Healthy Walks, Nordic Walks and Cycle Rides
1 July to 30 September 2019

Supporting you to get active and stay active

For further information about the Healthy Walks, email health@elmbridge.gov.uk or call 01372 474574

In case of adverse weather conditions, visit elmbridge.gov.uk/healthywalks to check if a walk/ride has been cancelled.
Healthy Walks and Cycle Rides  We love our walks and rides and we hope you will too. We’ve been organising them since 2003 and they are great for meeting new friends and discovering new places in your local area. With Walking for Health, you can take part in a free short walk to help you get and stay active at a pace that works for you.

Very slow walks: up to 45 minutes  Walking for 15 minutes to half an hour may be longer than you’ve walked for a while but we’ll be there to help you. Walk at a pace that’s right for you and take time to soak up the beauty of Elmbridge. Doesn’t that sound achievable?

If you are not sure you will be able to keep up please start with our Monday regular very slow walk, and ask the leader if they think you would cope with one of our other walks.

Walks and rides leave promptly at the published time, please don’t hold the group up, it’s not fun for you or the other walkers. We pride ourselves on our punctuality, we know that you lead busy lives with appointments to keep. Please arrive at least 10 minutes beforehand.

All our walks are free and most are between 30 and 90 minutes long and less than three miles in length.

Volunteers: If you enjoy going on slow walks, 30-90 minutes long, and want to help improve other peoples lives, you sound like you would make the perfect volunteer leader. We’ll give you all the training and support you need to help you be top notch.

If you are a new walker or cyclist, please arrive at least 15 minutes before the start to allow time to complete the registration form. You can find it, and the privacy policy at: walkingforhealth.org.uk

Questions? email health@elmbridge.gov.uk or telephone 01372 474574. We are here to help.
Poor weather  In case of adverse weather conditions, visit elmbridge.gov.uk/healthywalks to see if an event is cancelled. If in doubt call 01372 474574 or email health@elmbridge.gov.uk

Make sure you fully enjoy the walk by choosing carefully. We often stop for coffee afterwards, but we strongly recommend you bring some water for the walk or ride, wear strong shoes and have appropriate clothing with you.

Walks/rides are classified by pace, gradient and the length of time they take. If you prefer longer, faster walks, or walks out of the Borough, you may enjoy walking with Ramblers, Go50 or Surrey Walks Club.

| Short    | If you are not a confident walker or are returning to walking. Normally between 15 and 30 minutes, always on easy terrain, at a pace to suit you. |
| Slow     | For those capable of walking continuously (2mph) |
| Moderate | For regular walkers who are reasonably fit and can maintain a steady pace (2.25-2.5 mph) for the duration of the walk. |
| Brisk    | For those able to walk 3mph for the walk duration. |
| Nordic   | Bring poles or walk without poles. Warm up pre-walk and cool down post-walk included. |

<table>
<thead>
<tr>
<th>Cycle Rides, at a pace to suit all riders.</th>
<th>Dogs on leads welcome (one dog per walker)</th>
</tr>
</thead>
<tbody>
<tr>
<td>RA</td>
<td>Optional refreshments after walk that give you time to socialise</td>
</tr>
<tr>
<td>WC</td>
<td>Toilets at meeting point</td>
</tr>
</tbody>
</table>
**Regular weekly / monthly walks**
These walks take place every week from the same Starting point, at the same start time unless otherwise specified. Routes and leaders may vary.

