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# Wellbeing Walks, Nordic walks and cycle rides

**1 April to 30 June 2023**

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Supporting you to get active and stay active



**Elmbridge**  
Borough Council



## 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 socialising 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 included if required.

**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).
- 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, for example when crossing roads.

## 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
- New walkers please see over the page on how to pre-register ahead of your first walk

## Questions?

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

**Email [health@elmbridge.gov.uk](mailto: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
<b><i>Dogs on lead welcome</i></b>	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: <b>health@elmbridge.gov.uk</b>  Please note: Request emails must be received by 12pm the day before the walk, or by 12pm Friday for weekend and Monday walks.

## Registering with 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 us on **01372 474574** for assistance in registering.
- For assistance with online registering please email: [ramblers@ramblers.org.uk](mailto: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 cancellations.

**Search for a nearby walk using the following web address:**

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

## Regular repeated 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.

The actual date of each walk can be found in the main programme, but please see below for meeting place and timings.

Our recurring walks are great for getting into an exercising routine and meeting other frequent 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	<b>‘Lucky Dip’ Country walk</b> WC RA Claygate Centre for the Community, Elm Road, Claygate KT10 0EH (walkers can use the centre car park or free street parking is available)	Moderate slopes
Weekly, every Tuesday 10.30-11.30	<b>Molesey Circular Walk</b> WC RA Meet in council car park (£) by St. Mary’s Road/Bell Road exit, Walton Road, East Molesey, KT8 0DP	Slow, flat
Wednesday fortnightly 10.30 – 11.15/30	<b>Around Walton-on-Thames</b> 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 £)	Gentle, flat, small slope on some routes
1 <sup>st</sup> Thursday of the month 10.30-12.00	<b>‘Woods and Commons’</b> Sandy Lane car park, Sandy Lane, Oxshott (one nearest A244)	Moderate slopes
Weekly, every Friday 10.30-11.15	<b>Thames Path to Molesey Lock</b> WC RA The Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL (free parking by café or on Graburn way)	Gentle, slow, flat

Date / Time	Route	Pace, Gradient
<b>Mon 3</b> 10.30 - 12.15/30	<b>Isabella Plantation</b> RA Broomfield car park, Richmond Park TW10 5HZ <b>Leaders:</b> Karen, Christine	Slow slopes
<b>Mon 3</b> 10.30 - 12.15	<b>Horton Country Park and Epsom Common</b> Horton Country Park car park, Horton Lane, KT19 8PL <b>Leaders:</b> Andrew, David G WC RA	Moderate slopes
<b>Mon 3</b> 14.00 - 15.30	<b>'Two Parks'</b> (Bushy and Home Parks) WC RA Diana Fountain Car Park, Chestnut Avenue, Bushy Park (near KT8 9DD). Meet by kiosk <b>Leader:</b> Janet C	Moderate flat
<b>Tue 4</b> 10.30	<b>Molesey Circular Walk</b> - regular walk <b>Leaders:</b> Dave F, Val	Slow, flat
<b>Tue 4</b> 11.00 - 12.30/ 13.00	<b>Historical Walk: Painshill Park - exploring Charles Hamilton's 'Historic Route'</b> Painshill Park, Cobham, KT11 1AA <b>Leaders:</b> Barry, Liz <i>Booking required</i> (see key for details) <i>Dogs on short leads welcome</i> WC RA	Slow, 2 steep inclines  Multiple stops
<b>Wed 5</b> 10.30 - 12.00	<b>Bushy Park</b> WC RA Diana Fountain Car Park, Chestnut Avenue, Bushy Park (near KT8 9DD). Meet by kiosk <b>Leader:</b> Keith	Slow to moderate flat
<b>Wed 5</b> 10.30 - 12.00	<b>Black Pond and Longy Down</b> Sandy Lane car park (nearest to A244), Oxshott <b>Leaders:</b> David G, Andrew	Moderate slopes
<b>Thu 6</b> 10.30 - 11.30/ 1.45	<b>Broadwater Lake and towpath</b> WC RA Cowey Sale car park, Walton Lane, Walton-on-Thames, KT12 1QW. Meet furthest end of car park from Walton Bridge. <b>Leader:</b> Charles	Slow flat
<b>Thu 6</b> 10.30	<b>'Woods and Commons'</b> - regular walk <b>Leader:</b> Andrew	Moderate slopes

