
Wellbeing Walks, Nordic walks and cycle rides

1 October to 31 December 2024



Supporting you to get active and stay active

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 and volunteers. Many of our walks have a visit to a café at the end, so they are great for a friendly chat with other like-minded 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://www.elmbridge.gov.uk/wellbeingwalks) before you set off at [elmbridge.gov.uk/wellbeingwalks](http://www.elmbridge.gov.uk/wellbeingwalks)

What should I bring on a walk?

- Wear appropriate footwear and clothing for the weather.
- Especially in colder months, it's advisable to wear layers and be prepared for wet weather, such as bringing a light packable showerproof layer with you. Some walks may be muddy in wet weather. You may also want to bring 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 or telephone 01372 474574

Walk programme key:

WC	Toilets at meeting point
RA	Optional refreshments after the walk
RE	Refreshments stop enroute 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: health@elmbridge.gov.uk 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)
 - 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

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

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	'Lucky Dip' Country walk WC RA Claygate Centre for the Community car park, Elm Road, Claygate KT10 0EH	Moderate slopes
Weekly, every Tuesday 10:30 -11:30	Molesey Circular Walk WC RA Meet in council car park, Walton Road, East Molesey KT8 0DP	Slow, flat
Wednesday weekly from 10:30 - 11:15/30	Around Walton-on-Thames 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	'Woods and Commons' Sandy Lane car park, Sandy Lane, Oxshott (one nearest A244)	Moderate slopes
Weekly, every Friday 10:30 -11:15	Thames Path to Molesey Lock 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)	All-inclusive walk or wheel 1km WC RA Meet outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG	Slow, gentle, mild slope (3 benches)

Weekly, every Thursday 13:00-14:00	Mary Frances Trust: wellbeing walk Meet outside Wilde Brunch café by Walton bridge carpark. Registration required: 01372 375400, text 07929 024722, email info@maryfrancestrust.org.uk or visit www.maryfrancestrust.org.uk	Flat
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July

Date / Time	Route	Pace, Gradient
Tues 1 Oct 10:30 - 11:30	Molesey Circular Walk WC RA Meet: Council car park, Walton Road, East Molesey KT8 0DP Leaders: Dave F, Val	Slow, flat
Wed 2 Oct 10:30 - 11:30	Around Walton-on-Thames RA Meet: Walton Community Centre, Manor Road, Walton-on-Thames KT12 2PB (Walkers can use the centre car park or use Manor Road car park £) Leaders: David M	Gentle, small slope (steps on some routes)
Thur 3 Oct 10:30 - 12:00	‘Woods and Commons’ Meet: Sandy Lane car park, Sandy Lane, Oxshott (one nearest A244) Leader: Andrew	Moderate slopes
Thur 3 Oct 10:45 - 12:00	Princess Alice Hospice Bereavement Walk & Talk - Bushy Park Meet: Pheasantry café car park TW11 0EQ (meet 10:45 for 11:00 start) Booking required: walkandtalk@pah.org.uk	Slow, flat
Thur 3 Oct 13:00 - 14:00	Mary Frances Trust: wellbeing walk Meet: Wilde brunch café by Walton bridge car park Registration required: info@maryfrancestrust.org.uk Tel 01372375400 Leaders: Mary Frances staff	Flat

Thur 3 Oct 10:30 - 12:00	Historical: St Mary's "Inside and Out" Meet: St Mary's Church entrance, St Mary's Road, Molesey, East Molesey KT8 0ST Leaders: Anthony, Janet B	Slow, flat Multiple stops
Thur 3 Oct 14:00 - 15:15	Nordic Walk: RA Bushy Park and the Woodland Gardens Meet: Diana Fountain Car Park, Chestnut Avenue, Bushy Park (access via Lion Gate KT8 9DD) Leaders: David M	Moderate
Fri 4 Oct 10:30 - 11:15	Thames Path to Molesey Lock WC RA Meet: Miss Polly Café, at Molesey Cricket Club, Graburn Way KT8 9AL Leaders: Keith	Gentle, slow, flat
Sat 5 Oct 10:30 - 11:45	Hampton court Bridge to Kingston Bridge - boat back (walk 75min) WC RE Meet at river end of Graburn Way, Molesey KT8 9AL. 40-minute boat ride back is £8.50 Leader: Lily	Moderate flat
Sun 6 Oct 13:30 - 14:15	"Walk and talk" Meet: Arbrook common carpark, Arbrook Lane, Claygate KT10 9EG (roadside parking on lane if car park full) Leader: Ryan, Lidia	Slow, flat (muddy when wet)
Mon 7 Oct 10:30 - 12:00	Ashted Common RA Meet: in The Star pub car park, Kingston Road, Leatherhead KT22 0DP Leaders: Andrew	Moderate slopes
Mon 7 Oct 11:00 - 11:30/ 11:45	All inclusive walk or wheel 1km WC Meet: outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG Leaders: Faye, David M (disabled WC and Parking at Leisure centre)	Slow, gentle mild slope
Mon 7 Oct 11:00 - 11:45	Claremont NT Gardens WC RA Meet in the car park near WC's, Claremont Gardens, Portsmouth Road, Esher KT109JG Leaders: Karen Booking required (see key for details)	45 min: Slow

