
Wellbeing Walks, Nordic walks and cycle rides

1 January to 31 March 2023



Supporting you to get active and stay active



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

 **RAMBLERS**

WELLBEING
WALKS

Elmbridge

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). They are led by trained and experienced volunteers.

Previously known as Elmbridge Healthy Walks, our programme has run since 2003. Many local people have walked with us regularly over the years, but we are always happy to welcome new walkers. Many of our walks have a visit to a café at the end, so they are great for chatting with other local people and making new friends.

The pace of our walks is graded either;

Slow: a gentle, relaxed pace suitable for beginners and those who need a slower speed. Extra rest stops will be added if needed.

Moderate: for regular walkers who are reasonably fit and can maintain a steady pace (2.25-2.5mph) for the duration of the walk

Walker's responsibility

- Please ensure you arrive in good time as all walks will leave at the advertised time.
- If you are new to our walks start with a walk that is suitable for your walking ability (call the Health Team for advice).
- All new walkers need to pre-register ahead of their first walk. Please see over the page for instructions.
- 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.

What should I bring on a walk?

- Wear appropriate footwear and clothing for the weather.
- Bring water with you and optional money for café visits (if applicable)
- If attending a Nordic Walk you will need to bring your own poles, though you are welcome to walk without. Nordic walks include a warm-up pre-walk and a cool down stretch post walk.
- If the walk description has a £ symbol it means money is needed for parking or a ferry ride. All other car parks or local street parking we use should be free, though do double check signage on the day.
- A walk register will be taken at the start of each walk

Questions?

If you require any further information on the programme, please contact the Sport and Health team. We are here to help.

Email health@elmbridge.gov.uk or telephone 01372 474574

Walk programme key

WC	Toilets at meeting point
RA	Optional refreshments after the walk
RE	Refreshments stop en-route usually 30 minutes (included in timings)
£	There is a cost for parking or ferry ride
<i>Dogs on lead welcome</i>	Well behaved dogs on short leads welcome (Please only bring dogs if specified next to the walk details)
Booking required	To book a free space on our Painshill Park walks please email: health@elmbridge.gov.uk Please note: Booking request emails must be received by 12pm the day before the walk. For weekend and Monday walks requests should be received by 12pm Friday.

Signing up to Elmbridge Wellbeing Walks

In 2022 Elmbridge walks became an official partner of the national Ramblers Wellbeing Walks Scheme.

We kindly request anyone attending our walks to register with Elmbridge Wellbeing Walks via the following web address;
<https://beta.ramblers.org.uk/wellbeing-walks-sign-up>

New walkers are requested to register before their first walk.

Current walkers please re-register at your earliest convenience.

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 no. **01372 474574** for assistance in registering.
- For assistance with online registering please email:
ramblers@ramblers.org.uk

In addition to our printed programmes our walks are listed on the Ramblers Wellbeing Walks website. Here you'll find more detailed information on each walk, including a helpful 'meeting point' map, walk description and photographs. This website is also a good place to check for walk cancelations.

Search for a nearby walk using the following web address:
<https://beta.ramblers.org.uk/go-walking/wellbeing-walks>

Regular weekly and monthly walks

These walks take place either weekly, fortnightly or monthly from the same starting point, at the same time unless otherwise specified.

Routes and leaders may vary.

Great for getting into a routine of regular exercise and meeting regular walkers. Most have a café stop at the end (RA). The slow and gentle flat walks are suitable for beginners and will include rest stops where required by the group.

Time	Route	Pace / gradient
Last Monday of the month 10.30-12.00	‘Lucky Dip’ Country walk WC RA Claygate Centre for the Community car park, Elm Road, Claygate KT10 0EH	Moderate slopes
Weekly, every Tuesday 10.30-11.30	Molesey Circular Walk WC RA Meet in council car park Walton Road, East Molesey, KT8 0DP	Slow, flat
Wednesday fortnightly 10.30 – 11.15/30	Around Walton-on-Thames WC RA Walton Community Centre, Manor Road, Walton on Thames, KT12 2PB (Walkers can use the centre car park or use Manor Road car park £)	Slow, flat small slope or steps on some routes
Wednesday fortnightly 10.30 –12.50	‘To the Pheasantry for coffee’ WC RE Sadlers Ride car park, East Molesey KT8 1TW. Meet at rear of left-hand car park	Slow to Moderate slopes
1st Thurs of the month 10.30-12.00	‘Woods and Commons’ Sandy Lane car park, Sandy Lane, Oxshott (one nearest A244)	Moderate slopes
Weekly, every Friday 10.30-11.15	Thames Path to Molesey Lock WC RA The Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL	Gentle, slow, flat

