Wellbeing Walks, Nordic walks and cycle rides

1 April to 30 June 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 one 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 22 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** before you set off at elmbridge.gov.uk/wellbeingwalks

What should I bring on a walk?

- Wear appropriate footwear and clothing for the weather.
- In colder months, it's advisable to wear layers and be prepared for wet weather. Beware of muddy walks in wet weather. Remember 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?

Please contact the Sport and Health team. We are here to help. **Email health@elmbridge.gov.uk or telephone 01372 474574**

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	Well behaved dogs on short leads welcome (Please only bring dogs if specified next to the walk details)
welcome	
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.

Walk programme key:

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	'Lucky Dip' Country walk WC RA	Moderate
of the month	Meet at Claygate Centre for the	slopes
10:30 -12:00	Community car park, Elm Road,	
	Claygate KT10 0EH	
Weekly, every	Molesey Circular Walk WC RA	Slow, flat
Tuesday	Meet in council car park, Walton Road,	
10:30 -11:30	East Molesey KT8 0DP	
Wednesday	Around Walton-on-Thames WC RA	Gentle,
weekly from	Meet at Walton Community Centre,	small
10:30 -	Manor Road, Walton-on-Thames KT12	slope
11:15/30	2PB	(steps on
	(Walkers can use the centre car park or	some
	use Manor Road car park £)	routes)
First Thursday	'Woods and Commons'	Moderate
of the month	Meet in Sandy Lane car park, Sandy	slopes
10:30 - 12:00	Lane, Oxshott (one nearest A244)	
Weekly, every	Thames Path to Molesey Lock WC RA	Gentle,
Friday	Meet at the Miss Polly Café, at Molesey	slow, flat
10:30 -11:15	Cricket Club, Graburn Way, KT8 9AL	

Weekly, every	All-inclusive walk or wheel 1km	Slow,
Monday	WC RA	gentle,
11:00 - 11:30	Meet outside Xcel Leisure Complex,	mild
(except bank	Waterside Drive, Walton-on-Thames	slope (3
holidays)	KT12 2JG	benches)
Weekly, every Thursday 13:00 - 14:00	Mary Frances Trust: wellbeing walk Meet outside Wilde Brunch café by Walton bridge carpark. MFT Membership required, please register at 01372 375400, text 07929 024722, email info@maryfrancestrust.org.uk or visit www.maryfrancestrust.org.uk	Flat

Date /	Route	Pace,
Time		Gradient
Tues 1	Molesey Circular Walk WC RA	Slow, flat
April	Meet: Council car park, Walton Road, East	
10:30 -	Molesey KT8 0DP	
11:30	Leaders: Andrew, Dave F	
Wed 2	Around Walton-on-Thames RA	Gentle,
April	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 3	'Woods and Commons'	Moderate
April	Meet: Sandy Lane car park, Sandy Lane,	slopes
10:30 -	Oxshott (one nearest A244)	
12:00	Leader: Andrew	
Thur 3	Princess Alice Hospice Bereavement Walk	Slow, flat
	and Talk - Bushy Park	

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April	Meet: Pheasantry café car park TW11 0EQ	
10:45 -	(meet 10:45 for 11:00 start)	
12:00	Booking required: walkandtalk@pah.org.uk	
Thur 3	Heron and Leg O'Mutton ponds RA	Slow, flat
April	Diana Fountain Car Park, Chestnut Avenue,	
11:00 -	Bushy Park (access via Lion Gate KT8 9DD)	
11:45	Meet by kiosk	
	Leaders: Karen, Christine	
Thur 3	Mary Frances Trust: wellbeing walk	Flat
April	Meet: Wilde brunch café by Walton bridge car	
13:00 -	park	
14:00	MFT Membership required, please register at	
	info@maryfrancestrust.org.uk Tel 01372375400	
	Leaders: Mary Frances staff	
Thur 3	Nordic Walk: WC RA	Moderate
April	Graburn Way to Bushy Park and back	
14:00 -	Meet at river end of Graburn Way, Molesey	
15:15	KT8 9AL	
	Leaders: Pam, David M	
Fri 4	Thames Path to Molesey Lock WC RA	Gentle,
April	Meet: Miss Polly Café, at Molesey Cricket	slow, flat
10:30 -	Club, Graburn Way KT8 9AL	· ·
11:15	Leader: Keith	
Sat 5	Painshill Park WC RA	Moderate
April	Meet in the car park, Painshill Park, Cobham	Moderate
10:30 -	KT11 1AA Booking required	
12:00	Leaders: Lily (see key for details)	
Mon 7	Broadwater and Desborough Island WC RA	Moderate
April		
10:30 -	Cowey Sale car park, Walton Lane, Walton-	slopes,
10:30 -	on-Thames, KT12 1QW. Meet furthest end of	steps
12.00	car park from Walton Bridge.	
Mon 7	Leader: David G, Andrew All-inclusive walk or wheel 1km WC	Slow
Mon 7		Slow,
April	Meet: outside Xcel Leisure Complex,	gentle
	Waterside Drive, Walton-on-Thames KT12 2JG	