Tues 8 Oct 10:30 - 11:30	Molesey Circular Walk WC RA Meet: Council car park, Walton Road, East Molesey KT8 0DP Leaders: Val, Dave F	Slow, flat
Wed 9 Oct 10:30 - 11:30	Around Walton-on-Thames RA Meet: Walton Community Centre, Manor Road, Walton-on-Thames KT12 2PB (Walkers can use the centre car park or use Manor Road car park £) Leaders: Carolyn	Gentle, small slope (steps on some routes)
Wed 9 Oct 10:15 - 11:30	Princess Alice Hospice Bereavement Walk & Talk - Richmond Park Meet: Pembroke Lodge car park near information office TW10 5HX (meet 10:15 for 10:30 start) Booking required: walkandtalk@pah.org.uk	Slow, flat
Thur 10 Oct 10:30 - 11:45	Broadwater Lake and towpath WC RA Meet: Cowey Sale car park, Walton Lane, Walton- on-Thames KT12 1QW. Meet furthest end of car park from Walton Bridge. Leader: Charles	Slow, flat
Thur 10 Oct 10:15 - 11:30	Princess Alice Hospice Bereavement Walk & Talk - Horton Country Park WC RA Meet: Horton Country Park car park, Horton Lane, KT19 8PL (meet 10:15 for 10:30 start) Booking required: walkandtalk@pah.org.uk	Slow, flat
Thur 10 Oct 10:30 - 12:00	A walk from Lakewood Meet: Lakewood car park, Portsmouth Road, Cobham KT11 1BG Leaders: David G, Andrew	Moderate slopes
Thur 10 Oct 11:00 - 12:15	Painshill Park WC RA Meet: car park, Painshill Park, Cobham KT11 1AA Booking required Leaders: Karen, Liz (see key for details)	Slow, slopes

Thur 10 Oct 13:00 - 14:00	Mary Frances Trust: wellbeing walk Meet: Wilde brunch café by Walton bridge car park Registration required: info@maryfrancestrust.org.uk Tel 01372375400 Leaders: Mary Frances staff	Flat
Thur 10 Oct 14:00 - 15:15	Nordic Walk: West End Woods WC RA Meet: Garsons Farm car park, West End, Esher KT10 8LP. Meet near to farm shop Leaders: Pam, David M	Moderate
Fri 11 Oct 10:30 - 11:15	Thames Path to Molesey Lock WC RA Meet: Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL	Gentle, slow, flat
Sat 12 Oct 15:00 - 16:30	Historical: Weybridge Town guided walk Meet: in car park behind Weybridge Public Library. Car Park, Churchfield Rd, Weybridge KT13 8DB (£) Leader: Roderick Archer	Slow, multiple stops
Sun 13 Oct 10:30 - 12:00	Mickleham Downs RA (WC in café/pub) Meet: 51 Degrees North Cafe, A24 Dorking RH5 6EH (or bus 465 from Surbiton/Kingston) Meet at parking bays by café. Leader: Ramesh	Moderate hill, stiles, Steps, slopes
Sun 13 Oct 11:00 - 12:15	Whiteley Village Meet: Sanctuary car park, Whiteley Village, Hersham KT12 4ED Leaders: Karen, Liz	Slow, slopes
Mon 14 Oct 10:30 - 12:00	Fungi Walk (with Countryside Estates officer) Meet: Copsem lane car park, Copsem lane, Esher, KT109HH (A244 near A3) - a popular car park so leave plenty of time Leaders: Dave, Karen, Christine	Slow slopes steps lots of stops

Mon 14 Oct 11:00 - 11:30/ 11:45	All inclusive walk or wheel 1km WC Meet: outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG Leaders: Faye, David M (disabled WC and Parking at Leisure centre.)	Slow, gentle, mild slope
Tues 15 Oct 10:30 - 11:30	Molesey Circular Walk WC RA Meet: Council car park, Walton Road, East Molesey KT8 0DP Leaders: Andrew, Val	Slow, flat
Wed 16 Oct 10:30 - 11:15/ 11:30	Around Walton-on-Thames RA Meet: Walton Community Centre, Manor Road, Walton on Thames, KT12 2PB (Walkers can use the centre car park or use Manor Road car park £) Leaders: David M	Gentle, small slope (steps on some routes)
Wed 16 Oct 10:15 - 11:30	Princess Alice Hospice Bereavement Walk & Talk - Painshill Meet: car park KT11 1AA (10:15 for 10:30 start). Numbers are limited. Booking required: walkandtalk@pah.org.uk	Slow, flat
Thur 17 Oct 11:00 - 11:45	Heron and Leg O'Mutton ponds RA Meet: Diana Fountain Car Park, Chestnut Avenue, Bushy Park (access via Lion Gate KT8 9DD). Meet by kiosk Leaders: Karen	Slow, flat
Thur 17 Oct 13:00 - 14:00	Mary Frances Trust: wellbeing walk Meet: Wilde brunch café by Walton bridge car park. Registration required: info@maryfrancestrust.org.uk Tel 01372375400 Leaders: Mary Frances staff	Flat
Thu 17 Oct 14:00 - 15:15	Nordic Walk: WC RA 'To the Walled Garden and back' Meet: Squires Garden Centre Halliford, Halliford Road, Upper Halliford, TW17 8SG Leaders: Pam, David M	Moderate
Fri 18 Oct 10:30 - 11:15	Thames Path to Molesey Lock WC RA Meet: Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL Leader: Keith	Gentle, slow, flat

Sat 19 Oct 10:30 - 11:10	Hersham Riverside (New!) Meet: Waitrose car park (2 hours free) Far end by New Berry Lane KT12 4HL Leader: Carolyn	Slow, flat
Sat 19 Oct 15:00- 16:30	Historical: Weybridge Town guided walk Meet in car park behind Weybridge Public Library, Churchfield Rd, Weybridge KT13 8DB (£) Leader: Roderick Archer	Slow, multiple stops
Sun 20 Oct 13:30 - 14:15	“Walk and talk” Meet: Arbrook common carpark, Arbrook Lane, Claygate KT10 9EG (roadside parking on lane if car park full) Leader: Ryan, Lidia	Slow, flat (muddy when wet)
Mon 21 Oct 10:30 - 12:00	Woodland Gardens RE Meet: Diana Fountain Car Park, Chestnut Avenue, Bushy Park (access via Lion Gate KT8 9DD). Meet near kiosk. Leaders: Karen, Christine	Slow, flat
Mon 21 Oct 10:30 - 12:00	Towpath and Weybridge Meet: by junction of Brooklands Lane and Heath Road, Weybridge, KT13 8TJ (street parking nearby). Leader: David G	Moderate flat, stepped ramps
Mon 21 Oct 11:00 - 11:30/ 11:45	All inclusive walk or wheel 1km WC Meet: outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG Leaders: Emily, Lily (disabled WC and Parking at Leisure centre)	Slow, gentle, mild slope
Tues 22 Oct 10:30 - 11:30	Molesey Circular Walk WC RA Meet: Council car park, Walton Road, East Molesey, KT8 0DP Leaders: Dave F, Val	Slow flat
Wed 23 Oct 10:30 - 11:15/ 11:30	Around Walton-on-Thames RA Meet: Walton Community Centre, Manor Road, Walton KT12 2PB (Walkers can use the centre car park or use Manor Road car park £) Leaders: Carolyn	Gentle, small slope (steps on some routes)

