

# Healthy walks timetable

## October 2020

All walks and Nordic walks have 8 available spaces (per leader) which **must be booked in advance**. Please book online at [elmbridge.gov.uk/healthywalks](http://elmbridge.gov.uk/healthywalks), email [health@elmbridge.gov.uk](mailto:health@elmbridge.gov.uk) or call 01372 474574

October	Time	Route	Pace, Gradient	Leader
Thursday 1	14:00 – 15:15	<b>Nordic Walk: Bushy Park</b> Park/ meet: Diana Fountain car park, Bushy Park, KT8 9BZ Meet: At rear of left-hand car park Toilets and cafe.	Moderate	Pam Back lead: David M  <b>Max 16</b>
Friday 2	10.30-11.15	<b>Thames Path to Molesey Lock</b> Park: Molesey Cricket Club, Graburn Way, Molesey, KT8 9AL Meet: Outside the Miss Polly Café Free parking, toilets and cafe	Slow, Flat	Keith  <b>Max 8</b>
Monday 5	10.30-12.00	<b>Downside and Cobham</b> Park/Meet: Car park by Downside Bridge, Cobham, KT11 3LP No toilet facilities	Moderate, Slopes	David G Back lead: Andrew  <b>Max 16</b>
Tuesday 6	10.30-11.30	<b>Around East Molesey</b> Park: Sadlers Ride Car park, East Molesey, KT8 1TW Meet: At rear of left-hand car park Toilets.	Slow, Flat	Valerie  <b>Max 8</b>
Tuesday 6	10.30-12.00	<b>Woods and Commons</b> Park: Sandy Lane Car Park (nearest A244), Oxshott Meet: By central notice board No facilities	Moderate	Andrew  <b>Max 8</b>

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Wednesday 7	10.30-11.30	<b>Telegraph Hill, Claygate</b> Park/Meet: Telegraph Lane, Claygate, KT10 0DY – by allotments on left on unsurfaced part of lane. N.B. Frequent K3 bus stops around the corner from Telegraph Lane (Alight at 'Red Lane' stop). No toilet facilities	Slow, slope	Andrew Back lead: David M  <b>Max 16</b>
Wednesday 7	10.30-12.00	<b>Black Pond via The Ledges</b> Park: Garsons Farm car park, West End, Esher, KT10 8LP Meet: Corner of West End Green, by the bridge nearest to Garson's Farm Facilities in garden centre if open	Moderate, slopes	Keith  <b>Max 8</b>
Thursday 8	14.00-15.15	<b>Nordic Walk: West End Woods</b> Park/ Meet: Garson's Farm car park, West End, Esher, KT10 8LP Toilets in garden centre (if open)	Moderate Step and Hill	Pam Back lead: David M  <b>Max 16</b>
Friday 9	10.30-11.15	<b>Thames Path to Molesey Lock</b> Park: Molesey Cricket Club, Graburn Way, Molesey, KT8 9AL Meet: Outside the Miss Polly Cafe Free parking, toilets and café	Slow, Flat	Keith  <b>Max 8</b>
Saturday 10	10.30-11.30	<b>Addlestone streets, pond and canal</b> Park: Hamm Moor Lane, Addlestone, KT15 2SB Meet: near the Pelican public house	Moderate Flat, steps and slopes	Mary  <b>Max 8</b>
Saturday 10	10.30-12.00	<b>Mickleham Downs</b> Park: by Frascati restaurant, London Road, Mickleham, Nr. Dorking, RH5 6EH (or bus 465) Meet: By parking bays near the restaurant	Brisk A climb, stiles, steps and slopes	Ramesh  <b>Max 8</b>

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		Toilets: The King William IV pub is close by. Use may be affected by Covid restrictions.		
<b>Monday 12</b>	<b>10.30-12.00</b>	<b>Arbrook and Claygate Commons</b> Park: Arbrook Lane car park, KT10 9EJ Meet: far end of car park No toilet facilities in car park	Moderate, Slopes	David M Back lead: Andrew  <b>Max 16</b>
<b>Tuesday 13</b>	<b>10.30-11.30</b>	<b>Around East Molesey</b> Park: Sadlers Ride Car park, East Molesey, KT8 1TW Meet: At rear of left hand car park Toilets.	Slow, Flat	Andrew Back lead: Valerie  <b>Max 16</b>
<b>Tuesday 13</b>	<b>10.30-12.00</b>	<b>Weybridge and New Haw</b> Park: Street parking near KT13, 8TJ, Weybridge Meet: Junction of Brooklands Lane and Heath Road. No toilet facilities	Moderate	David G  <b>Max 8</b>
<b>Wednesday 14</b>	<b>10.30-12.00</b>	<b>Claygate and Winney Hill</b> Park: Claygate Centre for the community, Elm Road, Claygate, KT10 0EH (or nearby roads) Meet: In car park outside centre Toilets in community centre (if open)	Slow, slopes	Jean Back lead: David M  <b>Max 16</b>
<b>Wednesday 14</b>	<b>11.00-11.45</b>	<b>One Tree Hill</b> Park/Meet: Squires Garden Centre, Woodstock Lane North, Long Ditton, KT6 5HN Toilets and café in garden centre	Moderate/ slopes	Keith  <b>Max 8</b>
<b>Thursday 15</b>	<b>14.00-15.15</b>	<b>Nordic Walk: Painshill Park</b> Park: Painshill Park car park, Cobham, KT11 1AA Meet: in car park Free parking, toilets, café	Moderate	Pam Back lead: David M  <b>Max 16</b>

