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# Wellbeing Walks, Nordic walks and cycle rides

1 January to 30 March 2024

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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). You'll be led by trained and experienced volunteers.

Previously known as Elmbridge Healthy Walks, our programme has run for 20 years since 2003. Many local people have walked with us regularly over the years and 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 a friendly chat with other like-minded people.

## Walker's responsibility

- Please ensure you arrive in good time as all 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 you will need to bring your own poles, though you are welcome to walk without. Nordic walks include a warm-up pre-walk and a cool down stretch post walk.
- If the walk description has a £ symbol it means money is needed for parking or a ferry ride. All other car parks or local street parking we use should be free, though do double check signage on the day.
- A walk register will be taken at the start of each walk.

## Questions?

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

Email [health@elmbridge.gov.uk](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 in 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.  Bookings are also required to join the Princess Alice Bereavement Walk & Talks. To reserve a place and for information, please email <a href="mailto:donnapariser@pah.org.uk">donnapariser@pah.org.uk</a> .

## 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](http://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](mailto: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	<b>'Lucky Dip' Country walk</b> WC RA Claygate Centre for the Community car park, Elm Road, Claygate KT10 0EH	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	Gentle, slow, flat

## New on the Elmbridge Wellbeing Walks: Weekly Princess Alice Hospice Bereavement Walk & Talks

When people experience bereavement, they often find it helpful to talk with others who have experienced loss and understand what they are going through.

These gentle walks last about an hour, after which the group is encouraged to stay and chat at the cafe.

**Booking essential, to reserve your place or find out more details please email [donnapariser@pah.org.uk](mailto:donnapariser@pah.org.uk).**

Time	Route	Pace/ gradient
First Thursday of every month 10.45 - 12.00	<b>Walk &amp; Talk - Bushy Park</b> Meet at the Pheasantry cafe car park TW11 0EQ at 10.45am for 11:00 start.	Slow, flat  Booking required
Second Wednesday of every month 10.15 - 11.30	<b>Walk &amp; Talk - Richmond Park</b> Meet at Pembroke Lodge car park near information office TW10 5HX at 10.15 for 10.30 start	Slow, flat  Booking required
Third Wednesday of every month 10.15 - 11.30	<b>Walk &amp; Talk – Painshill</b> Meet in the Car park KT11 1AA. This gentle walk lasts about an hour. Meet at 10.15 for 10:30 start. Numbers are limited.	Slow, flat  Booking required
Fourth Thursday of every month 10.15 - 11.30	<b>Walk &amp; Talk - Claremont Landscape Garden.</b> Meet at the entrance. Meet at 10.15 for 10:30 start Numbers are limited.	Slow, flat  Booking required

## January

<b>Date / Time</b>	<b>Route</b>	<b>Pace, Gradient</b>
Mon 1 Jan 10.30 - 11.30	<b>Cow Common, East Molesey</b> Meet at junction of Bell Road and spencer Road, East Molesey, KT8 0SR. Park in nearby roads <b>Leaders:</b> Mary	Slow, flat
Tues 2 Jan 10.30 - 11.30	<b>Molesey Circular Walk</b> <b>WC RA</b> Meet in council car park by St. Mary's Road/Bell Road exit, Walton Road, East Molesey KT8 0DP <b>Leaders:</b> Dave F, Val	Slow, flat
Wed 3 Jan 10.30 - 11.15/ 11.30	<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 £) <b>Leaders:</b> Carolyn	Gentle, flat, small slope on some routes
Wed 3 Jan 10.30 - 12.00	<b>A Walk from Lakewood</b> Lakewood car park, Portsmouth Road, Cobham, KT11 1BG <b>Leaders:</b> David G, Andrew	Moderate slopes
Thur 4 Jan 10.30 - 12.30	<b>Xcel to Walton Marina</b> (with café stop) WC RE Meet outside entrance to Xcel Leisure Centre, Waterside Drive, Walton KT12 2JG <b>Leaders:</b> Karen, Christine	Slow, slope
Thur 4 Jan 10.30 - 12.00	<b>'Woods and Commons'</b> Sandy Lane car park, Sandy Lane, Oxshott (one nearest A244) <b>Leaders:</b> Andrew	Moderate slopes