Wed 23 Oct 10:30 - 12:00	Fungi Walk (with Countryside Estates officer) Meet: Lakewood car park, Portsmouth Road, Cobham, KT11 1BG Leaders: Dave, Karen, Chris P	Slow, slopes, steps, lots of stops
Thur 24 Oct 10:30 - 12:00	Bookham Commons Meet: Hundred Pound Bridge car park, far end of Bookham Road, Downside KT11 3JT Leaders: Andrew, David G	Moderate slopes
Thur 24 Oct 10:15 - 11:30	Princess Alice Hospice Bereavement Walk & Talk - Claremont Gardens Meet: entrance KT10 9JG (meet 10:15 for 10:30 start). Numbers are limited. Booking required: walkandtalk@pah.org.uk	Slow, flat
Thur 24 Oct 11:00– 11:45	Whiteley Village Woods Grass verge parking by cricket pitch, corner of North Avenue and Coombe Lane, Whiteley Village, Hersham, KT12 4EL Leaders: Karen, Liz	Slow, slopes
Thur 24 Oct 13:00 - 14:00	Mary Frances Trust: wellbeing walk Meet: Wilde brunch café by Walton bridge car park Registration required: info@maryfrancestrust.org.uk Tel 01372375400 Leaders: Mary Frances staff	Flat
Thur 24 Oct 14:00 - 15:15	Nordic Walk: Desborough Island & towpath Meet: Cowey Sale car park, Walton Lane, Walton-on-Thames, KT12 1QW. Meet furthest end of car park from Walton Bridge Leaders: Pam, David M WC RA	Moderate steps
Fri 25 Oct 10:30 - 11:15	Thames Path to Molesey Lock WC RA Meet: Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL Leader: Keith	Gentle, slow, flat
Sat 26 Oct 11:00 - 12:30	Painshill Park WC RA Meet: car park, Painshill Park, Cobham KT11 1AA Leaders: Lily Booking required (see key for details)	Moderate

Sun 27 Oct 10:30 - 11:20	Chertsey park, woods and river Meet: Free Prae Road, Chertsey, nr junction with Eastworth Road, KT16 8DX Leaders: Charles	Slow, flat
Sun 27 Oct 11:00 - 12:00	‘Two Rivers and a veg patch’ Meet: Junction of Ray Road, Molesey Park Road and Island Barn Road. West Molesey KT8 Leader: Karen	Slow, flat
Mon 28 Oct 10:30 - 12:00	“Lucky Dip’ Country walk WC RA Meet: Claygate Centre for the Community car park, Elm Road, Claygate KT10 0EH Leader: Andrew	Moderate slopes
Mon 28 Oct	No All inclusive walk or wheel 1km	
Tues 29 Oct 10:30 - 11:30	Molesey Circular Walk WC RA Meet: Council car park, Walton Road, East Molesey KT8 0DP Leaders: Val, Dave F	Slow, flat
Wed 30 Oct 10:30 - 11:30	Around Walton-on-Thames RA Meet: Walton Community Centre, Manor Road, Walton on Thames KT12 2PB (Walkers can use the centre car park or use Manor Road car park £) Leaders: David M	Gentle, small slope (steps on some routes)
Thur 31 Oct 14:00 - 15:15	Nordic Walk: Around Painshill Park WC RA Meet: in the car park, Painshill Park, Cobham KT11 1AA Booking required Leader: Pam, David M (see key for details)	Moderate hill
Thur 31 Oct 13:00 - 14:00	Mary Frances Trust: wellbeing walk Meet: Wilde brunch café by Walton bridge car park. Registration required: info@maryfrancestrust.org.uk Tel 01372375400 Leaders: Mary Frances staff	Flat
Fri 1 Nov 10:30 - 11:15	Thames Path to Molesey Lock WC RA Meet: Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL Leader: Keith	Gentle, slow, flat

Fri 1 Nov 10:30 - 12:00	Wisley via Byfleet Manor and Wey Navigation Meet: Sanway Road (opposite church), Byfleet, KT14 7SF Leaders: Andrew, David G	Moderate slopes
Sun 3 Nov 13:30 - 14:15	“Walk and talk” Meet: Arbrook common carpark, Arbrook Lane, Claygate, Surrey KT10 9EG (roadside parking on lane if carpark full). Leader: Ryan, Lidia	Slow, flat (muddy when wet)
Mon 4 10:30 - 12:30	Woodland Gardens RE Meet: Diana Fountain Car Park, Chestnut Avenue, Bushy Park (access via Lion Gate KT8 9DD). Meet near kiosk. Leaders: Karen, Christine	Slow, flat
Mon 4 Nov 11:00 - 11:30/ 11:45	All inclusive walk or wheel 1km WC Meet: outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG Leaders: Faye, Monica (disabled WC and Parking at Leisure centre)	Slow, gentle, mild slope
Tues 5 Nov 10:30 - 11:30	Molesey Circular Walk WC RA Meet: Council car park, Walton Road, East Molesey, KT8 0DP Leaders: Dave F, Val	Slow, flat
Wed 6 Nov 10:30 - 11:15/ 11:30	Around Walton-on-Thames RA Meet: Walton Community Centre, Manor Road, Walton-on-Thames KT12 2PB (Walkers can use the centre car park or use Manor Road car park £) Leaders: Carolyn	Gentle, small slope (steps on some routes)
Thu 7 Nov 10:30 - 12:00	Broadwater Lake and towpath WC RA Meet: Cowey Sale car park, Walton Lane, Walton- on-Thames, KT12 1QW. Meet furthest end of car park from Walton Bridge. Leader: Charles	Slow, flat
Thur 7 Nov 10:45 – 12:00	Princess Alice Hospice Bereavement Walk & Talk – Bushy Park Meet: Pheasantry café car park TW11 0EQ (meet 10:45 for 11:00 start) Booking required: walkandtalk@pah.org.uk	Slow, flat

