

# Wellbeing Walks, Nordic walks and cycle rides

**1 July to 30 September 2025**



**Celebrating 20 years of Wellbeing Cycle Rides**

**Walk or cycle ride cancellations:**

We almost never cancel our walks and cycle rides, but if we do due to bad weather or an unavailable walk leader, we will let you know on our website. It is a good idea to check [elmbridge.gov.uk/wellbeingwalks](http://elmbridge.gov.uk/wellbeingwalks), [elmbridge.gov.uk/cyclerides](http://elmbridge.gov.uk/cyclerides) or scan this QR code one day before your walk to stay updated.



**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 22 years since 2003. Many local people have walked with us regularly over the years, but we are always happy to welcome new walkers and volunteers. 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.
- On the day of your walk [check our website for updates](https://www.elmbridge.gov.uk/wellbeing-walks) before you set off at [elmbridge.gov.uk/wellbeing walks](https://www.elmbridge.gov.uk/wellbeing-walks).

## What should I bring on a walk?

- Wear appropriate footwear and clothing for the weather.
- In colder months, it's advisable to wear layers and be prepared for wet weather. Beware of muddy walks in wet weather. Remember to bring 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?

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 enroute usually 30 minutes (included in timings)
£	There is a cost for parking or ferry ride
Dogs on lead welcome	Well behaved dogs on short leads welcome (Please only bring dogs if specified next to the walk details)
Booking required	<p>To book a free space on our Painshill Park and Claremont walks please email:  <b><a href="mailto:health@elmbridge.gov.uk">health@elmbridge.gov.uk</a></b></p> <p>Please note: request emails must be received by 12pm the day before the walk, or by 12pm Friday for weekend and Monday walks.</p>

## 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)
  - create more detailed (anonymised) and accurate statistics to help shape the scheme and justify its future funding.

Register with Elmbridge Wellbeing Walks via:  
**[ramblers.org.uk/wellbeing-walks-sign-up](https://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 Meet at 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, Walton Road, East Molesey KT8 0DP	Slow, flat
Wednesday weekly from 10:30 - 11:15/30	<b>Around Walton-on-Thames</b> WC RA Meet at Walton Community Centre, Manor Road, Walton-on-Thames KT12 2PB (Walkers can use the centre car park or use Manor Road car park £)	Gentle, small slope (steps on some routes)
First Thursday of the month 10:30 - 12:00	<b>‘Woods and Commons’</b> Meet in 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 Meet at the Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL	Gentle, slow, flat

# OFFICIAL

Weekly, every Monday 11:00 - 11:30 (except bank holidays)	<b>All-inclusive walk or wheel 1km</b> WC RA Meet outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG	Slow, gentle, mild slope (3 benches)
Weekly, every Thursday 13:00 - 14:00	<b>Mary Frances Trust: wellbeing walk</b> Meet outside Wilde Brunch café by Walton bridge carpark. <b>MFT Membership required</b> , please register at 01372 375400, text 07929 024722, email <a href="mailto:info@maryfrancestrust.org.uk">info@maryfrancestrust.org.uk</a> or visit <a href="http://www.maryfrancestrust.org.uk">www.maryfrancestrust.org.uk</a>	Flat

Date / Time	Route	Pace, Gradient
Tues 1 July 10:30 - 11:30	<b>Molesey Circular Walk</b> WC RA <b>Meet:</b> Council car park, Walton Road, East Molesey KT8 0DP <b>Leaders:</b> Dave F, Val	Slow, flat
Wed 2 July 10:30 - 11:30	<b>Around Walton-on-Thames</b> RA <b>Meet:</b> 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> David M	Gentle small slope (steps on some routes)
Wed 2 July 14:00 - 16:00	<b>To see wildflowers at Hampton Court (free)</b> (including time at flowers) Meet Sadlers Ride carpark, East Molesey, KT8 1TW <b>Leaders:</b> Karen	Slow, flat

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Thur 3 July 10:30 - 12:00	<b>‘Woods and Commons’</b> <b>Meet:</b> Sandy Lane car park, Sandy Lane, Oxshott (one nearest A244) <b>Leader:</b> Andrew	Moderate slopes
Thur 3 July 10:45 - 12:00	<b>Princess Alice Hospice Bereavement Walk and Talk - Bushy Park</b> <b>Meet:</b> Pheasantry café car park TW11 0EQ (meet 10:45 for 11:00 start) <b>Booking required:</b> <a href="mailto:walkandtalk@pah.org.uk">walkandtalk@pah.org.uk</a>	Slow, flat
Thur 3 July 13:00 - 14:00	<b>Mary Frances Trust: wellbeing walk</b> <b>Meet:</b> Wilde brunch café by Walton bridge car park <b>MFT Membership required</b> , please register at <a href="mailto:info@maryfrancestrust.org.uk">info@maryfrancestrust.org.uk</a> Tel 01372375400 <b>Leaders:</b> Mary Frances staff	Flat
Thur 3 July 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> Pam	Moderate
Fri 4 July 10:30 - 11:15	<b>Thames Path to Molesey Lock</b> WC RA <b>Meet:</b> Miss Polly Café, at Molesey Cricket Club, Graburn Way KT8 9AL <b>Leader:</b> Keith	Gentle slow, flat
Mon 7 July 14:00 - 14:45	<b>Claremont NT Gardens</b> WC RA Meet in the car park near WC’s, Claremont Gardens, Portsmouth Road, Esher, KT10 9JG <b>Leaders:</b> Karen, Christine <b>Booking required</b> (see key for details)	Slow, flat
Mon 7 July 11:00 - 11:30/ 11:45	<b>All-inclusive walk or wheel 1km</b> WC <b>Meet:</b> outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG <b>Leaders:</b> David M, Morven/Alona (disabled WC and Parking at Leisure centre)	Slow, gentle mild slope