<table>
<thead>
<tr>
<th>Date/time:</th>
<th>Every Mon (excluding Bank Holidays)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>11.30-12.00 Very slow, flat WC</td>
</tr>
<tr>
<td>Route:</td>
<td>30 minutes very slow walk along the river</td>
</tr>
<tr>
<td>Meeting:</td>
<td>Outside by the benches, Xcel Leisure Complex, Waterside Drive, Walton KT12 2JG</td>
</tr>
<tr>
<td>Leaders:</td>
<td>Fiona</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Date/time:</th>
<th>Every Tues 10.30-11.30 Slow, flat WC RA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Route:</td>
<td>Molesey Circular Walk</td>
</tr>
<tr>
<td>Meeting:</td>
<td>Royal British Legion Club, St Mary’s Road, East Molesey, KT8 0ST. Use entrance next to No 4. (the back entrance)</td>
</tr>
<tr>
<td>Leaders:</td>
<td>David F, Valerie, Andrew</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Date/time:</th>
<th>Every Fri 10.30-11.15 Very Slow, flat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Route:</td>
<td>45 minutes very slow. Plenty of seats en-route if needed.</td>
</tr>
<tr>
<td>Meeting:</td>
<td>The Clubhouse Café, East Molesey, Cricket Club, Graburn Way, KT8 9AL. Outside on the benches.</td>
</tr>
<tr>
<td>Leaders:</td>
<td>Vary</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Date/time:</th>
<th>1st Wed of the month 10.30-12.00 Slow, slopes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Route:</td>
<td>Various routes in and around Claygate WC RA</td>
</tr>
<tr>
<td>Meeting:</td>
<td>Claygate Centre for the Community, Elm Road, Claygate, KT10 0EH. Inside near the café.</td>
</tr>
<tr>
<td>Leaders:</td>
<td>Jean, Andrew.</td>
</tr>
<tr>
<td>Date/time:</td>
<td>Route:</td>
</tr>
<tr>
<td>------------------</td>
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</tr>
<tr>
<td>Mon 1 July 10.30-12.30</td>
<td>7-8 miles, flat, slow</td>
</tr>
<tr>
<td>Mon 1 July 15.00-17.00</td>
<td>Slow, Flat</td>
</tr>
<tr>
<td>Tues 2 July</td>
<td>Slow regular walk</td>
</tr>
<tr>
<td>Wed 3 July 10.30-12.00</td>
<td>Slow, slopes</td>
</tr>
<tr>
<td>Wed 3 July 10.30-12.30</td>
<td>Slow, flat</td>
</tr>
<tr>
<td>Thurs 4 July</td>
<td>Slow, steps</td>
</tr>
<tr>
<td>Thurs 4 July</td>
<td>Moderate, flat, stiles</td>
</tr>
<tr>
<td>Thurs 4 July 14.00-15.30</td>
<td>Steps, hills</td>
</tr>
<tr>
<td>Fri 5 July</td>
<td>Slow regular walk</td>
</tr>
<tr>
<td>Sun 7 July</td>
<td>Moderate, slopes, steps</td>
</tr>
<tr>
<td>Sun 7 July</td>
<td>11.00-12.00</td>
</tr>
<tr>
<td>Regular walk</td>
<td>Date/time:</td>
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<td>-------------</td>
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</tr>
<tr>
<td>Mon 8 July</td>
<td>Mon 8 July 10.30-12.30</td>
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<tr>
<td></td>
<td>Date/time:</td>
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<tr>
<td></td>
<td>Mon 8 July 15.00-16.00</td>
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<td></td>
<td>Date/time:</td>
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<tr>
<td></td>
<td>Mon 8 July 11.00-13.00</td>
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<td></td>
<td>Date/time:</td>
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<tr>
<td></td>
<td>Wed 10 July 10.30-11.30</td>
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<td></td>
<td>Date/time:</td>
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<tr>
<td></td>
<td>Wed 10 July 11.00-11.45</td>
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<td>Date/time:</td>
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<td></td>
<td>Wed 10 July 10.30-12.45</td>
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<td></td>
<td>Date/time:</td>
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<tr>
<td></td>
<td>Thurs 11 July 14.00-15.15</td>
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<td></td>
<td>Date/time:</td>
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<tr>
<td></td>
<td>Fri 12 July 10.30-12.30</td>
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<td>Date/time:</td>
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<td>Fri 12 July 10.30-12.30</td>
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<td>Wed 10 July 11.00-11.45</td>
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<td>Wed 10 July 10.30-12.45</td>
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<td></td>
<td>Thurs 11 July 14.00-15.15</td>
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<td>Fri 12 July 10.30-12.30</td>
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<td>Fri 12 July 10.30-12.30</td>
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<tr>
<td></td>
<td>Fri 12 July 10.30-12.30</td>
</tr>
<tr>
<td>Date/time:</td>
<td>Sat 13 July 10.30-11.30 Slow, flat RA</td>
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<tr>
<td>-----------------</td>
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</tr>
<tr>
<td>Route:</td>
<td>Broadwater Lake and towpath</td>
</tr>
<tr>
<td>Meeting:</td>
<td>Far end of Cowey Sale car park, (not the café end) Walton Bridge, KT12 1QW</td>
</tr>
<tr>
<td>Leaders:</td>
<td>Mary</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Date/time:</th>
<th>Sat 13 July 19.00-20.30 Slow, flat RA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Route:</td>
<td>Laleham to Penton Hook Island</td>
</tr>
<tr>
<td>Meeting:</td>
<td>Broadway car park Laleham, TW18 1RZ</td>
</tr>
<tr>
<td>Leaders:</td>
<td>Chris P, Liz</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Date/time:</th>
<th>Sun 14 July 11.00-12.15 Moderate, slopes RA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Route:</td>
<td>Whiteley Village woods</td>
</tr>
<tr>
<td>Meeting:</td>
<td>Sanctuary car park, Whiteley Village, Burwood Road</td>
</tr>
<tr>
<td>Leaders:</td>
<td>Karen KT12 4ED</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Regular walk</th>
<th>Mon 15 July Short slow walk. See regular walks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Leader:</td>
<td>Fiona</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Date/time:</th>
<th>Mon 15 July 10.30-12.30 7-8 miles, flat, pace to suit RE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Route:</td>
<td>Long Ditton &amp; Kingston and back</td>
</tr>
<tr>
<td>Meeting:</td>
<td>Mercer Close, Long Ditton, KT7 0BS</td>
</tr>
<tr>
<td>Leaders:</td>
<td>Janet</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Date/time:</th>
<th>Mon 15 July 10.30-12.30 14 miles, flat, pace to suit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Route:</td>
<td>Fairoaks Airport</td>
</tr>
<tr>
<td>Meeting:</td>
<td>Service Road, New Haw Lock, Byfleet Road, New Haw, KT15 3JQ</td>
</tr>
<tr>
<td>Leaders:</td>
<td>Pam</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Date/time:</th>
<th>Tues 16 July 10.30-12.15 Moderate, flat, stiles</th>
</tr>
</thead>
<tbody>
<tr>
<td>Route:</td>
<td>Papercourt Lake and Wey Navigation</td>
</tr>
<tr>
<td>Meeting:</td>
<td>The Green, opposite former Wyllie and Mar, Ripley GU23 6AR. (2nd car park by children’s play area)</td>
</tr>
<tr>
<td>Leaders:</td>
<td>David G.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Regular walk</th>
<th>Tues 16 July Slow See regular walks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Leaders:</td>
<td>Valerie, Andrew</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Date/time:</th>
<th>Tues 16 July 15.00-16.15 Slow, flat WC RA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Route:</td>
<td>Xcel to Walton Bridge</td>
</tr>
<tr>
<td>Meeting:</td>
<td>Xcel Leisure Complex, Waterside Drive, Walton</td>
</tr>
<tr>
<td>Leaders:</td>
<td>Karen KT12 2JG</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Date/time:</th>
<th>Wed 17 July 10.30-12.15 Slow, slopes, steps, stile</th>
</tr>
</thead>
<tbody>
<tr>
<td>Route:</td>
<td>Molesey Heath - <em>Flora and fauna</em></td>
</tr>
<tr>
<td>Meeting:</td>
<td>Approach Road, near heath gates, West Molesey, Please park on garages side of road. KT82LL</td>
</tr>
<tr>
<td>Leaders:</td>
<td>Karen, Dave (Countryside Officer)</td>
</tr>
</tbody>
</table>
Wed 17 July 11.00-13.00 Moderate, stiles WC RA £2
Route: The lavender fields
Meeting: By café in Oaks Park, Croydon Lane, Sutton SM7 3BA
Leaders: Chris P.