Thu 7 Nov 10:30 - 12:00	'Woods and Commons' Meet: Sandy Lane car park, Sandy Lane, Oxshott (one nearest A244) Leader: Andrew	Moderate slopes
Thu 7 Nov 10:30 - 12:00	Historical: Walk around Hersham Green Meet: outside Hersham Centre for the Community (entrance at back), 7 Queens Road, KT12 5LU Leaders: Anthony, Janet B	Slow, flat Multiple stops
Thu 7 Nov 11:00 - 11:45	Whiteley Village Woods Meet: Grass verge parking by cricket pitch, corner of North Avenue and Coombe Lane, Whiteley Village, Hersham, KT12 4EL Leaders: Karen, Liz	Slow, slopes
Thu 7 Nov 13:00 - 14:00	Mary Frances Trust: wellbeing walk Meet: Wilde brunch café by Walton bridge car park. Registration required: info@maryfrancestrust.org.uk Tel 01372375400 Leaders: Mary Frances staff	Flat
Thu 7 Nov 14:00 - 15:15	Nordic Walk: Round Whiteley Village RA Meet: Grass verge parking by cricket pitch, corner of North Avenue and Coombe Lane, Whiteley Village, KT12 4EL Leaders: Pam, David M	Moderate
Fri 8 Nov 10:30 - 11:15	Thames Path to Molesey Lock WC RA Meet: Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL Leader: Keith	Gentle, slow, flat
Sat 9 Nov 10:30 - 12:00	Mickleham Downs RA (WC in café/pub) Meet: car park: 51 degrees north cafe, A24 Dorking RH5 6EH (or bus 465 from Surbiton/Kingston) Meet at parking bays by café. Leader: Ramesh	Moderate hill, stiles, Steps, slopes
Mon 11 Nov 10:30 - 12:00	Fungi Walk (with Countryside Estates Officer) Garsons Farm car park, West End, Esher, KT10 8LP. Meet outside farm shop Leaders: Dave Page, Karen, Chris P	Slow, lots of stops, slopes, steps

Mon 11 Nov 11:00 - 11:30/ 11:45	All inclusive walk or wheel 1km WC Meet: outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG Leaders: Faye, David M (disabled WC and Parking at Leisure centre)	Slow, gentle, mild slope
Tues 12 Nov 10:30 - 11:30	Molesey Circular Walk WC RA Meet: Council car park, Walton Road, East Molesey KT8 0DP Leaders: Val, Dave F	Slow, flat
Wed 13 Nov 10:15 - 11:30	Princess Alice Hospice Bereavement Walk & Talk – Richmond Park Meet: Pembroke Lodge car park near information office TW10 5HX (meet 10:15 for 10:30 start) Booking required: walkandtalk@pah.org.uk	Slow, flat
Wed 13 Nov 10:30 - 11:15/ 30	Around Walton-on-Thames RA Meet: Walton Community Centre, Manor Road, Walton-on-Thames KT12 2PB (Walkers can use the centre car park or use Manor Road car park £) Leaders: David M	Gentle, small slope (steps on some routes)
Wed 13 Nov 10:30 - 12:00	Arbrook and Claygate Commons Meet: Junction of Claremont Road and Gordon Road, Claygate KT10 0PL (free street parking) Leaders: David G, Andrew	Moderate slopes
Thur 14 10:15 - 11:30	Princess Alice Hospice Bereavement Walk & Talk -Horton Country Park WC RA Meet: Horton Country Park car park, Horton Lane, KT19 8PL (meet 10:15 for 10:30 start) Booking required: walkandtalk@pah.org.uk	Slow, flat
Thur 14 Nov 13:00 - 14:00	Mary Frances Trust: wellbeing walk Meet: Wilde brunch café by Walton bridge car park Registration required: info@maryfrancestrust.org.uk 01372375400 Leaders: Mary Frances staff	Flat

Thur 14 Nov 14:00 - 15:15	Nordic Walk: WC RA Graburn Way to Bushy Park and back Meet: river end of Graburn Way, Molesey KT8 9AL Leaders: Pam, David M	Moderate
Fri 15 Nov 10:30 - 11:15	Thames Path to Molesey Lock WC RA Meet: Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL Leader: Keith	Gentle, slow, flat
Fri 15 Nov 10:30 - 12:00	Horton Country Park WC RA Horton Country Park car park, Horton Lane, KT19 8PL Leaders: Andrew, David G	Moderate flat
Sat 16 Nov 11:00 - 12:30	Painshill Park WC RA Meet: car park, Painshill Park, Cobham KT11 1AA Leaders: Lily Booking required (see key for details)	Moderate
Sun 17 Nov 13:30 - 14:15	“Walk and talk” Meet: Arbrook common car park, Arbrook Lane, Claygate, Surrey KT10 9EG (roadside parking on lane if carpark full) Leader: Ryan, Lidia	Slow, flat (muddy when wet)
Mon 18 Nov 10:30 - 12:00	Xcel to Walton Marina (with café stop) WC RE Meet: outside entrance to Xcel Leisure Centre, Waterside Drive, Walton KT12 2JG Leaders: Karen, Christine	Slow, slope
Mon 18 Nov 11:00 - 11:30/ 11:45	All inclusive walk or wheel 1km WC Meet: outside Xcel Leisure Complex, Waterside Dr, Walton-on-Thames KT12 2JG Leaders: Emily, David M (disabled WC and Parking at Leisure centre)	Slow, gentle, mild slope
Tues 19 Nov 10:30 - 11:30	Molesey Circular Walk WC RA Meet: Council car park, Walton Road, East Molesey KT8 0DP Leaders: Dave F, Val	Slow, flat

