



Elmbridge
Borough Council
... bridging the communities ...



Healthy Walks and Cycle Rides Programme

A new year, and an improved you...

Do you really look after your health?

Are you as active as you should be? (150 minutes per week)

Should you be adding structured exercise to your weekly routine?

Join our 12 week low cost gym course (approved by the NHS) by contacting the Health Development Officer at Elmbridge Borough Council on 01372 474574 or

1 January to 31 March 2012

In partnership with Natural England

walk 4 life



Healthy Walks and Cycle Rides Programme

Healthy Walks are a great way to improve your health and fitness, while visiting interesting places in our locality. You can also enjoy fresh air and meet new people.

How can walking benefit your health?

For health benefits, you need to participate in 150 minutes of moderate-intensity activity each week. Moderate-intensity activity will make you breathe deeper and faster while making you feel warmer.

Research suggests that doing 10,000 accumulated walking steps every day, can lead to significant health benefits. This can make you feel better, reduce your risk of developing coronary heart disease and offer many other benefits including:

- reducing high blood pressure (hypertension)
- preventing or delaying development of hypertension
- helping to control and maintain a healthy body weight
- helping to control and prevent type 2 diabetes

Timings

Please arrive 5-10 minutes before the start of the walk in order to register. New walkers should allow 10 minutes to register and complete a health questionnaire. Leaders will be at the meeting point 20 minutes prior to the start.

Although we do attempt to keep to the timing stated in this leaflet, a degree of flexibility is needed. Stops for refreshments are usually for half an hour.

Did you know?

Many of our walks are on bus routes. Bus timetables are available from libraries, post offices, the Civic Centre, Elmbridge Museum and other locations.

If you would like to become a volunteer leader, or would like more information about the Healthy Walks Programme, visit www.elmbridge.gov.uk/health or contact the Health Development Officer by emailing leisure@elmbridge.gov.uk or calling 01372 474568.



Speed rating

Each walk has a different speed rating. For the sake of other walkers and the continuity of the walk please choose the grading and length of your walk according to your ability. If you are a novice walker please choose a **slow walk**.

Very Slow

Suitable if you are not confident that you can walk continuously, if you feel you may need a rest or assistance en route. We endeavour to have benches and rest stops around the route.

Slow

Suitable for those new to healthy walks, unfit or recovering from injury or illness. (2mph)

Moderate

Suitable for improving fitness, regular walkers and people who are reasonably fit and can maintain a steady pace (2.25 - 2.5 mph) for the duration of the walk

Brisk

Suitable for those making good progress and able to walk a mile (1600 metres) in around 20 minutes.



Cycle Rides, at pace to suit all riders. Mileage and approximate time normally provided.

To assist you with the type of activities included in the walks we have a number of symbols to help you choose.



Special Interest



Stiles



Optional Refreshments en-route afterwards



Refreshments en-route



Dogs on lead allowed



Toilets at meeting point



There may be a cost for parking



Essential to book at least 24 hours beforehand. Telephone 01372 474568 to book your place.



Figure of 8 - a walk in two parts. Passes starting point part way round, for those who prefer a shorter walk, or are new to exercise.






Wheelchair accessible and suitable for other walking aids.



Elmbridge Celebrates... A year-long festival of Leisure and Cultural Activities. www.elmbridge.gov.uk/2012



Date/time: Sun 1 Jan 11.00-13.15 Slow Flat
 Route: Towpath to Chertsey Bridge
 Meeting: Public car park by Thames Court Hotel, Shepperton, TW17 9LJ
 Leaders: Karen, Chris Map 12 



Date/time: Mon 2 January 10.30-12.30 Moderate Slopes
 Route: Crown Estate, three Commons and three Woods
 Meeting: Sandy Lane car park, Oxshott
 Leaders: Andrew Map 26



Date/time: Tues 3 January 10.30-11.30 Slow Flat
 Route: Molesey Circular Walk
 Meeting: Molesey Community Centre, School Road, KT8 0DN
 Leaders: Valerie, David F.  

