
Wellbeing Walks, Nordic walks and cycle rides

1 July to 30 September 2023



Supporting you to get active and stay active



Elmbridge
Borough Council



Wellbeing Walks Elmbridge

Our friendly walks welcome anyone who would like to walk in a group to get active, benefit their mental wellbeing or explore the local area.

All walks are free and operate on a 'just turn up' basis (unless specified on the programme). You'll be led by trained and experienced volunteers.

Previously known as Elmbridge Healthy Walks, **our programme celebrates its 20th anniversary in September.**

To mark this milestone, we're holding a **20 day 'Explore Elmbridge' walk festival** from **1 to 20 September.**

Join us to discover a corner of the borough you've not visited before. Meet other local people or bring a friend – many of our walks have a café visit at the end to enable a friendly chat.

Walker's responsibility

- Please ensure you arrive in good time as walks leave promptly.
- New to our walks? Start with a walk suitable for your walking ability.

Our walks are graded as follows:

Slow: a gentle, relaxed pace suitable for beginners and those who need a slower speed. Extra rest stops included.

Moderate: for regular walkers who can maintain a steady pace (2.5mph) for the duration of the walk on uneven ground.

- 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 please bring your own poles, or you are welcome to walk without. Nordic walks include a warm-up pre-walk and a cool down stretch post walk.
- A walk register will be taken at the start of each walk.

Further information

More details on each of our walks, including 'meeting point' maps, walk descriptions and photographs can be found on the Ramblers website: www.ramblers.org.uk/go-walking/wellbeing-walks

In inclement weather use this website to check for walk cancellations

For any further assistance please contact the Council Health team.

Email: health@elmbridge.gov.uk or call: 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 All other car parks or local street parking we use should be free, though do double check signage on the day.
Dogs on lead welcome	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: Request emails must be received by 12pm the day before the walk, or by 12pm Friday for weekend and Monday walks.

New Walkers

- Please come and try 1 or 2 of our walks to see if you like them.
- **If you decide to continue attending, please register for FREE with the Elmbridge Wellbeing Walks scheme.**
- Walker registration enables us to
 - Know who is using our scheme and provide programme updates to them (email opt-out is available)
 - Utilise new online register capabilities, whereby our walk leaders can check walkers in via our monitoring system by phone or tablet (either at the walk or after).
 - Create more detailed (anonymised) and accurate statistics to help shape the scheme and justify its future funding.

Register with Elmbridge Wellbeing Walks via;
www.ramblers.org.uk/wellbeing-walks-sign-up

Please note: Wellbeing Walks operate separately to traditional Ramblers walks. You **do not** have to join the Ramblers or pay any fees. All Wellbeing Walks are free to attend.

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 on **01372 474574** for assistance in registering.
- If you have an email address, please email the Ramblers help team if you need any assistance with online registration for Wellbeing Walks. Their email is ramblers@ramblers.org.uk

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 by St. Mary’s Road/Bell Road exit, 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 council car park £)	Gentle, flat, small slope on some routes
First Thursday 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
Sat 1 18.30 - 20.00	Laleham to Penton Hook Island RA Broadway car park, Laleham, TW18 1RZ Leaders: Chris P, Liz Dogs on leads welcome	Slow, flat
Mon 3 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 P	Slow, flat
Mon 3 10.30 - 12.30	Towpath Walk Sanway Road, Byfleet, KT14 7SF Leader: David G	Moderate Slopes, stepped ramps
Tue 4 10.30	Molesey Circular Walk - regular walk Leaders: Val, Dave F	Slow, flat
Wed 5 10.30	Around Walton-on-Thames - regular walk Leader: Carolyn	Slow, flat
Wed 5 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 Leader: Keith	Slow to moderate
Thu 6 10.30	'Woods and Commons' - regular walk Leader: Andrew	Moderate slopes
Thu 6 10.30 - 12.00	A walk on Molesey Heath Junction of Ray Road, Molesey Park Road, and Island Barn Road. West Molesey KT8 2LE Leaders: Anthony, Janet B	Moderate Slopes
Thu 6 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 Leaders: Pam, David M	Moderate
Fri 7 10.30	Thames Path to Molesey Lock - regular walk Leader: Keith	Slow, flat