Thurs 18 July 14.00-15.15 Slopes RA NORDIC
Route: Whiteley Village woods.
Meeting: Grass verge parking by cricket pitch/nets, corner of North Avenue and Coombe Lane, Whiteley Village KT12 4EL
Leaders: Pam, David M.

Fri 19 July See regular walks Leader: Mary

Mon 22 July 10.30-13.30 Flat 14 miles Pace to suit RE
Route: Molesey to Ham House bring a picnic lunch
Meeting: Sadlers Ride car park, Molesey KT8 1ST
Leaders: Roy, Janet

Mon 22 July See regular walks Leader: Fiona

Mon 22 July 15.00-16.00 Moderate, slopes, steps, stile
Route: Molesey Heath
Meeting: Approach Road, near heath gates, West Molesey, KT82LL
Leaders: Karen Please park on garages side of road.

Tues 23 July See regular walks Leaders: David F., Valerie

Tues 23 July 11.00-13.00 Moderate, stiles WC RA £2
Route: The lavender fields
Meeting: By café in Oaks Park, Croydon Lane, Sutton SM7 3BA
Leaders: Chris P.

Thurs 25 July 10.30-11.45 Slow, flat WC RA
Route: Xcel to Walton Bridge
Meeting: Xcel Leisure Complex, Waterside Drive, Walton, KT12 2JG
Leaders: Karen

Thurs 25 July 14.00-15.30 Flat, steps WC RA NORDIC
Route: Bishop Duppa’s Park and Shepperton
Meeting: Far end of Cowey Sale car park, (not the café end)
Leaders: David M. Walton Bridge, KT12 1QW