April

Date / Time	Route	Pace, Gradient
Fri 7 10.30	<b>Thames Path to Molesey Lock</b> -regular walk <b>Leader:</b> Keith	Slow, flat
Sat 8 10.30 - 11.45 /12.00	<b>Walk round Addlestone</b> Meet first car park in Mead Lane, Chertsey, beyond KT16 8PF <b>Leader:</b> Mary	Slow, flat, mini hill, possible step over lock arm
Sun 9 11.00 - 12.15	<b>Whiteley Village Woods</b> Sanctuary car park, Whiteley Village, KT12 4ED <b>Leaders:</b> Karen, Liz	Slow slopes
Tue 11 10.30	<b>Molesey Circular Walk</b> - regular walk <b>Leaders:</b> Val, Dave F	Slow, flat
Wed 12 10.30	<b>Around Walton-on-Thames</b> - regular walk <b>Leader:</b> Carolyn	Slow, flat
Wed 12 10.30 - 12.50	<b>'To the Pheasantry for coffee'</b> WC RE Sadlers Ride car park, East Molesey KT8 1TW. Meet at rear of left-hand car park <b>Leader:</b> Keith	Slow to moderate slopes
Wed 12 10.30 - 12.00	<b>Ockham Common and Chatley Heath</b> Boldermere car park (Ockham Bites), Old Lane, Cobham. Approx. postcode KT11 1ND Car park is very close to A3, off slip road <b>Leaders:</b> Andrew, David G WC RA	Moderate slopes
Thu 13 11.00 - 12.15	<b>Painshill Park</b> WC RA Meet in the car park, Painshill Park, Cobham KT11 1AA <b>Leaders:</b> Karen, Liz <b>Booking required</b> (see key for details)	Slow, gentle slopes
Thu 13 10.30 - 12.15	<b>Papercourt Lake</b> WC The Green (off High Street), Ripley, GU23 6AR (2nd car park by children's play area) <b>Leaders:</b> David G, Andrew	Moderate flat
Thu 13 14.00 - 15.15	<b>Nordic Walk: West End Woods</b> WC RA Garsons Farm car park, West End, Esher, KT10 8LP. Meet near to farm shop <b>Leader:</b> Pam	Moderate

Date / Time	Route	Pace, Gradient
<b>Fri 14</b> 10.30	<b>Thames Path to Molesey Lock</b> -regular walk <b>Leader:</b> Keith	Slow, flat
<b>Sat 15</b> 10.30 - 11.45	<b>Hinchley Wood and Telegraph Hill</b> RA Meet outside Budgens, 10 Manor Road North, Hinchley Wood, KT10 9SH <b>Leader:</b> Janet C	Moderate Slopes
<b>Sun 16</b> 9.00 - 10.00	<b>'Dog friendly walk' Bushy Park</b> RA Diana Fountain Car Park, Chestnut Avenue, Bushy Park (near KT8 9DD). Meet by kiosk <b>Leader:</b> Lily <i>Dogs on lead welcome</i>	Moderate flat
<b>Mon 17</b> 10.30 - 12.30	<b>Sheepleas and West Horsley</b> Green Dene car park, Green Dene, East Horsley, KT24 5TA <b>Leaders:</b> David G, Andrew	Moderate slopes
<b>Mon 17</b> 14.00 - 15.00	<b>Heron and Leg O'Mutton ponds</b> RA Diana Fountain Car Park, Chestnut Avenue, Bushy Park (near KT8 9DD). Meet by kiosk <b>Leaders:</b> Karen, Christine	Slow flat
<b>Tue 18</b> 10.30	<b>Molesey Circular Walk</b> - regular walk <b>Leaders:</b> Dave F, Val	Slow, flat
<b>Wed 19</b> 14.00 - 14.45	<b>Whiteley Village Woods</b> Grass verge parking by cricket pitch, corner of North Avenue and Coombe Lane, Whiteley Village, KT12 4EL <b>Leaders:</b> Karen, Liz	Slow slope
<b>Thu 20</b> 10.30 - 12.00	<b>West End and Esher Commons</b> WC RA Garsons Farm Car park, West End Esher, KT10 8LP. Meet close to farm shop entrance <b>Leaders:</b> Andrew, David G	Moderate Slopes steps
<b>Thu 20</b> 14.00 - 15.15	<b>Nordic Walk: Broadwater lake</b> WC RA Cowey Sale car park, Walton Lane, Walton-on-Thames, KT12 1QW. Meet furthest end of car park from Walton Bridge <b>Leader:</b> Pam	Moderate flat