July

Date / Time	Route	Pace, Gradient
Sat 8 10.30 - 11.30	St. Ann's Hill RA Public car park, St. Ann's Hill Road (off Ruxbury Road), Chertsey, KT16 9NL Leaders: Mary, Charles	Slow, hilly
Sun 9 11.00 - 12.00	'Two Rivers and a veg patch' Junction of Ray Road, Molesey Park Road and Island Barn Road. West Molesey KT8 Leaders: Karen, Chris P	Slow, flat
Mon 10 10.30 - 12.15	Headley Heath RA The Cock Inn, Church Lane, Headley KT18 6LE Leaders: Andrew, David M	Moderate hills
Tue 11 10.30	Molesey Circular Walk - regular walk Leaders: Dave F, Val	Slow, flat
Wed 12 10.30 - 12.15	Milton Heath Circular – Holmwood Farm Milton Heath car park, Westcott Road (A25), Dorking, RH4 3JU (signed Bury Hill Fisheries) Leader: David G	Moderate slopes
Wed 12 14.00 - 14.45	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 P	Slow, flat
Thu 13 10.30 - 11.30 / 11.45	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. Leader: Charles	Slow, flat
Fri 14 10.30	Thames Path to Molesey Lock - regular walk Leader: Keith	Slow, flat
Sun 16 11.00 - 12.30	Whiteley Village Woods Sanctuary car park, Whiteley Village KT12 4ED Leaders: Karen, Liz	Slow, slopes

Date / Time	Route	Pace, Gradient
Mon 17 10.30 - 12.00	History walk: West Molesey and the 1815 Enclosure Act WC RA Molesey Adult Learning Centre (Henrietta Parker), Ray Road, West Molesey, KT8 2LG Leaders: Anthony, Janet B	Slow, flat Multiple stops
Tue 18 10.30	Molesey Circular Walk - regular walk Leaders: Val, Dave F	Slow, flat
Wed 19 10.30	Around Walton-on-Thames - regular walk Leaders: Carolyn, David M	Slow, flat
Wed 19 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 Leader: Keith	Slow, flat
Thu 20 10.30 - 12.30	Xcel to Walton Marina (with café stop) WC RE Meet outside entrance to Xcel Leisure Centre, Waterside Drive, Walton KT12 2JG Leaders: Karen, Christine	Slow, slope
Thu 20 10.30 - 12.15	Polesden Lacey Estate Park/Meet at far end of Woodlands Road, Effingham, KT23 4HJ Leader: David G	Moderate hilly
Thu 20 14.00 - 15.30	Nordic Walk: Around Painshill Park WC RA Meet in the car park, Painshill Park, Cobham KT11 1AA Booking required Leaders: Pam, David M (see key for details)	Moderate hill
Fri 21 10.30	Thames Path to Molesey Lock - regular walk Leader: Keith	Slow, flat
Sat 22 10.30 - 11.30	Homewood mansion, park and lake WC RA Homewood car park, Stonehill Road, Chertsey, KT16 0AG (Get ticket for free parking) Leader: Mary	Slow, slopes