Fri 26 July See regular walks Leader: Christine
<table>
<thead>
<tr>
<th>Date/time</th>
<th>Route</th>
<th>Meeting</th>
<th>Leaders</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fri 26 July</td>
<td>Moderate, slopes</td>
<td>Petersham and Pembroke Lodge</td>
<td>David G., Chris P.</td>
</tr>
<tr>
<td></td>
<td>NEW</td>
<td>Ham Riverside car park, Ham Street, Ham, TW10 7RS</td>
<td></td>
</tr>
<tr>
<td>Sat 27 July</td>
<td>Slow, stile, steps</td>
<td>Towpath, paths and pond</td>
<td>Mary</td>
</tr>
<tr>
<td></td>
<td>WC RA</td>
<td>Weybridge garden centre, New Haw Road, Addlestone</td>
<td>Far right corner of car park. KT15 2BU</td>
</tr>
<tr>
<td>Mon 29 July</td>
<td>Short slow regular walk</td>
<td>Around Middle Pond - <em>Flora and fauna</em></td>
<td>Fiona</td>
</tr>
<tr>
<td></td>
<td>RE</td>
<td>Lakewood car park, Portsmouth Road, Cobham</td>
<td>Karen, Dave (Countryside Officer) KT11 1BG</td>
</tr>
<tr>
<td></td>
<td>7-8 miles, flat, slow</td>
<td>Molesey to Walton Bridge</td>
<td>Janet</td>
</tr>
<tr>
<td></td>
<td>RE</td>
<td>Well House Wander</td>
<td>Richard</td>
</tr>
<tr>
<td>Mon 29 July</td>
<td>Brisk, hilly</td>
<td>Well House Inn, Chipstead Lane, Coulsdon, CR5 3SQ</td>
<td></td>
</tr>
<tr>
<td></td>
<td>RA</td>
<td></td>
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<tr>
<td>Tues 30 July</td>
<td>See regular walks</td>
<td>Two rivers and a lake</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Leaders: Andrew, Valerie</td>
<td>Cowey Sale car park, Walton Bridge, KT12 1QW</td>
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<tr>
<td></td>
<td></td>
<td>David M. far end away from café</td>
<td></td>
</tr>
<tr>
<td>Wed 31 July</td>
<td>Moderate, flat, steps</td>
<td>Broadwater Walk and Weybridge</td>
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<tr>
<td></td>
<td>WC</td>
<td>Cowey Sale car park (near café), Walton Bridge,</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>David G., Andrew</td>
<td>KT12 1QW</td>
</tr>
<tr>
<td>Thurs 1 Aug</td>
<td>Steps &amp; hills</td>
<td>West End Woods and the Ledges</td>
<td></td>
</tr>
<tr>
<td></td>
<td>WC RA</td>
<td>Garsons Farm, West End, Esher, KT10 8LP</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>Pam, David M. Meet at entrance to garden centre.</td>
<td></td>
</tr>
<tr>
<td>Date/time:</td>
<td>Route:</td>
<td>Meeting:</td>
<td>Leaders:</td>
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</tr>
<tr>
<td>Fri 2 Aug</td>
<td>See regular walks</td>
<td>Leader: Keith</td>
<td></td>
</tr>
<tr>
<td>Mon 5 Aug</td>
<td>Short slow walk. See regular walks</td>
<td>Leader Fiona</td>
<td></td>
</tr>
<tr>
<td>Mon 5 Aug 10.30-12.30</td>
<td>8 miles 1 hill Pace to suit RE</td>
<td>Walton Bridge, Chertsey Bridge</td>
<td></td>
</tr>
<tr>
<td>Cowey Sale car park, Walton Bridge, KT12 1QW</td>
<td>Roy, Janet</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mon 5 Aug 11.00-11.45</td>
<td>Slow, hill WC, RA</td>
<td>One Tree Hill &amp; Hill Park Rose Nursery</td>
<td></td>
</tr>
<tr>
<td>Squires Garden Centre, Woodstock Lane North,</td>
<td>Karen, Chris P. Long Ditton, KT6 5HN</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mon 5 Aug 10.30-12.30</td>
<td>Moderate, slopes, stiles NEW</td>
<td>This Way, That Way or Somewhere Else</td>
<td></td>
</tr>
<tr>
<td>Car park by cricket pitch, Sandy Lane (off New Road).</td>
<td>David G., Andrew Albury GU5 9DA</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mon 5 Aug 15.00-16.30</td>
<td>Flat, steps WC RA</td>
<td>Bishop Duppa’s Park and Shepperton</td>
<td></td>
</tr>
<tr>
<td>Far end of Cowey Sale car park, (not the café end)</td>
<td>David M. Walton Bridge, KT12 1QW</td>
<td></td>
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</tr>
<tr>
<td>Wed 7 Aug 10.30-12.00</td>
<td>Slow, slopes WC, RA</td>
<td>Claygate Common and Winney Hill</td>
<td></td>
</tr>
<tr>
<td>Claygate Community Centre, Elm Road, Claygate,</td>
<td>Jean, Andrew KT10 0EH</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wed 7 Aug 10.30-12.00</td>
<td>Slow, flat WC RA</td>
<td>Towpath to Sunbury Lock</td>
<td></td>
</tr>
<tr>
<td>Riverhouse Barn car park, Manor Road, Walton, KT12 2PF</td>
<td>Christine, Liz</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thurs 8 Aug 11.00-12.30</td>
<td>Moderate, slopes</td>
<td>Esher Common</td>
<td></td>
</tr>
<tr>
<td>Lakewood car park, Portsmouth Road, Cobham</td>
<td>Karen, Chris DJ KT11 1BG</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Date/time:</td>
<td>Thurs 8 Aug 14.00-15.15</td>
<td>Steps</td>
<td>WC RA</td>
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<tr>
<td>------------</td>
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<tr>
<td>Route:</td>
<td>Around Desborough Island</td>
<td></td>
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<tr>
<td>Meeting:</td>
<td>Cowey Sale car park, Walton Bridge, KT12 1QW</td>
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</tr>
<tr>
<td>Leaders:</td>
<td>Pam, David M.</td>
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**Regular walk**
 Fri 9 Aug See regular walks  Leader: Chris P.

<table>
<thead>
<tr>
<th>Date/time:</th>
<th>Fri 9 Aug 10.30-12.30</th>
<th>Moderate, slopes</th>
<th>WC RA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Route:</td>
<td>Ashtead Common and site of Roman Villa, via Epsom Well</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Meeting:</td>
<td>Horton Country Park car park, Horton Lane, Epsom</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Leaders:</td>
<td>Andrew, David G. KT19 8LP</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Date/time:</th>
<th>Sat 10 Aug 10.30-12.00</th>
<th>Moderate, flat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Route:</td>
<td>Walk around Brooklands open areas</td>
<td></td>
</tr>
<tr>
<td>Meeting:</td>
<td>Brooklands Community car park, Sopwith Drive, Weybridge, KT13 0YU</td>
<td></td>
</tr>
<tr>
<td>Leaders:</td>
<td>Mary</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Date/time:</th>
<th>Sat 10 Aug 18.30-20.00</th>
<th>Slow, flat</th>
<th>RA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Route:</td>
<td>Laleham to Penton Hook Island</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Meeting:</td>
<td>Broadway car park Laleham, TW18 1RZ</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Leaders:</td>
<td>Chris P, Liz</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Date/time:</th>
<th>Sun 11 Aug 10.30-11.30</th>
<th>Moderate, slopes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Route:</td>
<td>Fairmile and Black Pond</td>
<td></td>
</tr>
<tr>
<td>Meeting:</td>
<td>Lakewood car park, Portsmouth Road, Cobham</td>
<td></td>
</tr>
<tr>
<td>Leaders:</td>
<td>Karen KT11 1BG</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Date/time:</th>
<th>Mon 12 Aug 10.30-12.30</th>
<th>7-8 miles, flat, slow</th>
<th>WC RE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Route:</td>
<td>Walton / Weybridge</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Meeting:</td>
<td>Xcel Leisure Complex, Waterside Drive, Walton, KT12 2JG</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Leaders:</td>
<td>Janet</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Date/time:</th>
<th>Mon 12 Aug 10.30-12.30</th>
<th>14 miles, flat, pace to suit</th>
<th>WC RE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Route:</td>
<td>Fairoaks Airport</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Meeting:</td>
<td>Service Road, New Haw Lock, Byfleet Road, New Haw, KT15 3JQ</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Leaders:</td>
<td>Pam</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Regular walk**
 Mon 12 Aug Short slow see regular walk  Leader: 

