

# Wellbeing Walks, Nordic walks and cycle rides

**1 October to 30 December 2025**



## 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 the website** [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. 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/wellbeingwalks) before you set off at [elmbridge.gov.uk/wellbeingwalks](https://www.elmbridge.gov.uk/wellbeingwalks).

## 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. 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	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> Please note: request emails must be received by 12pm the day before the walk, or by 12pm Friday for weekend and Monday walks.

## New Walkers

- Please come and try 1 or 2 of our walks to see if you like them.
- If you decide to continue attending, please register for **free** with the Elmbridge Wellbeing Walks scheme (see below).
- 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

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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
Wed 1 Oct 11:30-13:30	<b>Healthy Aging Event- Xcel leisure Centre</b> <b>For more details visit:</b> <a href="https://elmbridge.gov.uk/sports-and-health">https://elmbridge.gov.uk/sports-and-health</a> See back of programme for details	
Wed 1 Oct 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)

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Thur 2 Oct 10:30 - 12:00	<b>Autumn on Esher Commons</b> WC RA Garsons Farm car park, West End, Esher, KT10 8LP. Meet outside farm shop <b>Leaders:</b> Dave Page, Karen	Slow slopes steps lots of stops
Thur 2 Oct 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	Moder ate slopes
Thur 2 Oct 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 2 Oct 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 2 Oct 14:00 - 15:15	<b>Nordic Walk:</b> RA <b>Bushy Park and the Woodland Gardens</b> <b>Meet:</b> Diana Fountain Car Park, Chestnut Avenue, Bushy Park (access via Lion Gate KT8 9DD) <b>Leader:</b> Pam	Moder - ate
Fri 3 Oct 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 6 Oct 10:30 - 12:00	<b>Shere Village</b> Park/meet Albury Heath cricket pitch car park, Sandy Lane, off New Road, Albury, GU5 9DA <b>Leaders:</b> David G, Andrew	Moder ate, slopes

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Mon 6 Oct 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
Mon 6 Oct 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> Alona, Rachel (disabled WC and Parking at Leisure centre)	Slow, gentle mild slope
Tues 7 Oct 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 7 Oct 14:00 - 14:45	<b>Whiteley Village Woods</b> RA <b>Meet:</b> Sanctuary car park, Whiteley Village, Hersham KT12 4ED Park in first half of carpark or on road. <b>Leaders:</b> Karen, Liz	Slow, slopes
Wed 8 Oct 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 8 Oct 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



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Thur 9 Oct 10:30 - 12:00	<b>Historical: West Molesey's lost big houses</b> WC RA Free parking Molesey Centre, 2 Bishop Fox Way, West Molesey, KT8 2AS <b>Leaders:</b> Anthony, Janet B	Slow, flat, multiple stops
Thur 9 Oct 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 9 Oct 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 9 Oct 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 9 Oct	<b>No Nordic Walk</b>	
Fri 10 Oct 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 10 Oct 10:30 - 12:00	<b>Ashted Common</b> RA Meet in The Star pub car park, Kingston Rd, Leatherhead KT22 0DP <b>Leaders:</b> Andrew	Moderate, slopes

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Sat 11 Oct 10:30 - 12:00	<b>Painshill Park</b> WC RA Meet in the car park, Painshill Park, Cobham KT11 1AA <b>Leaders:</b> Painshill Rangers/Volunteers <b>Booking required</b> (see key for details)	Moder- ate slopes
Mon 13 Oct 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, Christine <b>Booking required</b> (see key for details)	Slow, flat
Mon 13 Oct 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 (disabled WC and Parking at Leisure centre).	Slow, gentle, mild slope
Tues 14 Oct 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 15 Oct 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 15 Oct 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 15 Oct 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.	Slow to moder ate/

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	<b>Leader:</b> Keith	flat
Wed 15 Oct 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, flat
Thur 16 Oct 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 16 Oct 14:00 - 15:15	<b>Nordic Walk:</b> WC RA <b>'To the Walled Garden and back'</b> Squires Garden Centre Halliford, Halliford Road, Upper Halliford, TW17 8SG <b>Leaders:</b> Pam	Moderate
Fri 17 Oct 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 17 Oct 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
Mon 20 Oct 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 (disabled WC and Parking at Leisure centre).	Gentle, small slope. Some steps
Tues 21 Oct 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