Wed 20 Nov 10:30 - 11:15/ 30	Around Walton-on-Thames RA Meet: Walton Community Centre, Manor Road, Walton-on-Thames KT12 2PB (Walkers can use the centre car park or use Manor Road car park £) Leaders: Carolyn	Gentle, small slope (steps on some routes)
Wed 20 Nov 10:15 - 11:30	Princess Alice Hospice Bereavement Walk & Talk – Painshill Meet: car park KT11 1AA (10:15 for 10:30 start). Numbers are limited. Booking required: walkandtalk@pah.org.uk	Slow, flat
Thur 21 Nov 14:00 - 15:15	Mary Frances Trust: wellbeing walk Meet: Wilde brunch café by Walton bridge car park. Registration required: info@maryfrancestrust.org.uk Tel 01372375400 Leaders: Mary Frances staff	Flat
Thur 21 Nov 14:00 - 15:15	Nordic Walk: Broadwater lake WC RA Meet: Cowey Sale car park, Walton Lane, Walton-on-Thames, KT12 1QW. Meet furthest end of car park from Walton Bridge Leaders: Pam, David M	Moderate
Fri 22 Nov 10:30 - 11:15	Thames Path to Molesey Lock WC RA Meet: Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL. Leader: Keith	Gentle, slow, flat
Fri 22 Nov 10:30 - 12:00	Black Pond and Longy Down Meet: Sandy Lane car park (nearest to A244), Oxshott Leaders: David G, Andrew	Moderate Slopes
Sat 23 Nov 10:30 - 12:00	Mickleham Downs RA (WC in café/pub) Meet: 51 Degrees North Cafe, A24 Dorking RH5 6EH (or bus 465 from Surbiton/Kingston) Meet at parking bays by café. Leader: Ramesh	Moderate hill, stiles, Steps, slopes
Mon 25 Nov 10:30 - 11:15	Heron and Leg O’Mutton ponds RA Meet: Diana Fountain Car Park, Chestnut Avenue, Bushy Park (access via Lion Gate KT8 9DD). Meet by kiosk. Leaders: Karen	Slow, flat

Mon 25 Nov 10:30 - 12:00	‘Lucky Dip’ Country walk WC RA Meet: Claygate Centre for the Community car park, Elm Road, Claygate KT10 0EH Leaders: Andrew	Moderate slopes
Mon 25 Nov 11:00 - 11:30/ 11:45	All inclusive walk or wheel 1km WC Meet: outside Xcel Leisure Complex, Waterside Dr, Walton-on-Thames KT12 2JG Leaders: Emily, David M (disabled WC and Parking at Leisure centre)	Slow, gentle, mild slope
Tues 26 Nov 10:30 - 11:30	Molesey Circular Walk WC RA Meet: Council car park, Walton Road, East Molesey KT8 0DP Leaders: Andrew, Dave F	Slow, flat
Wed 27 Nov 10:30 - 11:15 / 30	Around Walton-on-Thames RA Meet: Walton Community Centre, Manor Road, Walton-on-Thames KT12 2PB (Walkers can use the centre car park or use Manor Road car park £) Leaders: David M	Gentle, small slope (steps on some routes)
Thur 28 Nov 10:30 - 11:20	Chertsey, park, woods and river Meet: in Free Prae Road, Chertsey, nr junction with Eastworth Road, KT16 8DX Leaders: Charles	Slow, flat
Thur 28 Nov 10:15 - 11:30	Princess Alice Hospice Bereavement Walk & Talk – Claremont Gardens Meet: at the entrance KT10 9JG (meet 10:15 for 10:30 start). Numbers are limited. Booking required: walkandtalk@pah.org.uk	Slow, flat
Thur 28 Nov 13:00 - 14:00	Mary Frances Trust: wellbeing walk Meet: Wilde brunch café by Walton bridge car park Registration required: info@maryfrancestrust.org.uk Tel 1372375400 Leaders: Mary Frances staff	Flat
Thur 28 Nov 14:00 - 15:15	Nordic Walk: Around Painshill Park WC RA Meet: car park, Painshill Park, Cobham KT11 1AA Booking required Leader: Pam, David M (see key for details)	Moderate hill

Fri 29 Nov 10:30 - 11:15	Thames Path to Molesey Lock WC RA Meet: Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL Leader: Keith	Gentle, slow, flat
Sat 30 Nov 11:00- 12:30	Painshill Park WC RA Meet: car park, Painshill Park, Cobham KT11 1AA Leaders: Lily Booking required (see key for details)	Moderate
Sun 1 Dec 13:30 - 14:15	“Walk and talk” Meet Arbrook common carpark, Arbrook Lane, Claygate, Surrey KT10 9EG (roadside parking on lane if carpark full) Leader: Ryan, Lidia	Slow, flat (muddy when wet)
Mon 2 Dec 11:00 - 11:30/ 11:45	All inclusive walk or wheel 1km WC Meet: outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG Leaders: Faye, David M (disabled WC and Parking at Leisure centre)	Slow, gentle, mild slope
Mon 2 Dec 11:00 - 12:00	Claremont NT Gardens WC RA Meet: car park near WC's, Claremont Gardens, Portsmouth Road, Esher, KT109JG Leaders: Karen, Christine Booking required (see key for details)	Slow, slopes
Tues 3 Dec 10:30 - 11:30	Molesey Circular Walk WC RA Meet: Council car park, Walton Road, East Molesey KT8 0DP Leaders: Val, Dave F	Slow, flat
Wed 4 Dec 10:30 - 11:30	Around Walton-on-Thames RA Meet: Walton Community Centre, Manor Road, Walton on Thames KT12 2PB (Walkers can use the centre car park or use Manor Road car park £) Leaders: Carolyn	Gentle, small slope (steps on some routes)
Thur 5 Dec 10:30 - 12:00	‘Woods and Commons’ Meet: Sandy Lane car park, Sandy Lane, Oxshott (one nearest A244) Leaders: Andrew	Moderate slopes