July

Date / Time	Route	Pace, Gradient
Mon 24 10.30 - 12.00	Broadwater and Desborough Island Cowey Sale car park, Walton Lane, Walton-on-Thames, KT12 1QW. Meet furthest end of car park from Walton Bridge. WC RA Leaders: David G, Andrew	Moderate flat, steps
Tue 25 10.30	Molesey Circular Walk - regular walk Leaders: Andrew, Val	Slow, flat
Wed 26 10.30 - 12.00	Middle Pond, Fairmile Common Lakewood car park, Portsmouth Road, Cobham, KT11 1BG Leader: Keith	Slow to moderate slopes
Wed 26 14.00 - 14.45	Whiteley Village Woods Grass verge parking by cricket pitch, corner of North Avenue and Coombe Lane, Whiteley Village, KT12 4EL Leaders: Karen, Liz	Slow, slope
Thu 27 10.30 - 12.15	Norbury Park and around WC RA Denbies Vineyard car park, London Road, Dorking, RH5 6AA Leaders: Andrew, David G	Moderate hill, slopes
Thu 27 14.00 - 15.15	Nordic Walk: Desborough Island & towpath Cowey Sale car park, Walton Lane, Walton-on-Thames, KT12 1QW. Meet furthest end of car park from Walton Bridge Leaders: Pam, David M WC RA	Moderate steps
Fri 28 10.30	Thames Path to Molesey Lock -regular walk Leader: Keith	Slow, flat
Sat 29 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
Sat 29 18.30 - 20.00	Laleham to Penton Hook Island RA Broadway car park, Laleham, TW18 1RZ Leaders: Chris P, Liz Dogs on leads welcome	Slow, flat

Date / Time	Route	Pace, Gradient
Mon 31 11.00 - 12.15	Painshill Park WC RA Meet in the car park, Painshill Park, Cobham KT11 1AA Booking required Leaders: Karen, Christine (see key for details)	Slow, slopes
Mon 31	No regular 'Lucky Dip' walk	
Tue 1 10.30	Molesey Circular Walk - regular walk Leaders: Dave F, Val	Slow, flat
Wed 2 10.30	Around Walton-on-Thames - regular walk Leaders: Carolyn, David M	Slow, flat
Wed 2 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 Leader: Keith	Slow to moderate
Thu 3 10.30 - 12.00	Historic walk: Archaeological secrets of Hurst Meadows Hurst Meadows car park, Graburn Way, Molesey KT8 9BF Leaders: Anthony, Janet B	Slow, flat Multiple stops
Thu 3 10.30 - 12.15	Wey Navigation and Papercourt Lake The Green (off High Street) Ripley GU23 6AR (2nd car park by children's play area) Leader: David G	Moderate Flat
Thu 3	No regular 'Woods and Commons' walk	
Thu 3 10.30 - 11.30 / 11.45	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. Leader: Charles	Slow, flat
Thu 3 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 Leaders: Pam, David M	Moderate

August

Date / Time	Route	Pace, Gradient
Fri 4 10.30	Thames Path to Molesey Lock - regular walk Leader: Keith	Slow, flat
Sat 5 10.30 - 11.30	Walton: town and river WC RA Cowey Sale car park, Walton Lane, Walton- on-Thames, KT12 1QW. Meet furthest end of car park from Walton Bridge / cafe. Leader: Mary	Slow, flat – one slope or steps
Sat 5 15.00 - 16.30	Historical: Weybridge Town guided walk Meet outside Weybridge Public Library. Car Park (£), Churchfield Rd, Weybridge KT13 8DB Leaders: Roderick, Charles	Slow, multiple stops
Mon 7 14.00 - 14.45	Whiteley Village Woods Grass verge parking by cricket pitch, corner of North Avenue and Coombe Lane, Whiteley Village, KT12 4EL Leaders: Karen, Liz	Slow, slope
Tue 8 10.30	Molesey Circular Walk - regular walk Leaders: Val, Dave F	Slow, flat
Wed 9 10.30 - 12.15	Weybridge and New Haw Junction of Brooklands Lane and Heath Road, Weybridge, KT13 8TJ (street parking) Leaders: David G, Andrew	Flat, stairs and stiles
Thu 10 11.00 - 12.00	Black Pond Horseshoe Clump car park, Portsmouth Road, Esher, KT10 9JQ Leaders: Karen, Christine	Slow, slopes
Thu 10 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 Leaders: Pam, David M	Moderate
Fri 11 10.30	Thames Path to Molesey Lock - regular walk Leader: Keith	Slow, flat