Date / Time	Route	Pace, Gradient
Sun 1 10.30 – 11.30	Grounds of Homewood mansion WC RA Homewood car park, Stonehill Road, Chertsey, KT16 0AG (Get ticket for free parking) Leader: Mary	Slow, slopes
Mon 2 10.30 – 11.45	US Army Airforce Memorial, Bushy Park Diana Fountain Car Park, Chestnut Avenue, Bushy Park (access via Lion Gate KT8 9DD) Meet by kiosk Leader: Janet C WC RA	Moderate flat
Tue 3 10.30	Molesey Circular Walk - regular walk Leaders: Val, Dave F	Slow, flat
Wed 4 10.30	Around Walton-on-Thames - regular walk Leader: Carolyn	Slow, flat
Wed 4 10.30 – 12.50	'To the Pheasantry for coffee' - regular walk Leader: Keith	Slow to Moderate slopes
Wed 4 10.30 – 12.00	A walk from Lakewood Lakewood car park, Portsmouth Road, Cobham, KT11 1BG Leaders: David G, Andrew	Moderate slopes
Thu 5 11.00 – 11.45	Whiteley Village Woods Grass verge parking by cricket pitch, corner of North Avenue and Coombe Lane, Whiteley Village, KT12 4EL Leaders: Karen, Christine	Slow, slope
Thu 5 10.30	'Woods and Commons' – regular walk Leader: Andrew	Moderate slopes
Thu 5 14.00 - 15.15	Nordic Walk: Broadwater lake WC RA Cowey Sale car park, Walton Lane, Walton-on-Thames, KT12 1QW. Meet furthest end of car park from Walton Bridge Leader: Pam	Moderate

January

Date / Time	Route	Pace, Gradient
Fri 6 10.30	Thames Path to Molesey Lock - regular walk Leader: Keith	Slow, flat
Sat 7 10.30– 11.30	Ottershaw Woods Meet Memorial fields Car park, Foxhills Road, Ottershaw, KT16 0NQ Leaders: Mary, Chris P	Slow, mainly flat, some steep bits
Sun 8 13.45 – 14.30	A Stroll in Bushy Park RA Diana fountain car park, Bushy Park, KT8 9DD (access via Lion Gate). Meet near kiosk Leader: Janet C, Karen	Slow, gentle, flat
Mon 9 11.00 – 11.45	Heron and Leg O’Mutton ponds RA Diana Fountain Car Park, Chestnut Avenue, Bushy Park (access via Lion Gate KT8 9DD) Meet by kiosk Leaders: Karen, Chris Peace	Slow, flat
Tue 10 10.30	Molesey Circular Walk - regular walk Leaders: Dave F, Val	Slow, flat
Wed 11 10.30 – 12.00	Bushy Park RE Diana Fountain Car Park, Chestnut Avenue, Bushy Park (access via Lion Gate KT8 9DD) Meet by kiosk Leader: Keith	Slow, flat
Wed 11 10.30 – 12.00	Clearmount and Wisley Common RA Far end of Redhill Road (dead end by A3), Cobham, KT11 1EQ (close 0.5miles away) Leaders: Andrew, David G	Moderate slopes
Thu 12 10.30 – 12.00	Milton Heath Circular – Pipbrook Milton Heath car park, Westcott Road (A25), Dorking, RH4 3JU. (signed Bury Hill Fisheries) Leaders: David G, Andrew	Moderate slopes