Thur 5 Dec 10:30 - 12:00	Historical: Molesey On Thames (NEW) RA Meet: Graburn way, East Molesey, Molesey KT8 9DW (towpath end) Leaders: Anthony, Janet B	Slow, flat Multiple stops
Thur 5 Dec 10:45 - 12:00	Princess Alice Hospice Bereavement Walk & Talk - Bushy Park Meet: Pheasantry café car park TW11 0EQ (meet 10:45 for 11:00 start) Booking required: walkandtalk@pah.org.uk	Slow, flat
Thur 5 Dec 13:00 - 14:00	Mary Frances Trust: wellbeing walk Meet: Wilde brunch café by Walton bridge car park Registration required: info@maryfrancestrust.org.uk Tel 01372375400 Leaders: Mary Frances staff	Flat
Thur 5 Dec 14:00 - 15:15	Nordic Walk: Cowey Sale to Excel RE Meet: Cowey Sale car park, Walton Lane, Walton-on-Thames, KT12 1QW. Leader: David M	Moderate
Fri 6 Dec 10:30 - 11:15	Thames Path to Molesey Lock WC RA Meet: Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL Leader: Keith	Gentle, slow, flat
Mon 9 Dec 10:30 - 12:00	Xcel to Walton Marina (with café stop) WC RE Meet: outside entrance to Xcel Leisure Centre, Waterside Drive, Walton KT12 2JG Leaders: Karen, Christine	Slow, slope
Mon 9 Dec 11:00 - 11:30/ 11:45	All inclusive walk or wheel 1km WC Meet: outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG Leaders: Faye, David M (disabled WC and Parking at Leisure centre)	Slow, gentle, mild slope
Tues 10 Dec 10:30 - 11:30	Molesey Circular Walk WC RA Meet: Council car park, Walton Road, East Molesey KT8 0DP Leaders: Dave F, Val	Slow, flat

Tues 10 Dec 10:30 - 12:00	Broadwater and Desborough Island WC RA Meet: Cowey Sale car park, Walton Lane, Walton- on-Thames, KT12 1QW. Meet furthest end of car park from Walton Bridge. Leader: David G	Moderate slopes, steps
Wed 11 Dec 10:15 - 11:30	Princess Alice Hospice Bereavement Walk & Talk – Richmond Park Meet: Pembroke Lodge car park near information office TW10 5HX (meet 10:15 for 10:30 start) Booking required: walkandtalk@pah.org.uk	Slow, flat
Wed 11 Dec 10:30 - 11:15 / 30	Around Walton-on-Thames RA Meet: Walton Community Centre, Manor Road, Walton-on-Thames KT12 2PB (Walkers can use the centre car park or use Manor Road car park £) Leaders: David M	Gentle, small slope (steps on some routes)
Thur 12 Dec 10:30 - 11:15	Heron and Leg O’Mutton ponds RA Meet: Diana Fountain Car Park, Chestnut Avenue, Bushy Park (access via Lion Gate KT8 9DD).Meet by kiosk. Leaders: Karen	Slow, flat
Thur 12 Dec 10:15 - 11:00	Princess Alice Hospice Bereavement Walk & Talk -Horton Country Park WC RA Meet: Horton Country Park car park, Horton Lane, KT19 8PL (meet 10:15 for 10:30 start) Booking required: walkandtalk@pah.org.uk	Slow, flat
Thur 12 Dec 10:30 - 12:00	West End and Esher Commons WC RA Meet: Garsons Farm Car park, West End, Esher, KT10 8LP. Meet close to farm shop entrance Leader: Andrew, David G	Moderate Steps and slopes
Thur 12 Dec 13:00 - 14:00	Mary Frances Trust: wellbeing walk Meet: Wilde brunch café by Walton bridge car park Registration required: info@maryfrancestrust.org.uk Tel 01372375400 Leaders: Mary Frances staff	Flat

Thur 12 Dec 14:00 - 15:15	Nordic Walk: Round Whiteley Village RA Grass verge parking by cricket pitch, corner of North Avenue and Coombe Lane, Whiteley Village, KT12 4EL Leaders: Pam, David M	Moderate
Fri 13 Dec 10:30 - 11:15	Thames Path to Molesey Lock WC RA Meet: Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL Leader: Keith	Gentle, slow, flat
Sat 14 Dec 10:30 - 12:00	Mickleham Downs RA (WC in café/pub) Meet: 51 Degrees North Cafe, A24 Dorking RH5 6EH (or bus 465 from Surbiton/Kingston) Meet at parking bays by café. Leader: Ramesh	Moderate hill, stiles, Steps, slopes
Sun 15 Dec 13:30 - 14:15	“Walk and talk” Meet: Arbrook common carpark, Arbrook Lane, Claygate KT10 9EG (roadside parking on lane if car park full) Leader: Ryan, Lidia	Slow, flat (muddy when wet)
Mon 16 Dec 10:30 - 12:15	To Hampton Court for a hot drink with ice! RE Meet: Sadlers Ride Car Park, Molesey, KT8 1ST Leaders: Karen, Chris P	Slow, flat
Mon 16 Dec 11:00 - 11:30/ 11:45	All inclusive walk or wheel 1km WC Meet: outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG Leaders: Faye, David M (disabled WC and Parking at Leisure centre)	Slow, gentle, mild slope
Tues 17 Dec 10:30 - 11:30	Molesey Circular Walk WC, RA Meet: Council car park, Walton Road, East Molesey KT8 0DP Leaders: Val, Dave F	Slow, flat
Wed 18 Dec 10:15 - 11:30	Princess Alice Hospice Bereavement Walk & Talk – Painshill Meet: car park KT11 1AA (meet 10:15 for 10:30 start). Numbers are limited. Booking required: walkandtalk@pah.org.uk	Slow, flat