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Wed 22 Oct 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>Leader:</b> Carolyn	Gentle, small slope (steps on some routes)
Thur 23 Oct 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, Chris P	Slow, slope
Thur 23 Oct 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 23 Oct 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 23 Oct 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
Fri 24 Oct 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 24 Oct 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

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Sun 26 Oct 11:00 - 12:15	<b>Whiteley Village</b> Sanctuary car park, Whiteley Village, Hersham KT12 4ED <b>Leaders:</b> Karen, Liz	Slow, slopes
Mon 27 Oct 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 27 Oct 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, Rachel (disabled WC and Parking at Leisure centre)	Slow, gentle, mild slope
Mon 27 Oct 11:30- 12:15	<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>Leader:</b> Karen	Slow, flat
Tues 28 Oct 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 28 Oct 10:30 - 12:00	<b>Fungi Walk</b> Meet at Lakewood car park, Portsmouth Road, Cobham, KT11 1BG <b>Leaders:</b> Dave Page, Karen, Chris P	Slow, slopes, lots of steps
Wed 29 Oct 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 £)	Gentle, small slope (steps on

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	<b>Leaders:</b> David M	some routes)
Thur 30 Oct 10:30 - 12:00	<b>Around Westhumble</b> WC RA Denbies Vineyard car park, London Road, Dorking, RH5 6AA <b>Leaders:</b> Andrew, David G	Moderate, hill, slopes
Thur 30 Oct 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
Thur 30 Oct 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
Fri 31 Oct 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 31 Oct 10:00- 12:00 (various start times)	<b>Halloween Family Walk</b> <b>Meet:</b> Booking via <a href="https://elmbridgemuseum.org.uk/">https://elmbridgemuseum.org.uk/</a> <b>Leader:</b> Paul M	Slow, flat
	<b>November</b>	
Mon 3 Nov 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
Mon 3 Nov	<b>All-inclusive walk or wheel 1km</b> WC	Slow, gentle,

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11:00-11:30/ 11:45	<b>Meet:</b> outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG <b>Leaders:</b> David M, Patrick (disabled WC and Parking at Leisure centre)	mild slope
Tues 4 Nov 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 5 Nov 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)
Thur 6 Nov 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 6 Nov 10:30 - 12:00	<b>Historical: Molesey Cemetery</b> RA St. Peter's Church, Walton Rd, Molesey, West Molesey KT8 2HF <b>Leaders:</b> Anthony, Janet B	Slow, flat multiple stops
Thur 6 Nov 10:30 - 12:00	<b>'Woods and Commons'</b> Sandy Lane car park, Sandy Lane, Oxshott (one nearest A244) <b>Leader:</b> Andrew	Moderate slopes
Thu 6 Nov 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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Thu 6 Nov 14:00 - 15:15	<b>Nordic Walk: Round Whiteley Village</b> RA Grass verge parking by cricket pitch, corner of North Avenue and Coombe Lane, Whiteley Village, KT12 4EL <b>Leader:</b> Pam	Moderate
Fri 7 Nov 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 10 Nov 10:30- 12:30	<b>Sheepheas and Green Dene</b> Green Dene car park, Green Dene, East Horsley, KT24 5TA <b>Leaders:</b> David G, Andrew	Moderate, slopes
Mon 10 Nov 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
Mon 10 Nov 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 (disabled WC and Parking at Leisure centre)	Slow, gentle, mild slope
Tues 11 Nov 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 12 Nov 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



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Wed 12 Nov 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 12 Nov 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 13 Nov 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 13 Nov 11:00- 11:45	<b>Whiteley Village Woods</b> RA Sanctuary car park, Whiteley Village, Hersham KT12 4ED Park in first half of carpark or on road. <b>Leaders:</b> Karen, Christine	Slow slopes
Thur 13 Nov 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 13 Nov 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>Leader:</b> Pam	Moder- ate