January

Date / Time	Route	Pace, Gradient
Thur 4 Jan 10.45 - 12.00	<b>Princess Alice Hospice Bereavement Walk &amp; Talk - Bushy Park</b> Meet at the Pheasantry cafe car park TW11 0EQ at 10.45am for 11:00 start – <b>Booking required:</b> donnapariser@pah.org.uk	Slow, flat
Thur 4 Jan 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 Leaders: Pam, David M	Slow, flat
Fri 5 Jan 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 <b>Leader:</b> Keith	Gentle, slow, flat
Sun 7 Jan 11.00 - 12.30	<b>Whiteley Village Woods</b> Sanctuary car park, Whiteley Village, Hersham, KT12 4ED <b>Leaders:</b> Karen, Liz	Slow, slope
Mon 8 Jan 10.30 - 12.00	<b>Oxshott and Little Heaths</b> Meet at Sandy Lane car park, KT11 2EJ <b>Leaders:</b> David M	Moderate mainly flat, 1 short steepish hill
Tues 9 Jan 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 <b>Leaders:</b> Andrew, Val	Slow, flat
Wed 10 Jan 10.15 - 11.30	<b>Princess Alice Hospice Bereavement Walk &amp; Talk - Richmond Park</b> Meet at Pembroke Lodge car park near info office TW10 5HX at 10.15 for 10.30 start. <b>Booking required:</b> donnapariser@pah.org.uk	Slow, flat



## January

Date / Time	Route	Pace, Gradient
Thur 11 Jan 10.30 - 11.30	<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
Thur 11 Jan 10.30 - 12.00	<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 slope
Thur 11 Jan 11.00 - 12.15	<b>Painshill Park</b> WC RA Meet in the car park, Painshill Park, Cobham KT11 1AA <b>Booking required</b> (see key for <b>Leaders:</b> Karen/Liz) details)	Slow, slope
Thur 11 Jan 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>Leaders:</b> Pam, David M	Moderate
Fri 12 Jan 10.30 - 11.15	<b>Thames Path to Molesey Lock</b> WC RA The Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT98 9AL <b>Leader:</b> Keith	Gentle, slow, flat
Sat 13 Jan 10.30 - 11.30	<b>Walton: Town and River</b> WC RA Cowey Sale car park, Walton Lane, Walton- on-Thames, KT12 1QW. Meet far end of car park from Walton Bridge / cafe. <b>Leader:</b> Mary	Slow, flat, one steep slope or steps down
Sat 13 Jan 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

## January

Date / Time	Route	Pace, Gradient
Mon 15 Jan 11.00 - 11.45	<b>Claremont NT Gardens</b> WC RE Meet in the car park near WCs, Claremont Gardens, Portsmouth Road, Esher KT10 9JG <b>Leaders:</b> Karen, Chris <b>Booking required</b> (see key for details)	Slow, flat
Tues 16 Jan 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 <b>Leaders:</b> Val, Dave F	Slow, flat
Tues 16 Jan 10.30 - 12.00	<b>Sheepleas and Green Dene</b> Green Dene car park, Green Dene, East Horsley, KT24 5TA <b>Leader:</b> David G	Moderate slopes
Wed 17 Jan 10.15 - 11.30	<b>Princess Alice Hospice Bereavement Walk &amp; Talk – Painshill</b> Meet in the Car park KT11 1AA. This gentle walk lasts about an hour. Meet at 10.15 for 10:30 start. Numbers limited. <b>Booking essential:</b> donnapariser@pah.org.uk	Slow, flat
Wed 17 Jan 10.30 - 11.15/ 11.30	<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 £) <b>Leaders:</b> Carolyn	Gentle, flat, small slope on some routes
Thur 18 Jan 10.30 - 12.30	<b>Woodland Gardens Winter Flowers</b> Diana Fountain Car Park, Chesnut Avenue, Bushy Park (access via Lion Gate KT8 9DD) Meet near kiosk <b>Leaders:</b> Karen, Christine	Slow, flat

