

Wellbeing Cycle Rides

January to 31 March 2026



Cycle ride cancellations:

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



Elmbridge
Borough Council



Elmbridge Cycle Rides

Our group cycle rides welcome anyone competent on a bike, who would like to cycle in a social group to benefit their general wellbeing, be active, and explore the local area. All rides are free.

The weekly rides are led by trained and experienced volunteers. The routes vary in terms of time and length, but all rides are at a gentle pace. Our ride routes largely make the most of the local cycle ways, such as the Thames towpath and cycle lanes, and we do not take groups on busy roads and junctions. All rides have a stop halfway to rest, refuel and socialise so you will not be cycling constantly. If you fall behind, don't worry – your group will wait for you at the next junction or safe place to stop.

Rider's responsibility

- If you are new to our cycle rides, please arrive 10 minutes early and let the leader know. You will be asked to fill out a new cyclist registration form.
- Keep in mind our leaders are volunteers. Be respectful, listen carefully to any instructions they give and let them lead.
- If you wish to leave the ride, let the ride leader know first.
- Your leader will direct the group during the ride; however, **you cycle at your own risk and are responsible for your own safety.**
- Abide by the Highway and Countryside Codes – never ride more than two abreast except when passing. Shout 'Passing!' if you do so.
- Show courtesy to other cycle path, towpath and road users and be a good ambassador for cycling.
- Be alert to what other riders around you are doing and do not get too close to them. Ideally, leave a gap of 2 bike lengths.

- Shout 'Slowing!' or 'Stopping!' if necessary – smooth, gentle manoeuvres work best.

What should I bring on a group ride?

- Any appropriate bike in good working order. If in doubt, have it checked over by a local bike shop or qualified mechanic.
- Dress for the weather and bring a spare layer.
- All rides have café stops so bring money / card.
- It is advisable to carry a spare inner tube, pump and tyre levers in case of a puncture.
- At the start of the ride, you will be asked to complete a register with your emergency contact details.

Questions?

Contact the Sport and Health team via email health@elmbridge.gov.uk or call 01372 474574. We are here to help.

Date / Time	Route	Pace, Gradient
Mon 5 Jan 10:30 - 12:45	Molesey to Richmond park Circular: Along towpath to Hampton Court and Kingston Bridges – Ham Common – Richmond Park – Ham common – Teddington foot bridge – Bushy park – towpath. Meet: Sadlers Ride car park, East Molesey KT8 1TW. Leaders: Pam, Colin	Gentle speed, mainly flat, 1 hill 16 miles

OFFICIAL

Mon 12 Jan 10:30 - 13:00	Walton to Staines Linear: Towpath to Walton Bridge - along road and river to Staines – and back. Meet: Xcel Leisure Centre, Waterside Drive, Walton, KT12 2JG. Meet outside entrance Leaders: Colin, Pam	Gentle speed, flat 16 miles
Mon 19 Jan 10:30 – 12:30	Thames Ditton to Bushy and Home Parks Circular: Along Hampton Court Way to Hampton Court Bridge and through Bushy and Home Parks Meet: Mercer Close, Thames Ditton KT7 0BS Leaders: Richard, Colin	Gentle speed, flat 10 miles
Mon 26 Jan 10:30 - 13:00	Molesey to Kingston and Richmond Circular: Towpath to Hampton Court Bridge – Kingston bridge – Kingston - Richmond Bridge. Returning on north of river. Meet: Sadlers Ride car park, East Molesey KT8 1TW. Leaders: Richard, Jack	Gentle speed, flat, 1 hill 16 miles
Mon 2 Feb 10:30 - 12:45	Molesey to Lower Sunbury via Bushy Park Circular: Towpath to Hampton Court Bridge - Bushy Park - Lower Sunbury - Walton Bridge - towpath to Molesey Meet: Sadlers Ride car park, East Molesey KT8 1TW. Leaders: Richard, Jack	Gentle speed, flat 16 miles
Mon 9 Feb 10:30 – 13:00	Wey Navigation and Basingstoke Canal Linear: New Haw Lock - West Byfleet - along the Wey Navigation and Basingstoke Canal – Woking – same route back. Meet: Service Road, New Haw Lock, Byfleet Road, New Haw, KT15 3JQ Leaders: Richard, Colin	Gentle speed, flat 15 miles

