey KT8 0DP	Slow, flat
Wednesday weekly from 10:30 - 11:15/30	<b>Around Walton-on-Thames</b> WC RA Walton Community Centre, Manor Road, Walton-on-Thames KT12 2PB (Walkers can use the centre car park or use Manor Road car park £)	Gentle, small slope (steps on some routes)
First Thursday of the month 10:30 - 12:00	<b>'Woods and Commons'</b> Sandy Lane car park, Sandy Lane, Oxshott (one nearest A244)	Moderate slopes
Weekly, every Friday 10:30 -11:15	<b>Thames Path to Molesey Lock</b> WC RA The Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL	Gentle, slow, flat
Weekly, every Monday 11:00 - 11:30 (except bank holidays)	<b>All inclusive walk or wheel 1km</b> WC Meet outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG Note: from July RA as café reopens in Xcel	Slow, gentle, mild slope (3 benches)

Weekly, every Thursday 13:00-14:00	<b>Mary Frances Trust: wellbeing walk</b> Meet outside Wilde Brunch café by Walton bridge carpark. Registration required: <b>01372 375400, text 07929 024722,</b> email <a href="mailto:info@maryfrancestrust.org.uk">info@maryfrancestrust.org.uk</a> or visit <a href="http://www.maryfrancestrust.org.uk">www.maryfrancestrust.org.uk</a>	Flat
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**July**

<b>Date / Time</b>	<b>Route</b>	<b>Pace, Gradient</b>
Mon 1 July 11:00 - 11:30	<b>All inclusive walk or wheel 1km</b> WC <b>Meet:</b> outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG <b>Leaders:</b> Faye, David M (disabled WC and Parking at Leisure centre)	Slow, gentle, mild slope
Mon 1 July 14:00 - 15:00	<b>Claremont NT Gardens</b> WC RA <b>Meet:</b> car park near WCs, Claremont Gardens, Portsmouth Road, Esher KT10 9JG <b>Leaders:</b> Karen, Christine <b>Booking required</b> (see key for details)	Slow, slopes
Tues 2 July 10:30 - 11:30	<b>Molesey Circular Walk</b> WC RA <b>Meet:</b> Council car park, Walton Road, East Molesey, KT8 0DP <b>Leaders:</b> Val, Dave F	Slow, flat
Wed 3 July 10:30 - 11:30	<b>Around Walton-on-Thames</b> RA <b>Meet:</b> Walton Community Centre, Manor Road, Walton-on-Thames KT12 2PB (Walkers can use the centre car park or use Manor Road car park £) <b>Leaders:</b> Carolyn	Gentle, small slope (steps on some routes)
Wed 3 July 14:00 - 15:00	<b>Heron and Leg O'Mutton ponds</b> RA <b>Meet:</b> Diana Fountain Car Park, Chestnut Avenue, Bushy Park (access via Lion Gate KT8 9DD). By kiosk. <b>Leaders:</b> Karen	Slow, flat

Wed 3 July 10:45 - 12:00	<b>Princess Alice Hospice Bereavement Walk &amp; Talk – Richmond Park</b> <b>Meet:</b> Pembroke Lodge car park near information office TW10 5HX (meet 10:15 for 10:30 start) <b>Booking required:</b> <a href="mailto:walkandtalk@pah.org.uk">walkandtalk@pah.org.uk</a>	Slow, flat
Thur 4 July 10:30 - 12:00	<b>‘Woods and Commons’</b> <b>Meet:</b> Sandy Lane car park, Sandy Lane, Oxshott (one nearest A244) <b>Leader:</b> Andrew	Moderate slopes
Thur 4 July 13:00 - 14:00	<b>Mary Frances Trust: wellbeing walk</b> <b>Meet:</b> Wilde brunch café by Walton bridge car park Registration required: <a href="mailto:info@maryfrancestrust.org.uk">info@maryfrancestrust.org.uk</a> Tel 01372375400 <b>Leaders:</b> Mary Frances staff	Flat
Thur 4 July 14:00 - 15:15	<b>Nordic walk: Graburn Way to Bushy Park and back</b> WC RA <b>Meet:</b> river end of Graburn Way, Molesey KT8 9AL <b>Leaders:</b> Pam, David M	Moderate
Fri 5 July 10:30 - 11:15	<b>Thames Path to Molesey Lock</b> WC RA <b>Meet:</b> Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL <b>Leaders:</b> Keith	Gentle, slow, flat
Fri 5 July 10:30 - 12:00	<b>Wey Navigation and Pyrford Church</b> WC <b>Meet:</b> The Green (off High Street), Ripley, GU23 6AR (2nd car park by children’s play area) <b>Leaders:</b> David G.	Moderate short hill, stairs
Sat 6 July 10:30 - 12:00	<b>Mickleham Downs</b> RA (WC in café/pub) <b>Meet:</b> Car park 51 degrees north cafe, A24 Dorking RH5 6EH (or bus 465 from Surbiton/Kingston). Meet at parking bays by café. <b>Leader:</b> Ramesh	Moderate hill, stiles, Steps, slopes

Mon 8 July 11:00 - 11:30	<b>All inclusive walk or wheel 1km</b> WC <b>Meet:</b> outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG <b>Leaders:</b> Faye, (disabled WC and Parking at Leisure centre)	Slow, gentle mild slope
Tues 9 July 10:30 - 11:30	<b>Molesey Circular Walk</b> WC RA <b>Meet:</b> Council car park, Walton Road, East Molesey KT8 0DP <b>Leaders:</b> Dave F, Val	Slow, flat
Tues 9 July 14:00 - 15:30	<b>Woodland Gardens</b> RE <b>Meet:</b> Diana Fountain Car Park, Chestnut Avenue, Bushy Park (access via Lion Gate KT8 9DD. Near kiosk. <b>Leaders:</b> Karen, Christine	Slow, flat
Wed 10 July 10am - 12pm	<b>Incredible insects workshop</b> A walk around West End Common looking for dragonflies, beetles, bees, butterflies and more <b>Meet:</b> Horseshoe Clump car park, opposite Blackhills, Portsmouth road, Esher KT10 9JL. <b>Booking required:</b> countryside@elmbridge.gov.uk <b>Leader:</b> Ranger Susy	Slow, slopes  Guided walk - free to join
Wed 10 July 10:30 - 12:00	<b>Broadwater and Desborough Island</b> <b>Meet:</b> Cowey Sale car park, Walton Lane, Walton- on-Thames, KT12 1QW. Meet furthest end of car park from Walton Bridge. WC RA <b>Leader:</b> David G	Moderate slopes, steps
Wed 10 July 10:30 - 11:30	<b>Around Walton-on-Thames</b> RA <b>Meet:</b> Walton Community Centre, Manor Road, Walton-on-Thames, KT12 2PB (Walkers can use the centre car park or use Manor Road car park £) <b>Leaders:</b> David M	Gentle, small slope (steps on some routes)
Wed 10 July 10:30 - 12:00	<b>Historical walk: East Molesey Old Village</b> <b>Meet:</b> Walton Road car park, East Molesey KT8 0ST - Parking (£) <b>Leaders:</b> Anthony, Janet B	Slow, flat Multiple stops