## January

Date / Time	Route	Pace, Gradient
Thur 18 Jan 14.00 - 15.15	<b>Nordic Walk: Bushy Park and the Woodland Gardens</b> Diana Fountain Car Park, Chestnut Avenue, Bushy Park (access via Lion Gate KT8 9DD) Leaders: Pam, David M	Moderate
Fri 19 Jan 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 <b>Leader:</b> Keith	Gentle, slow, flat
Tues 23 Jan 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 Leaders: Dave F, David M	Slow, flat
Wed 24 Jan 13.30 - 14.15	<b>Whiteley Village Woods</b> Grass verge parking by cricket pitch, corner of North Avenue and Coombe Lane, Whiteley Village, Hersham, KT12 4EL <b>Leaders:</b> Karen, Chris	Slow, slope
Thur 25 Jan 10.15 - 11.30	<b>Princess Alice Hospice Bereavement Walk &amp; Talk - Claremont Landscape Garden.</b> Meet at the entrance at 10.15 for 10:30 start Numbers limited. <b>Booking essential:</b> donnapariser@pah.org.uk	Slow, flat
Thur 25 Jan 10.30 - 12.00	<b>Isabella Plantation Winter Flowers</b> Broomfield car park, Richmond Park <b>Leaders:</b> Karen, Christine	Slow, flat
Thur 25 Jan 10.30 - 12.00	<b>New Haw and Wey Meadows</b> Junction of Brooklands Lane and Heath Road, Weybridge, KT13 8TJ (street parking) <b>Leaders:</b> David G	Moderate, flat

## January

Date / Time	Route	Pace, Gradient
Thur 25 Jan 14.00 - 15.15	<b>Nordic Walk: To the Walled Garden &amp; Back</b> Squires Garden Centre Halliford, Halliford Road, Upper Halliford, TW17 8SG <b>Leaders:</b> Pam, David M <span style="float: right;">WC RA</span>	Moderate
Fri 26 Jan 10.30 - 11.15	<b>Thames Path to Molesey Lock</b> <span style="float: right;">WC RA</span> The Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL <b>Leader:</b> Keith	Gentle, slow, flat
Sat 27 Jan 10.30 – 11.30/ 11.45	<b>Walk around Brooklands park</b> <span style="float: right;">WC</span> Wide open area, with a glimpse of aircraft, including Concorde, then riverside woodland Meet Brooklands community car park, Sopwith Drive, Weybridge KT13 0YU <b>Leaders:</b> Mary	Slow, flat
Sat 27 Jan 10.30 - 12.00	<b>Mickleham Downs</b> <span style="float: right;">RA (WC in pub)</span> 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
Sun 28 Jan 10.30 - 12.00	<b>Broadwater and Desborough Island</b> Covey Sale car park, Walton Lane, Walton- on-Thames, KT12 1QW. Meet furthest end of car park from Walton Bridge. <b>Leader:</b> Charles <span style="float: right;">WC RA</span>	Moderate flat, steps
Mon 29 Jan 10.30 - 12.30	<b>Woodland Gardens Winter Flowers</b> Diana Fountain Car Park, Chestnut Avenue, Bushy Park (access via Lion Gate KT8 9DD) Meet near kiosk <b>Leaders:</b> Karen, Christine	Slow, flat
Mon 29 Jan 10.30 - 12.00	<b>‘Lucky Dip’ Country walk</b> <span style="float: right;">WC RA</span> Claygate Centre for the Community car park, Elm Road, Claygate KT10 0EH <b>Leaders:</b> Andrew	Moderate, slopes

## January/February

Date / Time	Route	Pace, Gradient
Tues 30 Jan 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 Leaders: Val, Dave F	Slow, flat
Wed 31 Jan 10.30 - 11.15/ 11.30	<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 £) Leaders: Carolyn	Gentle, flat, small slope on some routes
Thur 1 Feb 10.30 - 12.00	<b>'Woods and Commons'</b> Sandy Lane car park, Sandy Lane, Oxshott (one nearest A244) Leaders: Andrew	Moderate slopes
Thur 1 Feb 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 Leaders: David M	Moderate
Fri 2 Feb 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 Leader: Keith	Gentle, slow, flat
Sun 4 Feb 11.00 - 12.30	<b>Whiteley Village Woods</b> Sanctuary car park, Whiteley Village, Hersham KT12 4ED Leaders: Karen, Liz	Slow, slope
Mon 5 Feb 10.30 - 11.45	<b>Brockham Circular</b> RA Meet at Brockham Village Green, RH3 7JS Leader: David M	Moderate 2 gentle hills

