Wellbeing Walks, Nordic walks and cycle rides

1 January to 31 March 2025



Supporting you to get active and stay active

Walk cancellations:

We almost never cancel our walks, but if we do due to bad weather or an unavailable walk leader, we will let you know on our website. It is a good idea to check elmbridge.gov.uk/wellbeingwalks or scan this QR code the day before your walk to stay updated.







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 <u>check our website for updates</u> before you set off at 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	Well behaved dogs on short leads welcome
lead	(Please only bring dogs if specified next to the walk
welcome	details)
Booking	To book a free space on our Painshill Park and
required	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: 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 Meet at 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 Meet at 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' Meet in 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 Meet at 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
		July

Date / Time	Route	Pace, Gradient
Wed 1	Around Walton-on-Thames RA	Gentle,
Jan	Meet: Walton Community Centre, Manor Road,	small
10:30 -	Walton-on-Thames KT12 2PB	slope
11:30	(Walkers can use the centre car park or use	(steps on
	Manor Road car park £)	some
	Leaders: Carolyn	routes)
Thur 2	'Woods and Commons'	Moderate
Jan	Meet: Sandy Lane car park, Sandy Lane,	slopes
10:30 -	Oxshott (one nearest A244)	
12:00	Leader: Andrew	
Thur 2	Princess Alice Hospice Bereavement Walk	Slow, flat
Jan	and Talk - Bushy Park	
10:45 -	Meet: Pheasantry café car park TW11 0EQ	
12:00	(meet 10:45 for 11:00 start)	
	Booking required: walkandtalk@pah.org.uk	
Thur 2	Mary Frances Trust: wellbeing walk	Flat
Jan	Meet: Wilde brunch café by Walton bridge car	
13:00 -	park	
14:00	Registration required:	
	info@maryfrancestrust.org.uk Tel 01372375400	
	Leaders: Mary Frances staff	
Thur 2	Nordic Walk: RA	Moderate
Jan	Bushy Park and the Woodland Gardens	
14:00 -	Meet: Diana Fountain Car Park, Chestnut	
15:15	Avenue, Bushy Park (access via Lion Gate KT8 9DD)	
	Leaders: Pam, David M	

Fri 3	Thames Path to Molesey Lock WC RA	Gentle,
Jan	Meet: Miss Polly Café, at Molesey Cricket	slow, flat
10:30 -	Club, Graburn Way KT8 9AL	
11:15	Leaders: Keith	
Sun 5	Whiteley Village	Slow,
Jan	Sanctuary car park, Whiteley Village, Hersham	slopes
11:00 -	KT12 4ED	
12:15	Leaders: Karen, Liz	
Mon 6	All-inclusive walk or wheel 1km WC	Slow,
Jan	Meet: outside Xcel Leisure Complex,	gentle
11:00 -	Waterside Drive, Walton-on-Thames KT12 2JG	mild
11:30/	Leaders: Faye, Karen	slope
11:45	(disabled WC and Parking at Leisure centre)	
Tues 7	Molesey Circular Walk WC RA	Slow, flat
Jan	Meet: Council car park, Walton Road, East	
10:30 -	Molesey KT8 0DP	
11:30	Leaders: Andrew, Dave F	
Tues 7	Xcel to Walton Marina (with café stop) WC RE	Slow,
Jan	Meet: outside entrance to Xcel Leisure Centre,	slope
10:30 -	Waterside Drive, Walton KT12 2JG	
12:30	Leaders: Karen, Christine	
Wed 8	Around Walton-on-Thames RA	Gentle,
Jan	Meet: Walton Community Centre, Manor Road,	small
10:30 -	Walton-on-Thames KT12 2PB	slope
11:30	(Walkers can use the centre car park or use	(steps on
	Manor Road car park £)	some
	Leaders: David M	routes)
Wed 8	Historical walk: An Archaeological walk on	Slow, flat
Jan	Molesey Hurst	
10:30 -	Sadlers Ride Car Park Molesey, KT8 1ST –	Multiple
12:00	Towpath end	stops
	Leaders: Anthony, Janet B	
Wed 8	Princess Alice Hospice Bereavement Walk	Slow, flat
Jan	and Talk - Richmond Park	
10:15 -	Meet: Pembroke Lodge car park near	
11:30	information office TW10 5HX (meet 10:15 for	
	10:30 start)	
	Booking required: walkandtalk@pah.org.uk	