Thur 11 July 10:30 - 11:20	<b>Chertsey, park, woods and river</b> <b>Meet:</b> Free Prae Road, Chertsey, nr junction with Eastworth Road, KT16 8DX <b>Leaders:</b> Charles	Slow, flat
Thur 11 July 10:30 - 11:20	<b>Princess Alice Hospice Bereavement Walk &amp; Talk – Bushy Park</b> <b>Meet:</b> Pheasantry café car park TW11 0EQ (meet 10:45 for 11:00 start) <b>Booking required:</b> <a href="mailto:walkandtalk@pah.org.uk">walkandtalk@pah.org.uk</a>	Slow, flat
Thur 11 July 11:00 - 12:30	<b>Painshill Park</b> WC RA <b>Meet:</b> car park, Painshill Park, Cobham KT11 1AA <b>Booking required</b> <b>Leaders:</b> Karen, Liz (see key for details)	Slow, slopes
Thur 11 July 13:00 - 14:00	<b>Mary Frances Trust: wellbeing walk</b> <b>Meet:</b> Wilde brunch café by Walton bridge car park Registration required: <a href="mailto:info@maryfrancestrust.org.uk">info@maryfrancestrust.org.uk</a> Tel 01372375400 <b>Leaders:</b> Mary Frances staff	Flat
Thur 11 July 14:00 - 15:15	<b>Nordic Walk: Broadwater lake</b> WC RA <b>Meet:</b> Cowey Sale car park, Walton Lane, Walton-on-Thames KT12 1QW. Furthest end of car park from Walton Bridge <b>Leaders:</b> Pam, David M	Moderate
Fri 12 July 10:30 - 11:15	<b>Thames Path to Molesey Lock</b> WC RA <b>Meet:</b> Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL	Gentle, slow, flat
Sun 14 July 10:30 - 11:30	<b>Broadwater and Desborough Island</b> WC RA <b>Meet:</b> Cowey Sale car park, Walton Lane, Walton- on-Thames KT12 1QW. Meet furthest end of car park from Walton Bridge. <b>Leader:</b> Charles	Moderate slopes, steps
Sun 14 July	<b>No “Walk and talk”</b>	

Mon 15 July 11:00 - 11:30	<b>All inclusive walk or wheel 1km</b> WC <b>Meet:</b> outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG <b>Leaders:</b> Faye, David M (disabled WC and Parking at Leisure centre)	Slow, gentle, mild slope
Mon 15 July 11:00 - 11:45	<b>Claremont NT Gardens</b> WC RA <b>Meet:</b> car park near WCs, Claremont Gardens, Portsmouth Road, Esher KT10 9JG <b>Leaders:</b> Karen, Chris P Booking required (see key for details)	Slow, flat
Tues 16 July 10:30 - 11:30	<b>Molesey Circular Walk</b> WC RA <b>Meet:</b> Council car park, Walton Road, East Molesey KT8 0DP <b>Leaders:</b> Val, Dave F	Slow, flat
Wed 17 July 10am - 12pm	<b>Incredible insects workshop</b> A Walk around West End Common in search of dragonflies, beetles, bees, butterflies and more <b>Meet:</b> Horseshoe Clump car park, opposite Blackhills, Portsmouth road, Esher KT10 9JL. <b>Booking required:</b> countryside@elmbridge.gov.uk <b>Leader:</b> Ranger Susy	Slow, slopes  Guided walk - free to join
Wed 17 July 10:15 - 11:30	<b>Princess Alice Hospice Bereavement Walk &amp; Talk – Painshill</b> <b>Meet:</b> car park KT11 1AA (meet 10:15 for 10:30 start). Numbers are limited. <b>Booking required:</b> <a href="mailto:walkandtalk@pah.org.uk">walkandtalk@pah.org.uk</a>	Slow, flat
Wed 17 July 10:30 - 11:15/ 11:30	<b>Around Walton-on-Thames</b> RA <b>Meet:</b> Walton Community Centre, Manor Road, Walton on Thames, KT12 2PB (Walkers can use the centre car park or use Manor Road car park £) <b>Leaders:</b> Carolyn	Gentle, small slope (steps on some routes)
Thur 18 July 10:30 - 12:00	<b>St Martha's Church</b> RA, WC <b>Meet:</b> far end of Newlands Corner car park, off A25, GU4 8SE <b>Leaders:</b> David G	Moderate hilly

Thur 18 July 14:00 - 15:00	<b>Heron and Leg O’Mutton ponds</b> RA <b>Meet:</b> Diana Fountain Car Park, Chestnut Avenue, Bushy Park (access via Lion Gate KT8 9DD). Meet by kiosk <b>Leaders:</b> Karen	Slow, flat
Thur 18 July 13:00 - 14:00	<b>Mary Frances Trust: wellbeing walk</b> <b>Meet:</b> Wilde brunch café by Walton bridge car park. Registration required: <a href="mailto:info@maryfrancestrust.org.uk">info@maryfrancestrust.org.uk</a> Tel 01372375400 <b>Leaders:</b> Mary Frances staff	Flat
Thu 18 July 14:00 - 15:15	<b>Nordic Walk: Around Painshill Park</b> WC RA <b>Meet:</b> car park, Painshill Park, Cobham KT11 1AA <b>Booking required</b> <b>Leader:</b> Pam, David M (see key for details)	Moderate hill
Fri 19 July 10:30 - 11:15	<b>Thames Path to Molesey Lock</b> WC RA <b>Meet:</b> Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL <b>Leader:</b> Keith	Gentle, slow, flat
Sun 21 July 11:00 - 12:15	<b>Whiteley Village</b> <b>Meet:</b> Sanctuary car park, Whiteley Village, Hersham KT12 4ED <b>Leaders:</b> Karen, Liz	Slow, slopes
Mon 22 July 10:30 - 12:00	<b>“Lucky Dip’ Country walk</b> WC RA <b>Meet:</b> Claygate Centre for the Community car park, Elm Road, Claygate KT10 0EH <b>Leader:</b> Andrew	Moderate slopes
Mon 22 July 11:00 - 11:30	<b>All inclusive walk or wheel 1km</b> WC <b>Meet:</b> outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG <b>Leaders:</b> Emily, Lily (disabled WC and Parking at Leisure centre)	Slow, gentle, mild slope
Tues 23 July 10:30 - 11:30	<b>Molesey Circular Walk</b> WC RA <b>Meet:</b> Council car park, Walton Road, East Molesey, KT8 0DP <b>Leaders:</b> Andrew, Val	Slow flat