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Tues 8 July	<b>Molesey Circular Walk - CANCELLED</b>	
Tues 8 July	<b>20 YEAR CYCLES CELEBRATION</b> Invitation and participants only	
Wed 9 July 10:30 - 11:30	<b>Around Walton-on-Thames</b> RA <b>Meet:</b> 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 small slope (steps on some routes)
Wed 9 July 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	Moder- ate slopes
Wed 9 July 10:15 - 11:30	<b>Princess Alice Hospice Bereavement Walk and Talk - Richmond Park</b> <b>Meet:</b> Pembroke Lodge car park near information office TW10 5HX (meet 10:15 for 10:30 start). <b>Booking:</b> <a href="mailto:walkandtalk@pah.org.uk">walkandtalk@pah.org.uk</a>	Slow, flat
Thur 10 July 10:15 - 11:30	<b>Princess Alice Hospice Bereavement Walk and Talk - Horton Country Park</b> WC RA <b>Meet:</b> Horton Country Park car park, Horton Lane, KT19 8PL (meet 10:15 for 10:30 start) <b>Booking required:</b> <a href="mailto:walkandtalk@pah.org.uk">walkandtalk@pah.org.uk</a>	Slow, flat
Thur 10 July 13:00 - 14:00	<b>Mary Frances Trust: wellbeing walk</b> <b>Meet:</b> Wilde brunch café by Walton bridge car park <b>MFT Membership required</b> , please register at <a href="mailto:info@maryfrancestrust.org.uk">info@maryfrancestrust.org.uk</a> Tel 01372375400 <b>Leaders:</b> Mary Frances staff	Flat

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Thur 10 July 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	Moder- ate
Fri 11 July 10:30 - 11:15	<b>Thames Path to Molesey Lock</b> WC RA <b>Meet:</b> Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL <b>Leader:</b> Keith	Gentle, slow, flat
Sat 12 July 10:30 - 12:00	<b>Painshill Park</b> WC RA Meet in the car park, Painshill Park, Cobham KT11 1AA <b>Booking required</b> <b>Leaders:</b> Painshill Rangers/volunteers (see key for details)	Moder- ate slopes
Sun 13 July 11:00 - 12:15	<b>Whiteley Village</b> Sanctuary car park, Whiteley Village, Hersham KT12 4ED <b>Leaders:</b> Karen, Liz	Slow, slopes
Mon 14 July 11:00 - 11:30/ 11:45	<b>All-inclusive walk or wheel 1km</b> WC <b>Meet:</b> outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG <b>Leaders:</b> David M, Alona/Morven (disabled WC and Parking at Leisure centre).	Slow, gentle, mild slope
Tues 15 July 10:30 - 11:30	<b>Molesey Circular Walk</b> WC RA <b>Meet:</b> Council car park, Walton Road, East Molesey KT8 0DP <b>Leaders:</b> Andrew, Val	Slow, flat
Tues 15 July 11:00 - 11:45	<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, Chris P	Slow, flat

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Wed 16 July 10:30 - 11:15/ 11:30	<b>Around Walton-on-Thames</b> RA <b>Meet:</b> 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> David M	Gentle, small slope (steps on some routes)
Wed 16 July 10:15 - 11:30	<b>Princess Alice Hospice Bereavement Walk and Talk - Painshill</b> <b>Meet:</b> car park KT11 1AA (10:15 for 10:30 start). Numbers are limited. <b>Booking required:</b> <a href="mailto:walkandtalk@pah.org.uk">walkandtalk@pah.org.uk</a>	Slow, flat
Thur 17 July 10:30 - 12:30	<b>Woodland Gardens</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 17 July 13:00 - 14:00	<b>Mary Frances Trust: wellbeing walk</b> <b>Meet:</b> Wilde brunch café by Walton bridge car park. <b>MFT Membership required</b> , please register at <a href="mailto:info@maryfrancestrust.org.uk">info@maryfrancestrust.org.uk</a> Tel 01372375400 <b>Leaders:</b> Mary Frances staff	Flat
Thu 17 July 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, David M (see key for details)	Moder- ate hill
Fri 18 July 10:30 - 11:15	<b>Thames Path to Molesey Lock</b> WC RA <b>Meet:</b> Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL <b>Leader:</b> Keith	Gentle, slow, flat
Fri 18 July 10:30 - 12:00	<b>Prince's Coverts</b> RA The Star pub car park, Kingston Road, Leatherhead, KT22 0DP <b>Leader:</b> Andrew	Moder- ate slopes