Thur 9 Jan 10:15 - 11:30 Thur 9 Jan 13:00 - 14:00	Princess Alice Hospice Bereavement Walk and 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 Mary Frances Trust: wellbeing walk Meet: Wilde brunch café by Walton bridge car park Registration required: info@maryfrancestrust.org.uk Tel 01372375400	Slow, flat Flat
Thur 9 Jan 14:00 - 15:15	Leaders: Mary Frances staff 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 10 Jan 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 11 Jan 10:30 - 12:00	Mickleham Downs RA (WC in café/pub) Car park: 51 degrees north cafe, A24 Dorking RH5 6EH (or bus 465 from Surbiton/Kingston) Meet at parking bays by café. (10:30) Leader: Ramesh	Moderate hill, stiles, Steps, slopes
Mon 13 Jan 11:00 - 11:45	Claremont NT Gardens WC RA Meet in the car park near WC's, Claremont Gardens, Portsmouth Road, Esher, KT10 9JG Leaders: Karen, Liz Booking required (see key for details)	45 min: Slow, flat
Mon 13 Jan 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 14 Jan Meet: Council car park, Walton Road, East Molesey KT8 0DP Leaders: Val, Dave F Tues 14 Jan 10:30 - 10:30 - 10:30 - 10:30 - 10:30 - 12:00 Leaders: David G Meet: Walton Community Centre, Manor Road, Sandy Lane car park (nearest to A244), Oxshott Leaders: David G Meet: Walton Community Centre, Manor Road, Sandy Walton on Thames, KT12 2PB (Walkers can use the centre car park or use Manor Road car park £) Leaders: Carolyn Wed 15 Jan 10:30 - 11:30 Princess Alice Hospice Bereavement Walk and Talk - Painshill Meet: car park KT11 1AA (10:15 for 10:30 start). Numbers are limited. Booking required: walkandtalk@pah.org.uk Thur 16 Jan Meet: Diana Fountain Car Park, Chestnut Avenue, Bushy Park (access via Lion Gate KT8 9DD). Meet by kiosk Leaders: Karen Mary Frances Trust: wellbeing walk Meet: Wilde brunch café by Walton bridge car park. Registration required: info@marvfrancestrust.org.uk Thur 16 Jan Mordic Walk: Broadwater lake Cowey Sale car park, Walton Lane, Walton-on-Thames, KT12 1QW. Meet furthest end of car park from Walton Bridge Leaders: Pam, David M Fri 17 Jan Horton Country Park & Epsom Common Horton Country Park car park, Horton Lane, KT19 8PL WC RA 12:00 Leaders: Andrew, David G			T =
10:30 - 11:30	Tues 14	Molesey Circular Walk WC RA	Slow, flat
Tues 14 Jan Sandy Lane car park (nearest to A244), Oxshott Leaders: David G Wed 15 Jan 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 Wed 15 Jan Met: car park KT11 1AA (10:15 for 10:30 start). Numbers are limited. Booking required: walkandtalk@pah.org.uk Thur 16 Jan Met: Diana Fountain Car Park, Chestnut Avenue, Bushy Park (access via Lion Gate KT8 9DD). Meet by kiosk Leaders: Karen Thur 16 Jan Mary Frances Trust: wellbeing walk Meet: Wilde brunch café by Walton bridge car park. Registration required: info@maryfrancestrust.org.uk Thu 16 Jan An Meet: Wilde brunch cafe by Walton bridge car park. Registration required: info@maryfrancestrust.org.uk Thur 16 Jan An Meet: Wilde brunch cafe by Walton bridge car park. Registration required: info@maryfrancestrust.org.uk Leaders: Mary Frances staff Thu 16 Jan An Mordic Walk: Broadwater lake Cowey Sale car park, Walton Lane, Walton-on-Thames, KT12 1QW. Meet furthest end of car park from Walton Bridge Leaders: Pam, David M Fri 17 Jan Horton Country Park & Epsom Common			
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12:00 Leaders: David G Slopes	Jan	Sandy Lane car park (nearest to A244),	
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14:00 info@maryfrancestrust.org.uk Tel 01372375400 Leaders: Mary Frances staff Thu 16 Nordic Walk: Broadwater lake WC RA Cowey Sale car park, Walton Lane, 14:00 - Walton-on-Thames, KT12 1QW. Meet furthest end of car park from Walton Bridge Leaders: Pam, David M Fri 17 Horton Country Park & Epsom Common Horton Country Park car park, Horton Lane, 10:30 - KT19 8PL WC RA	Jan	Meet: Wilde brunch café by Walton bridge car	
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Thu 16 Jan Cowey Sale car park, Walton Lane, 14:00 - Walton-on-Thames, KT12 1QW. Meet furthest end of car park from Walton Bridge Leaders: Pam, David M Fri 17 Jan Horton Country Park & Epsom Common Horton Country Park car park, Horton Lane, 10:30 - KT19 8PL WC RA Moderate slopes	14:00	info@maryfrancestrust.org.uk Tel 01372375400	
Jan 14:00 - 15:15		Leaders: Mary Frances staff	
14:00 - 15:15 Walton-on-Thames, KT12 1QW. Meet furthest end of car park from Walton Bridge Leaders: Pam, David M Fri 17 Horton Country Park & Epsom Common Horton Country Park car park, Horton Lane, 10:30 - KT19 8PL WC RA	Thu 16	Nordic Walk: Broadwater lake WC RA	Moderate
15:15 end of car park from Walton Bridge Leaders: Pam, David M Fri 17 Horton Country Park & Epsom Common Horton Country Park car park, Horton Lane, 10:30 - KT19 8PL WC RA	Jan	Cowey Sale car park, Walton Lane,	
Fri 17 Jan Horton Country Park & Epsom Common Horton Country Park car park, Horton Lane, KT19 8PL WC RA	14:00 -	Walton-on-Thames, KT12 1QW. Meet furthest	
Fri 17 Jan Horton Country Park & Epsom Common Horton Country Park car park, Horton Lane, 10:30 - KT19 8PL WC RA Moderate slopes	15:15	end of car park from Walton Bridge	
Jan Horton Country Park car park, Horton Lane, Slopes 10:30 - KT19 8PL WC RA			
Jan Horton Country Park car park, Horton Lane, Slopes 10:30 - KT19 8PL WC RA	Fri 17	Horton Country Park & Epsom Common	Moderate
	lan		slopes
12:00 Leaders: Andrew, David G	Jan		
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Fri 17	Thames Path to Molesey Lock WC RA	Gentle,
Jan	Meet: Miss Polly Café, at Molesey Cricket	slow, flat
10:30 -	Club, Graburn Way, KT8 9AL	
11:15	Leader: Keith	
Sat 18	Painshill Park WC RA	Moderate
Jan	Meet in the car park, Painshill Park, Cobham	
11:00 -	KT11 1AA Booking required	
12:30	Leader: Lily (see key for details)	
Mon 20	'Lucky Dip' Country walk WC RA	Moderate
Jan	Claygate Centre for the Community car park,	slopes
10:30 -	Elm Road, Claygate KT10 0EH	
12:00	Leader: Andrew	
Mon 20	All-inclusive walk or wheel 1km WC	Slow,
Jan	Meet: outside Xcel Leisure Complex,	gentle,
11:00 -	Waterside Drive, Walton-on-Thames KT12 2JG	mild
11:30/	Leaders: Faye, David M	slope
11:45	(disabled WC and Parking at Leisure centre)	-
Tues 21	Molesey Circular Walk WC RA	Slow flat
Jan	Meet: Council car park, Walton Road, East	
10:30 -	Molesey, KT8 0DP	
11:30	Leaders: Dave F, Val	
Wed 22	Around Walton-on-Thames RA	Gentle,
Jan	Meet: Walton Community Centre, Manor Road,	small
10:30 -	Walton KT12 2PB	slope
11:15/	(Walkers can use the centre car park or use	(steps on
11:30	Manor Road car park £)	some
	Leaders: David M	routes)
Thur 23	Broadwater Lake and towpath WC	Slow, flat
Jan	Cowey Sale car park, Walton Lane, Walton-	
10:30 -	on-Thames, KT121QW. Meet furthest end of	
11:30	car park from Walton Bridge.	
	Leader: Charles	
Thur 23	Princess Alice Hospice Bereavement Walk	Slow, flat
Jan	and Talk - Claremont Gardens	,
10:15 -	Meet: entrance KT10 9JG (meet 10:15 for	
11:30	10:30 start). Numbers are limited.	
	Booking required: walkandtalk@pah.org.uk	