Date / Time	Route	Pace, Gradient
Fri 11 10.30 - 12.00	Bushy Park 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 12 15.00 - 16.30	Historical: Weybridge Town guided walk Meet outside Weybridge Public Library. Car Park (£), Churchfield Rd, Weybridge KT13 8DB Leader: Roderick	Slow, multiple stops
Mon 14 11.00 - 11.45	‘Two Rivers and a veg patch’ Junction of Ray Road, Molesey Park Road and Island Barn Road. West Molesey KT8 Leaders: Karen, Chris P	Slow, flat
Mon 14 10.30 - 12.00	Historical: East Molesey’s lost pubs Walton Road car park, East Molesey KT8 0DP Leaders: Anthony, Janet B	Slow, flat Multiple stops
Tue 15 10.30	Molesey Circular - regular walk Leaders: Dave F, Val	Slow, flat
Wed 16 10.30	Around Walton-on-Thames - regular walk Leaders: Carolyn, David M	Slow, flat
Wed 16 10.30 - 12.00	Bushy Park WC RA Diana Fountain Car Park, Chestnut Avenue, Bushy Park (access via Lion Gate KT8 9DD) Leaders: Keith Meet by kiosk	Slow, flat
Thu 17 10.30 - 12.00	Broadwater and Desborough Island WC RA Covey Sale car park, Walton Lane, Walton-on-Thames, KT12 1QW. Meet furthest end of car park from Walton Bridge. Leader: Charles	Slow, steps
Thu 17 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, Liz	Slow, slope

August

Date / Time	Route	Pace, Gradient
Thu 17 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 slopes
Fri 18 10.30	Thames Path to Molesey Lock - regular walk Leader: Keith	Slow, flat
Fri 18 10.30 - 12.30	Sheeples and West Horsley Green Dene car park, Green Dene, East Horsley, KT24 5TA Leaders: David G, Andrew	Moderate slopes
Sat 19 10.30 - 11.30	'Screaming at Thorpe Park' Meet at far end of Staines Lane, Chertsey, KT16 8PS Leader: Mary	Slow, flat, low tunnel or steep slope
Sat 19 15.00 - 16.30	Historical: Weybridge Town guided walk Meet outside Weybridge Public Library. Car Park (£), Churchfield Rd, Weybridge KT13 8DB Leader: Roderick	Slow, multiple stops
Sun 20 10.30 - 11.30	Fairmile Common Meet at Lakewood car park, Portsmouth Road, Cobham, KT11 1BG Leaders: Karen, Lily	Slow, slopes
Mon 21 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
Tue 22 10.30	Molesey Circular Walk - regular walk Leaders: Val, Dave F	Slow, flat
Wed 23 10.30 - 12.00	Middle Pond, Fairmile Common Lakewood car park, Portsmouth Road, Cobham, KT11 1BG Leader: Keith	Slow to moderate slopes

Date / Time	Route	Pace, Gradient
Thu 24 10.30 - 12.30	Walton on the Hill from Epsom Downs Top car park, off Tattenham Corner Road, Epsom Downs, KT18 5PP Leader: David G	Moderate hilly
Thu 24 14.00 - 15.15	Nordic Walk: WC RA Graburn Way to Bushy Park and back Meet at river end of Graburn Way, Molesey KT8 9AL Leaders: Pam, David M	Moderate
Fri 25 10.30	Thames Path to Molesey Lock - regular walk Leader: Keith	Slow, flat
Sat 26 10.30 - 12.00	Mickleham Downs RA (WC in pub) Meet at parking bays on A24 near King William IV pub, Bytton Hill, Dorking RH5 6EL Leader: Ramesh	Moderate hill, stiles, steps, slopes
Sat 26 15.00 - 16.30	Historical: Weybridge Town guided walk Meet outside Weybridge Public Library. Car Park, Churchfield Rd, Weybridge KT13 8DB (£) Leader: Roderick	Slow, multiple stops
Sat 26 18.30 - 20.00	Laleham to Penton Hook Island RA Broadway car park, Laleham, TW18 1RZ Leaders: Chris P, Liz <i>Dogs on leads welcome</i>	Slow, flat
Sun 27 11.00 - 12.30	Whiteley Village Woods Sanctuary car park, Whiteley Village, Hersham KT12 4ED Leaders: Karen, Liz	Slow, slopes
Mon 28 10.30	'Lucky Dip' Country walk – regular walk Leader: Andrew	Moderate slopes
Tue 29 10.30	Molesey Circular Walk – regular walk Leaders: Dave F, Val	Slow, flat
Wed 30 10.30	Around Walton-on-Thames - regular walk Leader: Carolyn	Slow, flat