January

Date / Time	Route	Pace, Gradient
Sat 21 10.30 – 11.30	St. Ann's Hill RA Public car park, St. Ann's Hill Road (off Ruxbury Road), Chertsey, KT16 9NL Leader: Mary	Slow, hilly
Sat 21 10.30-12.00	Mickleham Downs RA (WC in pub) Meet at parking bays on A24 near King William IV pub, Byttom Hill, Dorking RH5 6EL (or bus 465) Leader: Ramesh	Moderate hill, stiles, steps, slopes
Mon 23 11.00 – 12.00	Black Pond Horseshoe Clump car park, Portsmouth Road, Esher, KT10 9JQ Leaders: Karen, Chris Pleavin	Slow, slopes
Tue 24 10.30	Molesey Circular Walk - regular walk Leaders: Dave F, Val	Slow, flat
Tue 24 10.30 - 12.30	Towpath Walk Sanway Road, Byfleet, KT14 7SF Leader: David G	Moderate slopes, stepped ramps
Thu 26 11.00 – 12.15	Around Painshill Park WC RA Meet in the car park, Painshill Park, Cobham KT11 1AA Leaders: Karen, Liz Booking required (see key for details)	Slow, slopes
Fri 27 10.30	Thames Path to Molesey Lock - regular walk Leader: Christine	Slow, flat
Mon 30 10.30	'Lucky Dip' Country walk - regular walk Leader: Andrew	Moderate slopes

January / February

Date / Time	Route	Pace, Gradient
Tue 31 10.30	Molesey Circular Walk - regular walk Leaders: Val, Dave F	Slow, flat
Wed 1 10.30	Around Walton-on-Thames - regular walk Leader: Carolyn	Slow, flat
Wed 1 10.30 – 12.50	'To the Pheasantry for coffee' - regular walk Leader: Keith	Slow to Moderate slopes
Thu 2 10.30	'Woods and Commons' – regular walk Leader: Andrew	Moderate slopes
Thu 2 14.00 - 15.15	Nordic Walk: WC RA 'To the Walled Garden and back' Squires Garden Centre Halliford, Halliford Road, Upper Halliford, TW17 8SG Leader: Pam	Moderate
Fri 3 10.30	Thames Path to Molesey Lock -regular walk Leader: Keith	Slow, flat
Fri 3 10.30 – 12.00	Broadwater and Desborough Island WC RA Cowey Sale car park, Walton Lane, Walton- on-Thames, KT12 1QW. Meet furthest end of car park from Walton Bridge. Leader: David G	Moderate flat, steps
Sat 4 10.30 – 11.30	Walk around Brooklands park WC Meet Brooklands community car park, Sopwith Drive, Weybridge KT13 0YU Leaders: Mary, Charles	Slow, flat
Sun 5 11.00 – 12.30	Whiteley Village Woods Sanctuary car park, Whiteley Village KT12 4ED Leaders: Karen, Liz	Slow, slopes

February

Date / Time	Route	Pace, Gradient
Mon 6 10.30 – 12.00	Horton Country Park WC RA Horton Country Park car park, Horton Lane, KT19 8PL Leaders: Andrew, David G	Moderate flat
Tue 7 10.30	Molesey Circular Walk - regular walk Leaders: Dave F, Val	Slow, flat
Tue 7 11.00 – 12.30/ 13.00	<u>Historical Walk:</u> Painshill Park - exploring Charles Hamilton's 'Historic Route' Meet in the car park, Painshill Park, Cobham, KT11 1AA Leaders: Barry, Liz Booking required (see key for details) <i>Dogs on short leads welcome</i> WC RA	Slow, 2 steep inclines Multiple stops
Wed 8 10.30 – 12.00	Bushy Park RE Diana Fountain Car Park, Chestnut Avenue, Bushy Park (access via Lion Gate KT8 9DD) Meet by kiosk Leader: Keith	Slow, flat
Wed 8 10.30–12.15	Albury Park and Shere Silent Pool car park, Shere Road (A25), Albury, GU5 9BW Leaders: David G, Andrew	Moderate hilly
Thu 9 11.00 – 12.00	Fairmile Common Meet at Lakewood car park, Portsmouth Road, Cobham, KT11 1BG Leaders: Karen, Chris Pleavin	Slow, slopes
Thu 9 14.00 - 15.15	Nordic Walk: West End Woods WC RA Garsons Farm car park, West End, Esher, KT10 8LP. Meet near to farm shop Leader: Pam	Moderate