11:00 -	Leaders: David M, Fiona	mild
11:30/	(disabled WC and Parking at Leisure centre)	slope
11:45		
Tues 8	Molesey Circular Walk WC RA	Slow, flat
April	Meet: Council car park, Walton Road, East	
10:30 -	Molesey KT8 0DP	
11:30	Leaders: Val, Dave F	
Wed 9	Around Walton-on-Thames RA	Gentle,
April	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 9	Spring on West End Common WC RA	Slow,
April	Garson's Farm car park, West End, Esher	slopes,
10:30 -	KT10 8LP. Meet near Farm shop.	steps,
12:00	Leaders: Dave Page (Countryside Estates	lots of
	Officer), Karen and Christine	stops
Wed 9	Princess Alice Hospice Bereavement Walk	Slow, flat
April	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:walkandtalk@pah.org.uk	
Thur 10	Princess Alice Hospice Bereavement Walk	Slow, flat
April	and Talk - Horton Country Park	
10:15 -	WC RA	
11:30	Meet: Horton Country Park car park, Horton	
	Lane, KT19 8PL (meet 10:15 for 10:30 start)	
	Booking required: walkandtalk@pah.org.uk	
Thur 10	Mary Frances Trust: wellbeing walk	Flat
April	Meet: Wilde brunch café by Walton bridge car	
13:00 -	park	
14:00	MFT Membership required, please register at	
	info@maryfrancestrust.org.uk Tel 01372375400	
	Leaders: Mary Frances staff	

Thur 10 April 14:00 - 15:15	Nordic Walk: Broadwater lakeWC RACowey Sale car park, Walton Lane,Walton-on-Thames, KT12 1QW. Meet furthestend of car park from Walton BridgeLeaders: Pam, David M	Moderate
Fri 11 April 10:30 - 11:15	Thames Path to Molesey LockWC RAMeet: Miss Polly Café, at Molesey CricketClub, Graburn Way, KT8 9ALLeader: Keith	Gentle, slow, flat
Fri 11 April 10:30 - 12:00	Around WesthumbleWC RADenbies Vineyard car park, London Road,Dorking, RH5 6AALeaders: Andrew, David G	Moderate hill, slopes
Sat 12 April 10:30 - 12:00	Mickleham DownsRA (WC in café/pub)Car park: 51 degrees north cafe, A24 DorkingRH5 6EH (or bus 465 from Surbiton/Kingston)Meet at parking bays by café. (10:30)Leader: Ramesh	Moderate hill, stiles, Steps, slopes
Sun 13 April 11:00 - 12:15	Whiteley Village Sanctuary car park, Whiteley Village, Hersham KT12 4ED Leaders: Karen, Liz	Slow, slopes
Mon 14 April 10:30 - 12:30	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 14 April 11:00 - 11:30/ 11:45	All-inclusive walk or wheel 1kmWCMeet: outside Xcel Leisure Complex,Waterside Drive, Walton-on-Thames KT12 2JGLeaders: David M, Fiona(disabled WC and Parking at Leisure centre).	Slow, gentle, mild slope

Tues 15	Molesey Circular Walk WC RA	Slow, flat
April	Meet: Council car park, Walton Road, East	·
10:30 -	Molesey KT8 0DP	
11:30	Leaders: Dave F, Val	
Wed 16	Around Walton-on-Thames RA	Gentle,
April	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)
Wed 16	Princess Alice Hospice Bereavement Walk	Slow, flat
April	and Talk - Painshill	
10:15 -	Meet: car park KT11 1AA (10:15 for 10:30	
11:30	start). Numbers are limited.	
	Booking required: walkandtalk@pah.org.uk	
Thur 17	Sheepleas and Green Dene	Moderate
April	Green Dene car park, Green Dene, East	Slopes
10:30 -	Horsley, KT24 5TA	
12:00	Leader: David G, Andrew	
Thur 17	Mary Frances Trust: wellbeing walk	Flat
April	Meet: Wilde brunch café by Walton bridge car	
13:00 -	park.	
14:00	MFT Membership required, please register at	
	info@maryfrancestrust.org.uk Tel 01372375400	
	Leaders: Mary Frances staff	
Thu 17	Nordic Walk: West End Woods WC RA	Moderate
April	Garsons Farm car park, West End, Esher,	
14:00 -	KT10 8LP. Meet near to farm shop	
15:15	Leaders: Pam, David M	
Fri 18	Thames Path to Molesey Lock WC RA	Gentle,
April	Meet: Miss Polly Café, at Molesey Cricket	slow, flat
10:30 -	Club, Graburn Way, KT8 9AL	
11:15	Leader: Keith	
Mon 21	No All-inclusive walk or wheel 1km	
April		

Tues 22	Molesey Circular Walk WC RA	Slow flat
April	Meet: Council car park, Walton Road, East	
10:30 -	Molesey, KT8 0DP	
11:30	Leaders: Val, Dave F	
Wed 23	Around Walton-on-Thames RA	Gentle,
April	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)
Wed 23	Bushy Park for Coffee RA	Slow to
April	Diana Fountain Car Park, Chestnut Avenue,	moderate
10:30 -	Bushy Park (access via Lion Gate KT8 9DD)	flat
12:10	Meet by kiosk	
	Leader: Keith	
Thur 24	Horton Country Park WC RA	Moderate
April	Horton Country Park car park, Horton Lane,	flat
10:30 -	KT19 8PL	
12:00	Leaders: Andrew, David G	
Thur 24	Woodland Gardens RE	Slow, flat
April	Diana Fountain Car Park, Chestnut Avenue,	
10:30 -	Bushy Park (access via Lion Gate KT8 9DD)	
12:30	Meet near kiosk	
	Leaders: Karen, Chris	
Thur 24	Princess Alice Hospice Bereavement Walk	Slow, flat
April	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 24	Mary Frances Trust: wellbeing walk	Flat
April	Meet: Wilde brunch café by Walton bridge car	
13:00 -	park	
14:00	MFT Membership required, please register at	
	info@maryfrancestrust.org.uk Tel 01372375400	
	Leaders: Mary Frances staff	