<b>April</b>
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<b>Date / Time</b>	<b>Route</b>	<b>Pace, Gradient</b>
<b>Fri 21</b> 10.30	<b>Thames Path to Molesey</b> - regular walk <b>Leader:</b> Keith	Slow, flat
<b>Sat 22</b> 10.30 - 11.30	<b>Walton: town and river</b> WC RA Cowey Sale car park, Walton Lane, Walton- on-Thames, KT12 1QW. Meet furthest end of car park from Walton Bridge / cafe. <b>Leader:</b> Mary	Slow flat but one slope or steps
<b>Mon 24</b> 10.30 - 12.00	<b>Colourful Woodland Gardens</b> RA Diana Fountain Car Park, Chestnut Avenue, Bushy Park (near KT8 9DD). Meet by kiosk <b>Leaders:</b> Karen, Christine	Slow flat
<b>Mon 24</b> 10.30	<b>'Lucky Dip' Country walk</b> - regular walk <b>Leader:</b> Andrew	Moderate slopes
<b>Tue 25</b> 10.30	<b>Molesey Circular Walk</b> - regular walk <b>Leaders:</b> Val, Dave F	Slow, flat
<b>Wed 26</b> 10.30	<b>Around Walton-on-Thames</b> - regular walk <b>Leader:</b> Carolyn	Slow, flat
<b>Wed 26</b> 10.30 - 12.30	<b>Walton on the Hill from Epsom Downs</b> Top car park, off Tattenham Corner Road, Epsom Downs, KT18 5PP <b>Leader:</b> David G	Moderate hilly
<b>Wed 26</b> 10.30 - 12.50	<b>'To the Pheasantry for coffee'</b> WC RE Sadlers Ride car park, East Molesey KT8 1TW. Meet at rear of left-hand car park <b>Leader:</b> Keith	Slow to moderate slopes
<b>Thu 27</b> 10.30 - 12.00/15	<b>Colourful Isabella Plantation</b> Broomfield car park, Richmond Park <b>Leaders:</b> Karen, Christine	Slow slopes
<b>Thu 27</b> 14.00 - 15.15	<b>Nordic Walk: Graburn Way to Bushy Park</b> (and back). Meet at river end of Graburn Way, Molesey KT8 9AL WC RA <b>Leader:</b> Pam	Moderate flat
<b>Fri 28</b> 10.30	<b>Thames Path to Molesey Lock</b> -regular walk <b>Leader:</b> Keith	Slow, flat

Date / Time	Route	Pace, Gradient
<b>Sat 29</b> 10.30 - 12.00	<b>Mickleham Downs</b> RA (WC in pub) Meet at parking bays on A24 near King William IV pub, Byttom Hill, Dorking RH5 6EL <b>Leader:</b> Ramesh	Moderate hill, stiles, steps, slopes
<b>Sun 30</b> 10.30 - 11.30/ 11.45	<b>Broadwater Lake and towpath</b> WC RA Cowey Sale car park, Walton Lane, Walton-on-Thames, KT12 1QW. Meet furthest end of car park from Walton Bridge. <b>Leader:</b> Charles	Slow flat
<b>Tue 2</b> 10.30	<b>Molesey Circular Walk</b> - regular walk <b>Leaders:</b> Dave F, Val	Slow, flat
<b>Tue 2</b> 11.00 - 12.30/ 13.00	<b>Historical Walk: Painshill Park - exploring Charles Hamilton's 'Historic Route'</b> Meet in the car park, Painshill Park, Cobham, KT11 1AA <b>Leaders:</b> Barry, Liz <i>Booking required</i> (see key for details) <i>Dogs on short leads welcome</i> WC RA	Slow 2 steep inclines  Multiple stops
<b>Wed 3</b> 10.30 - 12.00	<b>Historical Walk: East Molesey Old Village</b> Walton Road car park, East Molesey, KT8 0ST - Parking (£) <b>Leaders:</b> Anthony, Janet B WC RA	Slow, flat  Multiple stops
<b>Wed 3</b> 10.30 - 12.00	<b>Bushy Park</b> WC RA Diana Fountain Car Park, Chestnut Avenue, Bushy Park (near KT8 9DD). Meet by kiosk <b>Leader:</b> Keith	Slow to moderate flat
<b>Wed 3</b> 10.30 - 12.30	<b>Chertsey Meads</b> Junction of Brooklands Lane and Heath Road, Weybridge, KT13 8TJ (street parking) <b>Leaders:</b> David G, Andrew	Moderate flat
<b>Thu 4</b> 10.30 - 11.45/ 12.00	<b>Under and over the ledges</b> WC RA Garsons Farm car park, West End, Esher, KT10 8LP. Meet near to farm shop <b>Leaders:</b> Karen, Christine	Slow slopes, lots of steps