Date / Time	Route	Pace, Gradient
Fri 10 10.30	Thames Path to Molesey Lock -regular walk Leader: Keith	Slow, flat
Mon 13 10.30 – 12.00	Xcel to Walton Marina WC RE Meet outside entrance to Xcel Leisure Centre, Waterside Drive, Walton KT12 2JG Leaders: Karen, Chris Peace	Slow, slope
Mon 13 10.30 – 12.00	Cobham and Downside Meet in car park by Downside Bridge, Bridge Road, Cobham, KT11 3LP Leader: David G	Moderate slopes
Tue 14 10.30	Molesey Circular - regular walk Leaders: Andrew, David F	Slow, flat
Wed 15 10.30	Around Walton-on-Thames - regular walk Leader: Carolyn	Slow, flat
Wed 15 10.30 – 12.50	'To the Pheasantry for coffee' - regular walk Leader: Keith	Slow to moderate slopes
Thu 16 10.30 – 11.30 /45	Broadwater Lake and towpath WC RA Cowey Sale car park, Walton Lane, Walton- on-Thames, KT12 1QW. Meet furthest end of car park from Walton Bridge. Leaders: Charles, Caroline	Slow, flat
Thu 16 11.00 – 11.45	Whiteley Village Woods Grass verge parking by cricket pitch, corner of North Avenue and Coombe Lane, Whiteley Village, KT12 4EL Leaders: Karen, Chris Peace	Slow, slope
Thu 16 14.00 - 15.15	Nordic Walk: RA Bushy Park and the Woodland Gardens Diana Fountain Car Park, Chestnut Avenue, Bushy Park (access via Lion Gate KT8 9DD) Leader: Pam	Moderate flat

February

Date / Time	Route	Pace, Gradient
Fri 17 10.30	Thames Path to Molesey Lock -regular walk Leader: Keith	Slow, flat
Sat 18 10.30 – 12.00/ 12.15	Walk around Weybridge with history (longer version) Meet beside the Guide hut, Grotto Road, Weybridge, KT13 8NO Leader: Mary	Slow, flat
Sat 18 10.30 - 12.00	Mickleham Downs RA (WC in pub) Meet at parking bays on A24 near King William IV pub, Byttom Hill, Dorking RH5 6EL (or bus 465) Leader: Ramesh	Moderate hill, stiles, Steps, slopes
Tue 21 10.30	Molesey Circular Walk - regular walk Leaders: Val, Dave F	Slow, flat
Tue 21 10.30 - 12.30	Shepleas and West Horsley Green Dene car park, Green Dene, East Horsley, KT24 5TA Leader: David G	Moderate slopes
Thu 23 11.00 – 11.45	Heron and Leg O’Mutton ponds RA Diana Fountain Car Park, Chestnut Avenue, Bushy Park (access via Lion Gate KT8 9DD) Meet by kiosk Leader: Karen	Slow, flat
Thu 23 14.00 - 15.15	Nordic Walk: Round Whiteley Village RA Grass verge parking by cricket pitch, corner of North Avenue and Coombe Lane, Whiteley Village, KT12 4EL Leader: Pam	Moderate
Fri 24 10.30	Thames Path to Molesey Lock -regular walk Leader: Keith	Slow, flat