Wed 24 July 10:30 - 11:15/ 11:30	<b>Around Walton-on-Thames</b> RA <b>Meet:</b> Walton Community Centre, Manor Road, Walton on Thames KT12 2PB (Walkers can use the centre car park or use Manor Road car park £) <b>Leaders:</b> David M	Gentle, small slope (steps on some routes)
Wed 24 July 14:00 - 14:45	<b>Whiteley Village Woods</b> <b>Meet:</b> grass verge parking by cricket pitch, corner of North Avenue and Coombe Lane, Whiteley Village, Hersham KT12 4EL <b>Leaders:</b> Karen, Liz	Slow, slopes
Thur 25 July 10:30 - 11:30	<b>Broadwater Lake and towpath</b> WC RA <b>Meet:</b> Cowey Sale car park, Walton Lane, Walton-on-Thames KT12 1QW. Meet furthest end of car park from Walton Bridge. <b>Leader:</b> Charles	Slow, flat
Thur 25 July 10:30 - 12:00	<b>Prince's Coverts</b> RA <b>Meet:</b> The Star pub car park, Kingston Road, Leatherhead KT22 0DP <b>Leader:</b> Andrew	Moderate slopes
Thur 25 July 13:00 - 14:00	<b>Mary Frances Trust: wellbeing walk</b> <b>Meet:</b> Wilde brunch café by Walton bridge car park Registration required: <a href="mailto:info@maryfrancestrust.org.uk">info@maryfrancestrust.org.uk</a> Tel 01372375400 <b>Leaders:</b> Mary Frances staff	Flat
Thur 25 July 14:00 - 15:15	<b>Nordic Walk: West End Woods</b> WC RA <b>Meet:</b> Garson's Farm car park, West End, Esher KT10 8LP. Meet near to farm shop <b>Leaders:</b> Pam, David M	Moderate
Fri 26 July 10:30 - 11:15	<b>Thames Path to Molesey Lock</b> WC RA <b>Meet:</b> Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL <b>Leader:</b> Keith	Gentle, slow, flat
Sat 27 July 18.30 - 20:00	<b>Laleham to Penton Hook Island</b> RA <b>Meet:</b> Broadway car park, Laleham TW18 1RZ <b>Leader:</b> Chris P, <b>Dogs on leads welcome</b>	Slow, flat

Sun 28 July	<b>No “Walk and talk”</b>	
Mon 29 July 10:30 - 12:00	<b>Black Pond and Longy Down</b> <b>Meet:</b> Sandy Lane car park (nearest to A244), Oxshott <b>Leaders:</b> David G	Moderate Slopes
Mon 29 July 11:00 - 11:30	<b>All inclusive walk or wheel 1km</b> WC <b>Meet:</b> outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG <b>Leaders:</b> Faye, David M (disabled WC and Parking at Leisure centre)	Slow, gentle, mild slope
Mon 29 July 14:00 - 15:45	<b>Xcel to Walton Marina</b> (with café stop) WC RE <b>Meet:</b> outside entrance to Xcel Leisure Centre, Waterside Drive, Walton KT12 2JG <b>Leaders:</b> Karen, Chris	Slow, slope
Tues 30 July 10:30 - 11:30	<b>Molesey Circular Walk</b> WC RA <b>Meet:</b> Council car park, Walton Road, East Molesey KT8 0DP <b>Leaders:</b> Dave F, Val	Slow, flat
Wed 31 July 10:30 - 11:30	<b>Around Walton-on-Thames</b> RA <b>Meet:</b> Walton Community Centre, Manor Road, Walton on Thames KT12 2PB (Walkers can use the centre car park or use Manor Road car park £) <b>Leaders:</b> Carolyn	Gentle, small slope (steps on some routes)
Thur 1 Aug 11:00 - 12:30	<b>Painshill Park</b> WC RA <b>Meet:</b> car park, Painshill Park, Cobham KT11 1AA <b>Booking required</b> <b>Leaders:</b> Karen, Liz (see key for details)	Slow, slopes
Thur 1 Aug 10:45 - 12:00	<b>Princess Alice Hospice Bereavement Walk &amp; Talk – Bushy Park</b> <b>Meet:</b> Pheasantry café car park TW11 0EQ (meet 10:45 for 11:00 start) <b>Booking required:</b> <a href="mailto:walkandtalk@pah.org.uk">walkandtalk@pah.org.uk</a>	Slow, flat
Thur 1 Aug 13:00 - 14:00	<b>Mary Frances Trust: wellbeing walk</b> <b>Meet:</b> Wilde brunch café by Walton bridge car park. Registration required: <a href="mailto:info@maryfrancestrust.org.uk">info@maryfrancestrust.org.uk</a> Tel 01372375400 <b>Leaders:</b> Mary Frances staff	Flat

Thur 1 Aug 14:00 - 15:15	<b>Nordic Walk: Round Whiteley Village</b> RA <b>Meet:</b> grass verge parking by cricket pitch, corner of North Avenue and Coombe Lane, Whiteley Village, KT12 4EL <b>Leaders:</b> Pam, David M	Moderate
Fri 2 Aug 10:30 - 11:15	<b>Thames Path to Molesey Lock</b> WC RA <b>Meet:</b> Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL <b>Leader:</b> Keith	Gentle, slow, flat
Sat 3 Aug 10:30 - 12:00	<b>Mickleham Downs</b> RA (WC in café/pub) <b>Meet:</b> car park: 51 degrees north cafe, A24 Dorking RH5 6EH (or bus 465 from Surbiton/Kingston) Meet at parking bays by café. <b>Leader:</b> Ramesh	Moderate hill, stiles, Steps, slopes
Sat 3 Aug 15:00 - 16:30	<b>Historical: Weybridge Town guided walk</b> <b>Meet:</b> outside Weybridge Public Library. Car Park, Churchfield Rd, Weybridge KT13 8DB (£) <b>Leader:</b> Roderick Archer	Slow, multiple stops
Mon 5 Aug 11:00 - 11:30	<b>All inclusive walk or wheel 1km</b> WC <b>Meet:</b> outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG <b>Leaders:</b> Faye, David M (disabled WC and Parking at Leisure centre)	Slow, gentle, mild slope
Tues 6 Aug 10:30 - 11:30	<b>Molesey Circular Walk</b> WC RA <b>Meet:</b> Council car park, Walton Road, East Molesey, KT8 0DP <b>Leaders:</b> Val, Dave F	Slow, flat
Wed 7 Aug - 10am - 12pm	<b>Summer wildflower identification workshop</b> A botanical foray around Esher Common. Learn how to identify wildflowers and the insects that rely on them. <b>Meet:</b> Horseshoe Clump car park, opposite Blackhills, Portsmouth road, Esher KT10 9JL. <b>Booking required:</b> countryside@elmbridge.gov.uk <b>Leader:</b> Ranger Susy	