**May**

<b>Date / Time</b>	<b>Route</b>	<b>Pace, Gradient</b>
<b>Thu 4</b> 10.30	<b>'Woods and Commons'</b> - regular walk <b>Leader:</b> Andrew	Moderate slopes
<b>Thu 4</b> 14.00 - 15.15	<b>Nordic Walk:</b> WC RA <b>'To the Walled Garden and back'</b> Squires Garden Centre Halliford, Halliford Road, Upper Halliford, TW17 8SG <b>Leader:</b> Pam	Moderate
<b>Fri 5</b> 10.30	<b>Thames Path to Molesey Lock</b> -regular walk <b>Leader:</b> Keith	Slow, flat
<b>Sun 7</b> <b>09.00</b> - 10.30/ 10.45	<b>Isabella Plantation early start!</b> Broomfield car park, Richmond Park <b>Leader:</b> Karen	Slow slopes
<b>Tue 9</b> 10.30	<b>Molesey Circular Walk</b> - regular walk <b>Leaders:</b> Andrew, Dave F	Slow, flat
<b>Tue 9</b> 10.30 - 12.00	<b>Upper Lodge Water Gardens, Bushy Park</b> Diana Fountain Car Park, Chestnut Avenue, Bushy Park (near KT8 9DD). Meet by kiosk <b>Leader:</b> Janet C WC RA	Moderate flat
<b>Wed 10</b> 10.30	<b>Around Walton-on-Thames</b> - regular walk <b>Leader:</b> Carolyn	Slow, flat
<b>Wed 10</b> 10.30 - 12.00	<b>Middle Pond</b> Meet at Lakewood car park, Portsmouth Road, Cobham, KT11 1BG <b>Leader:</b> Keith	Slow to moderate slopes
<b>Thu 11</b> 10.30 - 12.00/15	<b>Colour in the Isabella Plantation</b> RA Broomfield car park, Richmond Park <b>Leaders:</b> Karen, Christine	Slow slopes
<b>Thu 11</b> 10.30 - 12.00	<b>Milton Heath Circular – Pipbrook</b> Milton Heath car park, Westcott Road (A25), Dorking, RH4 3JU. (signed Bury Hill Fisheries) <b>Leader:</b> David G	Moderate slopes

Date / Time	Route	Pace, Gradient
<b>Thu 11</b> 14.00 - 15.30	<b>Nordic Walk: Around Painshill Park</b> WC RA Meet in the car park, Painshill Park, Cobham KT11 1AA <b>Booking required</b> <b>Leader:</b> Pam (see key for details)	Moderate hill
<b>Fri 12</b> 10.30	<b>Thames Path to Molesey Lock</b> -regular walk <b>Leader:</b> Keith	Slow, flat
<b>Fri 12</b> 10.30 - 11.30	<b>Weybridge Towpaths and Back Streets</b> Car park (next to Elmbridge Canoe Club), Walton Lane, Weybridge, KT12 2BP <b>Leader:</b> Carolyn	Moderate flat
<b>Sat 13</b> 10.30 - 11.30	<b>Grounds of Homewood mansion</b> WC RA Homewood car park, Stonehill Road, Chertsey, KT16 0AG (Get ticket for free parking) <b>Leaders:</b> Mary, Charles	Slow slopes
<b>Sun 14</b> 11.00 - 12.15	<b>Whiteley Village Woods</b> Sanctuary car park, Whiteley Village KT12 4ED <b>Leaders:</b> Karen, Liz	Slow slopes
<b>Mon 15</b> 10.30 - 11.15	<b>A Stroll in Bushy Park</b> WC RA Diana fountain car park, Bushy Park, KT8 9DD (access via Lion Gate). Meet near kiosk <b>Leader:</b> Janet C	Slow gentle, flat
<b>Tue 16</b> 10.30	<b>Molesey Circular</b> - regular walk <b>Leaders:</b> Val, Dave F	Slow, flat
<b>Tue 16</b> 14.00 - 15.30	<b>Colourful Woodland Gardens</b> RA Diana Fountain Car Park, Chestnut Avenue, Bushy Park (near KT8 9DD). Meet by kiosk <b>Leaders:</b> Karen, Christine	Slow flat
<b>Wed 17</b> 10.30 - 12.00	<b>Bushy Park</b> WC RA Diana Fountain Car Park, Chestnut Avenue, Bushy Park (near KT8 9DD). Meet by kiosk. <b>Leader:</b> Keith	Slow to moderate flat

