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# Wellbeing Walks, Nordic walks and cycle rides

**1 April to 30 June 2022**

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Supporting you to get active and stay active



## 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 mid-way or at the end, so they are great for socialising with other local people and making new friends.

**The pace of our walks are rated as 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). Please arrive 10 minutes before the start and let the leader know. You will be asked to fill out a new walker registration form on your first walk.
- 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 money for café visits (where 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.
- At the start of the walk you will be asked to sign the walk register

## Questions?

Our walks are affiliated to Ramblers Wellbeing Walks.

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](mailto:health@elmbridge.gov.uk) or telephone 01372 474574**

You can find details of all Wellbeing Walks across the UK on the Ramblers new website: **[www.ramblers.org.uk/wellbeing-walks](http://www.ramblers.org.uk/wellbeing-walks)**  
Use a postcode or town name in the search to find one near you.

## 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  |
| <b><i>Dogs on lead welcome</i></b> | Well behaved dogs on leads welcome (only where specified next to the walk details)   |
| Booking required                   | To book a space on our Painshill Park walks please email: <b><a href="mailto:health@elmbridge.gov.uk">health@elmbridge.gov.uk</a></b> with your request. Booking closes 24 hours before the walk start time. |

## Regular weekly and monthly walks

These walks take place either weekly or monthly from the same starting point, at the same time unless otherwise specified. Routes and leaders may vary.

| Time   | Route  | Pace / gradient                          |
|--|--|--|
| Last Monday of the month<br>10.30-12.00                  | <b>'Lucky Dip' Country walk</b> WC RA<br>Claygate Centre for the Community car park, Elm Road, Claygate KT10 0EH   | Moderate slopes                          |
| 1 <sup>st</sup> Tuesday of the month<br>10.30 - 11.00/15 | <b>A Cobham stroll</b> WC RA<br>Cobham Centre for the Community, Oakdene Road, Cobham, KT11 2LY (walkers can use the centre car park)                                      | Gentle, slow, flat                       |
| Weekly, every Tuesday<br>10.30-11.30                     | <b>Molesey Circular Walk</b> WC RA<br>Meet in council car park by St. Mary's Road/Bell Road exit, Walton Road, East Molesey, KT8 0DP                                       | Slow, flat                               |
| Weekly, every Wednesday<br>10.30 – 11.00/15              | <b>Around Walton-on-Thames</b> WC RA<br>Walton Community Centre, Manor Road, Walton on Thames, KT12 2PB (Walkers can use the centre car park or use Manor Road car park £) | Gentle, flat, small slope on some routes |
| 1 <sup>st</sup> Wednesday of the month<br>10.30-12.00    | <b>Around Claygate countryside</b> WC RA<br>Claygate Centre for the Community, Elm Road, Claygate, KT10 0EH  | Slow, slopes                             |
| 4 <sup>th</sup> Wednesday of the month<br>10.30-12.00    | <b>'Woods and Commons'</b><br>Sandy Lane car park, Sandy Lane, Oxshott (one nearest A244)  | Moderate slopes                          |
| Last Thursday of the month<br>10.30-11.00/15             | <b>Riverside park from Hersham Centre for the Community</b> WC RA<br>7 Queens Road, Hersham, KT12 5LU  | Slow, flat                               |
| Weekly, every Friday<br>10.30-11.15                      | <b>Thames Path to Molesey Lock</b> WC RA<br>The Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL   | Gentle, slow, flat                       |

| Date / Time               | Route   | Pace, Gradient   |
|---------------------------|---|------------------|
| Fri 1<br>10.30            | <b>Thames Path to Molesey Lock</b> - regular walk (info on page 4) <b>Leader:</b> Keith   | Slow, flat       |
| Fri 1<br>10.30 -<br>12.00 | <b>Clearmount and Wisley Common</b> RA<br>Far end of Redhill Road (dead end by A3), Cobham, KT11 1EQ (close 0.5miles away)<br><b>Leaders:</b> Andrew, David G   | Moderate slopes  |
| Mon 4<br>10.30 -<br>12.00 | <b>A Walk from Lakewood</b><br>Lakewood car park, Portsmouth Road, Cobham, KT11 1BG<br><b>Leaders:</b> David G, Andrew  | Moderate slopes  |
| Mon 4<br>14.00 -<br>15.00 | <b>Heron and Leg O'Mutton ponds</b> RA<br>Diana Fountain car park, Bushy Park, KT8 9DD (access via Lion Gate). Meet by kiosk<br><b>Leaders:</b> Karen, Christine  | Slow, flat       |
| Tue 5<br>10.30            | <b>A Cobham stroll</b> - regular walk (info on page 4)<br><b>Leader:</b> Janet C  | Slow, flat       |
| Tue 5<br>10.30            | <b>Molesey Circular Walk</b> - regular walk<br><b>Leaders:</b> Val, Dave F info on page 4   | Slow, flat       |
| Wed 6<br>10.30            | <b>Around Walton-on-Thames</b> - regular walk<br><b>Leader:</b> Alison info on page 4   | Slow, flat       |
| Wed 6<br>10.30            | <b>Around Claygate countryside</b> - regular walk<br><b>Leaders:</b> Jean, Andrew info on page 4  | Slow, slopes     |
| Wed 6<br>10.30 -<br>12.50 | <b>'To the Pheasantry for coffee'</b> WC RE<br>Sadlers Ride car park, East Molesey KT8 1TW. Meet at rear of left-hand car park<br><b>Leader:</b> Keith  | Slow to moderate |
| Thu 7<br>10.30 -<br>11.45 | <b>Hinchley Wood and Telegraph Hill</b> RA<br>Meet outside Budgens, 10 Manor Road North, Hinchley Wood, KT10 9SH (near Esher bound K3 bus stop). Free street parking nearby.<br><b>Leaders:</b> Janet C | Moderate slopes  |
| Fri 8<br>10.30            | <b>Thames Path to Molesey Lock</b> -regular walk<br><b>Leader:</b> Christine info on page 4   | Slow, flat       |