OFFICIAL

Mon 16 Feb 10:30 - 13:00	Molesey to Crane Park via Bushy Park. Linear route: Towpath to Hampton Court Bridge - across Bushy park - through Fulwell - Crane Park. Same route back. Meet: Sadlers Ride car park, East Molesey KT8 1TW. Leaders: Pam, Richard	Gentle speed, flat , tunnels 15 miles
Mon 23 Feb 10:30 - 13:00	Walton to Staines Linear: Towpath to Walton Bridge - along road and river to Staines – and back. Meet: Xcel Leisure Centre, Waterside Drive, Walton, KT12 2JG. Meet outside entrance Leaders: Colin, Pam	Gentle speed, flat, 16 miles
Mon 2 March 10:30 - 13:00	Molesey to Kingston and Richmond Circular: Towpath to Hampton Court Bridge – Kingston bridge – Kingston - Richmond Bridge. Returning on north of river. Meet: Sadlers Ride car park, East Molesey KT8 1TW. Leaders: Richard, Colin	Gentle speed, flat but with 1 hill 16 miles
Mon 9 March 10:30 - 12:30	Thames Ditton to Littleworth Common Circular: Thames Ditton – Molesey – Hersham – Lower green – Littleworth Common – Claygate – Thames Ditton Meet: Mercer Close, Thames Ditton KT7 0BS Leaders: Pam, Richard	Gentle speed, Flat 10 miles
Mon 16 March 10:30 - 13:00	Wey Navigation and Basingstoke Canal Linear: New Haw Lock - West Byfleet - along the Wey Navigation and Basingstoke Canal – Woking – same route back. Meet: Service Road, New Haw Lock, Byfleet Road, New Haw, KT15 3JQ Leaders: Colin, Pam	Gentle speed, flat 15 miles

OFFICIAL

Mon 23 March 10:30 - 12:30	Molesey to Desborough Island Linear: Thames towpath to and from Desborough Island. Meet: Sadlers Ride car park, East Molesey KT8 1TW. Leaders: Pam, Colin	Gentle speed, flat 12 miles
Mon 30 March 10:30 - 13:00	Molesey to Lower Sunbury via Bushy Park Circular: Towpath to Hampton Court Bridge - Bushy Park - Lower Sunbury - Walton Bridge - towpath to Molesey Meet: Sadlers Ride car park, East Molesey KT8 1TW. Leaders: Richard, Pam	Gentle speed, flat, 16 miles



Don't carry the weight of whats keeping you down.Come and have a chat about it at Men's Pit Stop. Peer to peer support.

***Confidential group support every Thursday
from 10am to 12.30pm***

***Please call or text Blair for further
information 0781 5556320***

blair.parrott@surreycc.gov.uk

St John's Church Hall

I The Furrow's

KT12 3JQ



Our thanks to the community cafe for their support



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



Volunteer walk leaders wanted



Join us. Info at:
elmbridge.gov.uk/wellbeingwalks

OFFICIAL

THE PATIENT CANCER SUPPORT GROUP

Registered Charity No.1206398

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



You're not alone!

For more information please contact Andy
thepatientcancergroup@gmail.com

Follow us:



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

www.thepatientcancersupportgroup.co.uk

OFFICIAL

Man Shed



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

**No previous
experience
necessary!**

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

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

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


**Princess Alice
Hospice**

For Compassion. For Living

pah.org.uk       Join us at #pahospice

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**FUNDRAISING
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We all
struggle
sometimes.
We all deserve support.



Our professional one-to-one counselling service is here for you for whatever you're going through.

- Affordable sessions
- No long waiting lists
- Short & long-term support
- Self-referral
- Walton-on-Thames, Woking or online



“
*I feel more content and happier
in my day to day life.*

*For the first time ever
I actually believe in myself.*

CLIENT”

Whenever you are ready
We are here for you.

**The
Counselling
Partnership**

REGISTERED CHARITY NUMBER 1076244

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Royston Pike Lecture Series

January to March 2026



Thursday 15 January: 'Craftland' by James Fox. A journey through Britain's lost arts and vanishing trades. James spent three years travelling across the UK to document the country's last remaining traditional craftspeople, highlighting the enduring value of handmade craftsmanship in an increasingly digital world.

Wednesday 11 February: 'Singing with Nightingales' by Sam Lee. Folk singer and conservationist Sam explores the cultural and ecological significance of the endangered nightingale through immersive soundscapes and storytelling, highlighting the songbird's lifecycle, character and deep connection to human heritage.

Wednesday 11 March: 'Strong Roots' by Olia Hercules. Olia shares a moving family memoir over four generations in Ukraine, blending personal stories, traditional recipes and historical upheavals, into a powerful tribute to resilience, heritage and the meaning of home.

Venue: Riverhouse Barn Arts Centre, Manor Road, Walton KT12 2PF
7.30pm | £4 | Online booking via riverhousebarn.co.uk



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Bookselling partner: Cobham Bookshop
elmbridge.gov.uk/roystonpike