**May**

<b>Date / Time</b>	<b>Route</b>	<b>Pace, Gradient</b>
<b>Wed 17</b> 10.30 - 12.15	<b>Pyrford</b> The Green (off High Street), Ripley, GU23 6AR (2nd car park by children's play area) <b>Leader:</b> David G	Moderate short hill
<b>Thu 18</b> 10.30 - 11.30/ 11.45	<b>Broadwater Lake and towpath</b> WC RA Cowey Sale car park, Walton Lane, Walton-on-Thames, KT12 1QW. Meet furthest end of car park from Walton Bridge. <b>Leader:</b> Charles	Slow flat
<b>Thu 18</b> 14.00 - 15.00	<b>'Two Rivers and a veg patch'</b> Junction of Ray Road, Molesey Park Road and Island Barn Road. West Molesey KT8 <b>Leader:</b> Karen, Liz	Slow flat
<b>Fri 19</b> 10.30	<b>Thames Path to Molesey Lock</b> -regular walk <b>Leader:</b> Christine	Slow, flat
<b>Mon 22</b> 14.00 - 14.45	<b>Heron and Leg O'Mutton ponds</b> RA Diana Fountain Car Park, Chestnut Avenue, Bushy Park (near KT8 9DD). Meet by kiosk. <b>Leader:</b> Karen	Slow flat
<b>Tue 23</b> 10.30	<b>Molesey Circular Walk</b> - regular walk <b>Leaders:</b> Dave F, Val	Slow, flat
<b>Wed 24</b> 10.30	<b>Around Walton-on-Thames</b> - regular walk <b>Leader:</b> Carolyn	Slow, flat
<b>Wed 24</b> 10.30 - 12.50	<b>'To the Pheasantry for coffee'</b> WC RE Sadlers Ride car park, East Molesey KT8 1TW. Meet at rear of left-hand car park <b>Leader:</b> Keith	Slow to moderate slopes
<b>Thu 25</b> 10.30 - 12.15	<b>Bushy Park and Home Park</b> RA Diana Fountain Car Park, Chestnut Avenue, Bushy Park (access via Lion Gate KT8 9DD) Meet by kiosk <b>Leaders:</b> Andrew, David G	Moderate flat

Date / Time	Route	Pace, Gradient
<b>Thu 25</b> 11.00 - 11.45	<b>Whiteley Village Woods</b> Grass verge parking by cricket pitch, corner of North Avenue and Coombe Lane, Whiteley Village, KT12 4EL <b>Leaders:</b> Karen, Christine	Slow, slope
<b>Thu 25</b> 14.00 - 15.15	<b>Nordic Walk: Round Whiteley Village</b> RA Grass verge parking by cricket pitch, corner of North Avenue and Coombe Lane, Whiteley Village, KT12 4EL <b>Leader:</b> Pam	Moderate
<b>Fri 26</b> 10.30	<b>Thames Path to Molesey Lock</b> -regular walk <b>Leader:</b> Keith	Slow, flat
<b>Sat 27</b> 10.30 - 11.30/ 11.45	<b>Broadwater Lake and towpath</b> WC RA Cowey Sale car park, Walton Lane, Walton-on-Thames, KT12 1QW. Meet furthest end of car park from Walton Bridge. <b>Leader:</b> Mary	Slow, flat
<b>Sat 27</b> 10.30 - 12.00	<b>Mickleham Downs</b> RA (WC in pub) Meet at parking bays on A24 near King William IV pub, Byttom Hill, Dorking RH5 6EL <b>Leader:</b> Ramesh	Moderate hill, stiles, Steps, slopes
<b>Sun 28</b> 09.30 - 12.30	<b>Hampton court Bridge to Kingston Bridge - boat back</b> WC RE Meet at river end of Graburn Way, Molesey KT8 9AL. 40-minute boat ride back is £8.50 <b>Leader:</b> Lily	Moderate flat
<b>Mon 29</b> 10.30	<b>'Lucky Dip' Country walk</b> – regular walk <b>Leader:</b> Andrew	Moderate slopes
<b>Tue 30</b> 10.30	<b>Molesey Circular Walk</b> – regular walk <b>Leaders:</b> Val, Dave F	Slow, flat