**April**

| <b>Date / Time</b>                | <b>Route</b>   | <b>Pace, Gradient</b>              |
|-----------------------------------|--|------------------------------------|
| <b>Sat 9</b><br>10.30 -<br>11.30  | <b>Walton: town and river</b> WC RA<br>Cowey Sale car park, Walton Lane, Walton-on-Thames, KT12 1QW. Meet furthest end of car park from Walton Bridge / café.<br><b>Leader:</b> Mary                                     | Slow, flat<br>– one slope or steps |
| <b>Sun 10</b><br>11.00 -<br>12.30 | <b>Whiteley Woods</b><br>Sanctuary car park, Whiteley Village KT12 4ED<br><b>Leaders:</b> Karen, Liz   | Slow, slopes                       |
| <b>Tue 12</b><br>10.30            | <b>Molesey Circular Walk</b> - regular walk<br><b>Leaders:</b> Dave F, Val info page 4   | Slow, flat                         |
| <b>Tue 12</b><br>14.00 -<br>15.00 | <b>Towpath and Molesey Cemetery</b><br>Meet at river end of Cherry Orchard Road, West Molesey, KT8 1QZ<br><b>Leaders:</b> Karen,   | Slow, flat                         |
| <b>Wed 13</b><br>10.30            | <b>Around Walton-on-Thames</b> - regular walk<br><b>Leader:</b> Carolyn info page 4  | Slow, flat                         |
| <b>Wed 13</b><br>10.30 -<br>12.30 | <b>Chertsey Meads</b><br>Junction of Brooklands Lane and Heath Road, Weybridge, KT13 8TJ (street parking)<br><b>Leaders:</b> David G, Alison   | Moderate flat                      |
| <b>Wed 13</b><br>10.30 -<br>11.30 | <b>A meander round Middle Pond</b><br>Lakewood car park, Portsmouth Road, Cobham, KT11 1BG<br><b>Leader:</b> Keith   | Slow to Moderate slopes            |
| <b>Wed 13</b><br>14.00 -<br>15.30 | <b>Tow Path at Hampton Court and Home Park</b><br>Hampton Court Palace end of Hampton Court Bridge, opposite the Mitre. Free (time limited) parking in Hampton Court 'village' near bridge.<br><b>Leader:</b> Janet C RA | Moderate flat.                     |
| <b>Thu 14</b><br>11.00 -<br>12.30 | <b>Around Painshill Park</b> WC RA<br>Meet in the car park, Painshill Park, Cobham KT11 1AA<br><b>Leaders:</b> Karen, Liz<br><b>Booking required</b> (see key on page 3 for details)                                     | Slow, slopes                       |

| <b>Date / Time</b>                 | <b>Route</b>   | <b>Pace, Gradient</b>         |
|------------------------------------|--|-------------------------------|
| <b>Thu 14</b><br>14.00 -<br>15.15  | <b>Nordic Walk: Broadwater lake and Towpath</b><br>Cowey Sale car park, Walton Lane,<br>Walton-on-Thames, KT12 1QW. Meet furthest<br>end of car park from Walton Bridge<br><b>Leaders:</b> Pam WC RA | Moderate                      |
| <b>Fri 15</b><br>10.30             | <b>Thames Path to Molesey Lock</b> -regular walk<br><b>Leaders:</b> Keith info on page 4   | Slow, flat                    |
| <b>Tue 19</b><br>10.30             | <b>Molesey Circular Walk</b> - regular walk<br><b>Leaders:</b> Val, Dave F info on page 4  | Slow, flat                    |
| <b>Tue 19</b><br>10.30 -<br>12.00  | <b>Historical walk: Molesey Cemetery</b> WC RA<br>Molesey Centre, 2 Bishop Fox Way, Molesey,<br>West Molesey KT8 2AS<br><b>Leaders:</b> Anthony, Janet B   | Slow, flat                    |
| <b>Tues 19</b><br>14.00 -<br>15.00 | <b>Two Rivers and a garden</b><br>Junction of Ray Road, Molesey Park Road and<br>Island Barn Road. West Molesey KT8<br><b>Leader:</b> Karen  | Slow, flat                    |
| <b>Wed 19</b><br>10.30 -<br>12.00  | <b>Black Pond via The Ledges</b> WC RA<br>Garson's farm car park, West End, Esher,<br>KT10 8LP. Meet near to farm shop entrance<br><b>Leader:</b> Keith  | Slow to<br>moderate<br>slopes |
| <b>Wed 20</b><br>10.30             | <b>Around Walton-on-Thames</b> - regular walk<br><b>Leader:</b> Alison info on page 4  | Slow, flat                    |
| <b>Thu 21</b><br>10.30 -<br>12.30  | <b>West Horsley and Sheepleas</b><br>Green Dene car park, Green Dene, East<br>Horsley, KT24 5TA<br><b>Leaders:</b> David G.,   | Moderate<br>slopes            |
| <b>Thu 21</b><br>14.00 -<br>14.45  | <b>Whiteley Village Woods</b><br>Grass verge parking near cricket pitch, corner<br>of North Avenue and Coombe Lane, KT12 4EL<br><b>Leaders:</b> Karen, Christine                                     | Slow,<br>slopes               |