Thur 23	Painshill Park WC RA	Clow
Jan		Slow,
	Meet in the car park, Painshill Park, Cobham	slopes
11:00 -	KT11 1AA Booking required	
12:15	Leaders: Karen, Liz (see key for details)	E
Thur 23	Mary Frances Trust: wellbeing walk	Flat
Jan	Meet: Wilde brunch café by Walton bridge car	
13:00 -	park	
14:00	Registration required:	
	info@maryfrancestrust.org.uk Tel 01372375400	
	Leaders: Mary Frances staff	
Thur 23	Nordic Walk: Cowey Sale to Excel RE	Moderate
Jan	Cowey Sale car park, Walton Lane,	steps
14:00 -	Walton-on-Thames, KT12 1QW.	
15:15	Leader: David M	
Fri 24	Thames Path to Molesey Lock WC RA	Gentle,
Jan	Meet: Miss Polly Café, at Molesey Cricket	slow, flat
10:30 -	Club, Graburn Way, KT8 9AL	
11:15	Leader: Keith	
Sat 25	Hersham Riverside	Slow, flat
Jan	Meet: Waitrose car park (2 hours free)	
10:30 -	Far end by New Berry Lane KT12 4HL	
11:15	Leader: Carolyn	
Mon 27	All-inclusive walk or wheel 1km WC	Slow,
Jan	Meet: outside Xcel Leisure Complex,	gentle,
11:00 -	Waterside Drive, Walton-on-Thames KT12 2JG	mild
11:30/	Leaders: Faye, David M	slope
11:45	(disabled WC and Parking at Leisure centre)	
Tues 28	Molesey Circular Walk WC RA	Slow, flat
Jan	Meet: Council car park, Walton Road, East	,
10:30 -	Molesey KT8 0DP	
11:30	Leaders: Val, Dave F	
Tues 28	Whiteley Village Woods	Slow,
Jan	Grass verge parking by cricket pitch, corner of	slopes
10:30 -	North Avenue and Coombe Lane, Whiteley	- 1
12:15	Village, Hersham, KT12 4EL	
1	Leaders: Karen, Chris	
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Wed 29 JanAround Walton-on-ThamesRA Meet: Walton Community Centre, Manor Road, Small SlopeMeet: 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(steps on some routes)Wed 29 Jan 10:30 - 12:00Arbrook and Claygate Commons Junction of Claremont Road and Gordon Road, Claygate, KT10 0PL (free street parking) Leader: David GModerate slopesThur 30 Jan 14:00 - 15:15Nordic Walk: West End Woods Garsons Farm car park, West End, Esher, KT10 8LP. Meet near to farm shop Leaders: Pam, David MModerateThur 30 Jan 13:00 - 14:00Mary Frances Trust: wellbeing walk Meet: Wilde brunch café by Walton bridge car park. Registration required: info@maryfrancestrust.org.uk Leaders: Mary Frances staffFlatFri 31Thames Path to Molesey Lock WC RAGentle,
10:30 - Walton on Thames KT12 2PB (walkers can use the centre car park or use Manor Road car park £) some routes) Wed 29 Arbrook and Claygate Commons Junction of Claremont Road and Gordon Road, Claygate, KT10 0PL (free street parking) Leader: David G Thur 30 Nordic Walk: West End Woods WC RA Garsons Farm car park, West End, Esher, KT10 8LP. Meet near to farm shop Leaders: Pam, David M Thur 30 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 Fri 31 Thames Path to Molesey Lock WC RA Gentle,
11:30 (walkers can use the centre car park or use Manor Road car park £) some routes) Wed 29 Arbrook and Claygate Commons Junction of Claremont Road and Gordon Road, Claygate, KT10 0PL (free street parking) Leader: David G Thur 30 Nordic Walk: West End Woods Jan Garsons Farm car park, West End, Esher, KT10 8LP. Meet near to farm shop Leaders: Pam, David M Thur 30 Jan 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 Fri 31 Thames Path to Molesey Lock WC RA Gentle,
Manor Road car park £) Leaders: David M Wed 29 Jan Junction of Claremont Road and Gordon Road, 10:30 - 12:00 Leader: David G Thur 30 Jan Garsons Farm car park, West End, Esher, 14:00 - 15:15 Leaders: Pam, David M Thur 30 Jan Mary Frances Trust: wellbeing walk Meet: Wilde brunch café by Walton bridge car park. Registration required: info@maryfrancestrust.org.uk Fri 31 Thames Path to Molesey Lock WC RA Some routes) Moderate slopes Moderate Slopes Flat Flat Flat Flat Gentle,
Wed 29 Jan Junction of Claremont Road and Gordon Road, 10:30 - 12:00 Leader: David G Thur 30 Jan Garsons Farm car park, West End, Esher, 14:00 - 15:15 Leaders: Pam, David M Thur 30 Jan Mary Frances Trust: wellbeing walk Jan Meet: Wilde brunch café by Walton bridge car park. Registration required: info@maryfrancestrust.org.uk Fri 31 Thames Path to Molesey Lock WC RA Gendon Moderate Slopes Moderate Slopes Moderate Flat Flat Flat Gentle,
Wed 29 Jan 10:30 - 12:00 Thur 30 Jan Arbrook and Claygate Commons Junction of Claremont Road and Gordon Road, Claygate, KT10 0PL (free street parking) Leader: David G Thur 30 Jan Garsons Farm car park, West End, Esher, KT10 8LP. Meet near to farm shop Leaders: Pam, David M Thur 30 Jan Mary Frances Trust: wellbeing walk Jan Meet: Wilde brunch café by Walton bridge car park. Registration required: info@maryfrancestrust.org.uk Info@maryfrancestrust.org.uk Leaders: Mary Frances staff Fri 31 Thames Path to Molesey Lock WC RA Moderate Slopes Moderate Slopes Moderate Slopes
Jan 10:30 - 12:00
10:30 - Leader: David G Thur 30
Thur 30 Jan Garsons Farm car park, West End, Esher, KT10 8LP. Meet near to farm shop Leaders: Pam, David M Thur 30 Jan Mary Frances Trust: wellbeing walk Meet: Wilde brunch café by Walton bridge car park. Registration required: info@maryfrancestrust.org.uk Info@maryfrances staff Fri 31 Thames Path to Molesey Lock WC RA MOderate Moderate Flat Flat Flat Gentle,
Thur 30 Jan 14:00 - 15:15 Thur 30 Jan Amage and a series of the series
Jan 14:00 - 15:15 Carsons Farm car park, West End, Esher, KT10 8LP. Meet near to farm shop Leaders: Pam, David M Thur 30 Jan 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 Fri 31 Thames Path to Molesey Lock WC RA Gentle,
14:00 - KT10 8LP. Meet near to farm shop Leaders: Pam, David M Thur 30 Jan Meet: Wilde brunch café by Walton bridge car park. Registration required: info@maryfrancestrust.org.uk Info@maryfrances staff Fri 31 KT10 8LP. Meet near to farm shop Leaders: Pam, David M Flat Flat Flat Gentle,
Thur 30 Jan Meet: Wilde brunch café by Walton bridge car park. Registration required: info@maryfrancestrust.org.uk Leaders: Mary Frances staff Fri 31 Leaders: Pam, David M Flat Flat Flat Flat Flat Flat Gentle,
Thur 30 Jan 13:00 - 14:00 Third @maryfrances Trust: wellbeing walk Meet: Wilde brunch café by Walton bridge car park. Registration required: info@maryfrancestrust.org.uk Leaders: Mary Frances staff Thames Path to Molesey Lock WC RA Gentle,
Jan 13:00 - 14:00 Meet: Wilde brunch café by Walton bridge car park. Registration required: info@maryfrancestrust.org.uk Leaders: Mary Frances staff Fri 31 Thames Path to Molesey Lock WC RA Gentle,
13:00 - park. Registration required: 14:00
14:00 info@maryfrancestrust.org.uk Tel 01372375400 Leaders: Mary Frances staff Fri 31 Thames Path to Molesey Lock WC RA Gentle,
Leaders: Mary Frances staff Fri 31 Thames Path to Molesey Lock WC RA Gentle,
Fri 31 Thames Path to Molesey Lock WC RA Gentle,
land Manta Man Dally Onti at Malanay Originat
Jan Meet: Miss Polly Café, at Molesey Cricket slow, flat
10:30 - Club, Graburn Way, KT8 9AL
11:15 Leader: Keith
February
Mon 3 All-inclusive walk or wheel 1km WC Slow,
Feb Meet: outside Xcel Leisure Complex, gentle,
11:00 - Waterside Drive, Walton-on-Thames KT12 2JG mild
11:30/ Leaders: Faye, David M slope
11:45 (disabled WC and Parking at Leisure centre)
Mon 3 To the Woodland gardens RE Slow, Flat
Feb Diana Fountain Car Park, Chestnut Avenue,
10:30 - Bushy Park (access via Lion Gate KT8 9DD)
12:30 Meet by kiosk
Leaders: Karen, Christine