<b>May / June</b>
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<b>Date / Time</b>	<b>Route</b>	<b>Pace, Gradient</b>
<b>Wed 31</b> 10.30 - 12.00	<b>Broadwater and Desborough Island</b> Cowey Sale car park, Walton Lane, Walton-on-Thames, KT12 1QW. Meet furthest end of car park from Walton Bridge. WC RA <b>Leaders:</b> David G, Andrew	Moderate flat, steps
<b>Thu 1</b> 10.30	<b>'Woods and Commons'</b> - regular walk <b>Leader:</b> Andrew	Moderate slopes
<b>Thu 1</b> 14.00 - 15.15	<b>Nordic Walk: West End Woods</b> WC RA Garsons Farm car park, West End, Esher, KT10 8LP. Meet near to farm shop <b>Leader:</b> Pam	Moderate
<b>Fri 2</b> 10.30	<b>Thames Path to Molesey Lock</b> —regular walk <b>Leader:</b> Keith	Slow, flat
<b>Sat 3</b> 18.30 - 20.00	<b>Laleham to Penton Hook Island</b> RA Broadway car park, Laleham, TW18 1RZ <b>Leaders:</b> Chris P, Liz <i>Dogs on leads welcome</i>	Slow flat
<b>Sun 4</b> 10.30-11.30	<b>Middle Pond</b> Meet at Lakewood car park, Portsmouth Road, Cobham, KT11 1BG <b>Leaders:</b> Karen, Chris P	Slow, slopes
<b>Mon 5</b> 10.30 - 12.15	<b>Cars, Planes, Trains and Boats</b> Brooklands Community Park car park, off Sopwith Drive, Weybridge, KT13 0YU <b>Leaders:</b> David G, Andrew	Moderate flat, steps
<b>Tue 6</b> 10.30	<b>Molesey Circular Walk</b> – regular walk <b>Leaders:</b> Dave F, Val	Slow, flat
<b>Tue 6</b> 11.00 - 12.30/ 13.00	<b>Historical Walk: Painshill Park - exploring Charles Hamilton's 'Historic Route'</b> Meet in the car park, Painshill Park, Cobham, KT11 1AA <b>Leaders:</b> Barry, Liz <b>Booking required</b> (see key for details) <i>Dogs on short leads welcome</i> WC RA	Slow, 2 steep inclines  Multiple stops

Date / Time	Route	Pace, Gradient
<b>Wed 7</b> 10.30	<b>Around Walton-on-Thames</b> - regular walk <b>Leader:</b> Carolyn	Slow, flat
<b>Wed 7</b> 10.30 - 12.50	<b>'To the Pheasantry for coffee'</b> WC RE Sadlers Ride car park, East Molesey KT8 1TW. Meet at rear of left-hand car park <b>Leader:</b> Keith	Slow to moderate slopes
<b>Thu 8</b> 14.00 - 14.45	<b>Whiteley Village Woods</b> Grass verge parking by cricket pitch, corner of North Avenue and Coombe Lane, Whiteley Village, KT12 4EL <b>Leaders:</b> Karen, Liz	Slow, slope
<b>Thu 8</b> 14.00 - 15.15	<b>Nordic Walk: Desborough Island &amp; towpath</b> Covey Sale car park, Walton Lane, Walton-on-Thames, KT12 1QW. Meet furthest end of car park from Walton Bridge <b>Leader:</b> Pam WC RA	Moderate steps
<b>Fri 9</b> 10.30	<b>Thames Path to Molesey Lock</b> -regular walk <b>Leader:</b> Keith	Slow, flat
<b>Fri 9</b> 10.30 - 12.15	<b>Prince's Coverts (from Star)</b> RA The Star pub car park, Kingston Road, Leatherhead, KT22 0DP <b>Leader:</b> Andrew	Moderate slopes
<b>Sat 10</b> 10.30 - 11.30	<b>'To Hersham Riverside'</b> Old Esher Road, Hersham. Park beyond KT12 4LE, at far end of the road by flood wall <b>Leader:</b> Mary	Slow flat
<b>Sun 11</b> 10.30 - 11.30/ 11.45	<b>Broadwater Lake and towpath</b> WC RA Covey Sale car park, Walton Lane, Walton- on-Thames, KT12 1QW. Meet furthest end of car park from Walton Bridge. <b>Leader:</b> Charles	Slow flat