**April**

| <b>Date / Time</b>                          | <b>Route</b>  | <b>Pace, Gradient</b>                         |
|---|---|---|
| <b>Thu 21</b><br>14.00 -<br>15.15           | <b>Nordic Walk: West End Woods</b> WC RA<br>Garsons Farm car park, West End, Esher,<br>KT10 8LP. Meet near to farm shop<br><b>Leader:</b> Pam             | Moderate                                      |
| <b>Fri 22</b><br>10.30                      | <b>Thames Path to Molesey Lock</b> -regular walk<br><b>Leaders:</b> Chris P info on page 4  | Slow, flat                                    |
| <b>Sat 23</b><br>10.30 -<br>11.30           | <b>Two Lakes</b><br>Meet far end of Colonels Lane, Chertsey<br>KT16 8RH<br><b>Leader:</b> Mary, Carolyn   | Slow, flat                                    |
| <b>Sat 23</b><br>10.30 -<br>11.45/<br>12.00 | <b>Under and over the Ledges</b> WC RA<br>Garsons Farm car park, West End, Esher,<br>KT10 8LP. Meet outside farm shop<br><b>Leader:</b> Karen, Janet C    | Slow,<br>slopes,<br>lots of<br>steps          |
| <b>Sat 23</b><br>10.30 -<br>12.00           | <b>Mickleham Downs</b> WC RA<br>Meet at parking bays on A24 near King William<br>IV pub, Byttom Hill, Dorking RH5 6EL<br><b>Leader:</b> Ramesh, Lily      | Moderate<br>hill, stiles,<br>Steps,<br>slopes |
| <b>Mon 25</b><br>10.30                      | <b>'Lucky Dip' Country walk</b> - regular walk<br><b>Leaders:</b> Andrew info on page 4   | Moderate<br>slopes                            |
| <b>Tue 26</b><br>10.30                      | <b>Molesey Circular Walk</b> - regular walk<br><b>Leaders:</b> Dave F, Val info on page 4   | Slow, flat                                    |
| <b>Wed 27</b><br>10.30                      | <b>Around Walton-on-Thames</b> - regular walk<br><b>Leader:</b> Carolyn info on page 4  | Slow, flat                                    |
| <b>Wed 27</b><br>10.30                      | <b>'Woods and Commons'</b> - regular walk<br><b>Leader:</b> Andrew info on page 4   | Moderate<br>slopes                            |
| <b>Wed 27</b><br>10.30 -<br>12.50           | <b>'To the Pheasantry for coffee'</b> WC RE<br>Sadlers Ride car park, East Molesey<br>KT8 1TW. Meet at rear of left-hand car park<br><b>Leader:</b> Keith | Slow to<br>moderate                           |
| <b>Thu 28</b><br>10.30                      | <b>Riverside park from Hersham Centre for the<br/>Community</b> – regular walk<br><b>Leader:</b> Caroline info on page 4                                  | Slow, flat                                    |



| Date / Time                       | Route   | Pace, Gradient              |
|-----------------------------------|---|-----------------------------|
| <b>Thu 28</b><br>10.30 - 12.00    | <b>Isabella Plantation Colour</b><br>Broomfield car park, Richmond Park<br><b>Leaders:</b> Karen, Christine   | Slow, slopes                |
| <b>Thu 28</b><br>14.00 - 15.15    | <b>Nordic Walk: 'To the Walled Garden &amp; back'</b><br>Squires Garden Centre Halliford, Halliford Road, Upper Halliford, TW17 8SG<br><b>Leaders:</b> Pam <span style="float: right;">WC RA</span> | Moderate                    |
| <b>Fri 29</b><br>10.30            | <b>Thames Path to Molesey Lock</b> - regular walk<br><b>Leader:</b> Carolyn <span style="float: right;">info on page 4</span>   | Slow, flat                  |
| <b>Fri 29</b><br>10.30 - 12.00    | <b>Cobham and Downside</b><br>Downside Bridge car park, Cobham, KT11 3LP<br><b>Leaders:</b> David G, Andrew   | Moderate Slopes             |
| <b>Sun 1 May</b><br>11.00 - 12.30 | <b>A Walk on the wild garlic side</b> <span style="float: right;">RA WC</span><br>Garsons Farm car park, West End, Esher, KT10 8LP. Meet outside farm shop<br><b>Leader:</b> Karen, Alison          | Slow, slopes, lots of steps |
| <b>Tue 3</b><br>10.30             | <b>Around Cobham</b> – regular walk<br><b>Leader:</b> Caroline <span style="float: right;">info on page 4</span>  | Slow, flat                  |
| <b>Tues 3</b><br>10.30 - 12.00    | <b>To the Woodland gardens</b> <span style="float: right;">RA</span><br>Diana Fountain car park, Bushy Park, KT8 9DD (access via Lion Gate). Meet by kiosk<br><b>Leaders:</b> Karen, Christine      | Slow, flat                  |
| <b>Tue 3</b><br>10.30             | <b>Molesey Circular Walk</b> - regular walk<br><b>Leaders:</b> Andrew, Val <span style="float: right;">info on page 4</span>  | Slow, flat                  |
| <b>Tue 3</b><br>10.30 - 12.15     | <b>Pyrford</b> <span style="float: right;">WC</span><br>The Green (off High Street), Ripley, GU23 6AR (2nd car park by children's play area)<br><b>Leaders:</b> David G, Alison                     | Moderate short hill         |
| <b>Wed 4</b><br>10.30             | <b>Around Claygate countryside</b> - regular walk<br><b>Leaders:</b> Jean, Andrew <span style="float: right;">info on page 4</span>   | Slow, slopes                |
| <b>Wed 4</b><br>10.30 - 11.30     | <b>A meander round Middle Pond</b><br>Lakewood car park, Portsmouth Road, Cobham, KT11 1BG<br><b>Leader:</b> Keith  | Slow to Moderate slopes     |