Date/time: Wed 4 January 10.30-11.45 First half very slow, then slow
 Route: Molesey Lock & Millenium Marker
 Meeting: Hurst Meadows car park, Graburn Way, Molesey KT8 9AH
 Leaders: Karen, Douglas Map 11b 














Date/time: Thurs 5 January 10.30-12.00 noon Slow Hilly
 Route: Claygate Common & Winey Hill
 Meeting: Claygate Community Centre, Elm Road, KT10 0EH
 Leaders: Mavis, Jean Map 97  

Date/time: Fri 6 January 10.30-12.00 noon Moderate Slopes
 Route: West End Common Winter Nordic Walk, poles not essential.
 Meeting: Garsons Farm, West End, Esher, KT10 8LP
 Leaders: David A. Park in overflow car park, meet at garden centre entrance Map 22  









Date/time: Sat 7 January 10.30-12.30 3.5 miles Moderate Flat
 Route: Around Sunbury including Riverside and Walled Garden
 Meeting: Orchard Meadow (formerly The Avenue) car park, Lower Sunbury (£), or in the Avenue
 Leaders: Susan, Chris Map 54  

Date/time: Mon 9 January 10.30-12.30 Moderate Flat
 Route: From Laleham to Littleton
 Meeting: Notcutts Garden Centre car park, Staines Road, Laleham, TW18 2SF
 Leaders: Linda  

**Elmbridge Celebrates ... See what's on, Get Involved,
Make it happen. www.elmbridge.gov.uk/2012**

Date/time:	Mon 9 January 10.30-12.30. Pace to suit.	Flat 10 miles		
Route:	Molesey and Weybridge			
Meeting:	Sadlers Ride car park, Molesey, KT8 1SD			
Leaders:	Roy, Janet	Map 11a		
Date/time:	Tues 10 January 10.30-11.30	Slow	Flat	
Route:	Molesey Circular Walk			
Meeting:	Molesey Community Centre, School Road, KT8 0DN			
Leaders:	David F., Valerie			
Date/time:	Wed 11 January 10.30-12.00 noon	Moderate	Flat & Steps	
Route:	Cars, Planes, Trains and Boats			
Meeting:	Brooklands Community Park, Sopwith Drive, Weybridge KT13 0YU			
Leaders:	David G., Liz	Map 61		
Date/time:	Thursday 12 January 10.30-11.45	Slopes & steps. Moderate	Flat	
Route:	Weybridge North Circular			
Meeting:	Ladies Rowing Club car park, Thames Street, Weybridge, KT13 8 JG			
Leaders:	Louis, Gillian			
Date/time:	Thursday 12 January 10.30-12.00 noon	Slow	Slopes	
Route:	Whiteley Village			
Meeting:	Whiteley Village Sanctuary car park, KT12 4ED			
Leaders:	Ann, Susan. Karen	Map 27		
Date/time:	Fri 13 January 10.30 -12.15	Brisk	Slopes	
Route:	Three ponds			
Meeting:	Sandy Lane car park, Oxshott			
Leaders:	David A.	Map 26		
Date/time:	Sat 14 January 10.30-12.15	Moderate	Flat, Steps	
Route:	Around Woodland Gardens and Formal Gardens			
Meeting:	Pheasantry Cafe car park (off Chestnut Avenue), Bushy Park			
Leaders:	Paul, Chris	See map 18		
Date/time:	Sun 15 January 10.30 -11.00 Slow then 11.00-11.45	Moderate	Slopes	
Route:	Molesey Heath			
Meeting:	Approach Road, near heath gates, Molesey, KT8 2LL (please park on garages side of road)			
Leaders:	John	Map 20		

Be Active, More Often. Did you know your doctor can refer you to exercise classes in Walton and Molesey? Telephone 01372 474574 or email leisure@elmbridge.gov.uk for more information.

