
Wellbeing Walks, Nordic walks and Cycle rides

January to 31 March 2026



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, 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 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: health@elmbridge.gov.uk 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

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

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	‘Lucky Dip’ Country walk 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	Molesey Circular Walk WC RA Meet in council car park, Walton Road, East Molesey KT8 0DP	Slow, flat
Wednesday weekly from 10:30 - 11:15/30	Around Walton-on-Thames 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	‘Woods and Commons’ Meet in Sandy Lane car park, Sandy Lane, Oxshott (one nearest A244)	Moderate slopes
Weekly, every Friday 10:30 -11:15	Thames Path to Molesey Lock WC RA Meet at the Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL	Gentle, slow, flat

Weekly, every Monday 11:00 - 11:30 (except bank holidays)	All-inclusive walk or wheel 1km 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	Mary Frances Trust: wellbeing walk Meet outside Wilde Brunch café by Walton bridge carpark. MFT Membership required , please register at 01372 375400, text 07929 024722, email info@maryfrancestrust.org.uk or visit www.maryfrancestrust.org.uk	Flat

January

Date / Time	Route	Pace, Gradient
Thur 1 Jan 10:30-12:00	‘Woods and Commons’ Meet: Sandy Lane car park, Sandy Lane, Oxshott (one nearest A244) Leader: Andrew	Moderate slopes
Thur 1 Jan 10:45 - 12:00	Princess Alice Hospice Bereavement Walk and Talk - Bushy Park Meet: Pheasantry café car park TW11 0EQ (meet 10:45 for 11:00 start) Booking required: walkandtalk@pah.org.uk	Slow, flat
Thur 1 Jan 13:00 - 14:00	Mary Frances Trust: wellbeing walk Meet: Wilde brunch café by Walton bridge car park. MFT Membership required , please register at info@maryfrancestrust.org.uk Tel 01372375400	Flat

OFFICIAL

	Leaders: Mary Frances staff	
Thur 1 Jan	Nordic Walk: CANCELLED	
Fri 2 Jan 10:30 - 11:15	Thames Path to Molesey Lock WC RA Meet: Miss Polly Café, at Molesey Cricket Club, Graburn Way KT8 9AL Leader: Keith	Gentle slow, flat
Sun 4 Jan 11:00 - 12:00	Whiteley Village (Sunday) Sanctuary car park, Whiteley Village, Hersham KT12 4ED Leaders: Karen, Liz	Slow, slopes
Mon 5 Jan 10:30 - 12:00	Broadwater and Desborough Island WC RA Cowey Sale car park, Walton Lane, Walton-on-Thames, KT12 1QW. Meet furthest end of car park from Walton Bridge. Leader: David G, Andrew	Moderate slopes, steps
Mon 5 Jan 11:00 - 11:30/ 11:45	All-inclusive walk or wheel 1km WC Meet: outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG Leaders: David M, Patrick (disabled WC and Parking at Leisure centre)	Slow, gentle mild slope
Tues 6 Jan 10:30 - 11:30	Molesey Circular Walk WC RA Meet: Council car park, Walton Road, East Molesey, KT8 0DP Leaders: Dave F, Val	Slow, flat
Tues 6 Jan 10:30 - 12:30	Xcel to Walton Marina (with café stop) WC RE Meet outside entrance to Xcel Leisure Centre, Waterside Drive, Walton KT12 2JG Leaders: Karen, Christine	Slow, slope
Wed 7 Jan	Around Walton-on-Thames RA Meet: Walton Community Centre, Manor Road, Walton-on-Thames KT12 2PB	Gentle small slope