**May**

| <b>Date / Time</b>                 | <b>Route</b>  | <b>Pace, Gradient</b>   |
|------------------------------------|---|-------------------------|
| <b>Wed 4</b><br>10.30              | <b>Around Walton-on-Thames</b> - regular walk<br><b>Leader:</b> Alison info on page 4   | Slow, flat              |
| <b>Thu 5</b><br>14.00 -<br>15.30   | <b>Nordic Walk: Around Painshill Garden</b><br>Meet in the car park, Painshill Park, WC RA<br>Cobham KT11 1AA Booking required<br><b>Leaders:</b> Pam, Caroline see page 3 for info | Moderate hill           |
| <b>Fri 6</b><br>10.30              | <b>Thames Path to Molesey Lock</b> - regular walk<br><b>Leader:</b> Christine info on page 4  | Slow, flat              |
| <b>Fri 6</b><br>10.30 -<br>12.00   | <b>Horton Country Park and Epsom Common</b><br>Horton Country Park car park, Horton Lane,<br>KT19 8PL<br><b>Leaders:</b> Andrew, David G WC RA                                      | Moderate slopes steps   |
| <b>Sat 7</b><br>10.30 -<br>11.30   | <b>Ottershaw Woods</b> WC<br>Memorial Fields car park, Foxhills Road,<br>Ottershaw, KT16 0NQ<br><b>Leader:</b> Mary   | Slow, hilly             |
| <b>Sun 8</b><br>09.00 -<br>10.30   | <b>Early walk: Isabella Plantation</b><br>Broomfield car park, Richmond Park<br><b>Leader:</b> Karen  | Slow, slopes            |
| <b>Tue 10</b><br>10.30             | <b>Molesey Circular Walk</b> - regular walk<br><b>Leaders:</b> Val, Dave F info on page 4   | Slow, flat              |
| <b>Tues 10</b><br>11.00 -<br>11.45 | <b>A Thames Ditton Stroll</b> WC RA<br>Thames Ditton Centre for the Community,<br>Mercers Close, Thames Ditton KT7 0BS<br><b>Leader:</b> Janet C                                    | Slow, flat              |
| <b>Wed 11</b><br>10.30             | <b>Around Walton-on-Thames</b> - regular walk<br><b>Leader:</b> Carolyn info on page 4  | Slow, flat              |
| <b>Wed 11</b><br>10.30 -<br>12.00  | <b>Black Pond via The Ledges</b> WC RA<br>Garson's farm car park, West End, Esher,<br>KT10 8LP. Meet near to farm shop entrance<br><b>Leader:</b> Keith                             | Slow to moderate slopes |
| <b>Wed 11</b><br>10.30 -<br>12.15  | <b>Yews, views and PoWs</b> WC RA<br>Newlands Corner car park (far end), off A25,<br>GU4 8SE<br><b>Leaders:</b> Andrew, David G   | Moderate hill, slopes   |

| Date / Time                       | Route  | Pace, Gradient                                |
|-----------------------------------|--|---|
| <b>Wed 11</b><br>14.00 -<br>15.30 | <b>Tow Path at Hampton Court and Home Park</b><br>Hampton Court Palace end of Hampton Court Bridge, opposite the Mitre. Free (time limited) parking in Hampton Court 'village' near bridge.<br><b>Leader:</b> Janet C RA | Moderate<br>flat                              |
| <b>Thu 12</b><br>10.30 -<br>12.00 | <b>Black Pond and Longy Down</b><br>Sandy Lane car park (nearest A244), Oxshott<br><b>Leaders:</b> David G   | Moderate<br>Slopes                            |
| <b>Thu 12</b><br>14.00 -<br>15.15 | <b>Nordic Walk: 'To Bushy Park and back'</b><br>Meet at river end of Graburn Way, Molesey KT8 9AL<br><b>Leaders:</b> Pam WC RA   | Moderate                                      |
| <b>Fri 13</b><br>10.30            | <b>Thames Path to Molesey Lock</b> -regular walk<br><b>Leader:</b> Carolyn info on page 4  | Slow, flat                                    |
| <b>Sat 14</b><br>10.30 -<br>12.00 | <b>Around Painshill Park</b> WC RA<br><b>Meet in the car park, Painshill Park, Cobham KT11 1AA</b><br><b>Leaders:</b> Lily, Janet C <b>Booking required</b><br>(see key on page 3 for details)                           | Slow,<br>slopes                               |
| <b>Sat 14</b><br>10.30 -<br>12.00 | <b>Mickleham Downs</b> WC RA<br>Meet at parking bays on A24 near King William IV pub, Byttom Hill, Dorking RH5 6EL<br><b>Leader:</b> Ramesh  | Moderate<br>hill, stiles,<br>Steps,<br>slopes |
| <b>Mon 16</b><br>10.30 -<br>12.00 | <b>Woodland Gardens</b><br>Diana fountain car park Bushy Park, KT8 9DD (access via Lion Gate). Meet near kiosk<br><b>Leaders:</b> Karen  | Slow, flat                                    |
| <b>Tue 17</b><br>10.30            | <b>Molesey Circular</b> - regular walk<br><b>Leaders:</b> Dave F, Val info on page 4   | Slow, flat                                    |
| <b>Wed 18</b><br>10.30            | <b>Around Walton-on-Thames</b> - regular walk<br><b>Leader:</b> Alison info on page 4  | Slow, flat                                    |

May

| <b>Date / Time</b>                | <b>Route</b>   | <b>Pace, Gradient</b>          |
|-----------------------------------|--|--------------------------------|
| <b>Wed 18</b><br>10.30 -<br>12.50 | <b>'To the Pheasantry for coffee'</b> WC RE<br>Sadlers Ride car park, East Molesey<br>KT8 1TW. Meet at rear of left-hand car park<br><b>Leader:</b> Keith                              | Slow to moderate               |
| <b>Wed 18</b><br>10.30 -<br>12.30 | <b>Towpath Walk</b><br>Sanway Road, Byfleet, KT14 7SF<br><b>Leaders:</b> David G.  | Moderate slopes, stepped ramps |
| <b>Thu 19</b><br>10.30 -<br>12.00 | <b>Historical walk: East Molesey Old Village</b><br>Walton Road car park, East Molesey,<br>KT8 0ST - Parking (£)<br><b>Leaders:</b> Anthony, Janet B WC RA                             | Slow, flat                     |
| <b>Thu 19</b><br>14.00 -<br>15.15 | <b>Nordic Walk: Round Whiteley Village</b> RA<br>Grass verge parking by cricket pitch, corner of<br>North Avenue and Coombe Lane, Whiteley<br>Village, KT12 4EL<br><b>Leaders:</b> Pam | Moderate                       |
| <b>Fri 20</b><br>10.30            | <b>Thames Path to Molesey Lock</b> -regular walk<br><b>Leader:</b> Keith info on page 4  | Slow, flat                     |
| <b>Sat 21</b><br>10.30 -<br>11.30 | <b>To Hersham Riverside open space</b><br>Park at far end of Old Esher Road, by flood<br>wall, beyond KT12 4LE<br><b>Leader:</b> Mary  | Slow, flat                     |
| <b>Sun 22</b><br>11.00 -<br>12.30 | <b>Whiteley Village Woods</b><br>Sanctuary car park, Whiteley Village KT12 4ED<br><b>Leaders:</b> Karen, Liz   | Slow, slopes                   |
| <b>Tue 24</b><br>10.30            | <b>Molesey Circular Walk</b> - regular walk<br><b>Leaders:</b> Val, Dave F info on page 4  | Slow, flat                     |
| <b>Wed 25</b><br>10.30            | <b>Around Walton-on-Thames</b> - regular walk<br><b>Leader:</b> Carolyn info on page 4   | Slow, flat                     |
| <b>Wed 25</b><br>10.30            | <b>'Woods and Commons'</b> - regular walk<br><b>Leaders:</b> Andrew info on page 4   | Moderate slopes                |