Thur 24	Nordic Walk: Round Whiteley Village RA	Moderate
April	Grass verge parking by cricket pitch, corner of	
14:00 -	North Avenue and Coombe Lane, Whiteley	
15:15	Village, KT12 4EL	
	Leaders: Pam, David M	
Fri 25	Thames Path to Molesey Lock WC RA	Gentle,
April	Meet: Miss Polly Café, at Molesey Cricket	slow, flat
10:30 -	Club, Graburn Way, KT8 9AL	
11:15	Leader: Keith	
Mon 28	'Lucky Dip' Country walk WC RA	Moderate
April	Claygate Centre for the Community car park,	slopes
10:30 -	Elm Road, Claygate KT10 0EH	
12:00	Leader: Andrew	
Mon 28	Whiteley Village Woods	Slow,
April	Grass verge parking by cricket pitch, corner of	slopes
11:00 -	North Avenue and Coombe Lane, Whiteley	-
11:45	Village, Hersham, KT12 4EL	
	Leaders: Karen, Liz	
Mon 28	All-inclusive walk or wheel 1km WC	Slow,
April	Meet: outside Xcel Leisure Complex,	gentle,
11:00 -	Waterside Drive, Walton-on-Thames KT12 2JG	mild
11:30/	Leaders: David M, Fiona	slope
11:45	(disabled WC and Parking at Leisure centre)	-
Tues 29	Molesey Circular Walk WC RA	Slow, flat
April	Meet: Council car park, Walton Road, East	
10:30 -	Molesey KT8 0DP	
11:30	Leaders: Dave F, Val	
Wed 30	Around Walton-on-Thames RA	Gentle,
April	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)
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	May	
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Thur 1	'Woods and Commons'	Moderate
May	Sandy Lane car park, Sandy Lane, Oxshott	slopes
10:30 -	(one nearest A244)	
12:00	Leader: Andrew	
Thur 1	Painshill Park WC RA	Slow,
May	Meet in the car park, Painshill Park, Cobham	slopes
11:00 -	KT11 1AA Booking required	
12:15	Leaders: Karen, Chris P (see key for details)	
Thur 1	Nordic Walk: WC RA	Moderate
May	'To the Walled Garden and back'	
14:00 -	Squires Garden Centre Halliford, Halliford	
15:15	Road, Upper Halliford, TW17 8SG	
	Leaders: Pam, David M	
Thur 1	Princess Alice Hospice Bereavement Walk	Slow, flat
May	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 1	Mary Frances Trust: wellbeing walk	Flat
May	Meet: Wilde brunch café by Walton bridge car	
13:00 -	park. MFT Membership required, please	
14:00	register at info@maryfrancestrust.org.uk_Tel	
	01372375400. Leaders: Mary Frances staff	
Fri 2	Thames Path to Molesey Lock WC RA	Gentle,
May	Meet: Miss Polly Café, at Molesey Cricket	slow, flat
10:30 -	Club, Graburn Way, KT8 9AL	
11:15	Leader: Keith	
Mon 5	Bank Holiday No All-inclusive walk/wheel	
May		
Tues 6	Molesey Circular Walk WC RA	Slow, flat
May	Meet: Council car park, Walton Road, East	
10:30 -	Molesey, KT8 0DP	
11:30	Leaders: Val, Dave F	

Wed 7	Around Walton-on-Thames RA	Gentle,
May	Meet: Walton Community Centre, Manor Road,	small
10:30 -	Walton-on-Thames KT12 2PB	
10:30 -		slope
	(Walkers can use the centre car park or use	(steps on
11:30	Manor Road car park £)	some
	Leaders: David M	routes)
Wed 7	A Walk from Lakewood	Moderate
May	Lakewood car park, Portsmouth Road,	slopes
10:30 -	Cobham, KT11 1BG	
12:00	Leaders: David G	
Wed 7	Isabella Plantation Colour	Slow,
May	Broomfield car park, Richmond Park	slopes
11:00 -	Leaders: Karen, Chris P	
12:30		
Thur 8	Princess Alice Hospice Bereavement Walk	Slow, flat
May	and Talk - Horton Country Park	
10:15 -	WC RA	
11:30	Meet: Horton Country Park car park, Horton	
	Lane, KT19 8PL (meet 10:15 for 10:30 start)	
	Booking required: walkandtalk@pah.org.uk	
Thu 8	Mary Frances Trust: wellbeing walk	Flat
May	Meet: Wilde brunch café by Walton bridge car	
13:00 -	park.	
14:00	MFT Membership required , please register at	
	info@maryfrancestrust.org.uk Tel 01372375400	
	Leaders: Mary Frances staff	
Thu 8	Nordic Walk: Broadwater lake WC RA	Moderate
May	Cowey Sale car park, Walton Lane,	moderate
14:00 -	Walton-on-Thames, KT12 1QW. Meet furthest	
15:30	end of car park from Walton Bridge	
10.00	Leaders: Pam, David M	
Fri 9	Thames Path to Molesey Lock WC RA	Gentle,
	······································	
May	Meet: Miss Polly Café, at Molesey Cricket	slow, flat
10:30 -	Club, Graburn Way, KT8 9AL	
11:15	Leader: Keith	