Date / Time	Route	Pace, Gradient
Fri 24 10.30 – 12.00	Bushy Park WC RA Diana Fountain Car Park, Chestnut Avenue, Bushy Park (access via Lion Gate KT8 9DD) Meet by kiosk Leaders: Andrew, David G	Moderate flat
Sat 25 10.30 – 11.45	Around Thames Ditton from Marney's Pond Meet on grass verge opposite Marney's Village Inn, Chestnut Avenue, KT10 8JL Leader: Janet C RA	Moderate flat
Sat 25 10.30 – 12.00 / 12.30	Juniper Bottom and Boxhill RA (WC in pub) Stepping Stones pub, Westhumble Street, Dorking, RH5 6BS (or bus 465) Leader: Ramesh	Moderate steps, stiles and slopes
Mon 27 11.00 – 12.30	Around Painshill Park WC RA Meet in the car park, Painshill Park, Cobham KT11 1AA Leaders: Karen, Chris Pleavin (Booking required see key for details)	Slow, slopes
Mon 27 10.30	'Lucky Dip' Country walk – regular walk Leaders: Andrew	Moderate slopes
Tue 28 10.30	Molesey Circular Walk – regular walk Leaders: Dave F, Val	Slow, flat
Tue 28 10.30 – 11.45	Tow Path at Hampton Court and Home Park Hampton Court Palace end of Hampton Court Bridge, opposite the Mitre. Free (time limited) parking in Hampton Court 'village' near bridge Leader: Janet C RA	Moderate flat
Wed 1 10.30	Around Walton-on-Thames – regular walk Leader: Carolyn	Slow, flat

February / March

Date / Time	Route	Pace, Gradient
Wed 1 10.30 – 12.50	'To the Pheasantry for coffee' - regular walk Leader: Keith	Slow to Moderate slopes
Thu 2 10.30 – 11.30 /45	Broadwater Lake and towpath WC RA Cowey Sale car park, Walton Lane, Walton-on-Thames, KT12 1QW. Meet furthest end of car park from Walton Bridge. Leaders: Charles, Caroline	Slow, flat
Thu 2 10.30	'Woods and Commons' – regular walk Leader: Andrew	Moderate slopes
Thu 2 14.00 - 15.15	Nordic Walk: West End Woods WC RA Garsons Farm car park, West End, Esher, KT10 8LP. Meet near to farm shop Leader: Pam	Moderate
Fri 3	Thames Path to Molesey Lock –regular walk Leader: Keith	Slow, flat
Fri 3 10.30 - 12.30	Molesey Heath and return Car park, Coronation Recreation Ground Molesey Road, Hersham, KT12 4QY Leader: David G	Moderate flat, except short hill and stairs
Sat 4 10.30 – 11.30	'Two Lakes' Meet at far end of Staines Lane, Chertsey - near KT16 8RH Leader: Mary	Slow, flat
Mon 6 11.00 – 11.45	Heron and Leg O'Mutton ponds RA Diana Fountain Car Park, Chestnut Avenue, Bushy Park (access via Lion Gate KT8 9DD) Meet by kiosk Leaders: Karen, Chris Peace	Slow, flat
Tue 7 10.30	Molesey Circular Walk – regular walk Leaders: Val, Dave F	Slow, flat

March

Date / Time	Route	Pace, Gradient
<p>Tue 7 11.00 – 12.30/ 13.00</p>	<p><u>Historical Walk: Painshill Park - exploring Charles Hamilton's 'Historic Route'</u> Meet in the car park, Painshill Park, Cobham, KT11 1AA Leaders: Barry, Liz Booking required (see key for details) <i>Dogs on short leads welcome</i> WC RA</p>	<p>Slow, 2 steep inclines</p> <p>Multiple stops</p>
<p>Wed 8 10.30 – 12.00</p>	<p>Bushy Park RE Diana Fountain Car Park, Chestnut Avenue, Bushy Park (access via Lion Gate KT8 9DD) Meet by kiosk Leader: Keith</p>	<p>Slow, flat</p>
<p>Thu 9 10.30 – 12.15</p>	<p>Polesden Lacey Estate Park/Meet at far end of Woodlands Road, Effingham, KT23 4HJ Leader: David G</p>	<p>Moderate hilly</p>
<p>Fri 10 10.30</p>	<p>Thames Path to Molesey Lock -regular walk Leader: Christine</p>	<p>Slow, flat</p>
<p>Mon 13 10.30 – 12.00</p>	<p>Xcel to Walton Marina WC RE Meet outside entrance to Xcel Leisure Centre, Waterside Drive, Walton KT12 2JG Leaders: Karen, Chris Pleavin</p>	<p>Slow, slope</p>
<p>Tue 14 10.30</p>	<p>Molesey Circular Walk – regular walk Leaders: Dave F, Val</p>	<p>Slow, flat</p>
<p>Wed 15 10.30</p>	<p>Around Walton-on-Thames – regular walk Leader: Carolyn</p>	<p>Slow, flat</p>
<p>Wed 15 10.30 – 12.50</p>	<p>'To the Pheasantry for coffee' - regular walk Leader: Keith</p>	<p>Slow to moderate slopes</p>
<p>Wed 15 10.30- 12.00</p>	<p>Black Pond and Longy Down Sandy Lane car park (nearest to A244), Oxshott Leaders: David G, Andrew</p>	<p>Moderate Slopes</p>