| <b>Date / Time</b>             | <b>Route</b>   | <b>Pace, Gradient</b>   |
|--------------------------------|--|-------------------------|
| <b>Wed 25</b><br>10.30 - 11.30 | <b>A meander round Middle Pond</b><br>Lakewood car park, Portsmouth Road,<br>Cobham, KT11 1BG<br><b>Leader:</b> Keith  | Slow to Moderate slopes |
| <b>Thu 26</b><br>10.30         | <b>Riverside park from Hersham Community centre – regular walk</b><br><b>Leader:</b> Caroline info on page 4   | Slow, flat              |
| <b>Thu 26</b><br>14.00 - 15.15 | <b>Nordic Walk: Desborough Island &amp; towpath</b><br>Cowey Sale car park, Walton Lane,<br>Walton-on-Thames, KT12 1QW. Meet furthest end of car park from Walton Bridge<br><b>Leaders:</b> Pam WC RA      | Moderate steps          |
| <b>Fri 27</b><br>10.30         | <b>Thames Path to Molesey Lock - regular walk</b><br><b>Leader:</b> Keith info on page 4   | Slow, flat              |
| <b>Fri 27</b><br>10.30 - 11.45 | <b>Chatley Heath Semaphore Tower &amp; Country Lanes</b> Boldermere car park, Old Lane,<br>Cobham, approx. postcode KT11 1ND<br>By A3 slip road. Meet by information board<br><b>Leader:</b> Carolyn WC RA | Moderate slopes         |
| <b>Fri 27</b><br>10.30 - 12.15 | <b>Cars, Planes, Trains and Boats</b> WC<br>Brooklands Community Park car park, off Sopwith Drive, Weybridge, KT13 0YU<br><b>Leaders:</b> David G, Andrew  | Moderate Flat, Steps    |
| <b>Sat 28</b><br>10.30 - 12.00 | <b>Around Painshill Park</b> WC RA<br><b>Meet in the car park, Painshill Park, Cobham KT11 1AA</b><br><b>Leader:</b> Lily, Caroline <b>Booking required</b><br>(see key on page 3 for how to book)         | Leisurely pace, hills   |
| <b>Mon 30</b><br>10.30 - 12.00 | <b>Xcel to Walton bridge</b> WC RA<br>Meet outside entrance to Xcel Leisure Centre, Waterside Drive, Walton KT12 2JG<br><b>Leaders:</b> Karen, Janet C   | Slow, slope             |
| <b>Mon 30</b><br>10.30         | <b>'Lucky Dip' Country walk – regular walk</b><br><b>Leaders:</b> Andrew info on page 4  | Moderate slopes         |

**May /June**

| <b>Date / Time</b>                         | <b>Route</b>  | <b>Pace, Gradient</b>                              |
|--|---|--|
| <b>Tue 31</b><br>10.30                     | <b>Molesey Circular Walk</b> – regular walk<br><b>Leaders:</b> Dave F, Val info on page 4   | Slow, flat   |
| <b>Tues 31</b><br>10.30 -<br>12.15         | <b>Weybridge and New Haw</b><br>Junction of Brooklands Lane and Heath Road<br>Weybridge, KT13 8TJ (street parking)<br><b>Leaders:</b> David G, Alison   | Moderate slopes                                    |
| <b>Wed 1</b><br><b>June</b>                | <b>Around Walton-on-Thames</b> – regular walk<br><b>Leader:</b> Alison info on page 4   | Slow, flat   |
| <b>Wed 1</b><br>10.30                      | <b>Around Claygate countryside</b> –regular walk<br><b>Leaders:</b> Jean, Andrew info on page 4   | Slow, slopes                                       |
| <b>Wed 1</b><br>10.30 -<br>12.00           | <b>Black Pond via The Ledges</b> WC RA<br>Garson’s farm car park, West End, Esher,<br>KT10 8LP. Meet near to farm shop entrance<br><b>Leader:</b> Keith   | Slow to moderate slopes                            |
| <b>Fri 3</b><br>10.30                      | <b>Thames Path to Molesey Lock</b> – regular walk<br><b>Leader:</b> Keith info on page 4  | Slow, flat   |
| <b>Sat 4</b><br>10.30 -<br>11.45/<br>12.00 | <b>Walk round Addlestone</b><br>Meet first car park in Mead Lane, Chertsey,<br>beyond KT16 8PF<br><b>Leaders:</b> Mary, Lily  | Slow, flat, mini hill, possible step over lock arm |
| <b>Mon 6</b><br>10.30 -<br>12.30           | <b>Molesey Heath and return</b><br>Coronation Recreation Ground car park,<br>Molesey Road, Hersham, KT12 4QY<br><b>Leaders:</b> David G.,   | Moderate short hill                                |
| <b>Tues 7</b><br>10.30 -<br>11.45          | <b>Hinchley Wood and Telegraph Hill</b> RA<br>Meet outside Budgens, 10 Manor Road North,<br>Hinchley Wood, KT10 9SH (near Esher bound<br>K3 bus stop). Free street parking nearby.<br><b>Leaders:</b> Janet C | Moderate slopes                                    |
| <b>Tue 7</b><br>10.30                      | <b>Around Cobham</b> - regular walk<br><b>Leader:</b> Caroline info on page 4   | Slow, flat   |
| <b>Tue 7</b><br>10.30                      | <b>Molesey Circular Walk</b> – regular walk<br><b>Leaders:</b> Val, Dave F info on page 4   | Slow, flat   |