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Friday 16	10.30-11.15	<b>Thames Path to Molesey Lock</b> Park: Molesey Cricket Club, Graburn Way, Molesey, KT8 9AL Meet: Outside the Miss Polly Cafe Free parking, toilets and café	Slow, Flat	Keith  <b>Max 8</b>
Monday 19	10.30-12.00	<b>Downside and Cobham</b> Park/Meet: Car park by Downside Bridge, Cobham KT11 3LP No toilet facilities	Moderate, Slopes	Andrew  <b>Max 8</b>
Tuesday 20	10.30-11.30	<b>Around East Molesey</b> Park: Sadlers Ride Car park, East Molesey KT8 1TW Meet: At rear of left hand car park Toilets.	Slow, Flat	Valerie  <b>Max 8</b>
Tuesday 20	10.30-12.00	<b>'Woods and Commons'</b> Park / meet: Sandy Lane Car Park, Oxshott (the one nearest A244) No toilet facilities	Moderate	David M Back lead: David G  <b>Max 16</b>
Wednesday 21	10.30-11.30	<b>West End Common</b> Park: Garsons Farm, West End, Esher, KT10 8LP Meet: Near main entrance to garden centre Facilities only available if garden centre is open	Slow, slopes	Andrew  <b>Max 8</b>
Wednesday 21	10.30-12.00	<b>Black Pond via The Ledges</b> Park: Garsons Farm car park, West End, Esher, KT10 8LP Meet: Corner of West End Green, by the little bridge nearest to Garson's Farm No facilities, until garden centre ones reopen	Moderate, slopes	Keith  <b>Max 8</b>

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Thursday 22	11.00-12.00	<b>Painshill Park</b> Park: Painshill Park car park, Cobham, KT11 1AA Meet: In the car park Free parking and toilets	Slow	Jean  <b>Max 8</b>
Thursday 22	14.00-15.15	<b>Nordic Walk: Bushy Park</b> Park/Meet: Diana Fountain Car park, Hampton Wick, Molesey, East Molesey KT8 9BZ Toilets and café	Moderate	Pam Back lead: David M  <b>Max 16</b>
Friday 23	10.30-11.15	<b>Thames Path to Molesey Lock</b> Park: Molesey Cricket Club, Graburn Way, Molesey, KT8 9AL Meet: Outside the Miss Polly Cafe Free parking, toilets and café	Slow, Flat	Keith  <b>Max 8</b>
Saturday 24	10.30 – 12.20 (Including refreshments)	<b>Across the fields to walled garden</b> Park and meet: At the back of the road called Upper Halliford Green, TW17 8SD	Slow, flat	Mary  <b>Max 8</b>
Monday 26	10.30 – 12.00	<b>Arbrook and Claygate Commons</b> Park: Arbrook Lane car park, KT10 9EJ Meet: far end of car park No toilet facilities in car park / on route	Moderate, Slopes	David M  <b>Max 8</b>
Tuesday 27	10.30-11.30	<b>Around East Molesey</b> Park: Sadlers Ride Car park, East Molesey KT8 1TW Meet: At rear of left hand car park Toilets.	Slow, Flat	Andrew Backlead: Valerie  <b>Max 16</b>
Tuesday 27	10.30-12.00	<b>Towpath and Weybridge</b> Park: Street parking near KT13, 8TJ, Weybridge Meet: Junction of Brooklands Lane and Heath Road. No toilet facilities	Moderate	David G  <b>Max 8</b>

October	Time	Route	Pace, Gradient	Leader
Wednesday 28	10.30-12.00	<b>Oxshott and Little Heath</b> Park/meet; Sandy Lane Car park, Oxshott (the one nearest A244) No toilet facilities	Moderate, slopes	David M  <b>Max 8</b>
Wednesday 28	11.00-11.45	<b>One Tree Hill</b> Park/Meet: Squires Garden Centre, Woodstock Lane North, Long Ditton, KT6 5HN Toilets and café in garden centre	Moderate/slopes	Keith  <b>Max 8</b>
Thursday 29	14.00-15.15	<b>Nordic Walk: Desborough Island and Broadwater Lake</b> Park: Cowey Sale Car park KT12 1QW Meet: At the furthest end of the car park from Walton Bridge Toilets and café in car park	Moderate	Pam Back lead: David M  <b>Max 16</b>
Friday 30	10.30-11.15	<b>Thames Path to Molesey Lock</b> Park: Molesey Cricket Club, Graburn Way, Molesey, KT8 9AL Meet: Outside the Miss Polly Cafe Parking and toilets	Slow, Flat	Keith  <b>Max 8</b>
Saturday 31	10.30-12.30	<b>Juniper Bottom and Box Hill</b> Park: Stepping Stones pub, Westhumble Street, Westhumble, Nr Box Hill, Dorking RH5 6BS Or park at station. Bus 465 Meet: Outside pub	Brisk, Hills, steps, stiles, and slopes.	Ramesh  <b>Max 8</b>