Date / Time	Route	Pace, Gradient
Tues 6 Feb 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 <b>Leaders:</b> Dave F, Val	Slow, flat
Wed 7 Feb 10.30 - 12.00	<b>Arbrook and Claygate Commons</b> Junction of Claremont Road and Gordon Road, Claygate, KT10 0PL (free street parking) <b>Leader:</b> David G, Andrew	Moderate slopes
Wed 7 Feb 10.15 - 12.00	<b>Princess Alice Hospice Bereavement Walk &amp;Talk – Richmond Park</b> Meet at Pembroke Lodge car park near information office TW10 5HX at 10.15 for 10.30 start. <b>Booking required at:</b> <a href="mailto:donna-pariser@pah.org.uk">donna-pariser@pah.org.uk</a>	Slow, flat
Thur 8 Feb 10.30 - 12.30	<b>Woodland Gardens Winter Flowers</b> RE Diana Fountain Car Park, Chestnut Avenue, Bushy Park (access via Lion Gate KT8 9DD) Meet near kiosk <b>Leaders:</b> Karen	Slow, flat
Thur 8 Feb 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>Leaders:</b> David M	Moderate
Fri 9 Feb 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 <b>Leader:</b> Keith	Gentle, slow, flat
Fri 9 Feb 10.30 - 12.00	<b>Bushy Park</b> WC 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

## February

Date / Time	Route	Pace, Gradient
Sat 10 Feb 10.30 - 11.30	<b>Walk to Hersham Riverside open space</b> Meet at far end of Old Esher Road, by flood wall, Hersham, KT12 4LE <b>Leader:</b> Mary	Slow, flat
Sat 10 Feb 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
Sun 11 Feb 11.00 - 12.30	<b>Isabella Plantation Winter Flowers</b> Broomfield car park, Richmond Park <b>Leaders:</b> Karen	Slow, slope
Tues 13 Feb 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 <b>Leaders:</b> Andrew, Dave F	Slow, flat
Wed 14 Feb 10.15 - 11.30	<b>Princess Alice Hospice Bereavement Walk &amp;Talk – Painshill</b> Meet in the Car park KT11 1AA. This gentle walk lasts about an hour. Meet at 10.15 for 10:30 start. Numbers limited. <b>Booking essential:</b> <a href="mailto:donnapariser@pah.org.uk">donnapariser@pah.org.uk</a>	Slow, flat
Wed 14 Feb 10.30 – 11.15/ 11.30	<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 £) <b>Leaders:</b> Carolyn	Gentle, flat, small slope on some routes
Thur 15 Feb 10.30 - 12.30	<b>Xcel to Walton Marina</b> (with café stop) WC RE Meet outside entrance to Xcel Leisure Centre, Waterside Drive, Walton KT12 2JG <b>Leaders:</b> Karen, Christine	Slow, slope

## February

<b>Date / Time</b>	<b>Route</b>	<b>Pace, Gradient</b>
Thur 15 Feb 10.30 - 11.30	<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
Thur 15 Feb 14.00 - 15.15	<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, David M (see key for details)	Moderate hill
Fri 16 Feb 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. <b>Leader:</b> Keith	Gentle, slow, flat
Mon 19 Feb 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>Leaders:</b> David G	Moderate slopes
Mon 19 Feb 11.00 - 12.00	<b>Claremont NT Gardens</b> WC RA Meet in the car park near WCs, Claremont Gardens, Portsmouth Road, Esher, KT109JG <b>Leaders:</b> Karen, Chris <b>Booking required</b> (see key for details)	Slow, slope
Tues 20 Feb 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 <b>Leaders:</b> Val, Dave F	Slow, flat



February

Date / Time	Route	Pace, Gradient
Wed 21 Feb 14.00 - 14.45	<b>Whiteley Village Woods</b> RA Grass verge parking by cricket pitch, corner of North Avenue and Coombe Lane, Whiteley Village, Hersham, KT12 4EL <b>Leaders:</b> Karen, Chris	Slow, slope
Thur 22 Feb 10.15 - 11.30	<b>Princess Alice Hospice Bereavement Walk Walk &amp;Talk – Claremont Landscape Garden.</b> Meet at the entrance. This gentle walk lasts about an hour. Meet at 10.15 for 10:30 start. Numbers limited. <b>Booking essential:</b> donnapariser@pah.org.uk	Slow, flat
Thur 22 Feb 10.30 - 12.00	<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
Thur 22 Feb 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>Leaders:</b> Pam, David M	Moderate
Fri 23 Feb 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 <b>Leader:</b> Keith	Gentle, slow, flat
Sat 24 Feb 10.30 - 11.30	<b>Chertsey, Park, Woods and River</b> Meet near St Anne's School, Free Prae Road, Chertsey, KT16 8ET <b>Leaders:</b> Mary	Slow, flat
Mon 26 Feb 10.30 - 12.00	<b>'Lucky Dip' Country Walk</b> WC RA Claygate Centre for the Community car park, Elm Road, Claygate KT10 0EH <b>Leaders:</b> Andrew	Moderate slopes