OFFICIAL

10:30 - 11:30	(Walkers can use the centre car park or use Manor Road car park £) Leaders: David	(steps on some routes)
Thur 8 Jan 11:00 - 11:45	Heron and Leg O'Mutton ponds RA Diana Fountain Car Park, Chestnut Avenue, Bushy Park (access via Lion Gate KT8 9DD) Meet by kiosk Leaders: Karen	Slow, flat
Thur 8 Jan 10:15 - 11:30	Princess Alice Hospice Bereavement Walk and Talk - Horton Country Park WC RA Meet: Horton Country Park car park, Horton Lane, KT19 8PL (meet 10:15 for 10:30 start) Booking required: walkandtalk@pah.org.uk	Slow, flat
Thur 8 Jan 13:00 - 14:00	Mary Frances Trust: wellbeing walk Meet: Wilde brunch café by Walton bridge car park MFT Membership required , please register at info@maryfrancestrust.org.uk Tel 01372375400 Leaders: Mary Frances staff	Flat
Thur 8 Jan 14:00 - 15:15	Nordic Walk: WC RA Graburn Way to Bushy Park and back Meet at river end of Graburn Way, Molesey KT8 9AL Leaders: Pam	Moderate
Fri 9 Jan 10:30 - 11:15	Thames Path to Molesey Lock WC RA Meet: Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL Leader: Keith	Gentle, slow, flat
Fri 9 Jan 10:30 - 12:00	Horton Country Park and Epsom Common Horton Country Park car park, Horton Lane, KT19 8PL Leaders: Andrew, David G WC RA	Moderate slopes

OFFICIAL

Sat 10 Jan 10:30 - 12:00	Painshill Park WC RA Meet in the car park, Painshill Park, Cobham KT11 1AA Leaders: Painshill Rangers/Volunteers Booking required (see key for details)	Moder- ate slopes
Mon 12 Jan 10:30 - 12:30	Woodland Gardens RE Diana Fountain Car Park, Chestnut Avenue, Bushy Park (access via Lion Gate KT8 9DD) Meet near kiosk Leaders: Karen, Chris P	Slow, flat
Mon 12 Jan 11:00 - 11:30/ 11:45	All-inclusive walk or wheel 1km WC Meet: outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG Leaders: David M, Alona (disabled WC and Parking at Leisure centre).	Slow, gentle, mild slope
Tues 13 Jan 10:30 - 11:30	Molesey Circular Walk WC RA Meet: Council car park, Walton Road, East Molesey KT8 0DP Leaders: Val, Dave F	Slow, flat
Wed 14 Jan 10:30 - 11:15/ 11:30	Around Walton-on-Thames RA Meet: Walton Community Centre, Manor Road, Walton on Thames KT12 2PB (Walkers can use the centre car park or use Manor Road car park £) Leaders: David M	Gentle, small slope (steps on some routes)
Wed 14 Jan 10:15 - 11:30	Princess Alice Hospice Bereavement Walk and Talk - Richmond Park Meet: Pembroke Lodge car park near information office TW10 5HX (meet 10:15 for 10:30 start). Booking: walkandtalk@pah.org.uk	Slow, flat
Thur 15 Jan 13:00 - 14:00	Mary Frances Trust: wellbeing walk Meet: Wilde brunch café by Walton bridge car park. MFT Membership required , please register at info@maryfrancestrust.org.uk Tel 01372375400	Flat

OFFICIAL

	Leaders: Mary Frances staff	
Thu 15 Jan 14:00 - 15:15	Nordic Walk: Broadwater lake WC RA Cowey Sale car park, Walton Lane, Walton-on-Thames, KT12 1QW. Meet furthest end of car park from Walton Bridge Leaders: Pam	Moderate
Fri 16 Jan 10:30 - 11:15	Thames Path to Molesey Lock WC RA Meet: Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL Leader: Keith	Gentle, slow, flat
Fri 16 Jan 10:45 - 12:00	Princess Alice Hospice Bereavement Walk and Talk - Bushy Park Meet: Pheasantry café car park TW11 0EQ (meet 10:45 for 11:00 start) Booking required: walkandtalk@pah.org.uk	Slow, flat
Mon 19 Jan 11:00 - 11:45	Claremont NT Gardens WC RA Meet in the car park near WC's, Claremont Gardens, Portsmouth Road, Esher, KT10 9JG Leaders: Karen, Christine Booking required (see key for details)	Slow, slopes
Mon 19 Jan 11:00 - 11:30/ 11:45	All-inclusive walk or wheel 1km WC Meet: outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG Leaders: Alona, Rachel (disabled WC and Parking at Leisure centre).	Gentle, small slope. Some steps
Mon 19 Jan 10:30 - 12:00	West End and Esher Commons WC RA Garsons Farm car park, West End, Esher, KT10 8LP. Meet close to farm shop entrance Leader: Andrew, David G	Moderate Slopes steps
Tues 20 Jan 10:30 - 11:30	Molesey Circular Walk WC RA Meet: Council car park, Walton Road, East Molesey, KT8 0DP Leaders: Dave F, Val	Slow flat
Wed 21 Jan	Around Walton-on-Thames RA Meet: Walton Community Centre, Manor Road,	Gentle, small