Wed 7 Aug 10:30 - 11:15/ 11:30	<b>Around Walton-on-Thames</b> RA <b>Meet:</b> Walton Community Centre, Manor Road, Walton-on-Thames KT12 2PB (Walkers can use the centre car park or use Manor Road car park £) <b>Leaders:</b> David M	Gentle, small slope (steps on some routes)
Thu 8 Aug 10:30 - 12:00	<b>‘Woods and Commons’</b> <b>Meet:</b> Sandy Lane car park, Sandy Lane, Oxshott (one nearest A244) <b>Leader:</b> Andrew	Moderate slopes
Thu 8 Aug 10:30 - 12:00	<b>Historical walk: Molesey Cemetery</b> RA <b>Meet:</b> St. Peter's Church, Walton Rd, Molesey, West Molesey KT8 2HF <b>Leaders:</b> Anthony, Janet B	Slow, flat Multiple stops
Thu 8 Aug 13:00 - 14:00	<b>Mary Frances Trust: wellbeing walk</b> <b>Meet:</b> Wilde brunch café by Walton bridge car park. Registration required: <a href="mailto:info@maryfrancestrust.org.uk">info@maryfrancestrust.org.uk</a> Tel 01372375400 <b>Leaders:</b> Mary Frances staff	Flat
Thu 8 Aug 14:00 - 15:15	<b>Nordic Walk: Desborough Island &amp; towpath</b> <b>Meet:</b> Cowey Sale car park, Walton Lane, Walton-on-Thames KT12 1QW. Meet furthest end of car park from Walton Bridge <b>Leaders:</b> Pam, David M WC RA	Moderate steps
Fri 9 Aug 10:30 - 11:15	<b>Thames Path to Molesey Lock</b> WC RA <b>Meet:</b> Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL Leader: Keith	Gentle, slow, flat
Fri 9 Aug 10:30 - 12:00	<b>Albury Park and Shere</b> <b>Meet:</b> Silent Pool car park, Shere Road (A25), Albury, GU5 9BW <b>Leaders:</b> David G, Andrew	Moderate hilly
Sun 11 Aug 11:00 - 12:15	<b>Whiteley Village</b> <b>Meet:</b> Sanctuary car park, Whiteley Village, Hersham KT12 4ED <b>Leaders:</b> Karen, Liz	Slow, slopes
Sun 11 Aug	<b>No “Walk and talk”</b>	

Mon 12 Aug 11:00 - 11:30	<b>All inclusive walk or wheel 1km</b> WC <b>Meet:</b> outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG <b>Leaders:</b> Faye, David M (disabled WC and Parking at Leisure centre)	Slow, gentle, mild slope
Tues 13 Aug 10:30 - 11:30	<b>Molesey Circular Walk</b> WC RA <b>Meet:</b> Council car park, Walton Road, East Molesey KT8 0DP <b>Leaders:</b> Dave F, Val	Slow, flat
Wed 14 Aug 10am - 12pm	<b>The secret life of heathland tour</b> Discover the story of this ancient semi-natural habitat, home to a unique community of rare and specialised flora and fauna. <b>Meet:</b> Copsem Lane car park, Copsem Lane, Esher KT10 9HH. <b>Booking required:</b> countryside@elmbridge.gov.uk <b>Leader:</b> Ranger Susy	
Wed 14 Aug 10:15 - 11:30	<b>Princess Alice Hospice Bereavement Walk &amp; Talk – Richmond Park</b> <b>Meet:</b> Pembroke Lodge car park near information office TW10 5HX (meet 10:15 for 10:30 start) <b>Booking required:</b> <a href="mailto:walkandtalk@pah.org.uk">walkandtalk@pah.org.uk</a>	Slow, flat
Wed 14 Aug 10:30 - 11:15/ 30	<b>Around Walton-on-Thames</b> RA <b>Meet:</b> Walton Community Centre, Manor Road, Walton-on-Thames KT12 2PB (Walkers can use the centre car park or use Manor Road car park £) <b>Leaders:</b> Carolyn	Gentle, small slope (steps on some routes)
Thur 15 Aug 10:30 - 11:30	<b>Broadwater Lake and towpath</b> WC RA <b>Meet:</b> Cowey Sale car park, Walton Lane, Walton- on-Thames KT12 1QW. Meet furthest end of car park from Walton Bridge. <b>Leader:</b> Charles	Slow, flat
Thur 15 Aug 10:30 - 12:00	<b>A walk from Lakewood</b> <b>Meet:</b> Lakewood car park, Portsmouth Road, Cobham KT11 1BG <b>Leaders:</b> David G	Moderate slopes



Thur 15 Aug 13:00 - 14:00	<b>Mary Frances Trust: wellbeing walk</b> <b>Meet:</b> Wilde brunch café by Walton bridge car park Registration required: <a href="mailto:info@maryfrancestrust.org.uk">info@maryfrancestrust.org.uk</a> 01372375400 <b>Leaders:</b> Mary Frances staff	Flat
Thur 15 Aug 14:00 - 15:15	<b>Nordic Walk:</b> WC RA <b>Graburn Way to Bushy Park and back</b> <b>Meet:</b> river end of Graburn Way, Molesey KT8 9AL <b>Leaders:</b> Pam, David M	Moderate
Fri 16 Aug 10:30 - 11:15	<b>Thames Path to Molesey Lock</b> WC RA <b>Meet:</b> Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL Leader: Keith	Gentle, slow, flat
Sat 17 Aug 15:00 - 16:30	<b>Historical: Weybridge Town guided walk</b> <b>Meet:</b> outside Weybridge Public Library. Car Park, Churchfield Rd, Weybridge KT13 8DB (£) <b>Leader:</b> Roderick Archer	Slow, multiple stops
Sat 17 Aug 10:30 - 12:00	<b>Mickleham Downs</b> RA (WC in café/pub) <b>Meet:</b> car park 51 degrees north cafe, A24 Dorking RH5 6EH (or bus 465 from Surbiton/Kingston). Meet at parking bays by café. <b>Leader:</b> Ramesh	Moderate hill, stiles, Steps, slopes
Mon 19 Aug 10:30 - 12:00	<b>Horton Country Park and Epsom Common</b> <b>Meet:</b> Horton Country Park car park, Horton Lane, KT19 8PL <b>Leaders:</b> Andrew, David G WC RA	Moderate slopes
Mon 19 Aug 11:00 - 11:30	<b>All inclusive walk or wheel 1km</b> WC <b>Meet:</b> outside Xcel Leisure Complex, Waterside Dr, Walton-on-Thames KT12 2JG <b>Leaders:</b> Emily, David M (disabled WC and Parking at Leisure centre)	Slow, gentle, mild slope

