

Wellbeing Walks, Nordic walks and cycle rides

1 July to 30 September 2025



Celebrating 20 years of Wellbeing Cycle Rides

Cycle ride cancellations: We almost never cancel cycle rides, but if we do due to very hot, bad weather or an unavailable cycle ride leader, we will let you know on our website. It is a good idea to check our web page elmsbridge.gov.uk/cyclerides or scan this QR code one day before your cycle ride to stay updated.



Elmsbridge
Borough Council



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.
- 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 or call 01372 474574. We are here to help.

Date / Time	Route	Pace, Gradient
Mon 7 July 10:30 - 13:00	Wey Navigation and Basingstoke Canal Linear: New Haw Lock - West Byfleet - along the Wey Navigation and Basingstoke Canal – Woking – same route back. Meet: Service Road, New Haw Lock, Byfleet Road, New Haw, KT15 3JQ Leaders: Pam, Colin	Gentle speed, flat 15 miles

OFFICIAL

Mon 14 July 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 – Bushy park - towpath. Meet: Sadlers Ride car park, East Molesey KT8 1TW. Leaders: Colin, Pam	Gentle speed, mainly flat, 1 hill 16 miles
Mon 21 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: Richard, Colin	Gentle speed, Flat 16 miles
Mon 28 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 to Molesey Meet: Sadlers Ride car park, East Molesey KT8 1TW. Leaders: Richard, Pam	Gentle speed, flat 16 miles
Mon 4 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 and Pam	Gentle speed, flat 10 miles
Mon 11 Aug 10:30 - 13.00	Wey Navigation and Basingstoke Canal Linear: New Haw Lock - West Byfleet - along the Wey Navigation and Basingstoke Canal – Woking – same route back. Meet: Service Road, New Haw Lock, Byfleet Road, New Haw, KT15 3JQ	Gentle speed, flat 15 miles

OFFICIAL

	Leaders: Richard, Colin	
Mon 18 Aug 10:30 – 13:00	Molesey to Kingston and Richmond Circular: Towpath to Hampton Court Bridge – Kingston bridge – Kingston - Richmond Bridge. Returning on north of river. Meet: Sadlers Ride car park, East Molesey KT8 1TW. Leaders: Pam, Richard	Gentle speed, flat but with 1 hill 16 miles
Tues 26 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
Mon 1 Sept 10:30 - 13:00	Molesey to Crane Park via Bushy Park. Linear route: Towpath to Hampton Court Bridge - across Bushy park - through Fulwell - Crane Park. Same route back. Meet: Sadlers Ride car park, East Molesey KT8 1TW. Leaders: Richard, Colin	Gentle speed, flat, Tunnels 15 miles
Mon 8 Sept 10:30 - 12:30	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: Pam, Richard	Gentle speed, Flat 16 miles

OFFICIAL

Mon 15 Sept 10:30 – 12:30	Thames Ditton to Bushy and Home Parks Circular: Along Hampton Court Way to Hampton Court Bridge and through Bushy and Home Parks Meet: Mercer Close, Thames Ditton KT7 0BS Leaders: Colin, Pam	Gentle speed, Flat 10 miles
Mon 24 Sept	No rides- ride leader holiday	
Mon 29 Sept 10:30 - 13:00	Molesey to Kingston and Richmond Circular: Towpath to Hampton Court Bridge – Kingston bridge – Kingston - Richmond Bridge. Returning on north of river. Meet: Sadlers Ride car park, East Molesey KT8 1TW. Leaders: Richard, Pam	Gentle speed, flat but with 1 hill 16 miles

OFFICIAL



Men's Pits Stop
A drop in space for new
conversations
Opens on the 13th February

*Don't carry the weight of what's causing you
distress. Come and have a chat about it at our
Men's Pit Stop. Peer to peer support.*

Every Thursday from 10am-12.30pm

*St John's Church,
Main Hall*

*1 The Furrows,
KT12 3JQ*

*Please call or text Blair for further
information on 07815 556320*



Our thanks to St John's Church Hall



Sisterhood Sanctuary

You are invited to a wellbeing pampering session for women only where you can:

- be pampered
- try a creative activity
- share lunch with other ladies
- build friendships
- enjoy time to relax



12:30pm-2:30pm



Wednesdays (Term Time Only)



St John's Church, Walton, KT12 3JQ



voh.org.uk/elmbridge-womens-hub



Conservation
volunteers
needed



Find out more at elmbridge.gov.uk/countryside



OFFICIAL

THE PATIENT CANCER SUPPORT GROUP

Registered Charity No.1206398

**IF YOU HAVE BEEN AFFECTED BY CANCER
PLEASE COME AND JOIN US IRRESPECTIVE OF
WHERE YOU LIVE**



You're not alone!

For more information please contact Andy
thepatientcancergroup@gmail.com

Follow us:



**MEETING AT SHEPPERTON MEDICAL PRACTICE
ON THE 2ND TUESDAY OF EVERY MONTH AT 1.30PM**

www.thepatientcancersupportgroup.co.uk

OFFICIAL

Man Shed



**A place to talk
and learn new skills**

**No previous
experience
necessary!**

Come along to our Hospice Shed to engage in a purposeful activity.

We welcome people who are bereaved, carers and patients with a life-limiting illness.

As well as holding sessions for men, we offer sessions for women and a mixed group too.


**Princess Alice
Hospice**

For Compassion. For Living

pah.org.uk       Join us at #pahospice

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Registered with
**FUNDRAISING
REGULATOR**

The Man Shed is open as follows:

- Mondays (Men) am/pm
- Tuesdays (Women) am/pm
- Wednesdays (Men) am/pm
- Thursdays (Men) am/pm
- Friday pm (mixed session)

AM sessions are 10.30am-12.30pm

PM sessions are 1.30pm-3.30pm



The primary aim of the Shed is to be a place to talk with others about anything and everything.

No previous woodworking skill is necessary.

Sessions are run by experienced volunteers.

Meet others who are in a similar situation

You can make an item for yourself or a loved one, or you can make items that might be sold to raise funds for the Hospice.

All sessions are free. We can offer sixteen weekly sessions with the chance of an extension should capacity allow.

If you'd like to find out more, or to book a taster session please contact Donna on manshed@pah.org.uk or call: 01372 461996



pah.org.uk



Join us at #pahospice