Sat 10	Painshill Park WC RA	Moderate
10:30 -	Meet in the car park, Painshill Park, Cobham	wouerate
10.30 -		
12:00		
M 10	Leaders: Lily (see key for details)	
Mon 12	Wisley via Byfleet Manor and Wey	Moderate
May	Navigation	flat
10:30 -	Sanway Road (opposite church), Byfleet, KT14	
12:00	7SF	
	Leaders: Andrew, David G	
Mon 12	Claremont NT Gardens WC RA	Slow, flat
May	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 12	All-inclusive walk or wheel 1km WC	Slow,
May	Meet: outside Xcel Leisure Complex,	gentle,
11:00 -	Waterside Drive, Walton-on-Thames KT12 2JG	mild
11:30/	Leaders: David M, Fiona	slope
11:45	(disabled WC and Parking at Leisure centre)	
Tues 13	Molesey Circular Walk WC RA	Slow, flat
May	Meet: Council car park, Walton Road, East	,
10:30 -	Molesey KT8 0DP	
11:30	Leaders: Andrew, Val	
Tues 13	Historical: East Molesey Old Village	Slow, flat
May	Walton Road car park, East Molesey, KT8 0ST	Multiple
10:30 -	- Parking (£)	stops
12:00	Leaders: Anthony, Janet B WC RA	
Tues 13	Spring on Molesey Heath	Slow,
May	Approach Road, (near heath gates), West	steep
10:30 -	Molesey KT8 2LL. Please park on garages	slopes,
12:00	side of road	steps
	Leader: Dave Page (Countryside Estates	Multiple
	Officer), Karen	stops

Wed 14	Princess Alice Hospice Bereavement Walk	Slow, flat
May	and Talk – Richmond Park	510w, nat
10:15 -	Meet: Pembroke Lodge car park near	
11:30	information office TW10 5HX (meet 10:15 for	
11.50	10:30 start)	
	Booking required: <u>walkandtalk@pah.org.uk</u>	
Wed 14	Around Walton-on-Thames RA	Gentle,
May	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
50	Leaders: Carolyn	routes)
Wed 14	Bushy Park for Coffee RA	Slow to
May	Diana Fountain Car Park, Chestnut Avenue,	moderate
10:30 -	Bushy Park (access via Lion Gate KT8 9DD)	flat
12:10	Meet by kiosk	παι
12.10	Leaders: Keith	
Thur 15	Whiteley Village Woods	Slow,
May	Grass verge parking by cricket pitch, corner of	slopes
11:00 -	North Avenue and Coombe Lane, Whiteley	0.0000
11:45	Village, Hersham, KT12 4EL	
	Leaders: Karen, Liz	
Thur 15	Mary Frances Trust: wellbeing walk	Flat
May	Meet: Wilde brunch café by Walton bridge car	
13:00 -	park.	
14:00	MFT Membership required , please register at	
	info@maryfrancestrust.org.uk 01372375400	
	Leaders: Mary Frances staff	
Thur 15	Nordic Walk: Around Painshill Park WC RA	Moderate
May	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 16 May 10:30 - 11:15 Fri 16 May	Thames Path to Molesey Lock WC RA Meet: Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL Leader: Keith Albury Park and Shere Silent Pool car park, Shere Road (A25),	Gentle, slow, flat Moderate hilly
10:30 - 12:00	Albury, GU5 9BW Leaders: David G, Andrew	
Sat 17 May 10:30 - 11:15	Hersham Riverside Meet: Waitrose car park (2 hours free) Far end by New Berry Lane KT12 4HL Leader: Carolyn	Slow flat
Sat 17 May 10:30 - 12:00	Mickleham DownsRA (WC in café/pub)Car park: 51 degrees north cafe, A24 DorkingRH5 6EH (or bus 465 from Surbiton/Kingston)Meet at parking bays by café. (10:30)Leader: Ramesh	Moderate hill, stiles, Steps, slopes
Mon 19 May 11:00 - 11:30/ 11:45	All-inclusive walk or wheel 1kmWCMeet: outside Xcel Leisure Complex,Waterside Dr, Walton-on-Thames KT12 2JGLeaders: David M, Fiona(disabled WC and Parking at Leisure centre)	Slow, gentle, mild slope
Mon 19 May 11:00 - 12:30	Isabella Plantation Colour Broomfield car park, Richmond Park Leaders: Karen, Christine	Slow, slopes
Tues 20 May 10:30 - 11:30	Molesey Circular WalkWCRAMeet: Council car park, Walton Road, EastMolesey KT8 0DPLeaders: Dave F, Val	Slow, flat