August / September

Date / Time	Route	Pace, Gradient
Wed 30 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 Leader: Keith	Slow to moderate
Thu 31 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



1 – 20 September
To mark the 20th Anniversary of our Elmbridge Walks Scheme



Date / Time	Route	Pace, Gradient
Fri 1 10.30	Thames Path to Molesey Lock – regular walk Leader: Keith	Slow, flat
Fri 1 10.30 - 12.00	Cobham and Downside Meet in car park by Downside Bridge, Bridge Road, Cobham, KT11 3LP Leader: David G	Moderate slopes
Sat 2 10.30 - 11.30	Walk to Hersham Riverside open space Meet at far end of Old Esher Road, by flood wall, Hersham, KT12 4LE Leader: Mary	Slow, flat
Sat 2 15.00 - 16.30	Historical: Weybridge Town guided walk Meet outside Weybridge Public Library. Car Park, Churchfield Rd, Weybridge KT13 8DB (£) Leader: Rod	Slow, multiple stops
Sun 3 11.00 - 12.15	Molesey Heath Approach Road, (near heath gates), West Molesey KT8 2LL. Park garages side of road Leader: Karen	Slow, steep slopes, steps

‘Explore Elmbridge’

September

Date / Time	Route	Pace, Gradient
Mon 4 10.30 - 12.00	Black Pond and Longy Down, Oxshott Sandy Lane car park (nearest to A244), Oxshott Leaders: David G, Andrew	Moderate Slopes
Tue 5 10.30	Molesey Circular Walk – regular walk Leaders: Andrew, Dave F	Slow, flat
Tue 5 11.00 - 13.00	Historical: Painshill Park, Cobham Exploring Charles Hamilton’s ‘Historic Route’ Painshill Park, Cobham, KT11 1AA Leaders: Barry, Liz Booking required (see key for details) Dogs on short leads welcome WC RA	Slow, 2 steep inclines Multiple stops
Wed 6 10.30 - 12.00	Middle Pond, Fairmile Common Lakewood car park, Portsmouth Road, Cobham, KT11 1BG Leaders: Keith, Caroline	Slow to moderate slopes
Thu 7 10.30	‘Woods and Commons’ Oxshott regular walk Leaders: Andrew, David G	Moderate slopes
Thu 7 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 8 10.30	Thames Path to Molesey Lock – regular walk Leader: Keith	Slow, flat
Sat 9 10.30 - 11.30/ 11.45	Walk around Brooklands park WC Meet Brooklands community car park, Sopwith Drive, Weybridge KT13 0YU Leader: Mary	Slow, flat
Sun 10 11.00 - 12.30	Whiteley Village Woods Sanctuary car park, Whiteley Village, Hersham KT12 4ED Leaders: Karen, Liz	Slow, slopes