Tues 4	Molesey Circular Walk WC RA	Slow, flat
Feb	Meet: Council car park, Walton Road, East	,
10:30 -	Molesey, KT8 0DP	
11:30	Leaders: Dave F, Val	
Wed 5	Around Walton-on-Thames RA	Gentle,
Feb	Meet: Walton Community Centre, Manor Road,	small
10:30 -	Walton-on-Thames KT12 2PB	slope
11:15/	(Walkers can use the centre car park or use	(steps on
11:30	Manor Road car park £)	some
	Leaders: Carolyn	routes)
Thur 6	Princess Alice Hospice Bereavement Walk	Slow, flat
Feb	and Talk - Bushy Park	
10:45 -	Meet: Pheasantry café car park TW11 0EQ	
12:00	(meet 10:45 for 11:00 start)	
	Booking required: walkandtalk@pah.org.uk	
Thu 6	'Woods and Commons'	Moderate
Feb	Meet: Sandy Lane car park, Sandy Lane,	slopes
10:30 -	Oxshott (one nearest A244)	-
12:00	Leader: Andrew	
Thu 6	Mary Frances Trust: wellbeing walk	Flat
Feb	Meet: Wilde brunch café by Walton bridge car	
13:00 -	park.Registration required:	
14:00	info@maryfrancestrust.org.uk Tel 01372375400	
	Leaders: Mary Frances staff	
Thu 6	Heron and Leg O'Mutton ponds RA	Slow, flat
Feb	Diana Fountain Car Park, Chestnut Avenue,	
13:30 -	Bushy Park (access via Lion Gate KT8 9DD)	
14:15	Meet by kiosk	
	Leaders: Karen	
Thu 6	Nordic Walk: Around Painshill Park WC RA	Moderate
Feb	Meet in the car park, Painshill Park, Cobham	hill
14:00 -	KT11 1AA Booking required	
15:30	Leader: Pam (see key for details	
Fri 7	Thames Path to Molesey Lock WC RA	Gentle,
Feb	Meet: Miss Polly Café, at Molesey Cricket	slow, flat
10:30 -	Club, Graburn Way, KT8 9AL	
11:15	Leader: Keith	

Fri 7	Historical: The story of Hurst Bark Estate	Slow, flat
Feb	Historical: The story of Hurst Park Estate Meet at Tesco Superstore, Hurst Road, West	multiple
10:30 -	Molesey, KT8 1SE	•
10.30 =		stops
Mon 10	Leaders: Anthony, Janet B	Moderate
	Broadwater and Desborough Island WC RA	
Feb	Cowey Sale car park, Walton Lane, Walton-	slopes,
10:30 - 12:00	on-Thames, KT12 1QW. Meet furthest end of	steps
12.00	car park from Walton Bridge.	
Mon 10	Leader: David G, Andrew All-inclusive walk or wheel 1km WC	Clour
		Slow,
Feb	Meet: outside Xcel Leisure Complex,	gentle,
11:00 -	Waterside Drive, Walton-on-Thames KT12 2JG	mild
11:30/	Leaders: Faye, Aimee	slope
11:45	(disabled WC and Parking at Leisure centre)	Olavi flat
Tues	Molesey Circular Walk WC RA	Slow, flat
11th	Meet: Council car park, Walton Road, East	
Feb	Molesey KT8 0DP	
10:30 -	Leaders: Val, Dave F	
11:30		
1 1 1 1 2 1 4 0	Driverses Alies Heavise Development Well-	Ola flat
Wed 12	Princess Alice Hospice Bereavement Walk	Slow, flat
Feb	and Talk – Richmond Park	Slow, flat
Feb 10:15 -	and Talk – Richmond Park Meet: Pembroke Lodge car park near	Slow, flat
Feb	and Talk – Richmond Park Meet: Pembroke Lodge car park near information office TW10 5HX (meet 10:15 for	Slow, flat
Feb 10:15 -	and Talk – Richmond Park Meet: Pembroke Lodge car park near information office TW10 5HX (meet 10:15 for 10:30 start)	Slow, flat
Feb 10:15 - 11:30	and 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	·
Feb 10:15 - 11:30 Wed 12	and 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 Around Walton-on-Thames RA	Gentle,
Feb 10:15 - 11:30 Wed 12 Feb	and 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 Around Walton-on-Thames RA Meet: Walton Community Centre, Manor Road,	Gentle, small
Feb 10:15 - 11:30 Wed 12 Feb 10:30 -	and 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 Around Walton-on-Thames RA Meet: Walton Community Centre, Manor Road, Walton-on-Thames KT12 2PB	Gentle, small slope
Feb 10:15 - 11:30 Wed 12 Feb 10:30 - 11:15/	and 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 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	Gentle, small slope (steps on
Feb 10:15 - 11:30 Wed 12 Feb 10:30 -	and 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 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 £)	Gentle, small slope (steps on some
Feb 10:15 - 11:30 Wed 12 Feb 10:30 - 11:15/ 30	and 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 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)
Feb 10:15 - 11:30 Wed 12 Feb 10:30 - 11:15/ 30 Wed 12	and 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 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 Xcel to Walton Marina (with café stop) WC RE	Gentle, small slope (steps on some routes) Slow,
Feb 10:15 - 11:30 Wed 12 Feb 10:30 - 11:15/ 30 Wed 12 Feb	and 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 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 Xcel to Walton Marina (with café stop) WC RE Meet outside entrance to Xcel Leisure Centre,	Gentle, small slope (steps on some routes)
Feb 10:15 - 11:30 Wed 12 Feb 10:30 - 11:15/ 30 Wed 12 Feb 10:30 -	and 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 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 Xcel to Walton Marina (with café stop) WC RE Meet outside entrance to Xcel Leisure Centre, Waterside Drive, Walton KT12 2JG	Gentle, small slope (steps on some routes) Slow,
Feb 10:15 - 11:30 Wed 12 Feb 10:30 - 11:15/ 30 Wed 12 Feb	and 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 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 Xcel to Walton Marina (with café stop) WC RE Meet outside entrance to Xcel Leisure Centre,	Gentle, small slope (steps on some routes) Slow,
Feb 10:15 - 11:30 Wed 12 Feb 10:30 - 11:15/ 30 Wed 12 Feb 10:30 -	and 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 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 Xcel to Walton Marina (with café stop) WC RE Meet outside entrance to Xcel Leisure Centre, Waterside Drive, Walton KT12 2JG	Gentle, small slope (steps on some routes) Slow,
Feb 10:15 - 11:30 Wed 12 Feb 10:30 - 11:15/ 30 Wed 12 Feb 10:30 -	and 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 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 Xcel to Walton Marina (with café stop) WC RE Meet outside entrance to Xcel Leisure Centre, Waterside Drive, Walton KT12 2JG	Gentle, small slope (steps on some routes) Slow,