Date / Time	Route	Pace, Gradient
Tues 27 Feb 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 <b>Leaders:</b> Dave F, Val	Slow, flat
Tues 27 Feb 10.30 - 12.00	<b>Cobham and Downside</b> Meet in car park by Downside Bridge, Bridge Road, Cobham, KT11 3LP <b>Leader:</b> David G	Moderate slopes
Tues 27 Feb 11.00 - 12.15	<b>Painshill Park</b> WC RA Meet in car park, Painshill Park, Cobham KT11 1AA <b>Booking required</b> <b>Leaders:</b> Karen, Liz (see key for details)	Slow, slope
Wed 28 Feb 10.30 - 11.15 / 11.30	<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 £) <b>Leaders:</b> Carolyn	Gentle, flat, small slope on some routes
Thur 29 Feb 10.30 - 11.30	<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
Thur 29 Feb 10.30 - 12.30	<b>Woodland Gardens Winter Flowers</b> RE Diana Fountain Car Park, Chestnut Avenue, Bushy Park (access via Lion Gate KT8 9DD) Meet near kiosk. <b>Leaders:</b> Karen, Christine	Slow, flat
Thur 29 Feb 14.00 - 15.15	<b>Nordic Walk:</b> WC RA <b>Graburn Way to Bushy Park and back</b> Meet at river end of Graburn Way, Molesey KT8 9AL <b>Leaders:</b> Pam, David M.	Moderate

## March

Date / Time	Route	Pace, Gradient
Fri 1 March 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 <b>Leader:</b> Keith	Gentle, slow, flat
Fri 1 Mar 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>Leader:</b> Andrew, David G	Moderate slopes
Sun 3 Mar 11.00 - 12.00	<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	Moderate Slopes, stepped ramps
Mon 4 Mar 11.00 - 11.45	<b>Claremont NT Gardens</b> WC RA Meet in the car park near WC’s, Claremont Gardens, Portsmouth Road, Esher, KT109JG <b>Leaders:</b> Karen, Liz <b>Booking required</b> (see key for details)	Slow, flat
Tues 5 Mar 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 <b>Leaders:</b> Val, Dave F	Slow, flat
Wed 6 Mar 10.30 - 12.00	<b>Bushy Park: East of Chestnut Avenue</b> RA Meet at Diana car park, Bushy Park, (access via Lion Gate KT8 9DD) <b>Leaders:</b> David M	Moderate flat
Thur 7 Mar 10.30 - 12.30	<b>‘Woods and Commons’</b> Sandy Lane car park, Sandy Lane, Oxshott (one nearest A244) <b>Leaders:</b> Andrew	Moderate slopes
Thur 7 March 10.45 – 12.00	<b>Princess Alice Hospice Bereavement Walk &amp; Talk - Bushy Park</b> Meet at the Pheasantry cafe car park TW11 0EQ at 10.45am for 11:00 start <b>Booking required:</b> donnapariser@pah.org.uk	Slow, flat

## March

Date / Time	Route	Pace, Gradient
Thur 7 Mar 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>Leaders:</b> David M	Moderate
Fri 8 Mar 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 <b>Leader:</b> Keith	Gentle, slow, flat
Fri 8 Mar 10.30 - 12.00	<b>Black Pond and Longy Down</b> Sandy Lane car park (nearest to A244), Oxshott <b>Leaders:</b> David G	Moderate slopes
Sat 9 Mar 10.30 - 11.30	<b>Oatlands, Weybridge</b> Pavements, hidden pathways, and a park Meet opposite 28 Oatlands Avenue, Weybridge KT13 9TW <b>Leader:</b> Mary	Slow, flat
Sat 9 Mar 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
Mon 11 Mar 10.30 - 12.30	<b>Xcel to Walton Marina</b> (with café stop) WC RE Meet outside entrance to Xcel Leisure Centre, Waterside Drive, Walton KT12 2JG <b>Leaders:</b> Karen, Christine	Slow, slope
Tues 12 Mar 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 <b>Leaders:</b> Dave F, Val	Slow, flat