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10:30 - 11:15/ 11:30	Walton KT12 2PB (Walkers can use the centre car park or use Manor Road car park £) Leader: Carolyn	slope (steps on some routes)
Wed 21 Jan 11:00 - 11:45	Whiteley Village Woods RA Sanctuary car park, Whiteley Village, Hersham KT12 4ED Park in first half of carpark or on road. Leaders: Karen, Liz	Slow, slopes
Thur 22 Jan 10:15 - 11:30	Princess Alice Hospice Bereavement Walk and Talk - Claremont Gardens Meet: entrance KT10 9JG (meet 10:15 for 10:30 start). Numbers are limited. Booking required: walkandtalk@pah.org.uk	Slow, flat
Thur 22 Jan 13:00 - 14:00	Mary Frances Trust: wellbeing walk Meet: Wilde brunch café by Walton bridge car park MFT Membership required , please register at info@maryfrancestrust.org.uk Tel 01372375400 Leaders: Mary Frances staff	Flat
Thur 22 Jan 14:00 - 15:15	Nordic Walk: Round Whiteley Village RA Grass verge parking by cricket pitch, corner of North Avenue and Coombe Lane, Whiteley Village, KT12 4EL Leaders: Pam	Moder- ate
Fri 23 Jan 10:30 - 11:15	Thames Path to Molesey Lock WC RA Meet: Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL Leader: Keith	Gentle, slow, flat
Mon 26 Jan	'Lucky Dip' Country walk- postponed by 1 week	
Mon 26 Jan	All-inclusive walk or wheel 1km WC Meet: outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG Leaders: Alona, Patrick	Slow, gentle, mild slope

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11:00 - 11:30/ 11:45	(disabled WC and Parking at Leisure centre)	
Tues 27 Jan 10:30 - 11:30	Molesey Circular Walk WC RA Meet: Council car park, Walton Road, East Molesey KT8 0DP Leaders: Val, Dave F	Slow, flat
Tues 27 Jan 11:00 - 12:15	Painshill Park WC RA Meet in the car park, Painshill Park, Cobham KT11 1AA Booking required Leaders: Karen, Christine (see key for details)	Slow, slopes
Wed 28 Jan 10:30 - 11:30	Around Walton-on-Thames RA Meet: Walton Community Centre, Manor Road, Walton on Thames KT12 2PB (walkers can use the centre car park or use Manor Road car park £) Leaders: Carolyn	Gentle, small slope (steps on some routes)
Thur 29 Jan 10:30 - 12:00	Polesden Lacey Estate Park/Meet at far end of Woodlands Road, Effingham, KT23 4HJ Leader: David G, Patrick	Moderate, hilly
Thur 29 Jan	Nordic Walk: Cancelled	
Thur 29 Jan 11:00- 11:45	Heron and Leg O'Mutton ponds RA Diana Fountain Car Park, Chestnut Avenue, Bushy Park (access via Lion Gate KT8 9DD) Meet by kiosk Leaders: Karen	Slow, flat
Thur 29 Jan 13:00 - 14:00	Mary Frances Trust: wellbeing walk Meet: Wilde brunch café by Walton bridge car park. MFT Membership required , please register at info@maryfrancestrust.org.uk Tel 01372375400. Leaders: Mary Frances staff	Flat

OFFICIAL

Fri 30 Jan 10:30 - 11:15	Thames Path to Molesey Lock WC RA Meet: Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL Leader: Keith	Gentle, slow, flat
	February	
Mon 2 Feb 11:00 - 11:45	Claremont NT Gardens WC RA Meet in the car park near WC's, Claremont Gardens, Portsmouth Road, Esher, KT10 9JG Leaders: Karen, Chris P Booking required (see key for details)	Slow, flat
Mon 2 Feb 11:00 - 11:30/ 11:45	All-inclusive walk or wheel 1km WC Meet: outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG Leaders: David M, Rachel (disabled WC and Parking at Leisure centre)	Slow, gentle, mild slope
Mon 2 Feb 10:30 - 12:00	'Lucky Dip' Country walk WC RA Claygate Centre for the Community car park, Elm Road, Claygate KT10 0EH Leader: Andrew	Moderate slopes
Tues 3 Feb 10:30 - 11:30	Molesey Circular Walk WC RA Meet: Council car park, Walton Road, East Molesey, KT8 0DP Leaders: Dave F, Val	Slow, flat
Wed 4 Feb 10:30 - 11:15/ 11:30	Around Walton-on-Thames RA Meet: Walton Community Centre, Manor Road, Walton-on-Thames KT12 2PB (Walkers can use the centre car park or use Manor Road car park £) Leaders: David	Gentle, small slope (steps on some routes)
Thur 5 Feb 10:30 - 12:00	'Woods and Commons' Sandy Lane car park, Sandy Lane, Oxshott (one nearest A244) Leader: Andrew	Moder- ate slopes