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Mon 21 July 10:30 - 12:00	<b>Arbrook and Claygate Commons</b> Junction of Claremont Road and Gordon Road, Claygate, KT10 0PL (free street parking) <b>Leaders:</b> David G, Andrew	Moder- ate slopes
Mon 21 July 11:00 - 11:30/ 11:45	<b>All-inclusive walk or wheel 1km</b> WC <b>Meet:</b> outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG <b>Leaders:</b> David M, Alona/Morven (disabled WC and Parking at Leisure centre).	Gentle, small slope (steps on some routes)
Mon 21 July 11:00 - 11:45	<b>Claremont NT Gardens</b> WC RA Meet in the car park near WC's, Claremont Gardens, Portsmouth Road, Esher, KT10 9JG <b>Leaders:</b> Karen, Liz <b>Booking required</b> (see key for details)	Slow, flat
Tues 22 July 10:30 - 11:30	<b>Molesey Circular Walk</b> WC RA <b>Meet:</b> Council car park, Walton Road, East Molesey, KT8 0DP <b>Leaders:</b> Dave F, Val	Slow flat
Wed 23 July 10:30 - 11:15/ 11:30	<b>Around Walton-on-Thames</b> RA <b>Meet:</b> Walton Community Centre, Manor Road, Walton KT12 2PB (Walkers can use the centre car park or use Manor Road car park £) <b>Leaders:</b> Carolyn	Gentle, small slope (steps on some routes)
Thur 24 July 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	Moder ate Slopes steps
Thur 24 July	<b>Historical: Sport on the Hurst</b> Meet Sadlers Ride (towpath end), East Molesey KT8 1ST	Slow, flat

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10:30 - 12:00	<b>Leaders:</b> Anthony, Janet B	Multiple stops
Thur 24 July 10:15 - 11:30	<b>Princess Alice Hospice Bereavement Walk and Talk - Claremont Gardens</b> <b>Meet:</b> entrance KT10 9JG (meet 10:15 for 10:30 start). Numbers are limited. <b>Booking required:</b> <a href="mailto:walkandtalk@pah.org.uk">walkandtalk@pah.org.uk</a>	Slow, flat
Thur 24 July 13:00 - 14:00	<b>Mary Frances Trust: wellbeing walk</b> <b>Meet:</b> Wilde brunch café by Walton bridge car park <b>MFT Membership required</b> , please register at <a href="mailto:info@maryfrancestrust.org.uk">info@maryfrancestrust.org.uk</a> Tel 01372375400 <b>Leaders:</b> Mary Frances staff	Flat
Thur 24 July 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 25 July 10:30 - 11:15	<b>Thames Path to Molesey Lock</b> WC RA <b>Meet:</b> Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL <b>Leader:</b> Keith	Gentle, slow, flat
Sat 26 July 10:30-11:10	<b>Hersham Riverside</b> Meet: Waitrose car park (2 hours free) Far end by New Berry Lane KT12 4HL <b>Leader:</b> Carolyn	Slow, flat
Sat 26 July 18:30-20:00	<b>Laleham to Penton Hook Island</b> RA Broadway car park, Laleham, TW18 1RZ <b>Leader:</b> Chris P. <b>Dogs on leads welcome</b>	Slow, flat
Mon 28 July 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>Leader:</b> Andrew	Moderate slopes
Mon 28 July	<b>Xcel to Walton Marina</b> (with café stop) WC RE	Slow, slope

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10:30 - 12:30	Meet outside entrance to Xcel Leisure Centre, Waterside Drive, Walton KT12 2JG <b>Leaders:</b> Karen, Christine	
Mon 28 July 11:00 - 11:30/ 11:45	<b>All-inclusive walk or wheel 1km</b> WC <b>Meet:</b> outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG <b>Leaders:</b> David M, Morven/Alona (disabled WC and Parking at Leisure centre)	Slow, gentle, mild slope
Tues 29 July 10:30 - 11:30	<b>Molesey Circular Walk</b> WC RA <b>Meet:</b> Council car park, Walton Road, East Molesey KT8 0DP <b>Leaders:</b> Val, Dave F	Slow, flat
Wed 30 July 10:30 - 11:30	<b>Around Walton-on-Thames</b> RA <b>Meet:</b> 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> David M	Gentle, small slope (steps on some routes)
Thur 31 July 11:00 - 12:10	<b>Bushy Park for Coffee</b> RA Diana Fountain Car Park, Chestnut Avenue, Bushy Park (access via Lion Gate KT8 9DD) Meet by kiosk <b>Leaders:</b> Keith	Slow to moderate flat
Thur 31 July 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	Moderate
Thur 31 July 10:45 - 12:00	<b>Princess Alice Hospice Bereavement Walk and Talk – Bushy Park</b> <b>Meet:</b> Pheasantry café car park TW11 0EQ (meet 10:45 for 11:00 start) <b>Booking required:</b> <a href="mailto:walkandtalk@pah.org.uk">walkandtalk@pah.org.uk</a>	Slow, flat
Thur 1	<b>Mary Frances Trust: wellbeing walk</b>	Flat