## March

Date / Time	Route	Pace, Gradient
Wed 13 March 10.15 - 11.30	<b>Princess Alice Hospice Bereavement Walk &amp;Talk - Richmond Park</b> Meet at Pembroke Lodge car park near information office TW10 5HX at 10.15 for 10.30 start. <b>Booking required:</b> donnapariser@pah.org.uk	Slow, flat
Wed 13 Mar 10.30 – 11.15 / 11.30	<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 £) <b>Leaders:</b> Carolyn	Gentle, flat, small slope on some routes
Wed 13 Mar 14.00 - 14.45	<b>Whiteley Village Woods</b> RA Grass verge parking by cricket pitch, corner of North Avenue and Coombe Lane, Whiteley Village, Hersham, KT12 4EL <b>Leaders:</b> Karen, Chris	Slow, slope
Thur 14 Mar 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>Leaders:</b> Pam, David M	Moderate
Fri 15 Mar 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 <b>Leader:</b> Keith	Gentle, slow, flat
Sun 17 Mar 11.00 - 12.30	<b>Whiteley Village Woods</b> Sanctuary car park, Whiteley Village, Hersham KT12 4ED <b>Leaders:</b> Karen, Liz	Slow, slope

## March

Date / Time	Route	Pace, Gradient
Mon 18 Mar 10.30 - 12.00	<b>Polesden Lacey Estate</b> Park/Meet at far end of Woodlands Road, Effingham, KT23 4HJ <b>Leader:</b> David G	Moderate slopes
Tues 19 Mar 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 <b>Leaders:</b> Val, David M	Slow, flat
Tues 19 Mar 11.00 - 12:15	<b>Painshill Park</b> WC RA Meet in the car park, Painshill Park, Cobham KT11 1AA <b>Booking required</b> <b>Leaders:</b> Karen, Liz (see key for details)	Slow, slope
Wed 20 March 10.15 - 11.30	<b>Princess Alice Hospice Bereavement Walk &amp;Talk – Painshill</b> Meet in the Car park KT11 1AA. This gentle walk lasts about an hour. Meet at 10.15 for 10:30 start. Numbers limited. <b>Booking essential:</b> donnapariser@pah.org.uk	Slow, flat
Thur 21 Mar 10.30 - 12.00	<b>Wisley via Byfleet Manor and Wey Navigation</b> Sanway Road (opposite church), Byfleet, KT14 7SF <b>Leaders:</b> Andrew, David G	Moderate slope
Thurs 21 Mar 11.00 - 12.00	<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	Slow, flat
Thur 21 Mar 14.00 - 15.15	<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, David M (see key for details)	Moderate hill

## March

Date / Time	Route	Pace, Gradient
Fri 22 Mar 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 <b>Leader:</b> Keith	Gentle, slow, flat
Sat 23 Mar 10.30 - 12.00	<b>Round Weybridge with History</b> Meet by Guide Hut, Grotto Road, Weybridge, KT13 8NO <b>Leader:</b> Mary	Slow, flat
Sat 24 Mar 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
Mon 25 Mar 10.30 - 12.00	<b>Woodland Gardens</b> ER Diana Fountain Car Park, Chestnut Avenue, Bushy Park (access via Lion Gate KT8 9DD) Meet near kiosk. <b>Leaders:</b> Karen, Christine	Slow, flat
Mon 25 March 10.30 - 12.00	<b>'Lucky Dip' Country walk</b> WC RA Claygate Centre for the Community car park, Elm Road, Claygate KT10 0EH <b>Leaders:</b> Andrew	Moderate slopes
Tues 26 Mar 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 <b>Leaders:</b> Andrew, Dave F	Slow, flat
Tues 26 Mar 10.30 - 12.00	<b>Broadwater and Desborough Island</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> David G	Moderate flat, steps