Wed 18 Dec 10:30 - 11:15/ 11:30	Around Walton-on-Thames RA Meet: Walton Community Centre, Manor Road, Walton-on-Thames KT12 2PB (Walkers can use the centre car park or use Manor Road car park £) Leaders: Carolyn	Gentle, small slope (steps on some routes)
Thur 19 Dec 10:30 - 12:00	Cobham and Downside Meet: car park by Downside Bridge, Bridge Road, Cobham, KT11 3LP Leader: David G, Andrew	Moderate slopes
Thur 19 Dec 11:00 - 12:15	Painshill Park WC RA Meet: car park, Painshill Park, Cobham KT11 1AA Booking required Leaders: Karen, Liz (see key for details)	Slow, slopes
Thur 19 Dec 13:00 - 14:00	Mary Frances Trust: wellbeing walk Meet: Wilde brunch café by Walton bridge car park. Registration required: info@maryfrancestrust.org.uk 01372375400 Leaders: Mary Frances staff	Flat
Thur 19 Dec 14:00 - 15:15	Nordic Walk: West End Woods WC RA Meet: Garsons Farm car park, West End, Esher, KT10 8LP. Meet near to farm shop Leaders: Pam, David M	Moderate
Fri 20 Dec 10:30 - 11:15	Thames Path to Molesey Lock WC RA Meet: Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL Leader: Keith	Gentle, slow, flat
Fri 20 Dec 10:30 – 12:00	Bushy Park RA Meet: Diana Fountain Car Park, Chestnut Avenue, Bushy Park (access via Lion Gate KT8 9DD). Meet by kiosk. Leaders: Andrew, David G	Moderate flat
Mon 23 Dec 11:00 - 11:30/ 11:45	All inclusive walk or wheel 1km WC Meet: outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG Leaders: Faye, David M (disabled WC and Parking at Leisure centre)	Slow, gentle, mild slope

Tues 24	No Molesey Circular Walk	
Tues 24 Dec 10:00 - 11:00	Mary Frances Trust: wellbeing walk Meet: Wilde brunch café by Walton bridge car park Registration required: info@maryfrancestrust.org.uk Tel 01372375400 Leaders: Mary Frances staff	
Wed 25 (10.45) 11.00 - 11.45	Christmas Day Merry Meander - Whiteley Village Woods Meet: Grass verge parking by cricket pitch, corner of North Avenue and Coombe Lane, Whiteley Village KT12 4EL Leaders: Karen, Liz, Chris P *Arrive 15 mins early for festive nibbles!*	Slow, slopes
Thur 26 Dec 10:15 - 12:15	Boxing Day Walk: RE To Hampton Court for a hot drink with ice! Meet: Sadlers Ride Car Park, Molesey, KT8 1ST Leaders: Karen, Liz, Chris P *Arrive 15 mins early for festive nibbles!*	Slow, flat
Fri 27 Dec 10:30 - 11:15	Thames Path to Molesey Lock WC RA Meet: Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL Leader: Keith	Gentle, slow, flat
Sat 28 Dec 10:30 - 12:00	Mickleham Downs RA (WC in café/pub) Meet: 51 Degrees North Cafe, A24 Dorking RH5 6EH (or bus 465 from Surbiton/Kingston). Meet at parking bays by café. Leader: Ramesh	Moderate hill, stiles, Steps, slopes
Sun 29 Dec 10:30 - 11:45	Broadwater and Desborough Island WC RA Meet: Cowey Sale car park, Walton Lane, Walton- on-Thames KT12 1QW. Meet furthest end of car park from Walton Bridge. Leader: Charles	Moderate slopes, steps
Sun 29 Dec 13:30 - 14:15	“Walk and talk” Meet: Arbrook common carpark, Arbrook Lane, Claygate, Surrey KT10 9EG (roadside parking on lane if car park full) Leader: Ryan, Lidia	Slow, flat (muddy when wet)

Mon 30 Dec 10:30 - 12:00	‘Lucky Dip’ Country walk WC RA Meet: Claygate Centre for the Community car park, Elm Road, Claygate KT10 0EH Leaders: Andrew	Moderate slopes
Mon 30 Dec	No All inclusive walk or wheel 1km	
Tues 31 Dec	Molesey Circular Walk WC, RA Meet: Council car park, Walton Road, East Molesey KT8 0DP Leaders: Dave F, Val	Slow, Flat

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 or call 01372 474574. We are here to help.

Date / Time	Route	Pace, Gradient
Mon 7 Oct 10:30 - 13:00	<p>Molesey to Kingston and Richmond Circular: Towpath to Hampton Court Bridge - Kingston bridge - Kingston - Richmond Bridge. Returning on north of river.</p> <p>Meet: Sadlers Ride car park, East Molesey KT8 1TW.</p> <p>Leaders: Richard, Pam</p>	<p>Gentle speed, flat but with 1 hill</p> <p>16 miles</p>