Date/time:	Mon 16 January 10.45- 12.00	2.5 miles	Slow	Flat
Route:	Home Park and Hampton Wick Riverside			
Meeting:	Main entrance to the Home Park. Hampton Court buses 281 / 285 / 481.			
Leaders:	Susan, Ann			
Date/time:	Mon 16 January 10.30- 12.30	12 miles	Pace to suit	
Route:	Staines on roads and towpath			
Meeting:	Cowey Sale car park, near Walton Bridge, KT17 8LU			
Leaders:	Carol		Map 29	
Date/time:	Mon 16 January 10.30-12.15		Moderate	Hilly
Route:	Polesden Lacey			
Meeting:	Far end Woodlands Road, Effingham, KT23 4 HJ			
Leaders:	David G.		Map 16	
Date/time:	Tues 17 January 10.30-11.30		Slow	Flat
Route:	Molesey Circular Walk			
Meeting:	Molesey Community Centre, School Road, KT8 0DN			
Leaders:	Valerie, David F.			
Date/time:	Wed 18 January 11.00-11.45		Slow	Flat
Route:	Esher Common			
Meeting:	Horseshoe Clump car park, Portsmouth Road, Esher, KT10 9JQ			
Leaders:	Karen, Douglas		Map 2	
Date/time:	Thurs 19 January 10.30-12.00 noon	3 miles	Moderate	Flat
Route:	Chertsey Abbey and Bourne River			
Meeting:	Chertsey Meads Marina car park, Mead Lane, Chertsey, KT16 8PA			
Leaders:	Susan, Sheila, Raye		Map 40	
Date/time:	Fri 20 January 10.30-12.15		Moderate	Hilly
Route:	Gomshall and Shere			
Meeting:	Recreation Ground car park, Upper Street, Shere, GU5 9JF			
Leaders:	David G.		Map 76	
Date/time:	Sat 21 January 10.45-12.00 noon	2 miles	Slow	Slopes, Steps
Route:	New views of Teddington Lock			
Meeting:	Footbridge, Ferry Lane, Teddington TW11 9NR. Bus 281, 285, R68			
Leaders:	Susan, Chris			

Wear suitable footwear and clothing and bring drinking water to fully enjoy your walk or ride.

Date/time: Mon 23 January 10.30-12.00 noon 3.5 miles Moderate Flat
 Route: Ockham Mill and Wisley Garden Centre
 Meeting: Far end Wisley RHS car park (CP3), GU23 6QB (not Wren's Nest)
 Leaders: Susan, Paul, Raye See map 60

Date/time: Mon 23 January 10.30-12.30 Pace to suit. 3 hills, 8 miles
 Route: Cobham and Oxshott
 Meeting: Downside Bridge car park, Cobham, KT11 3LP
 Leaders: Roy, Janet Map 34



Date/time: Tuesday 24 January 10.30-11.30 Slow Flat
 Route: Molesey Circular Walk
 Meeting: Molesey Community Centre, School Road, KT8 0DN
 Leaders: David F., Valerie



Date/time: Wed 25 January 11.00-11.45 Slow Flat
 Route: Heron Lake and Leg of Mutton pond
 Meeting: Arethusa car park, Bushy Park
 Leaders: Karen, Douglas Map 18b

Date/time: Thurs 26 January 10.30-12.00 noon Moderate Flat (ramp)
 Route: 2 miles east on towpath
 Meeting: Xcel Leisure Complex, Waterside Drive, Walton-on-Thames, KT12 2JG
 Leaders: Louis, Gillian Map 7



Date/time: Fri 27 January 10.30-12.15 Brisk Slopes
 Route: Around Norbury Park
 Meeting: Bocketts Farm car park, Leatherhead, KT22 9BS
 Leaders: David A., David G. Map 44










Date/time: Sat 28 January 11.00-12.30 Slow Slopes
 Route: Whiteley Village
 Meeting: Whiteley Village Sanctuary car park, KT12 4ED
 Leaders: Ann, Karen Map 27



Date/time: Mon 30 January 10.30-11.30 Slow Slopes
 Route: Claygate Common
 Meeting: Claygate Community Centre, Elm Road, Claygate, KT10 0EH
 Leaders: Andrew, David A. Map 97



The Chief Medical Officer recommends that you take part in 150 minutes of moderate-intensity physical activity each week and two muscle strengthening sessions per week. Do you?