Mon 19 Aug 14:00 - 15:45	<b>Xcel to Walton Marina</b> (with café stop) WC RE <b>Meet:</b> outside entrance to Xcel Leisure Centre, Waterside Drive, Walton KT12 2JG <b>Leaders:</b> Karen, Christine	Slow, slope
Tues 20 Aug 10:30 - 11:30	<b>Molesey Circular Walk</b> WC RA <b>Meet:</b> Council car park, Walton Road, East Molesey KT8 0DP <b>Leaders:</b> Val, Dave F	Slow, flat
Wed 21 Aug 10:30 - 11:15/ 30	<b>Around Walton-on-Thames</b> RA <b>Meet:</b> Walton Community Centre, Manor Road, Walton-on-Thames KT12 2PB (Walkers can use the centre car park or use Manor Road car park £) <b>Leaders:</b> David M	Gentle, small slope (steps on some routes)
Wed 21 Aug 10:30 - 12:00	<b>Towpath and Weybridge</b> <b>Meet:</b> by junction of Brooklands Lane and Heath Road, Weybridge KT13 8TJ (street parking nearby). <b>Leader:</b> David G, Andrew	Moderate flat, stepped ramps
Wed 21 Aug 10:15 - 11:30	<b>Princess Alice Hospice Bereavement Walk &amp; Talk – Painshill</b> <b>Meet:</b> car park KT11 1AA (10:15 for 10:30 start). Numbers are limited. <b>Booking required:</b> <a href="mailto:walkandtalk@pah.org.uk">walkandtalk@pah.org.uk</a>	Slow, flat
Wed 21 Aug 14:00 - 14:45	<b>Whiteley Village Woods</b> <b>Meet:</b> grass verge parking by cricket pitch, corner of North Avenue and Coombe Lane, Whiteley Village, Hersham KT12 4EL <b>Leaders:</b> Karen, Liz	Slow, slopes
Thur 22 Aug 14:00 - 15:15	<b>Mary Frances Trust: wellbeing walk</b> <b>Meet:</b> Wilde brunch café by Walton bridge car park Registration required: <a href="mailto:info@maryfrancestrust.org.uk">info@maryfrancestrust.org.uk</a> Tel 01372375400 <b>Leaders:</b> Mary Frances staff	Flat

Thur 22 Aug 14:00 - 15:15	<b>Nordic Walk:</b> <b>'To the Walled Garden and back'</b> <b>Meet:</b> Squires Garden Centre Halliford, Halliford Road, Upper Halliford, TW17 8SG <b>Leaders:</b> Pam, David M	WC RA	Moderate
Fri 23 Aug 10:30 - 11:15	<b>Thames Path to Molesey Lock</b> <b>Meet:</b> Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL <b>Leader:</b> Keith	WC RA	Gentle, slow, flat
Sat 24 Aug 18:30 - 20:00	<b>Laleham to Penton Hook Island</b> <b>Meet:</b> Broadway car park, Laleham TW18 1RZ <b>Leader:</b> Chris P <b>Dogs on leads welcome</b>	RA	Slow, flat
Sun 25 Aug 10:30 - 11:20	<b>Chertsey, park, woods and river</b> <b>Meet:</b> in Free Prae Road, Chertsey, nr junction with Eastworth Road, KT16 8DX <b>Leaders:</b> Charles		Slow, flat
Sun 25 Aug 13:30 - 14:15	<b>"Walk and talk"</b> <b>Meet:</b> Arbrook common carpark, Arbrook Lane, Claygate KT10 9EG (roadside parking on lane if carpark full) <b>Leader:</b> Ryan, Lidia		Slow, flat (muddy when wet)
Mon 26 Aug 10:30 - 12:00	<b>'Lucky Dip' Country walk</b> <b>Meet:</b> Claygate Centre for the Community car park, Elm Road, Claygate KT10 0EH <b>Leaders:</b> Andrew	WC RA	Moderate slopes
Tues 27 Aug 10:30 - 11:30	<b>Molesey Circular Walk</b> <b>Meet:</b> Council car park, Walton Road, East Molesey KT8 0DP <b>Leaders:</b> Dave F, Val	WC RA	Slow, flat
Tues 27 Aug 10:30 - 12:00	<b>Milton Heath Circular – Pipbrook</b> <b>Meet:</b> Milton Heath car park, Westcott Road (A25), Dorking RH4 3JU. (signed Bury Hill Fisheries) <b>Leaders:</b> David G		Moderate slopes
Wed 28 Aug 10:30 -	<b>Around Walton-on-Thames</b> <b>Meet:</b> Walton Community Centre, Manor Road, Walton-on-Thames KT12 2PB	RA	Gentle, small slope

11:15 / 30	(Walkers can use the centre car park or use Manor Road car park £) <b>Leaders:</b> Carolyn	(steps on some routes)
Thur 29 Aug 11:00 - 11:45	<b>Whiteley Village Woods</b> <b>Meet:</b> grass verge parking by cricket pitch, corner of North Avenue and Coombe Lane, Whiteley Village, Hersham KT12 4EL <b>Leaders:</b> Karen	Slow, slopes
Thur 29 Aug 13:00 - 14:00	<b>Mary Frances Trust: wellbeing walk</b> <b>Meet:</b> Wilde brunch café by Walton bridge car park Registration required: <a href="mailto:info@maryfrancestrust.org.uk">info@maryfrancestrust.org.uk</a> Tel 1372375400 <b>Leaders:</b> Mary Frances staff	Flat
Thur 29 Aug 14:00 - 15:15	<b>Nordic Walk: West End Woods</b> WC RA <b>Meet:</b> Garson's Farm car park, West End, Esher KT10 8LP. Meet near to farm shop <b>Leaders:</b> Pam	Moderate
Fri 30 Aug 10:30 - 11:15	<b>Thames Path to Molesey Lock</b> WC RA <b>Meet:</b> Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL Leader: Keith	Gentle, slow, flat
Fri 30 Aug 10:30 - 12:00	<b>Yews, views and PoWs</b> WC RA <b>Meet:</b> Newlands Corner car park (far end), off A25, GU4 8SE <b>Leaders:</b> Andrew, David G	Moderate hill, slopes
Mon 2 Sept 11:00 - 11:30	<b>All inclusive walk or wheel 1km</b> WC <b>Meet:</b> outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG <b>Leaders:</b> Faye, David M (disabled WC and Parking at Leisure centre)	Slow, gentle, mild slope
Mon 2 Sept 14:00 - 15:45	<b>Xcel to Walton Marina</b> (with café stop) WC RE <b>Meet:</b> outside entrance to Xcel Leisure Centre, Waterside Drive, Walton KT12 2JG <b>Leaders:</b> Karen, Christine	Slow, slope

Tues 3 Sept 10:30 - 11:30	<b>Molesey Circular Walk</b> WC RA <b>Meet:</b> Council car park, Walton Road, East Molesey KT8 0DP <b>Leaders:</b> Andrew, Dave F	Slow, flat
Wed 4 Sept 10:30 - 11:30	<b>Around Walton-on-Thames</b> RA <b>Meet:</b> Walton Community Centre, Manor Road, Walton on Thames KT12 2PB (Walkers can use the centre car park or use Manor Road car park £) <b>Leaders:</b> David M	Gentle, small slope (steps on some routes)
Thur 5 Sept 10:30 - 11:30	<b>Broadwater Lake and towpath</b> WC RA <b>Meet:</b> Cowey Sale car park, Walton Lane, Walton-on-Thames KT12 1QW. Meet furthest end of car park from Walton Bridge. <b>Leader:</b> Charles	Slow, flat
Thur 5 Sept 10:30 - 12:00	<b>'Woods and Commons'</b> <b>Meet:</b> Sandy Lane car park, Sandy Lane, Oxshott (one nearest A244) <b>Leaders:</b> Andrew	Moderate slopes
Thur 5 Sept 10:45 - 12:00	<b>Princess Alice Hospice Bereavement Walk &amp; Talk – Bushy Park</b> <b>Meet:</b> Pheasantry café car park TW11 0EQ (meet 10:45 for 11:00 start) <b>Booking required:</b> <a href="mailto:walkandtalk@pah.org.uk">walkandtalk@pah.org.uk</a>	Slow, flat
Thur 5 Sept 13:00 - 14:00	<b>Mary Frances Trust: wellbeing walk</b> <b>Meet:</b> Wilde brunch café by Walton bridge car park Registration required: <a href="mailto:info@maryfrancestrust.org.uk">info@maryfrancestrust.org.uk</a> Tel 01372375400 <b>Leaders:</b> Mary Frances staff	Flat
Thur 5 Sept 14:00 - 15:15	<b>Nordic Walk: Round Whiteley Village</b> RA Grass verge parking by cricket pitch, corner of <b>Meet:</b> North Avenue and Coombe Lane, Whiteley Village KT12 4EL <b>Leaders:</b> Pam, David M	Moderate
Fri 6 Sept 10:30 - 11:15	<b>Thames Path to Molesey Lock</b> WC RA <b>Meet:</b> Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL <b>Leader:</b> Keith	Gentle, slow, flat