Wed 21	Around Walton-on-Thames RA	Gentle,
May	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: David M	routes)
Wed 21	Princess Alice Hospice Bereavement Walk	Slow, flat
May	and Talk – Painshill	
10:15 -	Meet: car park KT11 1AA (10:15 for 10:30	
11:30	start). Numbers are limited.	
	Booking required: walkandtalk@pah.org.uk	
Thur 22	Heron and Leg O'Mutton ponds RA	Slow, flat
May	Diana Fountain Car Park, Chestnut Avenue,	· ·
11:00 -	Bushy Park (access via Lion Gate KT8 9DD)	
11:45	Meet by kiosk	
_	Leaders: Karen, Christine	
Thur 22	Mary Frances Trust: wellbeing walk	Flat
May	Meet: Wilde brunch café by Walton bridge car	
14:00 -	park.	
15:15	MFT Membership required, please register at	
	info@maryfrancestrust.org.uk Tel 01372375400	
	Leaders: Mary Frances staff	
Thur 22	Nordic Walk: WC RA	Moderate
May	Graburn Way to Bushy Park and back	
14:00 -	Meet at river end of Graburn Way, Molesey	
15:15	KT8 9AL	
	Leaders: Pam, David M	
Fri 23	Thames Path to Molesey Lock WC RA	Gentle,
May	Meet: Miss Polly Café, at Molesey Cricket	slow, flat
10:30 -	Club, Graburn Way, KT8 9AL.	,
11:15	Leader: Keith	
Sat 24	Painshill Park WC RA	Moderate
May	Meet in the car park, Painshill Park, Cobham	iviouerate
10:30 -	KT11 1AA Booking required	
12:00	Leader: Lily (see key for details)	

MaySanctuary car park, Whiteley Village, Hershamslopes11:00 -KT12 4EDslopes12:15Leaders: Karen, LizModerateMon 26'Lucky Dip' Country walkWC RAMayClaygate Centre for the Community car park,slopes10:30 -Elm Road, Claygate KT10 0EHslopes12:00Leader: AndrewMon 26MayBank Holiday No All-inclusive walk/wheelMayMeet: Council car park, Walton Road, East10:30 -Molesey KT8 0DP11:30Leaders: Val, Dave FWed 28Around Walton-on-ThamesMayMeet: Walton Community Centre, Manor Road, small10:30 -Walton-on-Thames KT12 2PB11:15 /(Walkers can use the centre car park or use Manor Road car park £)Leaders: Carolynsome routes)Wed 28To see wildflowers at Hampton Court (free) (including time at flowers)May(including time at flowers) Meet Sadlers Ride carpark, East Molesey, KT812:30TTWLeaders: KarenSlow, flatThur 29Princess Alice Hospice Bereavement Walk and Talk - Claremont Gardens Moay10:15 -Meet: at the entrance KT10 9JG (meet 10:15 for 10:30 start). Numbers are limited. Booking required: walkandtalk@pah.org.ukThur 29Mary Frances Trust: wellbeing walk MayMayMeet: Wilde brunch café by Walton bridge car 13:00 - park.MFT Membership required, register at info@maryfrancestrust.org.ukThur 29Mary Francestrust.org.uk mary Francestrust.org.ukMay <td< th=""><th>Sun 25</th><th>Whiteley Village</th><th>Slow,</th></td<>	Sun 25	Whiteley Village	Slow,
11:00 - KT12 4ED 12:15 Leaders: Karen, Liz Mon 26 'Lucky Dip' Country walk WC RA May Claygate Centre for the Community car park, Slopes 10:30- Elm Road, Claygate KT10 0EH slopes 12:00 Leader: Andrew Molesey Mon 26 Bank Holiday No All-inclusive walk/wheel slopes May Meet: Council car park, Walton Road, East Slow, flat May Meet: Council car park, Walton Road, East slope 10:30 - Molesey KT8 0DP Eaders: Val, Dave F Wed 28 Around Walton-on-Thames RA May 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 some 30 Maor Road car park £) some Leaders: Carolyn routes) Slow, flat May (including time at flowers) Slow, flat May Indet Sadlers Ride carpark, East Molesey, KT8 Slow, flat May and Talk – Claremont Gardens Slow, flat May <			•
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Leaders: Mary Frances staff	14:00		
		Leaders: Mary Frances staff	

Nordia Walk, Round Whitelay Village	Moderate
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3 ·	
	Gentle,
	slow, flat
Laleham to Penton Hook Island RA	Slow, flat
Broadway car park, Laleham, TW18 1RZ	
Leader: Chris P. Dogs on leads welcome	
June	
	Clove flat
	Slow, flat
, , ,	
	Slow,
· · ·	gentle,
	mild
	slope
	Slow, flat
Meet: Council car park, Walton Road, East	
Molesey KT8 0DP	
Leaders: Dave F, Val	
Around Walton-on-Thames RA	Gentle,
Meet: Walton Community Centre, Manor Road,	small
Walton on Thames KT12 2PB	slope
(Walkers can use the centre car park or use	(steps on
Manor Road car park £)	some
	001110
	Broadway car park, Laleham, TW18 1RZ Leader: Chris P. Dogs on leads welcome June Woodland Gardens RE Diana Fountain Car Park, Chestnut Avenue, Bushy Park (access via Lion Gate KT8 9DD) Meet near kiosk Leaders: Karen, Chris P All-inclusive walk or wheel 1km WC Meet: outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG Leaders: David M, Fiona (disabled WC and Parking at Leisure centre) Molesey Circular Walk WC RA Meet: Council car park, Walton Road, East Molesey KT8 0DP Leaders: Dave F, Val 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