- | | | |
|---|---------------------------------------|--|
| <p>Date/time: Tues 31 January 10.30-11.30
 Route: Molesey Circular Walk
 Meeting: Molesey Community Centre, School Road, KT8 0DN
 Leaders: Valerie, David F.</p> | <p>Slow
 Flat</p> |  |
| <hr/> | | |
| <p>Date/time: Tues 31 January 10.30-11.30/12.00 noon
 Route: Painshill Tower (with optional extension to tower)
 Meeting: Painshill Park car park, Cobham, KT11 1JE
 Register 24 hours prior Phone 01372 474568
 Leaders: Sheila, Susan</p> | <p>Moderate Slow on slopes, steps</p> |  |
| Map 21 | | |
| <hr/> | | |
| <p>Date/time: Wed 1 February 10.30-12.00 noon
 Route: Chobham Common
 Meeting: Fishpool car park, Gracious Pond Road, Chobham, GU24 8EX
 Leaders: David G.</p> | <p>Moderate
 Slopes</p> |  |
| <hr/> | | |
| <p>Date/time: Thurs 2 February 10.30-12.00 noon
 Route: Telegraph Hill and Hinchley Wood
 Meeting: Claygate Community Centre, Elm Road, Claygate, KT10 0EH
 Leaders: Jean, Mavis</p> | <p>Slow
 Slopes</p> |  |
| Map 97 | | |
| <hr/> | | |
| <p>Date/time: Fri 3 February 10.30-12.00
 Route: Nordic walk, poles not essential.
 Meeting: Garsons Farm, West End, Esher. KT10 8LP Park in overflow car park, meet at entrance to garden centre
 Leaders: David A.</p> | <p>Moderate
 Slopes</p> |  |
| Map 22 | | |
| <hr/> | | |
| <p>Date/time: Sat 4 February 10.45-12.00 noon 2.5-3 miles
 Route: Horton Country Park
 Meeting: Horton Country Park, Epsom, KT19 8PL
 Leaders: Susan, Chris</p> | <p>Moderate
 Flat</p> |  |
| Map 4a | | |
| <hr/> | | |
| <p>Date/time: Sun 5 February 10.30-11.15 Slow, then 11.15-12.00 noon
 Route: One Tree Hill and Love Lane
 Meeting: Squires Garden Centre, Woodstock Lane North, Long Ditton, KT6 5HN
 Leaders: John</p> | <p>Moderate Hill</p> |  |
| Map 24 | | |

Wear suitable footwear and clothing and bring drinking water to enjoy your activities more.

Date/time: Mon 6 February 10.30-12.30 Pace to suit. Flat 7 miles
 Route: Molesey and Hersham
 Meeting: Sadlers Ride car park, Molesey, KT8 1ST
 Leaders: Roy, Janet



Map 11a

Date/time: Mon 6 February 11.30-12.15 Slow
 Route: One Tree Hill & Hill Park Nursery
 Meeting: Squires Garden Centre, Woodstock Lane North, Long Ditton, KT6 5HN
 Leaders: Karen, Douglas

Hill



Map 24

Date/time: Tues 7 February 10.30-11.30 Slow
 Route: Molesey Circular Walk
 Meeting: Molesey Community Centre, School Road, KT8 0DN
 Leaders: Andrew, Valerie

Flat



Date/time: Wed 8 February 10.30 -11.30 2 miles Slow/Very Slow Flat
 Route: Sunbury Walled Garden, Riverside and Park
 Meeting: Orchard Meadow (formerly The Avenue) car park, Lower Sunbury (£), or in the Avenue
 Leaders: Susan, Karen, Douglas

Slow/Very Slow Flat



Map 54

Date/time: Wed 8 February 10.30 - 12.15 Moderate
 Route: Arbrook and Claygate Commons
 Meeting: Arbrook Common car park, Arbrook Lane, Claygate, KT10 9EJ
 Leaders: David M., David G.

Moderate

Slope

Map 13

Date/time: Thurs 9 February 10.30-11.40 Moderate Flat, gentle ramps and steps
 Route: Towpath and Desborough Island
 Meeting: Ladies Rowing Club car park, Thames Street, Weybridge KT13 8JG
 Leaders: Louis, Gillian

Moderate Flat, gentle ramps and steps



Date/time: Fri 10 February 10.30-12.15 Brisk
 Route: Three Commons
 Meeting: Sandy Lane car park, Oxshott
 Leaders: David A.

Brisk

Slopes

Map 26

Date/time: Fri 10 February 14.00-15.00 Slow
 Route: West End Common
 Meeting: Garsons Farm, West End, Esher, KT10 8LP. Park in overflow car park, meet at entrance to garden centre.
 Leaders: Karen



Slow



Slopes







Map 22

Be Active, More Often. Join reduced cost exercise classes and gym sessions. Telephone 01372 474574 for information.