Fri 6 Sept 10:30 - 12:00	<b>Arbrook and Claygate Commons</b> <b>Meet:</b> Junction of Claremont Road and Gordon Road, Claygate KT10 0PL (free street parking) <b>Leaders:</b> David G, Andrew	Moderate slopes
Sun 8 Sept 13:30 - 14:15	<b>“Walk and talk”</b> <b>Meet:</b> Arbrook common car park, Arbrook Lane, Claygate KT10 9EG (roadside parking on lane if carpark full) <b>Leader:</b> Ryan, Lidia	Slow, flat (muddy when wet)
Mon 9 Sept 11:00 - 11:30	<b>All inclusive walk or wheel 1km</b> WC <b>Meet:</b> outside Xcel Leisure Complex, Waterside Dr, Walton-on-Thames KT12 2JG <b>Leaders:</b> Faye, Karen (disabled WC and Parking at Leisure centre)	Slow, gentle, mild slope
Mon 9 Sept 14:00 - 15:00	<b>Heron and Leg O’Mutton ponds</b> RA <b>Meet:</b> Diana Fountain Car Park, Chestnut Avenue, Bushy Park (access via Lion Gate KT8 9DD). Meet by kiosk. <b>Leaders:</b> Karen	Slow, flat
Tues 10 Sept 10:30 - 11:30	<b>Molesey Circular Walk</b> WC RA <b>Meet:</b> Council car park, Walton Road, East Molesey KT8 0DP <b>Leaders:</b> Val, Dave F	Slow, flat
Wed 11 Sept 10:15 - 11:30	<b>Princess Alice Hospice Bereavement Walk &amp; Talk – Richmond Park</b> <b>Meet:</b> Pembroke Lodge car park near information office TW10 5HX (meet 10:15 for 10:30 start) <b>Booking required:</b> <a href="mailto:walkandtalk@pah.org.uk">walkandtalk@pah.org.uk</a>	Slow, flat
Wed 11 Sept 10:30 - 11:15 / 30	<b>Around Walton-on-Thames</b> RA <b>Meet:</b> Walton Community Centre, Manor Road, Walton-on-Thames KT12 2PB (Walkers can use the centre car park or use Manor Road car park £) <b>Leaders:</b> Carolyn	Gentle, small slope (steps on some routes)

Wed 11 Sept 10:30 - 12:00	<b>Historical walk: The Great Flood of 1968 in Molesey</b> <b>Meet:</b> Walton car park, 104 Walton Road, East Molesey KT8 0ST <b>Leaders:</b> Anthony, Janet B	Slow, flat Multiple stops
Thur 12 Sept 10:30 - 12:00	<b>Cobham and Downside</b> <b>Meet:</b> car park by Downside Bridge, Bridge Road, Cobham KT11 3LP <b>Leader:</b> David G	Moderate slopes
Thur 12 Sept 13:00 - 14:00	<b>Mary Frances Trust: wellbeing walk</b> <b>Meet:</b> Wilde brunch café by Walton bridge car park Registration required: <a href="mailto:info@maryfrancestrust.org.uk">info@maryfrancestrust.org.uk</a> Tel 01372375400 <b>Leaders:</b> Mary Frances staff	Flat
Thur 12 Sept 14:00 - 15:15	<b>Nordic Walk: Broadwater lake</b> WC RA <b>Meet:</b> Cowey Sale car park, Walton Lane, Walton-on-Thames KT12 1QW. Meet furthest end of car park from Walton Bridge <b>Leaders:</b> Pam	Moderate
Fri 13 Sept 10:30 - 11:15	<b>Thames Path to Molesey Lock</b> WC RA <b>Meet:</b> Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL <b>Leader:</b> Keith	Gentle, slow, flat
Sat 14 Sept 10:30 - 12:00	<b>Mickleham Downs</b> RA (WC in café/pub) <b>Meet:</b> car park: 51 degrees north cafe, A24 Dorking RH5 6EH (or bus 465 from Surbiton/Kingston) Meet at parking bays by café. <b>Leader:</b> Ramesh	Moderate hill, stiles, Steps, slopes
Mon 16 Sept 11:00 - 12:00	<b>Claremont NT Gardens</b> WC RA <b>Meet:</b> car park near WC's, Claremont Gardens, Portsmouth Road, Esher KT10 9JG <b>Leaders:</b> Karen, Liz <b>Booking required</b> (see key for details)	Slow, slopes

Mon 16 Sept 11:00 - 11:30	<b>All inclusive walk or wheel 1km</b> WC <b>Meet:</b> outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG <b>Leaders:</b> Faye, David M (disabled WC and Parking at Leisure centre)	Slow, gentle, mild slope
Tues 17 Sept 10:30 - 11:30	<b>Molesey Circular Walk</b> WC, RA <b>Meet:</b> Council car park, Walton Road, East Molesey KT8 0DP <b>Leaders:</b> Dave F, Val	Slow, flat
Wed 18 Sept 10:30 - 12:00	<b>Polesden Lacey Estate</b> <b>Park/meet:</b> at far end of Woodlands Road, Effingham KT23 4HJ <b>Leader:</b> David G	Moderate Hilly
Wed 18 Sept 10:15 - 11:30	<b>Princess Alice Hospice Bereavement Walk &amp; Talk – Painshill</b> <b>Meet:</b> car park KT11 1AA (meet 10:15 for 10:30 start). Numbers are limited. <b>Booking required:</b> <a href="mailto:walkandtalk@pah.org.uk">walkandtalk@pah.org.uk</a>	Slow, flat
Wed 18 Sept 10:30 - 11:15/ 11:30	<b>Around Walton-on-Thames</b> RA <b>Meet:</b> Walton Community Centre, Manor Road, Walton-on-Thames KT12 2PB (Walkers can use the centre car park or use Manor Road car park £) <b>Leaders:</b> David M	Gentle, small slope (steps on some routes)
Wed 18 Sept 14:00 - 14:45	<b>Whiteley Village Woods</b> <b>Meet:</b> grass verge parking by cricket pitch, corner of North Avenue and Coombe Lane, Whiteley Village, Hersham KT12 4EL <b>Leaders:</b> Karen, Chris P	Slow, slopes
Thur 19 Sept 13:00 - 14:00	<b>Mary Frances Trust: wellbeing walk</b> <b>Meet:</b> Wilde brunch café by Walton bridge car park. Registration required: <a href="mailto:info@maryfrancestrust.org.uk">info@maryfrancestrust.org.uk</a> 01372375400 <b>Leaders:</b> Mary Frances staff	Flat