OFFICIAL

Fri 14 Nov 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 14 Nov 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	Moder ate, flat
Sat 15 Nov 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 17 Nov 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, Rachel (disabled WC and Parking at Leisure centre)	Slow, gentle, mild slope
Tues 18 Nov 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
Tues 18 Nov 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
Wed 19 Nov 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 19 Nov 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 20 Nov 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, Andrew	Moderate, slopes, steps
Thur 20 Nov 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 20 Nov 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 21 Nov 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 21 Nov 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
Mon 24 Nov 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

OFFICIAL

Mon 24 Nov 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
Mon 24 Nov 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, Patrick (disabled WC and Parking at Leisure centre)	Slow, gentle, mild slope
Tues 25 Nov 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 26 Nov 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>Leader:</b> David M	Gentle, small slope (steps on some routes)
Thur 27 Nov 10:30 – 12:30	<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
Thur 27 Nov 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 27 Nov	<b>Mary Frances Trust: wellbeing walk</b>	Flat

# OFFICIAL

13:00 - 14:00	<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	
Thur 27 Nov 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
Fri 28 Nov 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 28 Nov 10:30 - 12:00	<b>West End and Esher Commons</b> WC RA Garsons Farm Car park, West End, Esher, KT10 8LP. Meet close to farm shop entrance <b>Leaders:</b> Andrew, David G	Moderate, slopes, steps
	<b>December</b>	
Mon 1 Dec 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 (disabled WC and Parking at Leisure centre)	Slow, gentle, mild slope
Tues 2 Dec 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 3 Dec 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>Leader:</b> Carolyn	Gentle, small slope (steps on some routes)

OFFICIAL

Thur 4 Dec 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	Moder- ate slopes
Thur 4 Dec 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
Thurs 4 Dec 11:00 - 11:45	<b>Whiteley Village Woods</b> RA Sanctuary car park, Whiteley Village, Hersham KT12 4ED Park in first half of carpark or on road. <b>Leaders:</b> Karen, Christine	Slow, slopes
Thur 4 Dec 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 Dec 14:00 - 15:15	<b>Nordic Walk: Round Whiteley Village</b> RA Grass verge parking by cricket pitch, corner of North Avenue and Coombe Lane, Whiteley Village, KT12 4EL <b>Leader:</b> Pam	Moder- ate
Fri 5 Dec 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 Dec 10:30 – 12:00	<b>Historical: Bridge Road</b> Meet by the Old Police Station, 1 Walton Road, East Molesey KT8 0DE <b>Leaders:</b> Anthony, Janet B	Slow, flat, multipl e stops
Mon 8 Dec 10:30- 12:00	<b>Horton Country Park</b> WC RA Horton Country Park car park, Horton Lane, KT19 8PL <b>Leaders:</b> Andrew, David G	Moder ate, flat

OFFICIAL

Mon 8 Dec 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, Rachel (disabled WC and Parking at Leisure centre)	Slow, gentle, mild slope
Mon 8 Dec 11:00 - 11:45	<b>Claremont NT Gardens</b> WC RA <b>Meet</b> 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 9 Dec 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 10 Dec 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 Dec 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 10 Dec 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
Thur 11 Dec 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	Slow, flat

OFFICIAL

Thur 11 Dec 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 Dec 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 Dec 14:00 - 15:15	<b>Nordic Walk: Cowey Sale to Excel</b> RE Cowey Sale car park, Walton Lane, Walton-on-Thames, KT12 1QW. <b>Leader:</b> David M	Moder- ate
Fri 12 Dec 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 13 Dec 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
Sun 14 Dec 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 15 Dec 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, Patrick (disabled WC and Parking at Leisure centre)	Slow, gentle, mild slope



OFFICIAL

Tues 16 Dec 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 17 Dec 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 Dec 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 18 Dec 10:30 - 12:00	<b>Bushy Park</b> RA Diana Fountain Car Park, Chestnut Avenue, Bushy Park (access via Lion Gate KT8 9DD) Meet by kiosk <b>Leaders:</b> Andrew, David G	Moder ate, flat
Thur 18 Dec 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 18 Dec 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 18 Dec	<b>Nordic Walk: West End Woods</b> WC RA Garsons Farm car park, West End, Esher, KT10 8LP. Meet near to farm shop	Moder- ate