<table>
<thead>
<tr>
<th>Date/time:</th>
<th>Mon 12 Aug 10.30-12.00</th>
<th>Slow, slopes, WC RA £</th>
</tr>
</thead>
<tbody>
<tr>
<td>Route:</td>
<td>Chatley Heath for the heather</td>
<td></td>
</tr>
<tr>
<td>Meeting:</td>
<td>Boldermere car park, Old Lane, Cobham KT11 1ND</td>
<td></td>
</tr>
<tr>
<td>Leaders:</td>
<td>Karen, Sue</td>
<td></td>
</tr>
</tbody>
</table>
Regular walk  
Tues 13 Aug Slow regular walk Leaders: Andrew, David F.

Date/time:    Thursday 15 Aug 10.30-12.30 Moderate, slopes, steps
Route:       Towpath Walk
Meeting:     Sanway Road, Byfleet, KT14 7SF
Leaders:     David G.

Date/time:    Thurs 15 Aug 14.00-16.00 Slow, Flat  RE
Route:       To Hampton Court for coffee
Meeting:     Sadlers Ride car park, Molesey, KT8 1ST
Leaders:     Karen, Sue

Date/time:    Thurs 15 Aug 14.00-15.15 Slopes   RA £  NORDIC
Route:       Over on the ferry and then around Bushy Park.
Meeting:     The Clubhouse cafe, East Molesey, Cricket Club,
             Graburn Way, KT8 9AL. Outside on the benches.
Leaders:     Pam, David M.

Regular walk  
Fri 16 Aug See regular walks Leader: Keith

Date/time:    Friday 16 Aug 11.00-13.00 Brisk hills  RA
Route:       Prince’s Coverts
Meeting:     The Star, Kingston Road, Leatherhead, KT22 0DP
Leaders:     Richard

Date/time:    Sat 17 Aug 11.00-12.15 Slow, slopes, steps WC  RA
Route:       Under and over the ledges
Meeting:     Garsons Farm, West End, Esher, KT10 8LP.
             Meet at covered entrance to garden centre.
Leaders:     Karen

Regular walk  
Mon 19 Aug Short slow regular walk Leader: Fiona

Date/time:    Mon 19 Aug 10.30-12.30 Flat 7 miles Pace to suit  RE
Route:       Around the Reservoirs
Meeting:     Xcel Leisure Complex, Waterside Drive, Walton,
             KT12 2JG
Leaders:     Roy, Janet

Date/time:    Mon 19 Aug 10.30-13.30 Slow, steps  RE £
Route:       Ferry, Bushy Park, Hampton Court and Towpath
Meeting:     Sadlers Ride car park, Molesey, KT8 1ST
Leaders:     Karen, Chris DJ

Regular walk  
Tues 20 Aug See regular walks Leaders: Valerie, David F.
<table>
<thead>
<tr>
<th>Date/time:</th>
<th>Tues 20 Aug 10.30-12.30 Moderate, hilly, steps WC</th>
</tr>
</thead>
<tbody>
<tr>
<td>Route:</td>
<td>Box Hill via Box Hill Road</td>
</tr>
<tr>
<td>Meeting:</td>
<td>Ryka’s Café car park, Burford Bridge, Mickleham</td>
</tr>
<tr>
<td>Leaders:</td>
<td>David G.</td>
</tr>
<tr>
<td></td>
<td>RH5 6BX</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Date/time:</th>
<th>Wed 21 Aug 10.30-11.45 Slow, flat WC RA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Route:</td>
<td>Broadwater Lake and towpath</td>
</tr>
<tr>
<td>Meeting:</td>
<td>Cowey Sale car park, Walton Bridge, KT12 1QW</td>
</tr>
<tr>
<td>Leaders:</td>
<td>Liz, Keith (far end away from café)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Date/time:</th>
<th>Wed 21 Aug 10.30-12.00 Slow, slopes, WC RA £</th>
</tr>
</thead>
<tbody>
<tr>
<td>Route:</td>
<td>Chatley Heath for the heather</td>
</tr>
<tr>
<td>Meeting:</td>
<td>Boldermere car park, Old Lane, Cobham KT11 1ND</td>
</tr>
<tr>
<td>Leaders:</td>
<td>Karen, Sue</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Date/time:</th>
<th>Thurs 22 Aug 14.00-15.15 Steps &amp; hills WC RA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Route:</td>
<td>West End Woods and the Ledges NORDIC</td>
</tr>
<tr>
<td>Meeting:</td>
<td>Garsons Farm, West End, Esher, KT10 8LP</td>
</tr>
<tr>
<td>Leaders:</td>
<td>Pam, David M. Meet at entrance to garden centre.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Date/time:</th>
<th>Thurs 22 Aug 10.30-11.30 Slow, flat WC RA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Route:</td>
<td>Molesey Circular walk</td>
</tr>
<tr>
<td>Meeting:</td>
<td>Molesey Community Centre, Bishop Fox Way, Molesey,</td>
</tr>
<tr>
<td></td>
<td>KT8 2AS</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Date/time:</th>
<th>Thurs 22 Aug 11.00-12.30 Slow, slopes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Route:</td>
<td>Fairmile Common - <em>Flora and fauna</em></td>
</tr>
<tr>
<td>Meeting:</td>
<td>Lakewod car park, Portsmouth Road, Cobham KT11 1BG</td>
</tr>
<tr>
<td>Leaders:</td>
<td>Karen, Dave (Countryside Officer)</td>
</tr>
</tbody>
</table>