Thur 19 Sept 14:00 - 15:15	<b>Nordic Walk:</b> RA <b>Bushy Park and the Woodland Gardens</b> <b>Meet:</b> Diana Fountain Car Park, Chestnut Avenue, Bushy Park (access via Lion Gate KT8 9DD) <b>Leaders:</b> David M	Moderate
Fri 20 Sept 10:30 - 11:15	<b>Thames Path to Molesey Lock</b> WC RA <b>Meet:</b> Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL <b>Leader:</b> Keith	Gentle, slow, flat
Sun 22 Sept 13:30 - 14:15	<b>“Walk and talk”</b> <b>Meet:</b> Arbrook common carpark, Arbrook Lane, Claygate KT10 9EG (roadside parking on lane if carpark full) <b>Leader:</b> Ryan, Lidia	Slow, flat (muddy when wet)
Mon 23 Sept 11:00 - 11:30	<b>All inclusive walk or wheel 1km</b> WC <b>Meet:</b> outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG <b>Leaders:</b> Faye, David M (disabled WC and Parking at Leisure centre)	Slow, gentle, mild slope
Mon 23 Sept 10:30 - 12:00	<b>West End Common</b> WC RA <b>Meet:</b> Garsons Farm car park, West End, Esher KT10 8LP. Meet outside farm shop. <b>Leaders:</b> Dave Page, Karen, Chris P	Slow, slopes
Tues 24 Sept 10:30 - 11:30	<b>Molesey Circular Walk</b> WC RA <b>Meet:</b> Council car park, Walton Road, East Molesey KT8 0DP <b>Leaders:</b> Val, Dave F	Slow, flat
Tues 24 Sept 10:30 - 12:00	<b>Wey Meadows</b> <b>Meet:</b> Junction of Brooklands Lane and Heath Road, Weybridge KT13 8TJ (street parking nearby) <b>Leaders:</b> David G	Moderate slopes, stairs, stiles
Tues 24 Sept 14:00 - 15:00	<b>Heron and Leg O’Mutton ponds</b> RA <b>Meet:</b> Diana Fountain Car Park, Chestnut Avenue, Bushy Park (access via Lion Gate KT8 9DD). Meet by kiosk <b>Leaders:</b> Karen	Slow, flat

Wed 25 Sept 10:30 - 11:15/ 11:30	<b>Around Walton-on-Thames</b> RA <b>Meet:</b> Walton Community Centre, Manor Road, Walton-on-Thames KT12 2PB (Walkers can use the centre car park or use Manor Road car park £) <b>Leaders:</b> Carolyn	Gentle, small slope (steps on some routes)
Thur 26 Sept 10:30 - 12:00	<b>Bushy Park</b> WC RA <b>Meet:</b> Diana Fountain Car Park, Chestnut Avenue, Bushy Park (access via Lion Gate KT8 9DD). Meet by kiosk. <b>Leaders:</b> Andrew, David G	Moderate flat
Thur 26 Sept 10:15 - 11:30	<b>Princess Alice Hospice Bereavement Walk &amp; Talk – Claremont Gardens</b> <b>Meet:</b> at the entrance KT10 9JG (meet 10:15 for 10:30 start). Numbers are limited. <b>Booking required:</b> <a href="mailto:donna-pariser@pah.org.uk">donna-pariser@pah.org.uk</a>	Slow, flat
Thur 26 Sept 11:00 - 12:30	<b>Painshill Park</b> WC RA <b>Meet:</b> in the car park, Painshill Park, Cobham KT11 1AA <b>Booking required</b> <b>Leaders:</b> Karen, Liz (see key for details)	Slow, slopes
Thur 26 Sept 13:00 - 14:00	<b>Mary Frances Trust: wellbeing walk</b> <b>Meet:</b> Wilde brunch café by Walton bridge car park Registration required: <a href="mailto:info@maryfrancestrust.org.uk">info@maryfrancestrust.org.uk</a> Tel 01372375400 <b>Leaders:</b> Mary Frances staff	Flat
Thur 26 Sept 14:00 - 15:15	<b>Nordic Walk: Around Painshill Park</b> WC RA <b>Meet:</b> in the car park, Painshill Park, Cobham KT11 1AA <b>Booking required</b> <b>Leader:</b> Pam, David M (see key for details)	Moderate
Fri 27 Sept 10:30 - 11:15	<b>Thames Path to Molesey Lock</b> WC RA <b>Meet:</b> Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL Leader: Keith	Gentle, slow, flat
Sat 28 Sept 10:30 - 12:00	<b>Mickleham Downs</b> RA (WC in café/pub) <b>Meet:</b> Car park: 51 degrees north cafe, A24 Dorking RH5 6EH (or bus 465 from Surbiton/Kingston). Meet at parking bays by café.	Moderate hill, stiles, Steps, slopes

	<b>Leader:</b> Ramesh	
Sun 29 Sept 11:00 - 12:15	<b>Whiteley Village (Sunday)</b> <b>Meet:</b> Sanctuary car park, Whiteley Village, Hersham KT12 4ED <b>Leaders:</b> Karen, Liz	Slow, slopes
Mon 30 Sept 10:30 - 12:00	<b>'Lucky Dip' Country walk</b> WC RA <b>Meet:</b> Claygate Centre for the Community car park, Elm Road, Claygate KT10 0EH <b>Leaders:</b> Andrew	Moderate slopes
Mon 30 Sept 11:00 - 11:30	<b>All inclusive walk or wheel 1km</b> WC <b>Meet:</b> outside Xcel Leisure Complex, Waterside Dr, Walton-on-Thames KT12 2JG <b>Leaders:</b> Faye, David M (disabled WC and Parking at Leisure centre)	Slow, gentle, mild slope

## Elmbridge Cycle Rides

Our group cycle rides welcome anyone competent on a bike, who would like to cycle in a social group to benefit their general wellbeing, be active, and explore the local area. All rides are free.

The weekly rides are led by trained and experienced volunteers. The routes vary in terms of time and length, but all rides are at a gentle pace. Our ride routes largely make the most of the local cycle ways, such as the Thames towpath and cycle lanes, and we do not take groups on busy roads and junctions. All rides have a stop halfway to rest, refuel and socialise so you will not be cycling constantly. If you fall behind, don't worry – your group will wait for you at the next junction or safe place to stop.

### Rider's responsibility

- If you are new to our cycle rides, please arrive 10 minutes early and let the leader know. You will be asked to fill out a new cyclist registration form.
- Keep in mind our leaders are volunteers. Be respectful, listen carefully to any instructions they give and let them lead.