Date / Time	Route	Pace, Gradient
Mon 11 10.30 - 12.30	Xcel to Walton Marina (with café stop) WC RE Meet outside entrance to Xcel Leisure Centre, Waterside Drive, Walton KT12 2JG Leaders: Karen, Christine	Slow, slope
Mon 11 10.30 - 12.00	West End and Esher Commons WC RA Garsons Farm Car park, West End Esher, KT10 8LP. Meet close to farm shop entrance Leaders: Andrew, David G	Moderate slopes steps
Tue 12 10.30	Molesey Circular Walk – regular walk Leaders: Val, Dave F	Slow, flat
Tue 12 10.30 - 12.00	Arbrook and Claygate Commons Junction of Claremont Road and Gordon Road, Claygate, KT10 0PL (free street parking) Leaders: David G, Caroline	Moderate slopes
Wed 13 10.30	Around Walton-on-Thames - regular walk Leader: Carolyn	Slow, flat
Wed 13 10.30 - 12.00	Historical: Molesey Cemetery WC RA Molesey Centre, 2 Bishop Fox Way, Molesey, West Molesey KT8 2AS Leaders: Anthony, Janet B	Slow, flat Multiple stops
Thu 14 10.30 - 11.30/ 11.45	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. Leader: Charles	Slow, flat
Thu 14 14.00 - 15.30	Nordic Walk: 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 15 10.30	Thames Path to Molesey Lock – regular walk Leader: Keith	Slow, flat

Date / Time	Route	Pace, Gradient
<p>Fri 15 10.30 - 11.30</p>	<p>Weybridge Towpaths and Back Streets Car park (next to Elmbridge Canoe Club), Walton Lane, Weybridge, KT13 8LY Leader: Carolyn</p>	<p>Moderate flat</p>
<p>Sat 16 10.30 - 11.20</p>	<p>Oatlands, Weybridge Pavements, hidden pathways, and a park Meet opposite 28 Oatlands Avenue, Weybridge KT13 9TW Leader: Mary</p>	<p>Slow, flat</p>
<p>Sun 17 11.00 - 12.00</p>	<p>West End Common WC RA Garsons Farm car park, West End, Esher, KT10 8LP. Meet outside farm shop. Leader: Karen, Chris P</p>	<p>Slow, slopes</p>
<p>Mon 18 10.30 - 12.30</p>	<p>Molesey Heath and return Car park, Coronation Recreation Ground Molesey Road, Hersham, KT12 4QY Leader: David G</p>	<p>Moderate flat, with stairs</p>
<p>Tue 19 10.30</p>	<p>Molesey Circular Walk – regular walk Leaders: Dave F, Val</p>	<p>Slow, flat</p>
<p>Tue 19 10.30 - 11.30</p>	<p>Weston Green to Thames Ditton via Marney’s Pond Meet on grass verge opposite Marney’s Village Inn, Chestnut Avenue, KT10 8JL Leader: Caroline</p>	<p>Slow flat</p>
<p>Wed 20 10.30 - 12.00</p>	<p>Middle Pond, Fairmile Common Lakewood car park, Portsmouth Road, Cobham, KT11 1BG Leader: Keith</p>	<p>Slow to moderate slopes</p>
<p>Wed 20 10.30 - 12.15</p>	<p>Cars, Planes, Trains and Boats - Weybridge Brooklands Community Park car park, off Sopwith Drive, Weybridge, KT13 0YU Leader: David G</p>	<p>Moderate Flat, steps</p>

September

Date / Time	Route	Pace, Gradient
Thu 21 10.30 - 12.00	Historical: Housing developments in West Molesey WC RA Molesey Community Centre, Bishop Fox Way, West Molesey, KT8 2JE Leaders: Anthony, Janet B	Slow, flat Multiple stops
Fri 22 10.30	Thames Path to Molesey Lock – regular walk Leader: Keith	Slow, flat
Sat 23 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
Mon 25 10.30	‘Lucky Dip’ Country walk – regular walk Leader: Andrew	Moderate slopes
Mon 25 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
Tue 26 10.30	Molesey Circular Walk – regular walk Leaders: Val, Dave F	Slow, flat
Wed 27 10.30	Around Walton-on-Thames - regular walk Leader: Carolyn	Slow, flat
Wed 27 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 Leader: Keith	Slow to moderate
Thu 28 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

Date / Time	Route	Pace, Gradient
Thu 28 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) Leaders: Pam, David M	Moderate
Fri 29 10.30	Thames Path to Molesey Lock —regular walk Leader: Keith	Slow, flat
Fri 29 10.30 - 12.15	Albury Park and Shere Silent Pool car park, Shere Road (A25), Albury, GU5 9BW Leader: David G	Moderate hilly
Sat 30 10.30 - 11.30/ 11.45	‘Two Lakes’ Meet at far end of Staines Lane, Chertsey - near KT16 8RH Leader: Mary	Slow, flat