May 13:00 - 14:00	<b>Meet:</b> Wilde brunch café by Walton bridge car park. <b>MFT Membership required</b> , please register at <a href="mailto:info@maryfrancestrust.org.uk">info@maryfrancestrust.org.uk</a> Tel 01372375400. <b>Leaders:</b> Mary Frances staff	
	<b>August</b>	
Fri 1 Aug 10:30 - 11:15	<b>Thames Path to Molesey Lock</b> WC RA <b>Meet:</b> Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL <b>Leader:</b> Keith	Gentle, slow, flat
Sat 2 Aug 10:30 - 12:00	<b>Mickleham Downs</b> RA (WC in café/pub) Car park: 51 degrees north cafe, A24 Dorking RH5 6EH (or bus 465 from Surbiton/Kingston) Meet at parking bays by café. (10:30) <b>Leader:</b> Ramesh	Moder- ate hill, stiles, Steps, slopes
Sat 2 Aug 15:00 - 16:30	<b>Historical: Weybridge Town guided walk</b> Meet in car park behind Weybridge Public Library. Car Park, Churchfield Rd, Weybridge KT13 8DB (£) <b>Leader:</b> Roderick Archer	Slow, Multipl e stops
Mon 4 Aug 11:00- 11:30/ 11:45	<b>All-inclusive walk or wheel 1km</b> WC <b>Meet:</b> outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG <b>Leaders:</b> David M, Morven (disabled WC and Parking at Leisure centre)	Slow, gentle, mild slope
Mon 4 Aug 11:00- 12:00	<b>Towpath and Meadows</b> Sadlers Ride car park, West Molesey, KT8 1TW <b>Leader:</b> Karen	Slow, flat
Tues 5 Aug 10:30 - 11:30	<b>Molesey Circular Walk</b> WC RA <b>Meet:</b> Council car park, Walton Road, East Molesey, KT8 0DP <b>Leaders:</b> Dave F, Val	Slow, flat

Tues 5 Aug 10:30 – 12:00	<b>A Walk from Lakewood</b> Lakewood car park, Portsmouth Road, Cobham, KT11 1BG <b>Leaders:</b> David G, Andrew	Moder- ate slopes
Wed 6 Aug 10:30 - 11:15/ 11:30	<b>Around Walton-on-Thames</b> RA <b>Meet:</b> 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> David M	Gentle, small slope (steps on some routes)
Thur 7 Aug 10:15 - 11:30	<b>Princess Alice Hospice Bereavement Walk and Talk - Horton Country Park</b> WC RA <b>Meet:</b> Horton Country Park car park, Horton Lane, KT19 8PL (meet 10:15 for 10:30 start) <b>Booking required:</b> <a href="mailto:walkandtalk@pah.org.uk">walkandtalk@pah.org.uk</a>	Slow, flat
Thur 7 Aug 10:30 - 12:00	<b>‘Woods and Commons’</b> Sandy Lane car park, Sandy Lane, Oxshott (one nearest A244) <b>Leader:</b> Andrew	Moder- ate slopes
Thu 7 Aug 13:00 - 14:00	<b>Mary Frances Trust: wellbeing walk</b> <b>Meet:</b> Wilde brunch café by Walton bridge car park. <b>MFT Membership required</b> , please register at <a href="mailto:info@maryfrancestrust.org.uk">info@maryfrancestrust.org.uk</a> Tel 01372375400 <b>Leaders:</b> Mary Frances staff	Flat
Thu 7 Aug 14:00 - 15:15	<b>Nordic Walk: Desborough Island &amp; towpath</b> Cowey Sale car park, Walton Lane, Walton-on-Thames, KT12 1QW. Meet furthest end of car park from Walton Bridge <b>Leaders:</b> Pam WC RA	Moder- ate steps
Fri 8 Aug	<b>Thames Path to Molesey Lock</b> WC RA <b>Meet:</b> Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL	Gentle, slow, flat

OFFICIAL

10:30 - 11:15	<b>Leader:</b> Keith	
Sat 9 Aug 10:30 - 12:00	<b>Painshill Park</b> WC RA Meet in the car park, Painshill Park, Cobham KT11 1AA <b>Booking required</b> <b>Leaders:</b> Painshill staff (see key for details)	Moderate
Sat 9 Aug 15:00-16:30	<b>Historical: Weybridge Town guided walk</b> Meet in car park behind Weybridge Public Library. Car Park, Churchfield Rd, Weybridge KT13 8DB (£) <b>Leader:</b> Roderick Archer	Slow, multiple stops
Sun 10 11:00-12:15	<b>Whiteley Village Woods</b> Sanctuary car park, Whiteley Village, Hersham KT12 4ED <b>Leaders:</b> Karen, Liz	Slow, slopes
Mon 11 Aug 11:00 - 11:30/ 11:45	<b>All-inclusive walk or wheel 1km</b> WC <b>Meet:</b> outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG <b>Leaders:</b> Morven, Monica (disabled WC and Parking at Leisure centre)	Slow, gentle, mild slope
Tues 12 Aug 10:30 - 11:30	<b>Molesey Circular Walk</b> WC RA <b>Meet:</b> Council car park, Walton Road, East Molesey KT8 0DP <b>Leaders:</b> Val, Dave F	Slow, flat
Wed 13 Aug 10:15 - 11:30	<b>Princess Alice Hospice Bereavement Walk and Talk – Richmond Park</b> <b>Meet:</b> Pembroke Lodge car park near information office TW10 5HX (meet 10:15 for 10:30 start) <b>Booking required:</b> <a href="mailto:walkandtalk@pah.org.uk">walkandtalk@pah.org.uk</a>	Slow, flat
Wed 13 Aug 10:30 - 11:15/ 30	<b>Around Walton-on-Thames</b> RA <b>Meet:</b> 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, small slope (steps on some routes)