- If you wish to leave the ride, let the ride leader know first.
- Your leader will direct the group during the ride; however, **you cycle at your own risk and are responsible for your own safety.**
- Abide by the Highway and Countryside Codes – never ride more than two abreast except when passing. Shout ‘Passing!’ if you do so.
- Show courtesy to other cycle path, towpath and road users and be a good ambassador for cycling.
- Be alert to what other riders around you are doing and do not get too close to them. Ideally, leave a gap of 2 bike lengths.
- Shout ‘Slowing!’ or ‘Stopping!’ if necessary – smooth, gentle manoeuvres work best.

### **What should I bring on a group ride?**

- Any appropriate bike in good working order. If in doubt, have it checked over by a local bike shop or qualified mechanic.
- Dress for the weather and bring a spare layer.
- All rides have café stops so bring money / card.
- It is advisable to carry a spare inner tube, pump and tyre levers in case of a puncture.
- At the start of the ride, you will be asked to complete a register with your emergency contact details.

### **Questions?**

Contact the Sport and Health team via email [health@elmbridge.gov.uk](mailto:health@elmbridge.gov.uk) or call 01372 474574. We are here to help.

Date / Time	Route	Pace, Gradient
Mon 1 July 10:30 - 12:30	<p><b>'4 Commons' Circular:</b> Through Cow, Littleworth, Arbrook and Esher Commons</p> <p><b>Meet:</b> Sadlers Ride car park, East Molesey KT8 1TW.</p> <p><b>Leaders:</b> Pam, Colin</p>	<p>Gentle Speed Steep hills &amp; loose gravel</p> <p>14 miles</p>
Mon 8 July 10:30 - 13:00	<p><b>Wey Navigation and Basingstoke Canal</b></p> <p><b>Linear:</b> New Haw Lock - West Byfleet - along the Wey Navigation and Basingstoke Canal – Woking – same route back.</p> <p><b>Meet:</b> Service Road, New Haw Lock, Byfleet Road, New Haw KT15 3JQ</p> <p><b>Leaders:</b> Richard, Pam</p>	<p>Gentle speed, flat</p> <p>15 miles</p>
Mon 15 July 10:30 - 12:45	<p><b>Molesey to Richmond park</b></p> <p><b>Circular:</b> Along towpath to Hampton Court and Kingston Bridges - Ham Common - Richmond Park – Ham common – Teddington foot bridge – Bushy park - towpath.</p> <p><b>Meet:</b> Sadlers Ride car park, East Molesey KT8 1TW.</p> <p><b>Leaders:</b> Colin, Richard</p>	<p>Gentle speed, mainly flat, 1 hill</p> <p>16 miles</p>
Mon 22 July 10:30 - 13:00	<p><b>Walton to Staines</b></p> <p><b>Linear:</b> Towpath to Walton Bridge - along road and river to Staines – and back.</p> <p><b>Meet:</b> Xcel Leisure Centre, Waterside Drive, Walton KT12 2JG. Meet outside entrance</p> <p><b>Leaders:</b> Richard, Pam</p>	<p>Gentle speed, Flat</p> <p>16 miles</p>
Mon 29 July 10:30 - 13:00	<p><b>Molesey to Lower Sunbury via Bushy Park</b></p> <p><b>Circular:</b> Towpath to Hampton Court Bridge - Bushy Park - Lower Sunbury - Walton Bridge - towpath to Molesey</p> <p><b>Meet:</b> Sadlers Ride car park, East Molesey KT8 1TW.</p> <p><b>Leaders:</b> Pam, Colin</p>	<p>Gentle speed, Flat</p> <p>16 miles</p>

<p>Mon 5 Aug 10:30 - 13:00</p>	<p><b>Thames Ditton to Littleworth Common</b>  <b>Circular:</b> Thames Ditton – Molesey – Hersham – Lower green – Littleworth Common – Claygate – Thames Ditton  <b>Meet:</b> Mercer Close, Thames Ditton KT7 0BS  <b>Leaders:</b> Richard, Colin</p>	<p>Flat  10 miles</p>
<p>Mon 12 Aug 10:30 - 13:00</p>	<p><b>Wey Navigation and Basingstoke Canal</b>  <b>Linear:</b> New Haw Lock - West Byfleet - along the Wey Navigation and Basingstoke Canal – Woking – same route back.  <b>Meet:</b> Service Road, New Haw Lock, Byfleet Road, New Haw KT15 3JQ  <b>Leaders:</b> Colin, Pam</p>	<p>Gentle speed, flat  15 miles</p>
<p>Mon 19 Aug 10:30 - 13:00</p>	<p><b>Molesey to Kingston and Richmond</b>  <b>Circular:</b> Towpath to Hampton Court Bridge – Kingston bridge – Kingston - Richmond Bridge. Returning on north of river.  <b>Meet:</b> Sadlers Ride car park, East Molesey KT8 1TW.  <b>Leaders:</b> Pam, Richard</p>	<p>Gentle speed, flat but with 1 hill  16 miles</p>
<p>Tues 27 May 10:30 - 12:30 *please note this is normally on a monday</p>	<p><b>‘4 Commons’ Circular:</b> Through Cow, Littleworth, Arbrook and Esher Commons  <b>Meet:</b> Sadlers Ride car park, East Molesey KT8 1TW.  <b>Leaders:</b> Richard, Pam</p>	<p>Gentle Speed Steep hills &amp; loose gravel  14 miles</p>
<p>Mon 2 Sept 10:30 - 13:00</p>	<p><b>Molesey to Crane Park via Bushy Park.</b>  <b>Linear route:</b> Towpath to Hampton Court Bridge - across Bushy park - through Fulwell - Crane Park. Same route back.  <b>Meet:</b> Sadlers Ride car park, East Molesey KT8 1TW.  <b>Leaders:</b> Colin, Richard</p>	<p>Gentle speed, Flat, tunnels  15 miles</p>

Date / Time	Route	Pace, Gradient
Mon 9 Sept 10:30 – 13:00	<b>Walton to Staines</b> <b>Linear:</b> Towpath to Walton Bridge - along road and river to Staines – and back. <b>Meet:</b> Xcel Leisure Centre, Waterside Drive, Walton KT12 2JG. Meet outside entrance <b>Leaders:</b> Richard, Colin	Gentle speed, Flat  16 miles
Mon 16 Sept	<b>No bike ride</b>	
Mon 23 Sept 10:30 - 12:30	<b>Thames Ditton to Bushy and Home Parks</b> <b>Circular:</b> Along Hampton Court Way to Hampton Court Bridge and through Bushy and Home Parks <b>Meet:</b> Mercer Close, Thames Ditton KT7 0BS <b>Leaders:</b> Pam, Richard	Gentle speed, Flat  10 miles
Mon 30 Sept 10:30 - 12:30	<b>Molesey to Weybridge</b> <b>Linear:</b> Towpath to Weybridge – and back. <b>Meet:</b> Sadlers Ride car park, East Molesey KT8 1TW. <b>Leaders:</b> Colin, Pam	Gentle speed, flat  9 miles



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# Exercise referral (wellness programme)

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and at centres for the  
community



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