Thur 13 Feb 10:15 - 11:30	Princess Alice Hospice Bereavement Walk and 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 13 Feb 13:00 - 14:00	Mary Frances Trust: wellbeing walk Meet: Wilde brunch café by Walton bridge car park. Registration required: info@maryfrancestrust.org.uk Leaders: Mary Frances staff	Flat
Thur 13 Feb 14:00 - 15:15	Nordic Walk: RA Bushy Park and the Woodland Gardens Diana Fountain Car Park, Chestnut Avenue, Bushy Park (access via Lion Gate KT8 9DD) Leaders: Pam, David M	Moderate
Fri 14 Feb 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 14 Feb 10:30 - 12:00	West End and Esher Commons WC RA Garsons Farm Car park, West End Esher, KT10 8LP. Meet close to farm shop entrance Leader: Andrew, David G	Moderate slopes steps
Sun 16 Feb 11:00 - 12:15	Whiteley Village Sanctuary car park, Whiteley Village, Hersham KT12 4ED Leaders: Karen, Liz	Slow slopes
Mon17 Feb 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: Faye, David M (disabled WC and Parking at Leisure centre)	Slow, gentle, mild slope
Mon17 Feb 11:00 - 12:00	Claremont NT Gardens WC RA Meet in the car park near WC's, Claremont Gardens, Portsmouth Road, Esher, KT10 9JG Leaders: Karen, Christine Booking required (see key for details)	Slow, slopes

Tues 18 Feb	Molesey Circular Walk WC RA Meet: Council car park, Walton Road, East	Slow, flat
10:30 - 11:30	Molesey KT8 0DP Leaders : Andrew, Val	
	· ·	Contlo
Wed 19	Around Walton-on-Thames RA	Gentle,
Feb	Meet: Walton Community Centre, Manor Road,	small
10:30 -	Walton-on-Thames KT12 2PB	slope
11:15/	(Walkers can use the centre car park or use	(steps on
30	Manor Road car park £) Leaders: David M	some routes)
Wed 19	Princess Alice Hospice Bereavement Walk	Slow, flat
Feb	and Talk – Painshill	Cion, nat
10:15 -	Meet: car park KT11 1AA (10:15 for 10:30	
11:30	start). Numbers are limited.	
	Booking required: walkandtalk@pah.org.uk	
Wed 19	A walk from Lakewood	Moderate
Feb	Lakewood car park, Portsmouth Road,	slopes
10:30 -	Cobham, KT11 1BG	-
12:00	Leaders: David G, Andrew	
Thur 20	Broadwater Lake and towpath WC RA	Slow, flat
Feb	Cowey Sale car park, Walton Lane, Walton-	
10:30 -	on-Thames, KT12 1QW. Meet furthest end of	
11:30	car park from Walton Bridge.	
	Leader: Charles	<u> </u>
Thur 20	Painshill Park WC RA	Slow
Feb	Meet in the car park, Painshill Park, Cobham	slopes
11:00 -	KT11 1AA Booking required	
12:15	Leaders: Karen, Liz (see key for details)	
Thur 20	Mary Frances Trust: wellbeing walk	Flat
Feb	Meet: Wilde brunch café by Walton bridge car	
14:00 -	park. Registration required:	
15:15	info@maryfrancestrust.org.uk Tel 01372375400 Leaders: Mary Frances staff	
Thur 20	Nordic Walk: Round Whiteley Village RA	Moderate
Feb	Grass verge parking by cricket pitch, corner of	iviouerate
14:00 -	North Avenue and Coombe Lane, Whiteley	
15:15	Village, KT12 4EL	
10.10	Leaders: Pam, David M	
1	=0440.011 am, David M	

Fri 21	Thames Path to Molesey Lock WC RA	Gentle,
Feb	Meet: Miss Polly Café, at Molesey Cricket	slow, flat
10:30 -	Club, Graburn Way, KT8 9AL.	
11:15	Leader: Keith	
Sat 22	Painshill Park WC RA	Moderate
Feb	Meet in the car park, Painshill Park, Cobham	
11:00 -	KT11 1AA Booking required	
12:30	Leader: Lily (see key for details)	
Mon 24	'Lucky Dip' Country walk WC RA	Moderate
Feb	Meet: Claygate Centre for the Community car	slopes
10:30 -	park, Elm Road, Claygate KT10 0EH	
12:00	Leaders: Andrew	
Mon 24	All-inclusive walk or wheel 1km WC	Slow,
Feb	Meet: outside Xcel Leisure Complex,	gentle,
11:00 -	Waterside Dr, Walton-on-Thames KT12 2JG	mild
11:30/	Leaders: Faye, Aimee (Monica)	slope
11:45	(disabled WC and Parking at Leisure centre)	
Mon 24	Whiteley Village Woods	Slow,
Feb	Grass verge parking by cricket pitch, corner of	slopes
14:00 -	North Avenue and Coombe Lane, Whiteley	
14:45	Village, Hersham, KT12 4EL	
	Leaders: Karen, Chris	
Tues 25	Molesey Circular Walk WC RA	Slow, flat
Feb	Meet: Council car park, Walton Road, East	
10:30 -	Molesey KT8 0DP	
11:30	Leaders: Dave F, Val	
Wed 26	Around Walton-on-Thames RA	Gentle,
Feb	Meet: Walton Community Centre, Manor Road,	small
10:30 -	Walton-on-Thames KT12 2PB	slope
11:15 /	(Walkers can use the centre car park or use	(steps on
30	Manor Road car park £)	some
	Leaders: Carolyn	routes)
Thur 27	Yews, views and PoWs WC RA	Moderate
Feb	Newlands Corner car park (far end), off A25,	hill
10:30 -	GU4 8SE	slopes
12:00	Leaders: Andrew, David G	