**Regular walk**
Fri 23 Aug Regular walks Leader: Mary

<table>
<thead>
<tr>
<th>Date/time:</th>
<th>Sat 24 Aug 10.30-12.30/45 Moderate, flat, steps £</th>
</tr>
</thead>
<tbody>
<tr>
<td>Route:</td>
<td>Chertsey Meads, Bridge, Shepperton bank, back by ferry</td>
</tr>
<tr>
<td>Meeting:</td>
<td>Elmbridge Canoe Club car park, Walton Lane,</td>
</tr>
<tr>
<td>Leaders:</td>
<td>Mary Weybridge, KT13 8LT</td>
</tr>
</tbody>
</table>

**Regular walk**
Mon 26 Aug No regular walk today—Bank Holiday

<table>
<thead>
<tr>
<th>Date/time:</th>
<th>Mon 26 Aug 09.00-11.00 Slow, slopes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Route:</td>
<td><strong>Early morning</strong> walk in Isabella Plantation</td>
</tr>
<tr>
<td>Meeting:</td>
<td>Broomfield car park, Richmond Park</td>
</tr>
<tr>
<td>Leaders:</td>
<td>Karen</td>
</tr>
</tbody>
</table>

**Regular walk**
Tues 27 Aug Regular walk Leaders: David F., Valerie
<table>
<thead>
<tr>
<th>Date/time:</th>
<th>Tues 27 Aug 10.30-12.30</th>
<th>7-8 miles, flat, pace to suit RE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Route:</td>
<td>Long Ditton &amp; Kingston and back</td>
<td></td>
</tr>
<tr>
<td>Meeting:</td>
<td>Mercer Close, Long Ditton, KT7 0BS</td>
<td></td>
</tr>
<tr>
<td>Leaders:</td>
<td>Janet</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Date/time:</th>
<th>Tues 27 Aug 10.30-13.00</th>
<th>16 miles, 1 hill WC RE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Route:</td>
<td>Richmond Bridge</td>
<td></td>
</tr>
<tr>
<td>Meeting:</td>
<td>Sadlers Ride car park, Molesey, KT8 1ST</td>
<td></td>
</tr>
<tr>
<td>Leaders:</td>
<td>Pam</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Date/time:</th>
<th>Tues 27 Aug 10.30-12.15</th>
<th>Moderate, slopes, steps WC RA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Route:</td>
<td>Under, over and around</td>
<td></td>
</tr>
<tr>
<td>Meeting:</td>
<td>Garsons Farm, West End, Esher, KT10 8LP.</td>
<td></td>
</tr>
<tr>
<td>Leaders:</td>
<td>Karen, Chris P. Meet at covered entrance to garden centre.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Date/time:</th>
<th>Wed 28 August 10.30-12.00</th>
<th>Moderate, slopes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Route:</td>
<td>Oxshott Heath and Little Heath</td>
<td></td>
</tr>
<tr>
<td>Meeting:</td>
<td>Sandy Lane car park (the one nearest to A244), Oxshott</td>
<td></td>
</tr>
<tr>
<td>Leaders:</td>
<td>Andrew, David G.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Date/time:</th>
<th>Thurs 29 Aug 15.00-16.15</th>
<th>Slow, slopes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Route:</td>
<td>Whiteley Village woods.</td>
<td></td>
</tr>
<tr>
<td>Meeting:</td>
<td>Meet at grass verge parking by cricket pitch/nets, corner of North Avenue &amp; Coombe Lane, Whiteley Village, KT12 4EL</td>
<td></td>
</tr>
<tr>
<td>Leaders:</td>
<td>Karen</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Date/time:</th>
<th>Thurs 29 Aug 14.00-15.15</th>
<th>Steps WC RA NORDIC</th>
</tr>
</thead>
<tbody>
<tr>
<td>Route:</td>
<td>Around Desborough Island</td>
<td></td>
</tr>
<tr>
<td>Meeting:</td>
<td>Cowey Sale car park, Walton Bridge, KT12 1QW</td>
<td></td>
</tr>
<tr>
<td>Leaders:</td>
<td>Pam, David M.</td>
<td></td>
</tr>
</tbody>
</table>