OFFICIAL

Wed 13 Aug 14:00 - 15:00	<b>Towpath to Hampton Court Bridge</b> Sadlers Ride car park, West Molesey, KT8 1TW <b>Leader:</b> Karen	Slow flat
Thur 14 Aug 13:00 - 14:00	<b>Mary Frances Trust: wellbeing walk</b> <b>Meet:</b> Wilde brunch café by Walton bridge car park. <b>MFT Membership required</b> , please register at <a href="mailto:info@maryfrancestrust.org.uk">info@maryfrancestrust.org.uk</a> 01372375400 <b>Leaders:</b> Mary Frances staff	Flat
Thur 14 Aug 14:00 - 15:30	<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>Leaders:</b> Pam	Moder- ate
Fri 15 Aug 10:30 - 11:15	<b>Thames Path to Molesey Lock</b> WC RA <b>Meet:</b> Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL <b>Leader:</b> Keith	Gentle, slow, flat
Fri 15 Aug 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	Moder ate hill, slopes
Sat 16 Aug 15:00 - 16:30	<b>Historical: Weybridge Town guided walk</b> Meet in car park behind Weybridge Public Library. Car Park, Churchfield Rd, Weybridge KT13 8DB (£) <b>Leader:</b> Roderick Archer	Slow, multipl e stops
Mon 18 Aug 11:00 - 11:30/ 11:45	<b>All-inclusive walk or wheel 1km</b> WC <b>Meet:</b> outside Xcel Leisure Complex, Waterside Dr, Walton-on-Thames KT12 2JG <b>Leaders:</b> David M, Morven (disabled WC and Parking at Leisure centre)	Slow, gentle, mild slope

OFFICIAL

Tues 19 Aug 10:30 - 11:30	<b>Molesey Circular Walk</b> WC RA <b>Meet:</b> Council car park, Walton Road, East Molesey KT8 0DP <b>Leaders:</b> Dave F, Val	Slow, flat
Wed 20 Aug 10:30 - 11:15/ 30	<b>Around Walton-on-Thames</b> RA <b>Meet:</b> 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, small slope (steps on some routes)
Wed 20 Aug 10:15 - 11:30	<b>Princess Alice Hospice Bereavement Walk and Talk – Painshill</b> <b>Meet:</b> car park KT11 1AA (10:15 for 10:30 start). Numbers are limited. <b>Booking required:</b> <a href="mailto:walkandtalk@pah.org.uk">walkandtalk@pah.org.uk</a>	Slow, flat
Wed 20 Aug 10:30 - 12:00	<b>Bookham Commons</b> Hundred Pound Bridge car park, far end of Bookham Road, Downside, KT11 3JT <b>Leaders:</b> Andrew, David G	Moder- ate slopes
Thur 21 Aug 10:30 - 12:00	<b>Historical:</b> The History of Hurst Meadows Meet Sadlers Ride Car Park, Molesey KT8 1ST towpath end <b>Leaders:</b> Anthony, Janet B	Slow, flat multipl e stops
Thur 21 Aug 14:00 - 15:15	<b>Mary Frances Trust: wellbeing walk</b> <b>Meet:</b> Wilde brunch café by Walton bridge car park. <b>MFT Membership required</b> , please register at <a href="mailto:info@maryfrancestrust.org.uk">info@maryfrancestrust.org.uk</a> Tel 01372375400 <b>Leaders:</b> Mary Frances staff	Flat
Thur 21 Aug 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	Moder- ate

OFFICIAL

Thur 21 Aug 14:30 - 15:15	<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, Christine	Slow, flat
Fri 22 Aug 10:30 - 11:15	<b>Thames Path to Molesey Lock</b> WC RA <b>Meet:</b> Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL. <b>Leader:</b> Keith	Gentle, slow, flat
Mon 25 Aug 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>Leader:</b> Andrew	Moder- ate slopes
Mon 25 Aug	<b>Bank Holiday No All-inclusive walk/wheel</b>	
Tues 26 Aug 10:30 - 11:30	<b>Molesey Circular Walk</b> WC RA <b>Meet:</b> Council car park, Walton Road, East Molesey KT8 0DP <b>Leaders:</b> Andrew, Dave F	Slow, flat
Wed 27 Aug 10:30 - 11:15 / 30	<b>Around Walton-on-Thames</b> RA <b>Meet:</b> 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> David M	Gentle, small slope (steps on some routes)
Wed 27 Aug 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 28 Aug 10:30 - 12:00	<b>Milton Heath Circular – Under Denbies</b> Milton Heath car park, Westcott Road (A25), Dorking, RH4 3JU. (signed Bury Hill Fisheries) <b>Leader:</b> David G, Andrew	Moder- ate hilly