Thur 27	Princess Alice Hospice Bereavement Walk	Slow, flat
Feb	and Talk - Claremont Gardens	
10:15 -	Meet: at the entrance KT10 9JG (meet 10:15	
11:30	for 10:30 start). Numbers are limited.	
TI 07	Booking required: walkandtalk@pah.org.uk	E 1.4
Thur 27	Mary Frances Trust: wellbeing walk	Flat
Feb	Meet: Wilde brunch café by Walton bridge car	
13:00 -	park	
14:00	Registration required:	
	info@maryfrancestrust.org.uk Tel 1372375400	
Th 0.7	Leaders: Mary Frances staff Nordic Walk: WC RA	Madausta
Thur 27	1101011	Moderate
Feb	Graburn Way to Bushy Park and back	
14:00 - 15:15	Meet at river end of Graburn Way, Molesey	
15.15	KT8 9AL Leaders: Pam	
Fri 28		Contlo
Feb	Thames Path to Molesey Lock WC RA	Gentle,
10:30 -	Meet: Miss Polly Café, at Molesey Cricket	slow, flat
10.30 -	Club, Graburn Way, KT8 9AL Leader: Keith	
11.13		
	March	
Sun 2	Whiteley Village	Slow,
March	Sanctuary car park, Whiteley Village, Hersham	slopes
11:00 -	KT12 4ED	-
12:15	Leaders: Karen, Liz	
Mon 3	Woodland Gardens RE	Slow, flat
March	Diana Fountain Car Park, Chestnut Avenue,	
10:30 -	Bushy Park (access via Lion Gate KT8 9DD)	
12:00	Meet near kiosk	
	Leaders: Karen, Christine	
Mon 3	All-inclusive walk or wheel 1km WC	Slow,
March	Meet: outside Xcel Leisure Complex,	gentle,
11:00 -	Waterside Drive, Walton-on-Thames KT12 2JG	mild
11:30/	Leaders: Faye, David M	slope
11:45	(disabled WC and Parking at Leisure centre)	

Tues 4	Molesey Circular Walk WC RA	Slow, flat
March	Meet: Council car park, Walton Road, East	,
10:30 -	Molesey KT8 0DP	
11:30	Leaders: Val, Dave F	
Wed 5	Around Walton-on-Thames RA	Gentle,
March	Meet: Walton Community Centre, Manor Road,	small
10:30 -	Walton on Thames KT12 2PB	slope
11:30	(Walkers can use the centre car park or use	(steps on
	Manor Road car park £)	some
	Leaders: David M	routes)
Thur 6	'Woods and Commons'	Moderate
March	Meet: Sandy Lane car park, Sandy Lane,	slopes
10:30 -	Oxshott (one nearest A244)	
12:00	Leaders: Andrew	
Thur 6	Historical: Remembering Hurst Park	Slow, flat
March	Racecourse	Multiple
10:30 -	Meet at Tesco Superstore, Hurst Road, West	stops
12:00	Molesey, KT8 1SE	
	Leaders: Anthony, Janet B	
Thur 6	Princess Alice Hospice Bereavement Walk	Slow, flat
March	and Talk - Bushy Park	
10:45 -	Meet: Pheasantry café car park TW11 0EQ	
12:00	(meet 10:45 for 11:00 start)	
	Booking required: walkandtalk@pah.org.uk	
Thur 6	Mary Frances Trust: wellbeing walk	Flat
March	Meet: Wilde brunch café by Walton bridge car	
13:00 -	park	
14:00	Registration required:	
	info@maryfrancestrust.org.uk Tel 01372375400	
	Leaders: Mary Frances staff	
Thur 6	Nordic Walk: Broadwater lake WC RA	Moderate
March	Cowey Sale car park, Walton Lane,	
14:00 -	Walton-on-Thames, KT12 1QW. Meet furthest	
15:15	end of car park from Walton Bridge	
	Leaders: Pam	
Fri 7	Thames Path to Molesey Lock WC RA	Gentle,
March	Meet: Miss Polly Café, at Molesey Cricket	slow, flat
10:30 -	Club, Graburn Way, KT8 9AL	
11:15	Leader: Keith	

Cot 0	Mickloham Downs DA (MC is set / sub)	Moderate
Sat 8	Mickleham Downs RA (WC in café/pub)	Moderate
March	Car park: 51 degrees north cafe, A24 Dorking	hill, stiles,
10:30-	RH5 6EH (or bus 465 from Surbiton/Kingston)	Steps,
12:00	Meet at parking bays by café. (10:30)	slopes
0.10	Leader: Ramesh	
Sat 8	Painshill Park WC RA	Moderate
March	Meet in the car park, Painshill Park, Cobham	
11:00 -	KT11 1AA Booking required	
12:30	Leaders: Lily (see key for details)	
Mon 10	Heron and Leg O'Mutton ponds RA	Slow, flat
March	Diana Fountain Car Park, Chestnut Avenue,	
11:00 -	Bushy Park (access via Lion Gate KT8 9DD)	
11:45	Meet by kiosk	
	Leaders: Karen	
Mon 10	All-inclusive walk or wheel 1km WC	Slow,
March	Meet: outside Xcel Leisure Complex,	gentle,
11:00 -	Waterside Drive, Walton-on-Thames KT12 2JG	mild
11:30/	Leaders: Faye, David M	slope
11:45	(disabled WC and Parking at Leisure centre)	
Tues 11	Molesey Circular Walk WC RA	Slow, flat
March	Meet: Council car park, Walton Road, East	
10:30 -	Molesey KT8 0DP	
11:30	Leaders: Dave F, Val	
Wed 12	Princess Alice Hospice Bereavement Walk	Slow, flat
March	and Talk – Richmond Park	
10:15 -	Meet: Pembroke Lodge car park near	
11:30	information office TW10 5HX (meet 10:15 for	
	10:30 start)	
	Booking required: walkandtalk@pah.org.uk	
Wed 12	Around Walton-on-Thames RA	Gentle,
March	Meet: Walton Community Centre, Manor Road,	small
10:30 -	Walton-on-Thames KT12 2PB	slope
11:15 /	(Walkers can use the centre car park or use	(steps on
30	Manor Road car park £)	some
	Leaders: Carolyn	routes)

Wed 12	Cobham and Downside	Moderate
March	Meet in car park by Downside Bridge, Bridge	slopes
10:30 -	Road, Cobham, KT11 3LP	0.0400
12:00	Leader: David G	
Wed 12	Painshill Park WC RA	Slow,
March	Meet in the car park, Painshill Park, Cobham	slopes
11:00 -	KT11 1AA Booking required	
12:15	Leaders: Karen, Chris (see key for details)	
Thur 13	Princess Alice Hospice Bereavement Walk	Slow, flat
March	and Talk -Horton Country Park	
10:15 -	WC RA	
11:00	Meet: Horton Country Park car park, Horton	
	Lane, KT19 8PL (meet 10:15 for 10:30 start)	
	Booking required: walkandtalk@pah.org.uk	
Thur 13	Mary Frances Trust: wellbeing walk	Flat
March	Meet: Wilde brunch café by Walton bridge car	
13:00 -	park	
14:00	Registration required:	
	info@maryfrancestrust.org.uk Tel 01372375400	
	Leaders: Mary Frances staff	
Thur 13	Nordic Walk: West End Woods WC RA	Moderate
March	Garsons Farm car park, West End, Esher,	
14:00 -	KT10 8LP. Meet near to farm shop	
15:15	Leaders: Pam, David M	
Fri 14	Thames Path to Molesey Lock WC RA	Gentle,
March	Meet: Miss Polly Café, at Molesey Cricket	slow, flat
10:30 -	Club, Graburn Way, KT8 9AL	
11:15	Leader: Keith	
Mon 17	Bushy Park RA	Moderate
March	Diana Fountain Car Park, Chestnut Avenue,	flat
10:30 -	Bushy Park (access via Lion Gate KT8 9DD)	
12:00	Meet by kiosk	
	Leaders: Andrew, David G	
Mon 17	All-inclusive walk or wheel 1km WC	Slow,
March	Meet: outside Xcel Leisure Complex,	gentle,
11:00 -	Waterside Drive, Walton-on-Thames KT12 2JG	mild
11:30/	Leaders: Faye, David M	slope
11:45	(disabled WC and Parking at Leisure centre)	