Date/time: Sun 12 February 11.00-12.00 noon Slow Slopes
 Route: Whiteley Village
 Meeting: Sanctuary car park, Whiteley Village, Hersham KT12 4ED
 Leaders: Ann, Sheila Map 27  




Date/time: Mon 13 February 10.45-12.00 noon 3 miles Moderate Slopes, Steps
 Route: Terrace Gardens and Petersham Meadows
 Meeting: Pembroke Lodge car park, Richmond Park, TW10 5HX
 Leaders: Susan, David M. Map 58  



Date/time: Mon 13 February 10.30-12.30 11 miles Pace to suit
 Route: Woking towpath then via West Byfleet
 Meeting: Service Road, New Haw Lock, Byfleet Road, New Haw
 Leaders: Carol Map 39  

Date/time: Tues 14 February 10.30-11.30 Slow Flat
 Route: Molesey Circular Walk
 Meeting: Molesey Community Centre, School Road, KT8 0DN
 Leaders: Valerie, David F.  



Date/time: Thurs 16 February 10.30-12.00 noon Moderate Slopes
 Route: Sheepleas and Green Dene
 Meeting: Sheepleas car park, behind St Mary's Church, Epsom Road,
 West Horseley, KT24 6AN
 Leaders: David G., David M. Map 74



Date/time: Fri 17 February 11.00-12.45 Brisk Slopes
 Route: Ashted Common
 Meeting: Star Pub car park, Kingston Road, Leatherhead, KT22 0DT
 Leaders: Richard Map 69  

Date/time: Sat 18 February 10.30-12.00 noon Moderate Flat
 Route: Windsor Great Park
 Meeting: Savill Gardens car park, Wick Lane,
 Englefield Green, TW20 0XA (car park £3)
 Leaders: Paul Map 6   



Date/time: Mon 20 February 10.00-11.30 3 miles Slow Flat
 Route: Thames Riviera
 Meeting: Pheasantry Cafe car park (off Chestnut Avenue),
 Bushy Park
 Leaders: Susan See map 18  

Molesey Community Centre: Join free exercise classes on Monday and Thursday at 10.45. Contact Jane on 020 8979 5773




Date/time: Mon 20 February 10.30-12.30 Pace to suit. 3 hills, 9 miles
 Route: Downside and Bookham
 Meeting: Downside Bridge car park, Cobham, KT11 3LP
 Leaders: Roy, Janet   Map 34a



Date/time: Tues 21 February 10.30-11.30 Slow Flat
 Route: Molesey Circular Walk
 Meeting: Molesey Community Centre, School Road, KT8 0DN
 Leaders: David F., Valerie  



Date/time: Tues 21 February 10.30-12.30 Moderate Slopes
 Route: Towpath walk
 Meeting: Sanway Road, Byfleet, KT14 7NF
 Leaders: David G., Liz Map 19

Date/time: Wed 22 February 10.30-12.00 noon Moderate Slopes
 Route: West End and Esher Commons
 Meeting: Garsons Farm, West End, Esher, KT10 8LP. Park in overflow car park, meet at entrance to garden centre
 Leaders: Andrew, Virginia   Map 22

Date/time: Wed 22 February 14.00-14.45 Slow Flat
 Route: Esher Common
 Meeting: Horseshoe Clump car park, Portsmouth Road, Esher, KT10 9JQ
 Leaders: Karen, Douglas Map 2














Date/time: Thurs 23 February 10.30-11.45 Moderate Flat
 Route: Brooklands including Change4Life 1 mile route
 Meeting: Mercedes Benz World, entrance to main building opposite car park, KT13 0SL
 Leader: Louis, Gillian    Map 39

Date/time: Thurs 23 February 11.00-12.30 Slow Slopes
 Route: Whiteley Village
 Meeting: Sanctuary car park, Whiteley Village, KT12 4ED
 Leaders: Ann, Karen   Map 11

Date/time: Fri 24 February 10.30-12.15 Moderate Flat
 Route: Bushy Park and Home Park
 Meeting: Pheasantry Cafe car park (off Chestnut Avenue), Bushy Park
 Leaders: David A., Andrew   See map 18

Join our 12 week gym based Exercise Referral Scheme

at Xcel Leisure Centre. Contact 01372 474574 for details.