Thur 28 Aug 10:15 - 11:30	<b>Princess Alice Hospice Bereavement Walk and Talk – Claremont Gardens</b> <b>Meet:</b> at the entrance KT10 9JG (meet 10:15 for 10:30 start). Numbers are limited. <b>Booking required:</b> <a href="mailto:walkandtalk@pah.org.uk">walkandtalk@pah.org.uk</a>	Slow, flat
Thur 28 Aug 13:00 - 14:00	<b>Mary Frances Trust: wellbeing walk</b> <b>Meet:</b> Wilde brunch café by Walton bridge car park. <b>MFT Membership required</b> , register at <a href="mailto:info@maryfrancestrust.org.uk">info@maryfrancestrust.org.uk</a> Tel 1372375400 <b>Leaders:</b> Mary Frances staff	Flat
Thur 28 Aug 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	Moder- ate
Fri 29 Aug 10:30 - 11:15	<b>Thames Path to Molesey Lock</b> WC RA <b>Meet:</b> Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL Leader: Keith	Gentle, slow, flat
Sat 30 Aug 18:30- 20:00	<b>Laleham to Penton Hook Island</b> RA Broadway car park, Laleham, TW18 1RZ <b>Leader:</b> Chris P. <b>Dogs on leads welcome</b>	Slow/ flat
	<b>September</b>	
Mon 1 Sept 11:00 - 11:30/ 11:45	<b>All-inclusive walk or wheel 1km</b> WC <b>Meet:</b> outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG <b>Leaders:</b> David M, Fiona (disabled WC and Parking at Leisure centre)	Slow, gentle, mild slope
Mon 1 Sept 14:00- 14:45	<b>Claremont NT Gardens</b> WC RA Meet in the car park near WC's, Claremont Gardens, Portsmouth Road, Esher, KT10 9JG <b>Leaders:</b> Karen, `Christine <b>Booking required</b> (see key for details)	Slow, flat

# OFFICIAL

Tues 2 Sept 10:30 - 11:30	<b>Molesey Circular Walk</b> WC RA <b>Meet:</b> Council car park, Walton Road, East Molesey KT8 0DP <b>Leaders:</b> Val, Dave F	Slow, flat
Wed 3 Sept 10:30 - 11:30	<b>Around Walton-on-Thames</b> RA <b>Meet:</b> 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, small slope (steps on some routes)
Wed 3 Sept 10:30 - 12:10	<b>Bushy Park for Coffee</b> RA Diana Fountain Car Park, Chestnut Avenue, Bushy Park (access via Lion Gate KT8 9DD) Meet by kiosk <b>Leaders:</b> Keith	Slow to moder- ate flat
Thur 4 Sept 10:30 - 12:00	<b>‘Woods and Commons’</b> <b>Meet:</b> Sandy Lane car park, Sandy Lane, Oxshott (one nearest A244) <b>Leaders:</b> Andrew	Moder- ate slopes
Thur 4 Sept 10:45 - 12:00	<b>Princess Alice Hospice Bereavement Walk and Talk - Bushy Park</b> <b>Meet:</b> Pheasantry café car park TW11 0EQ (meet 10:45 for 11:00 start) <b>Booking required:</b> <a href="mailto:walkandtalk@pah.org.uk">walkandtalk@pah.org.uk</a>	Slow, flat
Thur 4 Sept 13:00 - 14:00	<b>Mary Frances Trust: wellbeing walk</b> <b>Meet:</b> Wilde brunch café by Walton bridge car park. <b>MFT Membership required</b> , register at <a href="mailto:info@maryfrancestrust.org.uk">info@maryfrancestrust.org.uk</a> Tel 01372375400 <b>Leaders:</b> Mary Frances staff	Flat
Thur 4 Sept 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	Moder- ate

## OFFICIAL

Thurs 4 Sept 14:30- 15:15	<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 P	Slow, flat
Fri 5 Sept 10:30 - 11:15	<b>Thames Path to Molesey Lock</b> WC RA <b>Meet:</b> Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL <b>Leader:</b> Keith	Gentle, slow, flat
Fri 5 Sept 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, Andrew	Moder- ate, hilly
Sat 6 Sept 10:30 - 12:00	<b>Mickleham Downs</b> RA (WC in café/pub) Car park: 51 degrees north cafe, A24 Dorking RH5 6EH (or bus 465 from Surbiton/Kingston) Meet at parking bays by café. (10:30) <b>Leader:</b> Ramesh	Moder ate hill, stiles, Steps, slopes
Sat 6 Sept 10:30 - 12:00	<b>Painshill Park</b> WC RA Meet in the car park, Painshill Park, Cobham KT11 1AA <b>Booking required</b> <b>Leaders:</b> Painshill staff (see key for details)	Moder- ate
Mon 8 Sept 11:00 - 11:30/ 11:45	<b>All-inclusive walk or wheel 1km</b> WC <b>Meet:</b> outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG <b>Leaders:</b> Morven, Fiona (disabled WC and Parking at Leisure centre)	Slow, gentle, mild slope
Mon 8 Sept 13:30 - 15:30	<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