Wed 4	To see wildflowers at Hampton Court RE	Slow, flat
June	Diana Fountain Car Park, Chestnut Avenue,	Slow, hat
14:00 -		
14.00 - 16:00	Bushy Park (access via Lion Gate KT8 9DD)	
16.00	Meet by kiosk	
Thurs	Leaders: Karen, Christine	NAs devete
Thur 5	'Woods and Commons'	Moderate
June	Meet: Sandy Lane car park, Sandy Lane,	slopes
10:30 -	Oxshott (one nearest A244)	
12:00	Leaders: Andrew	
Thur 5	Princess Alice Hospice Bereavement Walk	Slow, flat
June	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 5	Mary Frances Trust: wellbeing walk	Flat
June	Meet: Wilde brunch café by Walton bridge car	
13:00 -	park. MFT Membership required, register at	
14:00	info@maryfrancestrust.org.uk Tel 01372375400	
	Leaders: Mary Frances staff	
Thur 5	Nordic Walk: West End Woods WC RA	Moderate
June	Garsons Farm car park, West End, Esher,	
14:00 -	KT10 8LP. Meet near to farm shop	
15:15	Leaders: Pam, David M	
Fri 6	Thames Path to Molesey Lock WC RA	Gentle,
June	Meet: Miss Polly Café, at Molesey Cricket	slow, flat
10:30 -	Club, Graburn Way, KT8 9AL	
11:15	Leader: Keith	
Fri 6	Historical: A walk around West Molesey	Slow, flat
June	Meet outside St. Peter's Church, Walton Road,	multiple
10:30 -	West Molesey, KT8 2HF	stops
12:00	Leaders: Anthony, Janet B	
Sat 7	Painshill Park WC RA	Moderate
June	Meet in the car park, Painshill Park, Cobham	
10:30 -	KT11 1AA Booking required	
10.30 -		

Sun 8	To see wildflowers at Hampton Court (free)	Slow, flat
June	(including time at flowers)	,
10:30 -	Meet Sadlers Ride carpark, East Molesey, KT8	
12:30	1TW	
	Leaders: Karen	
Mon 9	Heron and Leg O'Mutton ponds RA	Slow, flat
June	Diana Fountain Car Park, Chestnut Avenue,	
11:00 -	Bushy Park (access via Lion Gate KT8 9DD)	
11:45	Meet by kiosk	
	Leaders: Karen	
Mon 9	All-inclusive walk or wheel 1km WC	Slow,
June	Meet: outside Xcel Leisure Complex,	gentle,
11:00 -	Waterside Drive, Walton-on-Thames KT12 2JG	mild
11:30/	Leaders: Morven, Fiona	slope
11:45	(disabled WC and Parking at Leisure centre)	
Tues 10	Molesey Circular Walk WC RA	Slow, flat
June	Meet: Council car park, Walton Road, East	
10:30 -	Molesey KT8 0DP	
11:30	Leaders: Val, Dave F	
Tues 10	Polesden Lacey Estate	Moderate
June	Park/Meet at far end of Woodlands Road,	hilly
10:30 -	Effingham, KT23 4HJ	-
12:00	Leader: David G	
Wed 11	Princess Alice Hospice Bereavement Walk	Slow, flat
June	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 11	Around Walton-on-Thames RA	Gentle,
June	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)

Thum 40		0
Thur 12	Painshill Park WC RA	Slow,
June	Meet in the car park, Painshill Park, Cobham	slopes
11:00 -	KT11 1AA Booking required	
12:15	Leaders: Karen, Chris P (see key for details)	
Thur 12	Princess Alice Hospice Bereavement Walk	Slow, flat
June	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 12	Mary Frances Trust: wellbeing walk	Flat
June	Meet: Wilde brunch café by Walton bridge car	
13:00 -	park	
14:00	MFT Membership required, please register at	
	info@maryfrancestrust.org.uk Tel 01372375400	
	Leaders: Mary Frances staff	
Thur 12	Nordic Walk: Desborough Island & towpath	Moderate
June	Cowey Sale car park, Walton Lane,	steps
14:00 -	Walton-on-Thames, KT12 1QW. Meet furthest	
15:15	end of car park from Walton Bridge	
	Leaders: Pam WC RA	
Fri 13	Thames Path to Molesey Lock WC RA	Gentle,
June	Meet: Miss Polly Café, at Molesey Cricket	slow, flat
10:30 -	Club, Graburn Way, KT8 9AL	orow, nat
11:15	Leader: Keith	
-		Madarata
Sat 14	Mickleham Downs RA (WC in café/pub)	Moderate
June	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
0.11	Leader: Ramesh	
Sat 14	To see wildflowers at Hampton Court (free)	Slow, flat
June	(including time at flowers)	
10:30 -	Meet Sadlers Ride carpark, East Molesey, KT8	
12:30	1TW	
	Leaders: Karen	