# OFFICIAL

14:00 - 15:15	<b>Leaders:</b> Pam	
Fri 19 Dec 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 19 Dec 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
Mon 22 Dec 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, Rachel (disabled WC and Parking at Leisure centre)	Slow, gentle, mild slope
Tues 23 Dec 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 23 Dec 10:30 - 12:00	<b>Black Pond and Longy Down</b> <b>Meet</b> in Sandy Lane carpark, Sand Lane, Oxshott (one nearest A244) <b>Leader:</b> David G	Moderate, slopes
Wed 24 Dec 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>Leader:</b> Carolyn	Slow, slopes
Thur 25 Dec 11:00 - 11:45	<b>Xmas Day Merry Meander</b> Sanctuary car park, Whiteley Village, Hersham KT12 4ED (arrive 15 min early for festive nibbles) <b>Leaders:</b> Karen, Liz, Chris P	Slow, slopes 

# OFFICIAL

Fri 26 Dec 11:00 - 13:00	<b>Boxing Day Walk:</b> RE <b>To Hampton Court for a hot drink with ice!</b> (arrive 15 min early for festive nibbles) Sadlers Ride Car Park, Molesey, KT8 1ST <b>Leaders:</b> Karen, Liz, Chris P	Slow, flat 
Mon 29 Dec 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>Leader:</b> Andrew	Moder- ate slopes
Mon 29 Dec 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
Mon 29 Dec 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> Rachel, Patrick (disabled WC and Parking at Leisure centre)	Slow, gentle, mild slope
Tues 30 Dec 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
Wed 31 Dec 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>Leader:</b> Carolyn	

# 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.

Date / Time	Route	Pace, Gradient
Mon 6 Oct 10:30 - 12:30	<b>Molesey to Weybridge</b> <b>Linear:</b> Towpath to Weybridge - and back. <b>Meet:</b> Sadlers Ride car park, East Molesey KT8 1TW. <b>Leaders:</b> Richard, Pam	Gentle speed, flat  9 miles
Mon 13 Oct 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, mainly flat, 1 hill  16 miles

OFFICIAL

Mon 20 Oct 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 27 Oct 10:30 - 13:00	<b>Walton to Staines</b> <b>Linear:</b> Towpath to Walton Bridge - along road and river to Staines - and back. <b>Meet:</b> Xcel Leisure Centre, Waterside Drive, Walton, KT12 2JG. Meet outside entrance <b>Leaders:</b> Pam, Colin	Gentle speed, flat  15 miles
Mon 3 Nov 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> Richard, Colin	Gentle speed, flat  10 miles
Mon 10 Nov 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, flat but with 1 hill  16 miles
Mon 17 Nov 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, Richard	Gentle speed, flat  16 miles

OFFICIAL

Mon 24 Nov 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, Pam	Gentle speed, flat, Tunnels  15 miles
Mon 1 Dec 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
Mon 8 Dec 10:30 - 12:30	<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, Colin	Gentle speed, mainly flat, 1 hill  16 miles
Mon 15 Dec 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> Pam, Richard	Gentle speed, Flat  10 miles
Mon 22 Dec 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> Colin, Pam	Gentle speed, flat  16 miles

<p>Mon 29 Dec 10:30 - 13:00</p>	<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> Pam, Colin</p>	<p>Gentle speed, flat, Tunnels</p> <p>15 miles</p>
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**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)



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](https://twitter.com/pahospice)

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Registered with  
**FUNDRAISING  
REGULATOR**



# Healthy Ageing Event



**Wednesday 1 October 2025 | 11:30am to 1:30pm**  
**Elmbridge Xcel Leisure Complex, Waterside Drive, Walton KT12 2JG**

**Explore, connect and thrive:** join us for a free community event focused on healthy ageing. Whether you're looking to stay active, manage your health, meet new people, or discover new hobbies, there's something for everyone.

## Expert advice on the day

- Assistive technology
- Disability support
- Falls prevention
- Palliative care
- Physical activity and rehabilitation
- Social isolation and loneliness

## Drop in on the day or book

**a one to one session with our experts** by emailing

[wellbeing@elmbridge.gov.uk](mailto:wellbeing@elmbridge.gov.uk).

Scan the QR code to see which organisations will be attending.

## Get active – free taster sessions

Fun activities with Places Leisure.  
Participants receive a free gift and guest pass.



**Elmbridge**  
Borough Council