March

Date / Time	Route	Pace, Gradient
Thu 16 10.30 – 12.00	<u>Historical Walk: Kent Town in East Molesey</u> Outside St. Paul's Church, Church Rd, East Molesey KT8 9DR Leaders: Anthony, Janet B	Slow, flat Multiple stops
Thu 16 10.30 – 12.15	Ashted and Epsom Commons RA Meet in The Star pub car park, Kingston Rd, Leatherhead KT22 0DP Leader: Andrew	Moderate slopes
Thu 16 14.00 - 15.15	Nordic Walk: Broadwater lake WC RA Cowey Sale car park, Walton Lane, Walton-on-Thames, KT12 1QW. Meet furthest end of car park from Walton Bridge Leader: Pam	Moderate flat
Fri 17 10.30	Thames Path to Molesey Lock - regular walk Leader: Keith	Slow, flat
Sat 18 10.30 – 11.30	Chertsey, park, woods and river Meet opposite 100 St. Ann's Road, Chertsey KT16 9EQ Leader: Mary	Slow, flat
Sat 18 10.30- 12.00	Mickleham Downs RA (WC in pub) Meet at parking bays on A24 near King William IV pub, Byttom Hill, Dorking RH5 6EL Leader: Ramesh	Moderate hill, stiles, Steps, slopes
Sun 19 11.00 – 12.30	Whiteley Village Woods Sanctuary car park, Whiteley Village KT12 4ED Leaders: Karen, Liz	Slow, slopes
Mon 20 10.30 – 12.15	Pyrford The Green (off High Street), Ripley, GU23 6AR (2nd car park by children's play area) Leaders: David G, Andrew	Moderate short hill
Tue 21 10.30	Molesey Circular Walk – regular walk Leaders: Val, Dave F	Slow, flat

March

Date / Time	Route	Pace, Gradient
Wed 22 10.30 – 12.00	Bookham Commons Hundred Pound Bridge car park, far end of Bookham Road, Downside, KT11 3JT Leaders: Andrew, David G	Moderate slopes
Thu 23 14.00 - 15.15	Nordic Walk: Around Painshill Park WC RA Meet in the car park, Painshill Park, Cobham KT11 1AA Leader: Pam Booking required (see key for details)	Moderate hill
Fri 24 10.30	Thames Path to Molesey Lock – regular walk Leader: Keith	Slow, flat
Sat 25 10.30 – 12.00 / 12.30	Juniper Bottom and Boxhill RA (WC in pub) Stepping Stones pub, Westhumble Street, Dorking, RH5 6BS (or bus 465) Leader: Ramesh	Moderate hills, steps, stiles and slopes
Mon 27 11.00 – 11.45	Whiteley Village Woods Grass verge parking by cricket pitch, corner of North Avenue and Coombe Lane, Whiteley Village, KT12 4EL Leaders: Karen, Chris Peace	Slow, slope
Mon 27 10.30	‘Lucky Dip’ Country walk – regular walk Leaders: Andrew	Moderate slopes
Tue 28 10.30	Molesey Circular Walk – regular walk Leaders: Andrew, Val	Slow, flat
Tues 28 10.30 – 12.15	Cars, Planes, Trains, and Boats Brooklands Community Park car park, off Sopwith Drive, Weybridge, KT13 0YU Leader: David G	Moderate Flat, steps
Wed 29 10.30	Around Walton-on-Thames – regular walk Leader: Carolyn	Slow, flat
Wed 29 10.30 – 12.50	‘To the Pheasantry for coffee’ - regular walk Leader: Keith	Slow to Moderate slopes