June
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Date / Time	Route	Pace, Gradient
<b>Mon 12</b> 11.00 - 12.15	<b>Painshill Park</b> WC RA Meet in the car park, Painshill Park, Cobham KT11 1AA <b>Leaders:</b> Karen, Liz <b>Booking required</b> (see key for details)	Slow, <b>gentle slopes</b>
<b>Tue 13</b> 10.30	<b>Molesey Circular Walk</b> – regular walk <b>Leaders:</b> Val, Dave F	Slow, flat
<b>Tue 13</b> 14.00 - 15.00	<b>‘Two Rivers and a veg patch’</b> Junction of Ray Road, Molesey Park Road and Island Barn Road. West Molesey KT8 <b>Leader:</b> Karen	Slow flat
<b>Wed 14</b> 10.30 - 12.00	<b>A walk from Lakewood</b> Lakewood car park, Portsmouth Road, Cobham, KT11 1BG <b>Leader:</b> David G	Moderate slopes
<b>Thu 15</b> 14.00 - 15.15	<b>Nordic Walk:</b> <b>Graburn Way to Bushy Park and back</b> Meet at river end of Graburn Way, Molesey KT8 9AL WC RA <b>Leader:</b> Pam	Moderate flat
<b>Fri 16</b> 10.30	<b>Thames Path to Molesey Lock</b> -regular walk <b>Leader:</b> Keith	Slow, flat
<b>Sat 17</b> 09.30 - 12.30	<b>Hampton court Bridge to Kingston Bridge - boat back</b> WC RE Meet at river end of Graburn Way, Molesey KT8 9AL. 40-minute boat ride back is £8.50 <b>Leader:</b> Lily	Moderate flat
<b>Tue 20</b> 10.30	<b>Molesey Circular Walk</b> – regular walk <b>Leaders:</b> Andrew, Val	Slow, flat
<b>Wed 21</b> 10.30	<b>Around Walton-on-Thames</b> - regular walk <b>Leader:</b> Carolyn	Slow, flat

Date / Time	Route	Pace, Gradient
<b>Wed 21</b> 10.30 - 12.50	<b>'To the Pheasantry for coffee'</b> WC RE Sadlers Ride car park, East Molesey KT8 1TW. Meet at rear of left-hand car park <b>Leader:</b> Keith	Slow to moderate slopes
<b>Thu 22</b> 10.30-11.30/ 11.45	<b>Broadwater Lake and towpath</b> WC RA Cowey Sale car park, Walton Lane, Walton-on-Thames, KT12 1QW. Meet furthest end of car park from Walton Bridge. <b>Leader:</b> Charles	Slow flat
<b>Thu 22</b> 10.30 - 12.15	<b>Yews, views and PoWs</b> WC RA Newlands Corner car park (far end), off A25, GU4 8SE <b>Leaders:</b> Andrew, David G	Moderate hill, slopes
<b>Thu 22</b> 14.00 - 14.45	<b>Heron and Leg O'Mutton ponds</b> RA Diana Fountain Car Park, Chestnut Avenue, Bushy Park (access via Lion Gate KT8 9DD) Meet by kiosk <b>Leaders:</b> Karen, Christine	Slow flat
<b>Fri 23</b> 10.30	<b>Thames Path to Molesey Lock</b> —regular walk <b>Leader:</b> Keith	Slow, flat
<b>Fri 23</b> 10.30 - 12.30	<b>Molesey Heath and return</b> Car park, Coronation Recreation Ground Molesey Road, Hersham, KT12 4QY <b>Leader:</b> David G	Moderate flat, except short hill and stairs
<b>Sat 24</b> 10.30 - 11.30	<b>Ottershaw Woods</b> Meet Memorial fields Car park, Foxhills Road, Ottershaw, KT16 0NQ <b>Leader:</b> Mary	Slow, hilly
<b>Sat 24</b> 10.30 - 12.00	<b>Mickleham Downs</b> RA (WC in pub) Meet at parking bays on A24 near King William IV pub, Byttom Hill, Dorking RH5 6EL <b>Leader:</b> Ramesh	Moderate hill, stiles, steps, slopes