Date/time:	Sat 25 February 10.30-12.30	Moderate	Flat
Route:	More of the three rivers		
Meeting:	Hurst Meadows car park, Graburn Way, Molesey, KT8 9AH		
Leaders:	Susan, Sheila	Map 11	
Date/time:	Sun 26 February 10.30-11.15	Moderate	Hill
Route:	Telegraph Hill		
Meeting:	Telegraph Lane Allotments, Claygate, KT10 0DY		
Leaders:	John	Map 41	
Date/time:	Mon 27 February 10.30-12.30	11 miles	Pace to suit
Route:	Kingston Towpath then via Bushy Park		
Meeting:	Sadlers Ride car park, Molesey, KT8 1ST		
Leaders:	Carol	Map 11	
Date/time:	Mon 27 February 10.30-12.15	Moderate	Hilly
Route:	Albury Park and Shere		
Meeting:	Silent Pool car park, Shere Road (A25), near Albury, GU5 9BW		
Leaders:	David G., David M.	Map 3	
Date/time:	Tues 28 February 10.30-11.30	Slow	Flat
Route:	Molesey Circular walk		
Meeting:	Molesey Community Centre, School Road, KT8 0DN		
Leaders:	Valerie, David F.		
Date/time:	Tues 28 February 14.00-15.00	Slow	Flat
Route:	Molesey Lock and Millenium Marker		
Meeting:	Hurst Meadows car park, Graburn Way, Molesey, KT8 9AH		
Leaders:	Karen, Douglas	Map 11	
Date/time:	Wed 29 February 10.30-12.00 noon	Moderate	Flat, steps
Route:	Leap Year Walk		
Meeting:	Xcel Leisure Complex, Waterside Drive, Walton-on-Thames, KT12 2JG		
Leaders:	David A., Andrew	Map 7	
Date/time:	Thurs 1 March 10.30-12.00 noon	Slow	Slopes
Route:	Claygate Common and Arbrook Commons		
Meeting:	Claygate Community Centre, Elm Road, KT10 0EH		
Leaders:	Jean, Mavis	Map 97	
Date/time:	Fri 2 March 10.30-12.15	Moderate	Slopes
Route:	Nordic Walk, poles not essential.		
Meeting:	Garsons Farm, West End, Esher, KT10 8LP. Park in overflow car park, meet at entrance to garden centre		
Leaders:	David A.	Map 22	

Are you a regular healthy walker or healthy cyclist?

Would you be willing to help as a back marker?

Phone 01372 474574 to find out how you can help the scheme.

Date/time: Mon 5 March 10.30-12.30 Pace to suit. Flat 12 miles

Route: Molesey and Ham House

Meeting: Sadlers Ride car park, Molesey, KT8 1SD

Leaders: Roy, Janet



Map 11

Date/time: Mon 5 March 10.45-13.15 4 miles

Route: Richmond Riverside and Green

For shorter walk (2.5 miles) 65 bus to Nightingale Lane and wait on towpath.

Meeting: Ham Riverside car park, Ham, TW10 7RS

Leaders: Susan, Liz

Moderate

Slopes



Map 50

Date/time: Tues 6 March 10.30-11.30

Route: Molesey Circular Walk

Meeting: Molesey Community Centre, School Road, KT8 0DN

Leaders: David F., Valerie

Slow

Flat



Date/time: Wed 7 March 10.30-12.30

Route: Headley Downs and Stane Street

Meeting: The Cock Inn, Church Lane, Headley, KT18 6LE

Leaders: Virginia, Andrew



Moderate

Hilly



Map 99

Date/time: Wed 7 March 10.30-12.30

Route: Towpath to Chertsey Bridge

Meeting: Public car park by Thames Court Hotel, Shepperton, TW17 9LJ

Leaders: Karen, Douglas

Slow

Flat



Map 12

Date/time: Thurs 8 March 10.30-11.30

Route: Along towpath to Xcel

Meeting: Cowey Sale car park, near Walton Bridge, KT17 8LU

Leaders: Louis, Gillian



Moderate

Flat, but slopes over bridges



Map 29

Date/time: Fri 9 March 10.30-12.15

Route: Oxshott and Fairmile Commons

Meeting: Sandy Lane car park, Oxshott

Leaders: David A.

Brisk

Slopes

Map 26

Date/time: Fri 9 March 14.00-14.45

Route: Heron Lake and Leg of Mutton pond

Meeting: Arethusa car park, Bushy Park



Leaders: Karen



Slow



Flat



Map 18b



Be Active, More Often. Join reduced cost exercise classes and gym sessions. Telephone 01372 474574 for more information.