| Date / Time                       | Route   | Pace, Gradient                                |
|-----------------------------------|---|---|
| <b>Wed 8</b><br>10.30             | <b>Around Walton-on-Thames</b> – regular walk<br><b>Leader:</b> Carolyn info on page 4  | Slow, flat                                    |
| <b>Wed 8</b><br>10.30 -<br>12.50  | <b>'To the Pheasantry for coffee'</b> WC RE<br>Sadlers Ride car park, East Molesey<br>KT8 1TW. Meet at rear of left-hand car park<br><b>Leader:</b> Keith           | Slow to moderate                              |
| <b>Wed 8</b><br>14.00 -<br>15.00  | <b>Heron and Leg O'Mutton ponds</b> RA<br>Diana Fountain car park, Bushy Park, KT8<br>9DD (access via Lion Gate). Meet by kiosk<br><b>Leaders:</b> Karen, Christine | Slow, flat                                    |
| <b>Thu 9</b><br>10.30 -<br>11.30  | <b>Panoramic Thames Park</b> WC RA<br>Molesey Community Centre, Bishop Fox Way,<br>West Molesey, KT8 2JE<br><b>Leader:</b> Dave F                                   | Slow, flat                                    |
| <b>Thu 9</b><br>14.00 -<br>15.15  | <b>Nordic Walk: West End Woods</b> WC RA<br>Garsons Farm car park, West End, Esher,<br>KT10 8LP. Meet near to farm shop<br><b>Leaders:</b> Pam                      | Moderate                                      |
| <b>Fri 10</b><br>10.30            | <b>Thames Path to Molesey Lock</b> -regular walk<br><b>Leader:</b> Christine info on page 4   | Slow, flat                                    |
| <b>Sat 11</b><br>10.30 -<br>12.00 | <b>Mickleham Downs</b> WC RA<br>Meet at parking bays on A24 near King William<br>IV pub, Byttom Hill, Dorking RH5 6EL<br><b>Leaders:</b> Ramesh, Lily               | Moderate<br>hill, stiles,<br>Steps,<br>slopes |
| <b>Sat 11</b><br>18.30 -<br>20.00 | <b>Laleham to Penton Hook Island</b> RA<br>Broadway car park, Laleham, TW18 1RZ<br><b>Leader:</b> Chris P, Liz <b>Dogs on lead welcome</b>                          | Slow, flat                                    |
| <b>Mon 13</b><br>14.00 -<br>15.00 | <b>Molesey Cemetery and towpath</b><br>Far end of Cherry Orchard Road, West<br>Molesey<br><b>Leaders:</b> Karen, Anthony  | Slow, flat                                    |
| <b>Tue 14</b><br>10.30            | <b>Molesey Circular Walk</b> – regular walk<br><b>Leaders:</b> Dave F, Val info on page 4   | Slow, flat                                    |

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| June |
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| Date / Time                       | Route  | Pace, Gradient          |
|-----------------------------------|--|-------------------------|
| <b>Tue 14</b><br>10.30 -<br>12.00 | <b>Historical walk: In search of Dunstable common</b><br>Molesey Adult learning centre (Henrietta Parker), Ray Road, West Molesey, KT8 2LG<br><b>Leaders:</b> Anthony, Janet B                     | Slow, flat              |
| <b>Wed 15</b><br>10.30            | <b>Around Walton-on-Thames</b> – regular walk<br><b>Leader:</b> Alison info on page 4  | Slow, flat              |
| <b>Wed 15</b><br>10.30 -<br>11.30 | <b>A meander round Middle Pond</b><br>Lakewood car park, Portsmouth Road, Cobham, KT11 1BG<br><b>Leader:</b> Keith   | Slow to Moderate slopes |
| <b>Wed 15</b><br>10.30 -<br>12.15 | <b>Wey Navigation and Papercourt Lake</b> WC<br>The Green (off High Street) Ripley GU23 6AR (2nd car park by children’s play area)<br><b>Leaders:</b> David G.                                     | Moderate Flat           |
| <b>Thu 16</b><br>14.00 -<br>15.30 | <b>Nordic Walk: Around Painshill Garden</b><br>Meet in the car park, Painshill Park, Cobham KT11 1AA WC RA<br><b>Leaders:</b> Pam, Caroline<br><b>Booking required</b> (see key on page 3 to book) | Moderate hill           |
| <b>Fri 17</b><br>10.30            | <b>Thames Path to Molesey Lock</b> - regular walk<br><b>Leader:</b> Keith info on page 4   | Slow, flat              |
| <b>Sat 18</b><br>10.30 -<br>11.30 | <b>Grounds of Homewood mansion</b> WC RA<br>Homewood car park, Stonehill Road, Chertsey, KT16 0AG (Get ticket for free parking)<br><b>Leader:</b> Mary   | Slow, slopes            |
| <b>Mon 20</b><br>10.30 -<br>12.15 | <b>Polesden Lacey Estate</b><br>Far end Woodlands Road, Effingham, KT23 4HJ<br><b>Leaders:</b> David G, Andrew   | Moderate slopes         |
| <b>Tue 21</b><br>10.30            | <b>Molesey Circular Walk</b> – regular walk<br><b>Leaders:</b> Val, Dave F info on page 4  | Slow, flat              |
| <b>Wed 22</b><br>10.30            | <b>Around Walton-on-Thames</b> – regular walk<br><b>Leader:</b> Carolyn info on page 4   | Slow, flat              |