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

Date	Cycle Route	Gradient/ distance
<b>Tues 11 April</b>  10.30 - 13.00	<b>Walton to Staines</b> <b>Linear:</b> Towpath to Walton Bridge - along road and river to Staines – and back. <b>Meet:</b> Xcel Leisure Centre, Waterside Drive, Walton, KT12 2JG. Meet outside entrance <b>Leaders:</b> Pam, Colin	Flat  16 miles
<b>Mon 17 April</b>  10.30 - 12.30	<b>Thames Ditton to Bushy and Home Parks</b> <b>Circular:</b> Along Hampton Court Way to Hampton Court Bridge and through Bushy and Home Parks <b>Meet:</b> Mercer Close, Thames Ditton KT7 0BS <b>Leaders:</b> Colin, Richard	Flat  10 miles

Date / Time	Cycle Route	Pace, Gradient
<b>Mon 24 April</b>  10.30 - 13.00	<b>Wey Navigation and Basingstoke Canal</b> <b>Linear:</b> New Haw Lock - West Byfleet - along the Wey Navigation and Basingstoke Canal – Woking – same route back. <b>Meet:</b> Service Road, New Haw Lock, Byfleet Road, New Haw, KT15 3JQ <b>Leaders:</b> Richard, Pam	Flat  15 miles
<b>Tues 2 May</b>  10.30 - 13.00	<b>Molesey to Lower Sunbury via Bushy Park</b> <b>Circular:</b> Towpath to Hampton Court Bridge - Bushy Park - Lower Sunbury - Walton Bridge - towpath to Molesey <b>Meet:</b> Sadlers Ride car park, East Molesey KT8 1TW. <b>Leaders:</b> Pam, Colin	Flat  16 miles
<b>Tues 9 May</b>  10.30 - 12.30	<b>‘4 Commons’</b> <b>Circular:</b> Through Cow, Littleworth, Arbrook and Esher Commons <b>Meet:</b> Sadlers Ride car park, East Molesey KT8 1TW. <b>Leaders:</b> Colin, Richard	Some steep hills and loose gravel paths  14 miles
<b>Mon 22 May</b>  10.30 - 13.00	<b>Wey Navigation and Basingstoke Canal</b> <b>Linear:</b> New Haw Lock - West Byfleet - along the Wey Navigation and Basingstoke Canal – Woking – same route back. <b>Meet:</b> Service Road, New Haw Lock, Byfleet Road, New Haw, KT15 3JQ <b>Leaders:</b> Pam, Colin	Flat  15 miles

Date / Time	Cycle Route	Pace, Gradient
<p><b>Tues 30 May</b></p> <p>10.30 - 13.00</p>	<p><b>Molesey to Kingston and Richmond Circular:</b> Towpath to Hampton Court Bridge – Kingston bridge – Kingston - Richmond Bridge. Returning on north of river.</p> <p><b>Meet:</b> Sadlers Ride car park, East Molesey KT8 1TW.</p> <p><b>Leaders:</b> Colin, Richard</p>	<p>Flat but with 1 hill</p> <p>16 miles</p>
<p><b>Mon 5 June</b></p> <p>10.30 - 13.00</p>	<p><b>Thames Ditton to Littleworth Common Circular:</b> Thames Ditton – Molesey – Hersham – Lower green – Littleworth Common – Claygate – Thames Ditton</p> <p><b>Meet:</b> Mercer Close, Thames Ditton KT7 0BS</p> <p><b>Leaders:</b> Richard, Pam</p>	<p>Flat</p> <p>10 miles</p>
<p><b>Mon 12 June</b></p> <p>10.30 - 13.00</p>	<p><b>Molesey to Crane Park via Bushy Park. Linear route:</b> Towpath to Hampton Court Bridge - across Bushy park - through Fulwell - Crane Park. Same route back.</p> <p><b>Meet:</b> Sadlers Ride car park, East Molesey KT8 1TW.</p> <p><b>Leaders:</b> Pam, Colin</p>	<p>Flat, tunnels</p> <p>15 miles</p>
<p><b>Mon 26 June</b></p> <p>10.30 - 12.30</p>	<p><b>Molesey to Desborough Island Linear:</b> Thames towpath to and from Desborough Island.</p> <p><b>Meet:</b> Sadlers Ride car park, East Molesey KT8 1TW.</p> <p><b>Leaders:</b> Colin and Richard</p>	<p>Flat</p> <p>10 miles</p>



## 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.