Date/time: Sat 10 March 10.30-12.00 noon Moderate Flat
 Route: Semaphore Tower
 Meeting: Boldermere car park, Old Lane, Cobham
 Leaders: Claire, Chris Map 37  




Date/time: Mon 12 March 10.30-12.15 3 miles Slow Flat
 Route: Woodland Gardens and Hampton Court for the daffodils
 Meeting: Pheasantry Café car park (off Chestnut Avenue), Bushy Park
 Leaders: Susan, Ann See map 18  



Date/time: Tues 13 March 10.30-11.30 Slow Flat
 Route: Molesey Circular Walk
 Meeting: Molesey Community Centre, School Road, KT8 0DN
 Leaders: Andrew, David F.  

Date/time: Wed 14 March 10.30-12.15 Moderate Hilly
 Route: To St Martha's Church
 Meeting: Far end of Newlands Corner car park, GU4 8SE
 Leaders: David G. Map 23  

















Date/time: Thurs 15 March 11.00-12.00 noon Slow Slopes
 Route: Whiteley Village
 Meeting: Whiteley Village Sanctuary car park, KT12 4ED
 Leaders: Ann, Andrew Map 27  

Date/time: Fri 16 March 10.30-12.15 Moderate Slopes
 Route: Claygate and Esher Commons
 Meeting: Arbrook Common car park, Arbrook Lane, Claygate, KT10 9EJ
 Leaders: David M. Map 13  

Date/time: Sat 17 March 10.30-12.45 Moderate Slopes
 Route: Windsor Great Park
 Meeting: Savill Gardens car park, Wick Lane, Englefield Green, TW20 0XA
 Leaders: Paul Map 6   

Date/time: Sun 18 March 10.30-11.00 Slow then 11.00-11.45 Moderate Slopes
 Route: Molesey Heath
 Meeting: Approach Road, near heath gates, Molesey, KT8 2LL (please park on garages side of road)
 Leaders: John Map 20  

Be Active, More Often. Book onto our 12 week gym sessions.
Telephone 01372 474574 for information.

Date/time:	Mon 19 March 10.30-12.30 11 miles		Pace to suit	2 hills
Route:	Esher Common and Stoke D'Abernon			
Meeting:	Horseshoe Clump car park, Portsmouth Road, Esher, KT10 9JQ			
Leaders:	Roy, Janet		Map 2	
Date/time:	Mon 19 March 10.30-12.15 3 miles		Slow	Slopes
Route:	Valley Gardens and Daffodil Valley			
Meeting:	Virginia Water car park, London Road, GU25 4QF or park at Wheatsheaf Pub if staying for lunch.			 
Leaders:	Susan, David G.		Map 90	
Date/time:	Tues 20 March 10.30-11.30		Slow	Flat
Route:	Molesey Circular Walk			
Meeting:	Molesey Centre, School Road, KT8 0DN			 
Leaders:	David F., Valerie			
Date/time:	Tues 20 March 11.00-13.00		Brisk	Slopes
Route:	Walton Heath			
Meeting:	Blue Ball Pub, Deans Lane, Walton on the Hill, Tadworth, KT20 7UE			
Leaders:	Richard			
Date/time:	Wed 21 March 10.30-12.30		Moderate	Slopes
Route:	Spring views over Mickleham			
Meeting:	The Cock Inn, Church Lane, Headley, KT18 6 LE			 
Leaders:	David M., Virginia		Map 99	
Date/time:	Wed 21 March 10.30-11.30		Slow	Slopes
Route:	Fairmile Common			
Meeting:	Lakewood car park, Portsmouth Road, Cobham, KT11 1BG			
Leaders:	Karen, Douglas		Map 35	
Date/time:	Thurs 22 March 10.30-12.30		Moderate	Flat
Route:	Whittets Ait			
Meeting:	Cowey Sale car park, near Walton Bridge, TW17 8LU			 
Leaders:	David F., Paul		Map 29	
Date/time:	Fri 23 March 10.30-12.15		Moderate	Flat
Route:	River, Pond and Park			
Meeting:	Pheasantry Café car park (off Chestnut Avenue), Bushy Pk.			 
Leaders:	David A.		See map 18	
Date/time:	Sat 24 March 10.30-11.45		Moderate	Steep slopes, steps
Route:	Three Memorials and a view			
Meeting:	Coopers Hill Lane car park, Englefield Green, TW20 0LB			
Leaders:	Claire		Map 73	