		1
Mon 16	All-inclusive walk or wheel 1km WC	Slow,
June	Meet: outside Xcel Leisure Complex,	gentle,
11:00 -	Waterside Drive, Walton-on-Thames KT12 2JG	mild
11:30/	Leaders: Morven, Fiona	slope
11:45	(disabled WC and Parking at Leisure centre)	
Tues 17	Molesey Circular Walk WC, RA	Slow, flat
June	Meet: Council car park, Walton Road, East	
10:30 -	Molesey KT8 0DP	
11:30	Leaders: Dave F, Val	
Wed 18	Princess Alice Hospice Bereavement Walk	Slow, flat
June	and Talk – Painshill	
10:15 -	Meet: car park KT11 1AA (meet 10:15 for	
11:30	10:30 start). Numbers are limited.	
	Booking required: <u>walkandtalk@pah.org.uk</u>	
Wed 18	Around Walton-on-Thames RA	Gentle,
June	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: David M	routes)
Wed 18	Black Pond and Longy Down	Moderate
June	Sandy Lane car park (nearest to A244),	slopes
10:30 -	Oxshott	
12:30	Leaders: David G, Andrew	
Wed 18	To see wildflowers at Hampton Court (free)	Slow, flat
June	(including time at flowers)	
14:00 -	Meet Sadlers Ride carpark, East Molesey, KT8	
16:00	1TW	
	Leaders: Karen	
Thur 19	Whiteley Village Woods	Slow,
June	Grass verge parking by cricket pitch, corner of	slopes
11:00 -	North Avenue and Coombe Lane, Whiteley	
11:45	Village, Hersham, KT12 4EL	
	Leaders: Karen, Chris P	

Thur 19 June	Mary Frances Trust: wellbeing walk Meet: Wilde brunch café by Walton bridge car	Flat
13:00 -	park.	
14:00	MFT Membership required, please register at	
14.00	info@maryfrancestrust.org.uk 01372375400	
	Leaders: Mary Frances staff	
Thur 19	Nordic Walk: Around Painshill Park WC RA	Moderate
June	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 20	Thames Path to Molesey Lock WC RA	Gentle,
June	Meet: Miss Polly Café, at Molesey Cricket	slow, flat
10:30 -	Club, Graburn Way, KT8 9AL	
11:15	Leader: Keith	
Fri 20	Bushy Park RA	Moderate
June	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	
Sat 21	Laleham to Penton Hook Island RA	Slow flat
June	Broadway car park, Laleham, TW18 1RZ	
18:30 -	Leader: Chris P. Dogs on leads welcome	
20:00		
Sun 22	Whiteley Village	Slow,
June	Sanctuary car park, Whiteley Village, Hersham	slopes
11:00 -	KT12 4ED	
12:15	Leaders: Karen	
Mon 23	Claremont NT Gardens WC RA	Slow, flat
June	Meet in the car park near WC's, Claremont	
11:00 -	Gardens, Portsmouth Road, Esher, KT10 9JG	
11:45	Leaders: Karen, Christine	
	Booking required (see key for details)	
Mon 23	All-inclusive walk or wheel 1km WC	Slow,
June	Meet: outside Xcel Leisure Complex,	gentle,
11:00 -	Waterside Drive, Walton-on-Thames KT12 2JG	mild

11:30/	Landerey Maryon Fiana	alana
	Leaders: Morven, Fiona	slope
11:45	(disabled WC and Parking at Leisure centre)	
Tues 24	Molesey Circular Walk WC, RA	Slow, flat
June	Meet: Council car park, Walton Road, East	
10:30 -	Molesey KT8 0DP	
11:30	Leaders: Andrew, Dave F	
Wed 25	Around Walton-on-Thames RA	Slow,
June	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	
Wed 25	Bushy Park for Coffee RA	Slow to
June	Diana Fountain Car Park, Chestnut Avenue,	moderate
10:30 -	Bushy Park (access via Lion Gate KT8 9DD)	flat
12:10	Meet by kiosk. Leaders: Keith	
Thur 26	Headley Heath RA	Moderate
June	The Cock Inn, Church Lane, Headley	hills
10:30 -	KT18 6LE	slopes
12:00	Leader: Andrew	
Thur 26	Princess Alice Hospice Bereavement Walk	Slow, flat
June	and Talk - Claremont Gardens	,
10:15 -	Meet: at the entrance KT10 9JG (meet 10:15	
11:30	for 10:30 start). Numbers are limited.	
	Booking required: walkandtalk@pah.org.uk	
Thur 26	Mary Frances Trust: wellbeing walk	Flat
June	Meet: Wilde brunch café by Walton bridge car	
13:00 -	park. MFT Membership required, register at	
14:00	info@maryfrancestrust.org.uk 01372375400	
	Leaders: Mary Frances staff	
Thur 26	Nordic Walk: RA	Moderate
June	Bushy Park and the Woodland Gardens	
14:00 -	Diana Fountain Car Park, Chestnut Avenue,	
15:30	Bushy Park (access via Lion Gate KT8 9DD)	
10.00	Leaders: Pam, David M	