Mon 17	Woodland Gardens RE	Class Flat
March	Diana Fountain Car Park, Chestnut Avenue,	Slow, Flat
10:30 -	Bushy Park (access via Lion Gate KT8 9DD)	
10.30 -	Meet near kiosk	
12.30	Leaders: Karen	
Tues 18	Molesey Circular Walk WC, RA	Slow, flat
March	Meet: Council car park, Walton Road, East	Slow, flat
10:30 -	Molesey KT8 0DP	
11:30	Leaders: Val, Dave F	
	·	01 (1.4
Wed 19	Princess Alice Hospice Bereavement Walk	Slow, flat
March	and Talk – Painshill	
10:15 -	Meet: car park KT11 1AA (meet 10:15 for	
11:30	10:30 start). Numbers are limited.	
144	Booking required: walkandtalk@pah.org.uk	0 "
Wed 19	Around Walton-on-Thames RA	Gentle,
March	Meet: Walton Community Centre, Manor Road,	small
10:30 -	Walton-on-Thames KT12 2PB	slope
11:15/	(Walkers can use the centre car park or use	(steps on
11:30	Manor Road car park £)	some
M. 140	Leaders: David M	routes)
Wed 19	Whiteley Village Woods	Slow,
March	Grass verge parking by cricket pitch, corner of	slopes
11:00 -	North Avenue and Coombe Lane, Whiteley	
11:45	Village, Hersham, KT12 4EL	
Thur 20	Leaders: Karen, Liz	Flat
March	Mary Frances Trust: wellbeing walk	riai
13:00 -	Meet: Wilde brunch café by Walton bridge car	
	park.	
14:00	Registration required: info@maryfrancestrust.org.uk 01372375400	
Thur 20	Leaders: Mary Frances staff Nordic Walk: Cowey Sale to Excel RE	Moderate
March	Cowey Sale car park, Walton Lane,	iviouerate
14:00 -	Walton-on-Thames, KT12 1QW.	
15:15	Leader: David M	
10.15	Leauer. Daviu ivi	

Fri 21	Thames Path to Molesey Lock WC RA	Gentle,
March	Meet: Miss Polly Café, at Molesey Cricket	slow, flat
10:30 -	Club, Graburn Way, KT8 9AL	
11:15	Leader: Keith	
Fri 21	Bookham Commons	Moderate
March	Hundred Pound Bridge car park, far end of	slopes
10:30 -	Bookham Road, Downside, KT11 3JT	
12:00	Leaders: Andrew, David G	
Sat 22	Mickleham Downs RA (WC in café/pub)	Moderate
March	Car park: 51 degrees north cafe, A24 Dorking	hill, stiles,
10:30 -	RH5 6EH (or bus 465 from Surbiton/Kingston)	Steps,
12:00	Meet at parking bays by café. (10:30)	slopes
	Leader: Ramesh	
Sat 22	Painshill Park WC RA	Moderate
March	Meet in the car park, Painshill Park, Cobham	
11:00 -	KT11 1AA Booking required	
12:30	Leaders: Lily (see key for details)	
Mon 24	All-inclusive walk or wheel 1km WC	Slow,
March	Meet: outside Xcel Leisure Complex,	gentle,
11:00 -	Waterside Drive, Walton-on-Thames KT12 2JG	mild
11:30/	Leaders: Faye, David M	slope
11:45	(disabled WC and Parking at Leisure centre)	
Tues 25	Molesey Circular Walk WC, RA	Slow, flat
March	Meet: Council car park, Walton Road, East	
10:30 -	Molesey KT8 0DP	
11:30	Leaders: Dave F, Val	
Tues 25	Xcel to Walton Marina (with café stop) WC RE	Slow,
March	Meet outside entrance to Xcel Leisure Centre,	slope
10:30 -	Waterside Drive, Walton KT12 2JG	
12:30	Leaders: Karen, Christine	
Tues 25	Towpath and Wey Meadows	Moderate
March	Meet by junction of Brooklands Lane and	flat,
10:30 -	Heath Road, Weybridge, KT13 8TJ (street	stepped
12:00	parking nearby).	ramps
	Leader: David G	
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Wed 26	Around Walton-on-Thames RA	Slow,
March	Meet: Walton Community Centre, Manor Road,	slopes
10:30 -	Walton-on-Thames KT12 2PB	
11:15/	(Walkers can use the centre car park or use	
11:30	Manor Road car park £)	
	Leaders: Carolyn	
Thur 27	Broadwater Lake and towpath WC RA	Slow, flat
March	Cowey Sale car park, Walton Lane, Walton-	
10:30 -	on-Thames, KT12 1QW. Meet furthest end of	
11:30	car park from Walton Bridge.	
	Leader: Charles	
Thur 27	Ashtead Common RA	Moderate
March	Meet in The Star pub car park, Kingston Rd,	slopes
10:30 -	Leatherhead KT22 0DP	
12:00	Leaders: Andrew	
Thur 27	Nordic Walk: Around Painshill Park WC RA	Moderate
March	Meet in the car park, Painshill Park, Cobham	hill
14:00 -	KT11 1AA Booking required	
15:30	Leader: Pam, David M (see key for details)	
Fri 28	Thames Path to Molesey Lock WC RA	Gentle,
March	Meet: Miss Polly Café, at Molesey Cricket	slow, flat
10:30 -	Club, Graburn Way, KT8 9AL	
11:15	Leader: Keith	
Mon 31	'Lucky Dip' Country walk WC RA	Moderate
March	Meet: Claygate Centre for the Community car	slopes
10:30 -	park, Elm Road, Claygate KT10 0EH	
12:00	Leaders: Andrew	
Mon 31	Claremont NT Gardens WC RA	Slow, flat
March	Meet in the car park near WC's, Claremont	
11:00 -	Gardens, Portsmouth Road, Esher, KT10 9JG	
11:45	Leaders: Karen, Liz	
	Booking required (see key for details)	
Mon 31	All-inclusive walk or wheel 1km WC	Slow,
March	Meet: outside Xcel Leisure Complex,	gentle,
11:00 -	Waterside Drive, Walton-on-Thames KT12 2JG	mild
11:30/	Leaders: Faye, David M	slope
11:45	(disabled WC and Parking at Leisure centre)	-