March

Date / Time	Route	Pace, Gradient
Thu 30 11.00 – 11.45	Heron and Leg O’Mutton ponds RA Diana Fountain Car Park, Chestnut Avenue, Bushy Park (access via Lion Gate KT8 9DD) Meet by kiosk Leaders: Karen, Chris Pleavin	Slow, flat
Thu 30 14.00 - 15.15	Nordic Walk: WC RA ‘To the Walled Garden and back’ Squires Garden Centre Halliford, Halliford Road, Upper Halliford, TW17 8SG Leader: Pam	Moderate
Fri 31 10.30	Thames Path to Molesey Lock —regular walk Leader: Keith	Slow, flat

Feedback and comments welcome

We hope you enjoy our Wellbeing Walks. If you experience any issues or problems when attending our walks; or have any comments / feedback please email health@elmbridge.gov.uk or call 01372 474574 to speak to our Sport and Health team.

Walk cancellations

Walks can be cancelled if the volunteer leader is unexpectedly unavailable, or in severe / unsafe weather conditions (for example: ice / snow / extreme heat). Rain does not usually stop us!

The best place to check before leaving the house is the online Ramblers walks listing page. This can be found via the following web address;

<https://beta.ramblers.org.uk/go-walking/wellbeing-walks>

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.
- Bring a drink and snack and/or money for café stops.
- During the pandemic, a face mask and hand sanitiser are a good idea for café, loo or pub stops.
- 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 02 January	Molesey to Weybridge Linear: Towpath to Weybridge – and back. Meet: Sadlers Ride car park, East Molesey KT8 1TW. Leaders: Pam, Colin	Gentle speed, flat 9 miles
Mon 09 January	Molesey to Kingston and Richmond Circular: Towpath to Hampton Court Bridge – Kingston bridge – Kingston - Richmond Bridge. Returning on north of river. Meet: Sadlers Ride car park, East Molesey KT8 1TW. Leaders: Colin, Richard	Gentle speed, flat but with 1 hill 16 miles

Date / Time	Route	Pace, Gradient
Mon 16 January 10.30-12.30	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: Richard, Pam	Gentle speed, flat 15 miles
Mon 30 January 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: Pam, Colin	Gentle speed, Flat 10 miles
Mon 06 February 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: Colin, Richard	Gentle speed, Flat 16 miles
Mon 13 February 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: Richard, Pam	Gentle speed, flat, Tunnels 15 miles
Mon 20 February 10.30-12.30	Molesey to Lower Sunbury via Bushy Park Circular: Towpath to Hampton Court Bridge - Bushy Park - Lower Sunbury - Walton Bridge - towpath to Molesey Meet: Sadlers Ride car park, East Molesey KT8 1TW. Leaders: Pam, Colin	Gentle speed, flat 16 miles

Date / Time	Route	Pace, Gradient
Mon 27 February 10.30-12.30	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: Colin, Richard	Gentle speed, flat 15 miles
Mon 13 March 10.30-13.00	Molesey to Kingston and Richmond Circular: Towpath to Hampton Court Bridge – Kingston bridge – Kingston - Richmond Bridge. Returning on north of river. Meet: Sadlers Ride car park, East Molesey KT8 1TW. Leaders: Richard, Pam	Gentle speed, flat but with 1 hill 16 miles
Mon 20 March 10.30-13.00	Thames Ditton to Littleworth Common Circular: Thames Ditton – Molesey – Hersham – Lower green – Littleworth Common – Claygate – Thames Ditton Meet: Mercer Close, Thames Ditton KT7 0BS Leaders: Pam, Colin	Flat 10 miles
Mon 27 March 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



Exercise referral scheme

Recovery, rehabilitation and overall health and wellbeing programmes.

Run by Places Leisure at Xcel leisure complex in Walton-on-Thames on behalf of Elmbridge Borough Council. More info:

elmbridge.gov.uk/sport



Social Prescribing

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