If you have enjoyed our July to September programme – you can find our new October to December programme via the following links (from mid-September);

Elmbridge Council website

Download a pdf of our full Elmbridge Wellbeing Walks and cycle programme:

www.elmbridge.gov.uk/sports-and-health/wellbeing-walks/

The Ramblers walk search tool

Find upcoming walks from all Wellbeing Walks schemes near you. Search by postcode:

www.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 need to 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 or call 01372 474574. We are here to help.

Date / Time	Cycle Route	Pace, Gradient
Mon 3 July 10.30 - 13.00	Wey Navigation and Basingstoke Canal Linear: New Haw Lock - West Byfleet - along the Wey Navigation and Basingstoke Canal – Woking – return Meet: Service Road, New Haw Lock, Byfleet Road, New Haw, KT15 3JQ Leaders: Pam, Colin	Gentle speed, flat 15 miles
Mon 10 July 10.30 - 13.00	Molesey to Kingston and Richmond Circular: Towpath to Hampton Court Bridge –Kingston bridge – Kingston - Richmond Bridge - return by river Meet: Sadlers Ride, East Molesey, KT8 1TW. Leader: Richard	Gentle speed, flat but with 1 hill 16 miles
Mon 17 July 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

Date / Time	Cycle Route	Pace, Gradient
Mon 24 July 10.30 - 13.00	Molesey to Lower Sunbury via Bushy Park Circular: Towpath to Hampton Court Bridge - Bushy Park - Lower Sunbury - Walton Bridge - towpath back Meet: Sadlers Ride, East Molesey, KT8 1TW. Leaders: Pam, Richard	Gentle speed, flat 16 miles
Mon 31 July 10.30 - 13.00	Molesey to Kingston and Richmond Circular: Towpath to Hampton Court Bridge –Kingston bridge – Kingston - Richmond Bridge – return by river Meet: Sadlers Ride, East Molesey, KT8 1TW. Leaders: Richard, Colin	Gentle speed, flat with 1 hill 16 miles
Mon 7 Aug 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: Colin, Pam	Flat 10 miles
Mon 14 Aug 10.30 - 13.00	Wey Navigation and Basingstoke Canal Linear: New Haw Lock - West Byfleet - along the Wey Navigation and Basingstoke Canal – Woking – return Meet: Service Road, New Haw Lock, Byfleet Road, New Haw, KT15 3JQ Leaders: Pam, Richard	Gentle speed, flat 15 miles
Mon 21 Aug 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, East Molesey, KT8 1TW. Leaders: Richard, Colin	Gentle speed, flat, Tunnels 15 miles
Mon 29 Aug 10.30 - 12.30	‘4 Commons’ Circular: Through Cow, Littleworth, Arbrook and Esher Commons Meet: Sadlers Ride car park, East Molesey KT8 1TW. Leaders: Colin, Pam	Gentle Speed, Steep hills and loose gravel paths 14 miles

Date / Time	Cycle Route	Pace, Gradient
Mon 4 Sept 10.30 - 12.45	Molesey to Richmond Park Circular: Along towpath to Hampton Court and Kingston Bridges - Ham Common - Richmond Park – Ham common – Teddington foot bridge – Towpath Meet: Sadlers Ride, East Molesey, KT8 1TW Leaders: Pam, Richard	Gentle speed, mainly flat, 1 hill 16 miles
Mon 11 Sept 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: Richard, Colin	Gentle speed, Flat 16 miles
Mon 25 Sept 10.30 - 13.00	Wey Navigation and Basingstoke Canal Linear: New Haw Lock - West Byfleet - along the Wey Navigation and Basingstoke Canal – Woking – return Meet: Service Road, New Haw Lock, Byfleet Road, New Haw, KT15 3JQ Leaders: Colin, Pam	Gentle speed, flat 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