| Date / Time                | Route   | Pace, Gradient                       |
|----------------------------|---|--------------------------------------|
| Wed 22<br>10.30            | <b>'Woods and Commons'</b> – regular walk<br><b>Leaders:</b> Andrew, David G info on page 4   | Moderate slopes                      |
| Wed 22<br>10.30 -<br>12.00 | <b>Black Pond via The Ledges</b> WC RA<br>Garson's farm car park, West End, Esher,<br>KT10 8LP. Meet near to farm shop entrance<br><b>Leader:</b> Keith   | Slow to moderate slopes              |
| Thu 23<br>14.00 -<br>15.15 | <b>Nordic Walk: 'To Bushy Park and back'</b><br>Meet at river end of Graburn Way, Molesey<br>KT8 9AL WC RA<br><b>Leaders:</b> Pam   | Moderate                             |
| Fri 24<br>10.30            | <b>Thames Path to Molesey Lock</b> – regular walk<br><b>Leaders:</b> Chris P info on page 4   | Slow, flat                           |
| Fri 24<br>10.30 -<br>12.15 | <b>Norbury Park and around</b> WC RA<br>Denbies Vineyard car park, London Road,<br>Dorking, RH5 6AA<br><b>Leaders:</b> Andrew, David G  | Moderate hill, slopes                |
| Sat 25<br>10.30 -<br>12.00 | <b>Mickleham Downs</b> WC RA<br>Meet at parking bays on A24 near King William<br>IV pub, Byttom Hill, Dorking RH5 6EL<br><b>Leader:</b> Ramesh, Lily  | Moderate hill, stiles, Steps, slopes |
| Sat 25<br>18.30 -<br>20.00 | <b>Laleham to Penton Hook Island</b> RA<br>Broadway car park, Laleham, TW18 1RZ<br><b>Leader:</b> Chris P, Liz <b>Dogs on leads welcome</b>   | Slow, flat                           |
| Mon 27<br>10.30            | <b>'Lucky Dip' Country walk</b> – regular walk<br><b>Leaders:</b> Andrew info on page 4   | Moderate slopes                      |
| Tue 28<br>10.00 -<br>11.00 | <b>An educational walk with council officers:<br/>Long Ditton Cemetery and on into Stoke<br/>Field (woods).</b> Meet at entrance to Long<br>Ditton Cemetery, 92 Rectory Lane, Long<br>Ditton, KT6 5HW. <b>Limited parking</b> at<br>cemetery or street parking. <b>Leaders:</b><br>Antoinette, EBC Cemeteries Manager and<br>Dave Page, EBC Countryside Estates Officer | Slow, flat                           |
|                            |   | WC                                   |

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| Date / Time                | Route  | Pace, Gradient               |
|----------------------------|--|------------------------------|
| Tue 28<br>10.30            | <b>Molesey Circular Walk</b> – regular walk<br><b>Leaders:</b> Andrew, Dave F info on page 4   | Slow, flat                   |
| Wed 29<br>10.30            | <b>Around Walton-on-Thames</b> – regular walk<br><b>Leader:</b> Alison info on page 4  | Slow, flat                   |
| Wed 29<br>10.30 -<br>12.50 | <b>‘To the Pheasantry for coffee’</b> WC RE<br>Sadlers Ride car park, East Molesey<br>KT8 1TW. Meet at rear of left-hand car park<br><b>Leader:</b> Keith                              | Slow to moderate             |
| Thu 30<br>10.30 -<br>12.00 | <b>Broadwater Walk and Desborough Island</b><br>Cowey Sale car park, Walton Bridge, KT12<br>1QW. (meet furthest end from Walton bridge)<br><b>Leaders:</b> David G, Andrew WC RA       | Moderate<br>Slopes,<br>Steps |
| Thu 28<br>10.30            | <b>Riverside park from Hersham Community centre</b> – regular walk info on page 4<br><b>Leader:</b> Caroline   | Slow, flat                   |
| Thu 30<br>14.00 -<br>14.45 | <b>A stroll in Bushy park</b><br>Diana fountain car park Bushy Park, KT8 9DD<br>(access via Lion Gate). Meet near kiosk<br><b>Leaders:</b> Janet C                                     | Slow, flat                   |
| Thu 30<br>14.00 -<br>15.15 | <b>Nordic Walk: Round Whiteley Village</b> RA<br>Grass verge parking by cricket pitch, corner of<br>North Avenue and Coombe Lane, Whiteley<br>Village, KT12 4EL<br><b>Leaders:</b> Pam | Moderate                     |

## 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.
- 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](mailto:health@elmbridge.gov.uk) or call 01372 474574. We are here to help.

| Date / Time                          | Route  | Pace, Gradient                 |
|--------------------------------------|--|--------------------------------|
| <b>Mon 04 April</b><br>10.30 - 12.30 | <b>Molesey to Desborough Island</b><br><b>Linear route:</b> Thames towpath to and from Desborough Island.<br>30-minute break halfway at Cowey Sale<br><b>Meet:</b> Sadlers Ride car park, East Molesey KT8 1TW.<br><b>Leader:</b> Richard  | Gentle speed, flat<br>10 miles |
| <b>Mon 11 April</b><br>10.30 - 13.00 | <b>Thames Ditton to Littleworth Common</b><br><b>Circular route:</b> Thames Ditton – Molesey – Hersham – Lower green – Littleworth Common – Claygate – Thames Ditton<br>30-minute break halfway at Pistachios in the park, Claygate<br><b>Meet:</b> Mercer Close, Thames Ditton KT7 0BS<br><b>Leaders:</b> Pam and Colin | Gentle speed, flat<br>10 miles |