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 6	Molesey to Richmond park	Gentle
Jan	Circular: Along towpath to Hampton Court	speed,
10:30 -	and Kingston Bridges - Ham Common -	flat but
12:45	Richmond Park - Ham common - Teddington	with 1 hill
	foot bridge - Bushy park - towpath.	
	Meet: Sadlers Ride car park, East Molesey KT8 1TW.	16 miles
	Leaders: Pam, Colin	
Mon 13	Wey Navigation and Basingstoke Canal	Gentle
Jan	Linear: New Haw Lock - West Byfleet - along	speed,
10:30 -	the Wey Navigation and Basingstoke Canal -	flat
13:00	Woking - same route back.	
	Meet: Service Road, New Haw Lock, Byfleet	15 miles
	Road, New Haw, KT15 3JQ	
	Leaders: Colin, Pam	
Mon 20	Walton to Staines	Gentle
Jan	Linear: Towpath to Walton Bridge - along	speed,
10:30 -	road and river to Staines - and back.	Flat
13:00	Meet: Xcel Leisure Centre, Waterside Drive,	
	Walton KT12 2JG. Meet outside entrance	16 miles
	Leaders: Richard, Jack	

Mon 27	Molesey to Lower Sunbury via Bushy Park	Gentle
Jan 10:30 -	Circular: Towpath to Hampton Court Bridge - Bushy Park - Lower Sunbury - Walton Bridge	speed, flat
13:00	- towpath to Molesey Meet: Sadlers Ride car park, East Molesey	16 miles
	KT8 1TW. Leaders: Richard, Jack	
Mon 3	Thames Ditton to Bushy and Home Parks	Gentle
Feb	Circular: Along Hampton Court Way to	speed,
10:30 - 12:30	Hampton Court Bridge and through Bushy and Home Parks	Flat
	Meet: Mercer Close, Thames Ditton KT7 0BS Leaders: Colin, Pam	10 miles
Mon 10	Molesey to Crane Park via Bushy Park.	Gentle
Feb	Linear route: Towpath to Hampton Court	speed,
10:30 -	Bridge - across Bushy park - through Fulwell -	flat,
13.00	Crane Park. Same route back.	Tunnels
	Meet: Sadlers Ride car park, East Molesey	
	KT8 1TW.	15 miles
	Leaders: Richard, Colin	
Mon 17	Molesey to Kingston and Richmond	Gentle
Feb	Circular: Towpath to Hampton Court Bridge –	speed,
10:30 -	Kingston bridge - Kingston - Richmond	flat but
13:00	Bridge. Returning on north of river.	with 1 hill
	Meet: Sadlers Ride car park, East Molesey	
NA 04	KT8 1TW. Leaders: Pam, Richard	16 miles
Mon 24	Wey Navigation and Basingstoke Canal	Gentle
Feb	Linear: New Haw Lock - West Byfleet - along	speed,
10:30 -	the Wey Navigation and Basingstoke Canal -	Flat
13:00	Woking - same route back.	45
	Meet: Service Road, New Haw Lock, Byfleet	15 miles
	Road, New Haw, KT15 3JQ	
Mon 2	Leaders: Colin, Pam Walton to Staines	Contla
Mon 3		Gentle
March	Linear: Towpath to Walton Bridge - along road and river to Staines - and back.	speed, Flat
10:30 - 13:00		rial
13.00	Meet: Xcel Leisure Centre, Waterside Drive,	16 miles
	Walton, KT12 2JG. Meet outside entrance Leaders: Richard, Colin	16 miles
	LEAUEIS. INICIIAIU, COIIII	

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Mon 10	Thames Ditton to Littleworth Common	Flat
March	Circular: Thames Ditton - Molesey -Hersham	
10:30 -	- Lower green - Littleworth Common -	10 miles
13:00	Claygate - Thames Ditton	
	Meet: Mercer Close, Thames Ditton KT7 0BS	
	Leaders: Pam, Richard	
Mon 17	Molesey to Weybridge	Gentle
March	Linear: Towpath to Weybridge - and back.	speed,
10:30 -	Meet: Sadlers Ride car park, East Molesey	flat
12:30	KT8 1TW.	
	Leaders: Colin, Pam	9 miles
Mon 24	Molesey to Lower Sunbury via Bushy Park	Gentle
March	Circular: Towpath to Hampton Court Bridge -	speed,
10:30 -	Bushy Park - Lower Sunbury - Walton Bridge	flat
13:00	- towpath to Molesey	
	Meet: Sadlers Ride car park, East Molesey	16 miles
	KT8 1TW.	
	Leaders: Pam, Colin	
Mon 31	Molesey to Richmond park	Gentle
March	Circular: Along towpath to Hampton Court	speed,
10:30 -	and Kingston Bridges - Ham Common -	flat but
12:45	Richmond Park Ham common – Teddington	with 1 hill
	foot bridge - Bushy park - towpath.	
	Meet: Sadlers Ride car park, East Molesey	16 miles
	KT8 1TW.	
	Leaders: Richard, Pam	





Supporting People with long-term health conditions at Elmbridge Xcel Leisure Complex

Our Exercise Referral programme offers expert, personalised support to increase your physical activity and enhance your health and wellbeing

What is included?

- Expert guidance from qualified instructors
- Personalised health programme
- Discounted membership
- Unlimited access to the gym, pool, and classes
- Drop-in sessions

Ask your GP for more details elmbridge.placesleisure.org





Yoga

for Mental Wellbeing

Time

Every Wednesday 12pm to 1pm



Venue

Elmbridge Xcel Leisure Complex, Waterside Drive,

Walton-on-Thames, KT12 2JG

///thigh.stays.alarm

Description

Fun, casual drop-in Yoga session for people experiencing mental health problems. All equipment is provided with all abilities welcome!

This group is provided FREE by mental health charity Sport In Mind for the benefit of local people. Your local representative is Amy!











(info@sportinmind.org www.sportinmind.org







Working in partnership with Surrey and Borders Partnership

NHS Foundation Trust



Coffee meet up

We understand that supporting someone else through cancer treatment can be difficult. Our charity is full of people who have experienced cancer through someone else and understand what that feels like. Come and join us for a coffee morning where you can talk to people who are going through similar experiences to you.

Who: carers of cancer patients

When: Every other Tuesday at 1.30-2.30pm

Where: Costa Coffee, Xcel Leisure Centre, Waterside

Drive, Walton on Thames, KT12 2JG

Please feel free to just turn up, or contact us on the email address below to find out more.

www.sophiesstars.co.uk leanne@sophiesstars.co.uk



@sophiesstars1



Sophie's Stars



MEN'S PITSTOP

A SPACE FOR NEW CONVERSATIONS

Don't carry the weight of what's troubling you. Come and have a chat about it at Pit stop. Peer to peer support for men.

FROM THE 13TH NOVEMBER 2024

The Elmbridge Men's Pit Stop, a confidential safe space runs every Wednesday starting at 7.30 to 8.30pm

Three Rivers Family Centre (Spurgeons) located next to Chandler's Field Primary School High Street West Molesey KT8 2LX

Please contact Blair if you would like more details on 07815 556320, blair.parrott@surreycc.gov.uk Together stronger



With thanks to Spurgeons Elmbridge Family Centre for their offer to use the Centre