OFFICIAL

Tues 9 Sept 10:30 - 11:30	<b>Molesey Circular Walk</b> WC RA <b>Meet:</b> Council car park, Walton Road, East Molesey KT8 0DP <b>Leaders:</b> Dave F, Val	Slow, flat
Wed 10 Sept 10:15 - 11:30	<b>Princess Alice Hospice Bereavement Walk and Talk – Richmond Park</b> <b>Meet:</b> Pembroke Lodge car park near information office TW10 5HX (meet 10:15 for 10:30 start) <b>Booking required:</b> <a href="mailto:walkandtalk@pah.org.uk">walkandtalk@pah.org.uk</a>	Slow, flat
Wed 10 Sept 10:30 - 11:15 / 30	<b>Around Walton-on-Thames</b> RA <b>Meet:</b> 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> David M	Gentle, small slope (steps on some routes)
Thur 11 Sept 10:30 - 12:30	<b>Woodland Gardens</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 11 Sept 10:15 - 11:00	<b>Princess Alice Hospice Bereavement Walk and Talk - Horton Country Park</b> WC RA <b>Meet:</b> Horton Country Park car park, Horton Lane, KT19 8PL (meet 10:15 for 10:30 start) <b>Booking required:</b> <a href="mailto:walkandtalk@pah.org.uk">walkandtalk@pah.org.uk</a>	Slow, flat
Thur 11 Sept 13:00 - 14:00	<b>Mary Frances Trust: wellbeing walk</b> <b>Meet:</b> Wilde brunch café by Walton bridge car park. <b>MFT Membership required</b> , please register at <a href="mailto:info@maryfrancestrust.org.uk">info@maryfrancestrust.org.uk</a> Tel 01372375400 <b>Leaders:</b> Mary Frances staff	Flat
Thur 11 Sept 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> Pam	Moder- ate

# OFFICIAL

Fri 12 Sept 10:30 - 11:15	<b>Thames Path to Molesey Lock</b> WC RA <b>Meet:</b> Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL <b>Leader:</b> Keith	Gentle, slow, flat
Mon 15 Sept 11:00 - 11:30/ 11:45	<b>All-inclusive walk or wheel 1km</b> WC <b>Meet:</b> outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG <b>Leaders:</b> Morven, Alona (disabled WC and Parking at Leisure centre)	Slow, gentle, mild slope
Tues 16 Sept 10:30 - 11:30	<b>Molesey Circular Walk</b> WC, RA <b>Meet:</b> Council car park, Walton Road, East Molesey KT8 0DP <b>Leaders:</b> Val, Dave F	Slow, flat
Tues 16 Sept 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
Wed 17 Sept 10:15 - 11:30	<b>Princess Alice Hospice Bereavement Walk and Talk – Painshill</b> <b>Meet:</b> car park KT11 1AA (meet 10:15 for 10:30 start). Numbers are limited. <b>Booking required:</b> <a href="mailto:walkandtalk@pah.org.uk">walkandtalk@pah.org.uk</a>	Slow, flat
Wed 17 Sept 10:30 - 11:15/ 11:30	<b>Around Walton-on-Thames</b> RA <b>Meet:</b> 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, small slope (steps on some routes)
Wed 17 Sept 10:30 - 12:10	<b>Bushy Park for Coffee</b> RA Diana Fountain Car Park, Chestnut Avenue, Bushy Park (access via Lion Gate KT8 9DD) Meet by kiosk. <b>Leaders:</b> Keith	Slow to moder ate flat

OFFICIAL

Thur 18 Sept 13:00 - 14:00	<b>Mary Frances Trust: wellbeing walk</b> <b>Meet:</b> Wilde brunch café by Walton bridge car park. <b>MFT Membership required</b> , please register at <a href="mailto:info@maryfrancestrust.org.uk">info@maryfrancestrust.org.uk</a> 01372375400 <b>Leaders:</b> Mary Frances staff	Flat
Thur 25 Sept 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
Fri 19 Sept 10:30 - 11:15	<b>Thames Path to Molesey Lock</b> WC RA <b>Meet:</b> Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL <b>Leader:</b> Keith	Gentle, slow, flat
Sun 21 Sept 11:00- 12:15	<b>Whiteley Village</b> Sanctuary car park, Whiteley Village, Hersham KT12 4ED <b>Leaders:</b> Karen, Liz	Slow, flat
Mon 22 Sept 11:00 - 11:30/ 11:45	<b>All-inclusive walk or wheel 1km</b> WC <b>Meet:</b> outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG <b>Leaders:</b> David, Morven/Alona (disabled WC and Parking at Leisure centre)	Slow, gentle, mild slope
Tues 23 Sept 10:30 - 11:30	<b>Molesey Circular Walk</b> WC, RA <b>Meet:</b> Council car park, Walton Road, East Molesey KT8 0DP. <b>Leaders:</b> Dave F, Val	Slow, flat
Wed 24 Sept 10:30 - 11:15/ 11:30	<b>Around Walton-on-Thames</b> RA <b>Meet:</b> 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	Slow, slopes
Wed 24 Sept	<b>Broadwater and Desborough Island</b> WC RA Cowey Sale car park, Walton Lane, Walton-on-	Moderate