| Date / Time                                      | Route  | Pace, Gradient  |
|--|--|---|
| <p><b>Tues 19 April</b></p> <p>10.30 - 13.00</p> | <p><b>Molesey to Crane Park via Bushy Park.</b></p> <p><b>Linear route:</b> Towpath to Hampton Court Bridge - across Bushy park - through Fulwell - Crane Park. Same route back.<br/>30-minute break halfway at Kneller Gardens</p> <p><b>Meet:</b> Sadlers Ride car park, East Molesey KT8 1TW.</p> <p><b>Leaders:</b> Richard and Colin</p>                        | <p>Gentle speed, flat, Tunnels</p> <p>15 miles</p>        |
| <p><b>Mon 25 April</b></p> <p>10.30 - 13.00</p>  | <p><b>Molesey to Kingston and Richmond</b></p> <p><b>Circular Route:</b> Towpath to Hampton Court Bridge – Kingston bridge – Kingston - Richmond Bridge. Returning on north of river.<br/>30-minute break halfway at Cambridge Gdns</p> <p><b>Meet:</b> Sadlers Ride car park, East Molesey KT8 1TW.</p> <p><b>Leaders:</b> Colin and Pam</p>                        | <p>Gentle speed, flat but with 1 hill</p> <p>16 miles</p> |
| <p><b>Tues 03 May</b></p> <p>10.30 - 13.00</p>   | <p><b>Wey Navigation and Basingstoke Canal</b></p> <p><b>Linear route:</b> New Haw Lock - West Byfleet - along the Wey Navigation and Basingstoke Canal – Woking – same route back.<br/>30-minute break halfway at St Johns, Woking.</p> <p><b>Meet:</b> Service Road, New Haw Lock, Byfleet Road, West Byfleet, KT15 3JQ</p> <p><b>Leaders:</b> Pam and Richard</p> | <p>Gentle speed, flat</p> <p>15 miles</p>                 |
| <p><b>Mon 09 May</b></p> <p>10.30 - 12.30</p>    | <p><b>Molesey to Kingston and Bushy Park</b></p> <p><b>Circular Route:</b> Molesey – towpath to Hampton Court Bridge - towpath to Kingston - Bushy Park - back to Molesey<br/>30-minute break halfway at The Pheasantry.</p> <p><b>Meet:</b> Sadlers Ride car park, East Molesey KT8 1TW.</p> <p><b>Leaders:</b> Richard and Colin</p>                               | <p>Gentle speed, flat</p> <p>9 miles</p>                  |

| Date / Time                             | Route  | Pace, Gradient                     |
|---|--|------------------------------------|
| <b>Mon 16 May</b><br><br>10.30 - 13.00  | <b>Walton to Staines</b><br><br><b>Linear route:</b> Towpath to Walton Bridge - along road and river to Staines – and back. 30-minute break by the river at The Slug and Lettuce pub, Staines<br><b>Meet:</b> Xcel Leisure Centre, Waterside Drive, Walton, KT12 2JG. Meet outside entrance<br><b>Leaders:</b> Richard and Pam | Gentle speed, Flat<br><br>16 miles |
| <b>Mon 23 May</b><br><br>10.30 - 12.30  | <b>Molesey to Weybridge</b><br><br><b>Linear route:</b> Towpath to Weybridge – and back. 30-minute break halfway at Cowey Sale<br><b>Meet:</b> Sadlers Ride car park, East Molesey KT8 1TW.<br><b>Leaders:</b> Pam and Colin   | Gentle speed, flat<br><br>9 miles  |
| <b>Mon 30 May</b><br><br>10.30 - 13.00  | <b>Molesey to Lower Sunbury via Bushy Park</b><br><br><b>Circular route:</b> Towpath to Hampton Court Bridge - Bushy Park - Lower Sunbury - Walton Bridge - towpath to Molesey<br>30-minute break at Squires, Lower Halliford<br><b>Meet:</b> Sadlers Ride car park, East Molesey KT8 1TW.<br><b>Leaders:</b> Pam and Richard  | Gentle speed, flat<br><br>16 miles |
| <b>Mon 06 June</b><br><br>10.30 - 12.30 | <b>Walton to Bushy Park and back</b><br><br><b>Linear route:</b> Towpath from The Xcel to Hampton Court Bridge - Bushy Park<br>30-minute break halfway at The Pheasantry. Returning to Walton<br><b>Meet:</b> Xcel Leisure Centre, Waterside Drive, Walton, KT12 2JG. Meet outside entrance<br><b>Leaders:</b> Colin and Pam   | Gentle speed, Flat<br><br>10 miles |

| Date / Time                             | Route   | Pace, Gradient                                    |
|---|---|---|
| <b>Mon 13 June</b><br><br>10.30 - 13.00 | <b>Wey Navigation and Basingstoke Canal</b><br><br><b>Linear route:</b> New Haw Lock - West Byfleet - along the Wey Navigation and Basingstoke Canal – Woking – same route back.<br>30-minute break halfway at St Johns, Woking.<br><b>Meet:</b> Service Road, New Haw Lock, Byfleet Road, New Haw, KT15 3JQ<br><b>Leaders:</b> Pam and Colin     | Gentle speed, flat<br><br>15 miles                |
| <b>Mon 20 June</b><br><br>10.30 - 12.45 | <b>Molesey to Kingston and Teddington</b><br><br><b>Circular route:</b> Towpath to Hampton Court and Kingston Bridges – Teddington footbridge – Bushy park – towpath back.<br>30-minute break halfway at Kingston YMCA,<br><b>Meet:</b> Sadlers Ride car park, East Molesey KT8 1TW.<br><b>Leaders:</b> Colin and Richard                         | Gentle speed, Flat<br><br>12 miles                |
| <b>Mon 27 June</b><br><br>10.30 - 12.45 | <b>Molesey to Richmond park</b><br><br><b>Circular route:</b> Along towpath to Hampton Court and Kingston Bridges - Ham Common - Richmond Park – Ham common – Teddington foot bridge – Bushy park - towpath.<br>30-minute break at Pembroke Lodge<br><b>Meet:</b> Sadlers Ride car park, East Molesey KT8 1TW.<br><b>Leaders:</b> Richard and Pam | Gentle speed, mainly flat, 1 hill<br><br>16 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](http://elmbridge.gov.uk/sport)



## Social Prescribing

Helping you improve your wellbeing.  
Visit [elmbridge.gov.uk/socialprescribing](http://elmbridge.gov.uk/socialprescribing)  
to find out more.