Regular walk Fri 30 Aug See regular walks Leader: Christine

<table>
<thead>
<tr>
<th>Date/time:</th>
<th>Fri 30 Aug 10.30-12.30</th>
<th>Moderate, hilly</th>
</tr>
</thead>
<tbody>
<tr>
<td>Route:</td>
<td>Memorials and Meads</td>
<td></td>
</tr>
<tr>
<td>Meeting:</td>
<td>West side of the Green, Englefield Green TW20 0YX</td>
<td></td>
</tr>
<tr>
<td>Leaders:</td>
<td>David G.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Date/time:</th>
<th>Sun 1 Sept 10.30-11.30</th>
<th>Moderate, slopes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Route:</td>
<td>Fairmile and Black Pond</td>
<td></td>
</tr>
<tr>
<td>Meeting:</td>
<td>Lakewood car park, Portsmouth Road, Cobham,</td>
<td></td>
</tr>
<tr>
<td>Leaders:</td>
<td>Karen KT11 1BG</td>
<td></td>
</tr>
<tr>
<td>Date/time:</td>
<td>Mon 2 Sept 10.30-12.30 Moderate, short hill, steps</td>
<td></td>
</tr>
<tr>
<td>---------------</td>
<td>-----------------------------------------------</td>
<td></td>
</tr>
<tr>
<td>Route:</td>
<td>Molesey Heath and return</td>
<td></td>
</tr>
<tr>
<td>Meeting:</td>
<td>Coronation Recreation Ground car park, Molesey Road, Hersham, KT12 4QY</td>
<td></td>
</tr>
<tr>
<td>Leaders:</td>
<td>David G., Andrew</td>
<td></td>
</tr>
<tr>
<td>Date/time:</td>
<td>Mon 2 Sept 11.00-12.30  Moderate, hill WC RA</td>
<td></td>
</tr>
<tr>
<td>Route:</td>
<td>Painshill Park, to the Tower</td>
<td></td>
</tr>
<tr>
<td>Meeting:</td>
<td>Painshill Park car park, Cobham, KT11 1AA</td>
<td></td>
</tr>
<tr>
<td>Leaders:</td>
<td>Karen, Liz</td>
<td></td>
</tr>
<tr>
<td>Date/time:</td>
<td>Wed 4 Sept 10.30-12.00 Slow, slopes WC, RA</td>
<td></td>
</tr>
<tr>
<td>Route:</td>
<td>Telegraph Hill &amp; Hinchley Wood</td>
<td></td>
</tr>
<tr>
<td>Meeting:</td>
<td>Claygate Community Centre, Elm Road, Claygate, KT10 0EH</td>
<td></td>
</tr>
<tr>
<td>Leaders:</td>
<td>Andrew, David M.</td>
<td></td>
</tr>
<tr>
<td>Date/time:</td>
<td>Thurs 5 Sept 14.00-15.15 Slopes RA NORDIC</td>
<td></td>
</tr>
<tr>
<td>Route:</td>
<td>Whiteley Village woods.</td>
<td></td>
</tr>
<tr>
<td>Meeting:</td>
<td>Grass verge parking by cricket pitch/nets, corner of North Avenue and Coombe Lane, Whiteley Village, KT12 4EL</td>
<td></td>
</tr>
<tr>
<td>Leaders:</td>
<td>Pam, David M.</td>
<td></td>
</tr>
<tr>
<td>Date/time:</td>
<td>Fri 6 Sept 11.00-15.00 moderate, hilly, stiles RE</td>
<td></td>
</tr>
<tr>
<td>Route:</td>
<td>The Abingers (six miles walk and pub lunch)</td>
<td></td>
</tr>
<tr>
<td>Meeting:</td>
<td>White Down Lane, Abinger Hammer. Car park on right (west side) 0.25 miles south of bridge over Guildford-Dorking railway</td>
<td></td>
</tr>
<tr>
<td>Leaders:</td>
<td>Andrew</td>
<td></td>
</tr>
<tr>
<td>Date/time:</td>
<td>Fri 6 Sept See regular walks Leader: Keith</td>
<td></td>
</tr>
</tbody>
</table>

Regular walk

Mon 2 Sept Short slow regular walk: Leader: Fiona

Date/time: Mon 2 Sept 10.30-12.30 9 miles 3 hills pace to suit RE
Route: Downside to Ockham
Meeting: Downside Bridge car park, Cobham
Leaders: Roy, Janet
Sat 7 Sept 10.30-12.15 Moderate, flat, steps
Round Addlestone, urban rural mix
First car park in Mead Lane, Chertsey,
Mary beyond KT16 8PF

Sat 7 Sept 18.30-20.00 Slow, flat RA
Laleham to Penton Hook Island
Broadway car park Laleham, TW18 1RZ
Chris P, Liz

Sun 8 Sept 11.00-12.15 Slow, slopes RA
Whiteley Village woods
Sanctuary car park, Whiteley Village, Burwood Road
Karen KT12 4ED

Mon 9 Sept 10.30-13.00 16 miles, flat, slow WC RE
To West Byfleet
Xcel Leisure Complex, Waterside Drive,
Walton KT12 2JG
Pam

Regular walk
Mon 9 Sept See regular walks Leader: Fiona

Regular walk
Tues 10 Sept See regular walks Leaders: Valerie, David F.

Wed 11 Sept 10.30-11.45 Slow, slopes
Middle Pond & Black Pond
Lakewood car park, Portsmouth Road, Cobham, KT11 1BG
Karen, Keith

Wed 11 Sept 10.30-12.15 Moderate, hilly, stiles NEW
Milton Heath Circular—Holmwood Farm
Milton Heath car park, Westcott Road (A25), Dorking
Turning signed Bury Hill Fisheries RH4 3JU
David G.