<p>Mon 14 Oct 10:30 - 13:00</p>	<p>Wey Navigation and Basingstoke Canal Linear: New Haw Lock - West Byfleet - along the Wey Navigation and Basingstoke Canal - Woking - same route back. Meet: Service Road, New Haw Lock, Byfleet Road, New Haw KT15 3JQ Leaders: Colin, Richard</p>	<p>Gentle speed, flat 15 miles</p>
<p>Mon 21 Oct 10:30 - 13:00</p>	<p>Walton to Staines Linear: Towpath to Walton Bridge - along road and river to Staines - and back. Meet: Xcel Leisure Centre, Waterside Drive, Walton KT12 2JG. Meet outside entrance Leaders: Richard, Pam</p>	<p>Gentle speed, Flat 16 miles</p>
<p>Mon 28 Oct 10:30 - 12:30</p>	<p>Thames Ditton to Bushy and Home Parks Circular: Along Hampton Court Way to Hampton Court Bridge and through Bushy and Home Parks Meet: Mercer Close, Thames Ditton KT7 0BS Leaders: Pam, Colin</p>	<p>Gentle speed, Flat 10 miles</p>
<p>Mon 4 Nov 10:30 - 12:45</p>	<p>Molesey to Richmond park Circular: Along towpath to Hampton Court and Kingston Bridges - Ham Common - Richmond Park - Ham common - Teddington foot bridge - Bushy park - towpath. Meet: Sadlers Ride car park, East Molesey KT8 1TW. Leaders: Richard, Colin</p>	<p>Gentle speed, mainly flat, 1 hill 16 miles</p>
<p>Mon 11 Nov 10:30 - 13.00</p>	<p>Molesey to Lower Sunbury via Bushy Park Circular: Towpath to Hampton Court Bridge - Bushy Park - Lower Sunbury - Walton Bridge - towpath to Molesey Meet: Sadlers Ride car park, East Molesey KT8 1TW. Leaders: Colin, Pam</p>	<p>Gentle speed, flat 16 miles</p>
<p>Mon 25 Nov 10:30 - 13:00</p>	<p>Wey Navigation and Basingstoke Canal Linear: New Haw Lock - West Byfleet - along the Wey Navigation and Basingstoke Canal – Woking – same route back.</p>	<p>Gentle speed, flat 15 miles</p>

	<p>Meet: Service Road, New Haw Lock, Byfleet Road, New Haw KT15 3JQ</p> <p>Leaders: Richard, Pam</p>	
<p>Mon 2 Dec 10:30 - 13:00</p>	<p>Walton to Staines Linear: Towpath to Walton Bridge - along road and river to Staines – and back. Meet: Xcel Leisure Centre, Waterside Drive, Walton KT12 2JG. Meet outside entrance Leaders: Colin, Richard</p>	<p>Gentle speed, Flat 16 miles</p>
<p>Mon 9 Dec 10:30 - 13:00</p>	<p>Thames Ditton to Littleworth Common Circular: Thames Ditton – Molesey – Hersham – Lower green – Littleworth Common – Claygate – Thames Ditton Meet: Mercer Close, Thames Ditton KT7 0BS Leaders: Richard, Colin</p>	<p>Flat 10 miles</p>
<p>Mon 16 Dec 10:30 – 13:00</p>	<p>Molesey to Kingston and Richmond Circular: Towpath to Hampton Court Bridge – Kingston bridge – Kingston - Richmond Bridge. Returning on north of river. Meet: Sadlers Ride car park, East Molesey KT8 1TW. Leaders: Pam, Richard</p>	<p>Gentle speed, flat but with 1 hill 16 miles</p>
<p>Mon 23 Dec 10:30 - 12:30</p>	<p>Molesey to Lower Sunbury via Bushy Park Circular: Towpath to Hampton Court Bridge - Bushy Park - Lower Sunbury - Walton Bridge - towpath to Molesey Meet: Sadlers Ride car park, East Molesey KT8 1TW. Leaders: Colin, Pam</p>	<p>Gentle speed, flat 16 miles</p>
<p>Mon 30 Dec 10:30 - 12:30</p>	<p>Molesey to Crane Park via Bushy Park. Linear route: Towpath to Hampton Court Bridge - across Bushy park - through Fulwell - Crane Park. Same route back. Meet: Sadlers Ride car park, East Molesey KT8 1TW. Leaders: Pam, Colin</p>	<p>Gentle speed, Flat, tunnels 15 miles</p>

Exercise Referral

Tailored 12-week fitness programmes for those suffering with chronic conditions.

With regular appointments to track and review your progress, our qualified team will support you throughout your health and wellbeing journey.



For more information, please speak to your GP or scan the QR code.

Elmbridge historical wellbeing walks

October to December 2024

Explore your local history

Are you interested in the history of Hersham, Molesey and Weybridge?

Join Elmbridge Museum volunteer Anthony for free guided walks around East Molesey's St Mary's Church, Hersham Green and the Molesey area around Hampton Court Bridge.

Meet walk leader Roderick for a tour of historic Weybridge.

Slow flat walks with stops. Wheelchair accessible (except 'Molesey on Thames' walk).



Free to join
no booking
required

Thursday 3 October
East Molesey's
St Mary's 'Inside and Out'
10:30am to 12pm

Meet at St. Mary's Church entrance, St Mary's Road, Molesey, East Molesey KT8 OST for coffee, a talk and walk

Saturday 12 and 19
October

Historic Weybridge
3pm to 4:30pm

Meet outside former Weybridge Public Library site, in Churchfield Road car park, Weybridge KT13 8D

Friday 8 November
History walk around
Hersham Green

10:30am to 12pm

Meet at Hersham Centre for the Community, 7 Queens Road, Hersham, KT12 5LU

Thursday 5 December
'Molesey on Thames'
around Hampton Court
Bridge

10:30am to 12pm

Meet in Graburn Way, East Molesey, KT8 9DW towpath end



Elmbridge
Borough Council

elmbridgemuseum.org.uk
elmbridge.gov.uk/wellbeingwalks



Royston Pike Lecture Series

Autumn 2024



This autumn, all lectures will be held at Riverhouse Barn Arts Centre, Manor Road, Walton-on-Thames KT12 2PF and start at 7.30pm on the dates shown below:

Wednesday 9 October: A Path to the Past: an intimate view of traditional Romanian culture by Daryl and Judy Ford

Thursday 7 November: Plant Hunter and Gardener with Passion by Tom Hart Dyke

Tickets are £3 per person. They can be booked via the Riverhouse box office or purchased at the door.



Elmbridge
Borough Council

elmbridge.gov.uk/roystonpike
thelittleboxoffice.com/riverhouse
email: arts@elmbridge.gov.uk