Fri 27	Thames Path to Molesey Lock WC RA	Gentle,
June	Meet: Miss Polly Café, at Molesey Cricket	slow, flat
10:30 -	Club, Graburn Way, KT8 9AL	
11:15	Leader: Keith	
Sat 28	Painshill Park WC RA	Moderate
June	Meet in the car park, Painshill Park, Cobham	
10:30 -	KT11 1AA Booking required	
12:00	Leaders: Lily (see key for details)	
Mon 30	'Lucky Dip' Country walk WC RA	Moderate
June	Meet: Claygate Centre for the Community car	slopes
10:30 -	park, Elm Road, Claygate KT10 0EH	
12:00	Leaders: Andrew	
Mon 30	'Two Rivers and a veg patch'	Slow, flat
June	Junction of Ray Road, Molesey Park Road and	
11:00 -	Island Barn Road. West Molesey KT8	
12:00	Leader: Karen	
Mon 30	All-inclusive walk or wheel 1km WC	Slow,
June	Meet: outside Xcel Leisure Complex,	gentle,
11:00 -	Waterside Drive, Walton-on-Thames KT12 2JG	mild
11:30/	Leaders: David M, Fiona	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 7 April 10:30 - 13:00	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: Pam, Colin	Gentle speed, Flat 16 miles
Mon 14 April 10:30 - 12:30	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: Richard, Pam	Gentle speed, Flat 10 miles
Tues 22 April 10:30 - 13:00	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: Colin, Richard	Gentle speed, flat, Tunnels 15 miles
Mon 28 April 10:30 - 13:00	 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: Pam, Colin 	Gentle speed, flat 15 miles

Tues 6	Molesey to Kingston and Richmond	Gentle
May	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	
	KT8 1TW. Leaders: Richard, Pam	16 miles
Mon 12	Molesey to Lower Sunbury via Bushy Park	Gentle
May	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	
	KT8 1TW.	16 miles
	Leaders: Colin, Richard	
Mon 19	'4 Commons'	Gentle
May	Circular: Through Cow, Littleworth, Arbrook	Speed
10:30 -	and Esher Commons	•
12:30	Meet: Sadlers Ride car park, East Molesey	Steep
	KT8 1TW.	hills and
	Leaders: Pam, Colin	loose
		gravel
		paths
		14 miles
Tues 27	Walton to Staines	Gentle
May	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,	Παι
13.00	Walton, KT12 2JG. Meet outside entrance	16 miles
	Leaders: Richard, Pam	10 miles
Mon 2	Wey Navigation and Basingstoke Canal	Gentle
June		
	Linear: New Haw Lock - West Byfleet - along	speed,
10:30 -	the Wey Navigation and Basingstoke Canal –	Flat
13:00	Woking – same route back.	4.5
	Meet: Service Road, New Haw Lock, Byfleet	15 miles
	Road, New Haw, KT15 3JQ	
	Leaders: Colin, Pam	

Man 0	Themas Ditten to Littleworth Correspond	Cantle
Mon 9	Thames Ditton to Littleworth Common	Gentle
June	Circular: Thames Ditton - Molesey -	speed
10:30 -	Hersham - Lower green - Littleworth Common	Flat
12:30	- Claygate - Thames Ditton	
	Meet: Mercer Close, Thames Ditton KT7 0BS	10 miles
	Leaders: Richard, Colin	
Mon 16	'4 Commons'	Gentle
June	Circular: Through Cow, Littleworth, Arbrook	Speed
10:30 -	and Esher Commons	
12:30	Meet: Sadlers Ride car park, East Molesey	Steep
	KT8 1TW.	hills and
	Leaders: Colin, Richard	loose
		gravel
		paths
		pullo
		14 miles
Mon 23	Molesey to Crane Park via Bushy Park.	Gentle
June	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: Pam, Colin	
Mon 30	Molesey to Richmond park	Gentle
June	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.	10 111100
	Leaders: Richard, Pam	
	Leavers. Monard, Fam	



Men's Pits Stop A drop in space for new conversations Opens on the 13th February

Don't carry the weight of what's causing you distress.Come and have a chat about it at our Men's Pit Stop.Peer to peer support.

Every Thursday from 10am-12.30pm St John's Church, Main Hall 1 The Furrows, KT12 3JQ Please call or text Blair for further information on 07815 556320



Our thanks to St John's Church Hall





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Find out more at elmbridge.gov.uk/countryside

THE PATIENT CANCER SUPPORT GROUP

Registered Charity No.1206398

IF YOU HAVE BEEN AFFECTED BY CANCER PLEASE COME AND JOIN US IRRESPECTIVE OF WHERE YOU LIVE





You're not alone!

For more information please contact Andy thepatientcancergroup@gmail.com



MEETING AT SHEPPERTON MEDICAL PRACTICE ON THE 2ND TUESDAY OF EVERY MONTH AT 1.30PM

www.thepatientcancersupportgroup.co.uk

ManShed

A place to talk

and learn new skills

Come along to our Hospice Shed to engage in a purposeful activity.

We welcome people who are bereaved, carers and patients with a life-limiting illness.

As well as holding sessions for men, we offer sessions for women and a mixed group too.

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No previous experience necessary!





The Man Shed is open as follows:

- Mondays (Men) am/pm
- Tuesdays (Women) am/pm
- Wednesdays (Men) am/pm
- Thursdays (Men) am/pm
- Friday pm (mixed session)

AM sessions are 10.30am-12.30pm PM sessions are 1.30pm-3.30pm



The primary aim of the Shed is to be a place to talk with others about anything and everything.

No previous woodworking skill is necessary.

Sessions are run by experienced volunteers.

Meet others who are in a similar situation

You can make an item for yourself or a loved one, or you can make items that might be sold to raise funds for the Hospice.

All sessions are free. We can offer sixteen weekly sessions with the chance of an extension should capacity allow.

If you'd like to find out more, or to book a taster session please contact Donna on manshed@pah.org.uk or call: 01372 461996

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Sophie's Stars

The guiding light through cancer

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