Thurs 12 Sept 11.00-13.30 Moderate, flat, 1 steep bridge
Whittets Ait WC RE
Cowey Sale car park, Walton Bridge, by café,
Chris P, Liz KT12 1AR

Thurs 12 Sept 14.00-15.15 Hill WC RA NORDIC
Painshill Park, to the Towers and back
Painshill Park car park, Cobham, KT11 1AA
Pam
<table>
<thead>
<tr>
<th>Date/time</th>
<th>Route</th>
<th>Meeting</th>
<th>Leaders</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thurs 12 Sept 15.00-15.45</td>
<td>Slow, flat</td>
<td>Diana Fountain car park, Bushy Park, KT8 9DD.</td>
<td>Karen, Near kiosk.</td>
</tr>
<tr>
<td>Fri 13 Sept 10.30-12.30</td>
<td>14 miles, 1 hill</td>
<td>Sunbury Walled Garden</td>
<td>Pam</td>
</tr>
<tr>
<td>Mon 16 Sept 10.30-13.30</td>
<td>Slow, steps</td>
<td>Ferry, Bushy Park, Hampton Court and Towpath</td>
<td>Karen, Chris DJ</td>
</tr>
<tr>
<td>Tues 17 Sept 14.30-15.45</td>
<td>Moderate, slopes, steps, stile</td>
<td>Molesey Heath</td>
<td>Karen</td>
</tr>
<tr>
<td>Thurs 19 Sept 14.00-15.30</td>
<td>Steps &amp; hills</td>
<td>Hampton Court, riverside and Home Park</td>
<td>David M., near kiosk</td>
</tr>
<tr>
<td>Fri 20 Sept 10.30-12.30</td>
<td>Moderate, slopes</td>
<td>Oxshott Heath, Black Pond and Longy Ridge</td>
<td>David G.</td>
</tr>
<tr>
<td>Sat 21 Sept 10.30-12.00</td>
<td>Moderate, flat</td>
<td>Walk around Walton, town and river</td>
<td>Mary, Walton Bridge, KT12 1QW</td>
</tr>
<tr>
<td>Date/time:</td>
<td>Mon 23 Sept 10.30-12.30</td>
<td>Flat 10 miles</td>
<td>Pace to suit</td>
</tr>
<tr>
<td>Route:</td>
<td>Molesey to Teddington</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Meeting:</td>
<td>Sadlers Ride car park, Molesey KT8 1ST</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Leaders:</td>
<td>Roy, Janet</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

| Date/time: | Mon 23 Sept 11.30-12.15 | Slow, hill | WC, RA |
| Route: | One Tree Hill & Hill Park Rose Nursery |
| Meeting: | Squires Garden Centre, Woodstock Lane North, Long Ditton, KT6 5HN |
| Leaders: | Karen Chris P. |

Regular walk
| Date/time: | Mon 23 Sept See regular walks |
| Route: | Leader: |

Regular walk
| Date/time: | Tues 24 Sept See regular walks. Leader: Andrew, David F |
| Route: | |

| Date/time: | Wed 25 Sept 10.30-13.00 | 12 miles, 1 hill | WC RE |
| Route: | Walton and Chertsey Bridges |
| Meeting: | Sadlers Ride car park, Molesey, KT8 1ST |
| Leaders: | Pam |

| Date/time: | Thurs 26 Sept 10.30-12.30 | Moderate, slopes |
| Route: | West Horsley and Sheepleas |
| Meeting: | Sheepleas car park, behind St Mary’s Church, Epsom Road, West Horsley KT24 6AN |
| Leaders: | David G., Andrew |

| Date/time: | Thurs 26 Sept 14.00-15.15 | Steps | WC RA NORDIC |
| Route: | Woodland Gardens and Bushy Park |
| Meeting: | Pheasantry Café car Park, Bushy Park, TW11 0EQ |
| Leaders: | Pam, David M. |

| Date/time: | Thurs 26 Sept 11.00-12.00 | Moderate, slopes |
| Route: | Whiteley Village woods. |
| Meeting: | Meet at grass verge parking by cricket pitch/nets, corner of North Avenue / Coombe Lane, Whiteley Village, KT12 4EL |
| Leaders: | Karen |

<p>| Date/time: | Thurs 26 Sept 11.15-13.30 | Slow, flat | WC RA |
| Route: | Towpath to Staines (optional Indian Buffet lunch £8.95) |
| Meeting: | Notcutts Garden Centre car park, Staines Road, Laleham, TW18 2SF |
| Leaders: | David F. |</p>
<table>
<thead>
<tr>
<th>Date/time</th>
<th>Route</th>
<th>Meeting</th>
<th>Leaders</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fri 27 Sept</td>
<td>See regular walks Leader:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sat 28 Sept 10.30-12.30</td>
<td>Slow, Flat RE</td>
<td>To Hampton Court for coffee</td>
<td>Karen</td>
</tr>
<tr>
<td>Mon 30 Sept 10.30-12.30</td>
<td>7-8 miles, flat, pace to suit RE</td>
<td>Molesey and Bushy Park</td>
<td>Janet</td>
</tr>
<tr>
<td>Mon 30 Sept 10.30-13.00</td>
<td>16 miles, flat, slow WC RE</td>
<td>To Staines</td>
<td>Pam</td>
</tr>
<tr>
<td>Mon 30 Sept 11.00-12.30</td>
<td>Moderate, slopes, steps RA</td>
<td>Around Black Pond</td>
<td>Karen, David M.</td>
</tr>
<tr>
<td>Mon 30 Sept 10.30-12.30</td>
<td>Moderate, hilly, stiles WC RA</td>
<td>Ranmore Common</td>
<td>Andrew, David G.</td>
</tr>
</tbody>
</table>

**Free entry**

**Elmbridge Food Festival**

Painshill • 21-22 September