OFFICIAL

10:30-12:00	Thames, KT12 1QW. Meet furthest end of car park from Walton Bridge. <b>Leader:</b> David G, Andrew	slopes steps
Wed 24 Sept 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, slopes
Thur 25 Sept 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 slopes
Thur 25 Sept 10:15 - 11:30	<b>Princess Alice Hospice Bereavement Walk and Talk - Claremont Gardens</b> <b>Meet:</b> at the entrance KT10 9JG (meet 10:15 for 10:30 start). Numbers are limited. <b>Booking required:</b> <a href="mailto:walkandtalk@pah.org.uk">walkandtalk@pah.org.uk</a>	Slow, flat
Thur 25 Sept 13:00 - 14:00	<b>Mary Frances Trust: wellbeing walk</b> <b>Meet:</b> Wilde brunch café by Walton bridge car park. <b>MFT Membership required</b> , register at <a href="mailto:info@maryfrancestrust.org.uk">info@maryfrancestrust.org.uk</a> 01372375400 <b>Leaders:</b> Mary Frances staff	Flat
Thur 25 Sept 10:30 - 12:00	<b>Historical: The History of Hurst Park Estate</b> Meet Tesco Superstore, Hurst Rd, West Molesey KT8 1SE <b>Leaders:</b> Anthony, Janet B	Slow, flat multiple stops
Thur 25	<b>NORDIC WALK CANCELLED</b>	
Fri 26 Sept 10:30 - 11:15	<b>Thames Path to Molesey Lock</b> WC RA <b>Meet:</b> Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL <b>Leader:</b> Keith	Gentle, slow, flat
Mon 29 Sept 10:30 - 12:00	<b>'Lucky Dip' Country walk</b> WC RA <b>Meet:</b> Claygate Centre for the Community car park, Elm Road, Claygate KT10 0EH <b>Leaders:</b> Andrew	Moderate slopes

Mon 29 Sept 11:00 - 11:30/ 11:45	<b>All-inclusive walk or wheel 1km</b> WC <b>Meet:</b> outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG <b>Leaders:</b> David M, Morven/Alona (disabled WC and Parking at Leisure centre)	Slow, gentle, mild slope
Tues 30 Sept 10:30 - 11:30	<b>Molesey Circular Walk</b> WC, RA <b>Meet:</b> Council car park, Walton Road, East Molesey KT8 0DP <b>Leaders:</b> Val, Dave F	Slow, flat

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

## OFFICIAL

Date / Time	Route	Pace, Gradient
Mon 7 July 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	Gentle speed, flat  15 miles
Mon 14 July 10:30 - 12:45	<b>Molesey to Richmond park</b> <b>Circular:</b> along towpath to Hampton Court and Kingston Bridges - Ham Common - Richmond Park – Ham common – Teddington foot bridge – Bushy park - towpath. <b>Meet:</b> Sadlers Ride car park, East Molesey KT8 1TW. <b>Leaders:</b> Colin, Pam	Gentle speed, mainly flat, 1 hill  16 miles
Mon 21 July 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, Colin	Gentle speed, Flat  16 miles
Mon 28 July 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> Richard, Pam	Gentle speed, flat  16 miles

# OFFICIAL

Mon 4 Aug 10:30 - 13:00	<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> Colin and Pam	Gentle speed, flat  10 miles
Mon 11 Aug 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, Colin	Gentle speed, flat  15 miles
Mon 18 Aug 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> Pam, Richard	Gentle speed, flat but with 1 hill  16 miles
Tues 26 Aug 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, Pam	Gentle Speed Steep hills and loose gravel paths 14 miles
Mon 1 Sept 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

OFFICIAL

Mon 8 Sept 10:30 - 12:30	<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, Richard	Gentle speed, Flat  16 miles
Mon 15 Sept 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 24 Sept	<b>No rides- ride leader holiday</b>	
Mon 29 Sept 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> Richard, Pam	Gentle speed, flat but with 1 hill  16 miles



**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](http://voh.org.uk/elmbridge-womens-hub)



Conservation  
volunteers  
needed



Find out more at [elmbridge.gov.uk/countryside](http://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](mailto:thepatientcancergroup@gmail.com)

Follow us:



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

[www.thepatientcancersupportgroup.co.uk](http://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](http://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](mailto:manshed@pah.org.uk) or call: 01372 461996**



[pah.org.uk](http://pah.org.uk)



Join us at #pahospice