Date / Time	Route	Pace, Gradient
Wed 27 Mar 10.30 - 11.15/ 11.30	<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 £). <b>Leaders:</b> Carolyn	Gentle, flat, small slope on some routes
Thur 28 March 10.15 – 11.30	<b>Princess Alice Hospice Bereavement Walk &amp;Talk - Claremont Landscape Garden.</b> Meet at the entrance. Meet at 10.15 for 10:30 start. Numbers limited. <b>Booking esential:</b> donnapariser@pah.org.uk	Slow,flat
Thur 28 Mar 10.30 - 11.30	<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
Thur 28 Mar 14.00 - 15.15	<b>Nordic Walk: To the Walled Garden &amp; back</b> Squires Garden Centre Halliford, Halliford Road, Upper Halliford, TW17 8SG <b>Leaders:</b> Pam, David M WC RA	Moderate
Fri 29 Mar 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 <b>Leader:</b> Keith	Gentle, slow, flat

## Exercise Referral

(Wellness programme)

at the Xcel leisure complex and  
at Centres for the Community

**Supports recovery, rehabilitation and overall  
health and wellbeing.**

Suitable for people recovering from ill health, cancer,  
cardiac problems and injuries.

for info visit [elmbridge.gov.uk/sports-and-health](http://elmbridge.gov.uk/sports-and-health) or download the  
Move to Improve exercise classes directory





# 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.
- All rides have café stops so bring money / card.
- 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>Tues 2 Jan</b> 10.30 - 12.30 <i>*Please note this is normally on a Monday</i>	<b>Molesey to Desborough Island</b> <b>Linear:</b> Thames towpath to and from Desborough Island. <b>Meet:</b> Sadlers Ride car park, East Molesey KT8 1TW. <b>Leaders:</b> Pam, Colin	Gentle speed, flat  10 miles
Mon 8 Jan 10.30 - 13.00	<b>Molesey to Kingston and Richmond</b> <b>Circular:</b> Towpath to Hampton Court Bridge - Kingston bridge - Kingston - Richmond Bridge. Returning on north of river. <b>Meet:</b> Sadlers Ride car park, East Molesey KT8 1TW. <b>Leaders:</b> Colin, Richard	Gentle speed, flat but with 1 hill  16 miles

Date / Time	Route	Pace, Gradient
Mon 15 Jan 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	Gentle speed, flat  15 miles
Mon 22 Jan 10.30 - 13.00	<b>Molesey to Crane Park via Bushy Park.</b> <b>Linear route:</b> Towpath to Hampton Court Bridge - across Bushy park - through Fulwell - Crane Park. Same route back. <b>Meet:</b> Sadlers Ride car park, East Molesey KT8 1TW. <b>Leaders:</b> Richard, Colin	Gentle speed, flat, Tunnels  15 miles
Mon 29 Jan 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, Pam	Gentle speed, Flat  10 miles
Mon 5 Feb 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> Richard	Gentle speed, Flat  16 miles
Mon 12 Feb 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	Gentle speed, flat  16 miles
Mon 19 Feb 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> Colin, Richard	Gentle speed, flat  15 miles

Date / Time	Route	Pace, Gradient
Mon 26 Feb 10.30 - 13.00	<p><b>Molesey to Crane Park via Bushy Park.</b>  <b>Linear route:</b> Towpath to Hampton Court Bridge - across Bushy park - through Fulwell - Crane Park. Same route back.  <b>Meet:</b> Sadlers Ride car park, East Molesey KT8 1TW.  <b>Leaders:</b> Richard, Pam</p>	Gentle speed, flat, Tunnels  15 miles
Mon 4 Mar 10.30 - 13.00	<p><b>Molesey to Kingston and Richmond</b>  <b>Circular:</b> Towpath to Hampton Court Bridge - Kingston bridge – Kingston - Richmond Bridge. Returning on north of river.  <b>Meet:</b> Sadlers Ride car park, East Molesey KT8 1TW.  <b>Leaders:</b> Richard</p>	Gentle speed, flat but with 1 hill  16 miles
Mon 11 Mar 10.30 - 13.00	<p><b>Thames Ditton to Littleworth Common</b>  <b>Circular:</b> Thames Ditton - Molesey - Hersham - Lower green - Littleworth Common - Claygate - Thames Ditton  <b>Meet:</b> Mercer Close, Thames Ditton KT7 0BS  <b>Leaders:</b> Pam, Colin</p>	Flat  10 miles
Mon 18 Mar 10.30 - 13.00	<p><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> Richard and Colin</p>	Gentle speed, flat  16 miles
Mon 25 Mar 10.30 - 13.00	<p><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> Richard, Pam</p>	Gentle speed, Flat  16 miles