OFFICIAL

Thur 5 Feb 11:00- 11:45	Heron and Leg O'Mutton ponds RA Diana Fountain Car Park, Chestnut Avenue, Bushy Park (access via Lion Gate KT8 9DD) Meet by kiosk Leaders: Karen, Christine	Slow, flat
Thur 5 Feb 10:45 - 12:00	Princess Alice Hospice Bereavement Walk and Talk - Bushy Park Meet: Pheasantry café car park TW11 0EQ (meet 10:45 for 11:00 start) Booking required: walkandtalk@pah.org.uk	Slow, flat
Thu 5 Feb 13:00 - 14:00	Mary Frances Trust: wellbeing walk Meet: Wilde brunch café by Walton bridge car park. MFT Membership required , please register at info@maryfrancestrust.org.uk Tel 01372375400 Leaders: Mary Frances staff	Flat
Thu 5 Feb 14:00 - 15:30	Nordic Walk: Around Painshill Park WC RA Meet in the car park, Painshill Park, Cobham KT11 1AA Booking required Leader: Pam	Moder- ate, hill
Fri 6 Feb 10:30 - 11:15	Thames Path to Molesey Lock WC RA Meet: Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL Leader: Keith	Gentle, slow, flat
Mon 9 Feb 11:00 - 11:30/ 11:45	All-inclusive walk or wheel 1km WC Meet: outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG Leaders: Rachel, Alona (disabled WC and Parking at Leisure centre)	Slow, gentle, mild slope
Tues 10 Feb 10:30 - 11:30	Molesey Circular Walk WC RA Meet: Council car park, Walton Road, East Molesey KT8 0DP Leaders: Andrew, Dave F	Slow, flat

OFFICIAL

Tues 10 Feb 11:00- 11:45	Whiteley Village Woods RA Sanctuary car park, Whiteley Village, Hersham KT12 4ED Park in first half of car park or on road. Leaders: Karen, Liz	Slow, slopes
Wed 11 Feb 10:15 - 11:30	Princess Alice Hospice Bereavement Walk and Talk – Richmond Park Meet: Pembroke Lodge car park near information office TW10 5HX (meet 10:15 for 10:30 start) Booking required: walkandtalk@pah.org.uk	Slow, flat
Wed 11 Feb 10:30 - 11:15/ 30	Around Walton-on-Thames RA Meet: Walton Community Centre, Manor Road, Walton-on-Thames KT12 2PB (Walkers can use the centre car park or use Manor Road car park £) Leaders: Carolyn	Gentle, small slope (steps on some routes)
Wed 11 Feb 10:30 - 12:00	Snowdrop Walk Meet: Albury Heath cricket pitch car park, Sandy Lane, off New Road, Albury, GU5 9DA Leader: David G, Andrew	Moderate slopes, stile
Thur 12 Feb 10:15 - 11:30	Princess Alice Hospice Bereavement Walk and Talk - Horton Country Park WC RA Meet: Horton Country Park car park, Horton Lane, KT19 8PL (meet 10:15 for 10:30 start) Booking required: walkandtalk@pah.org.uk	Slow, flat
Thur 12 Feb 11:00- 12:15	Painshill Park WC RA Meet in the car park, Painshill Park, Cobham KT11 1AA Booking required Leaders: Karen, Chris P (see keys for details)	Slow slopes
Thur 12 Feb 13:00 - 14:00	Mary Frances Trust: wellbeing walk Meet: Wilde brunch café by Walton bridge car park. MFT Membership required , please register at	Flat

OFFICIAL

	info@maryfrancestrust.org.uk 01372375400 Leaders: Mary Frances staff	
Thur 12 Feb 14:00 - 15:15	Nordic Walk: West End Woods WC RA Garsons Farm car park, West End, Esher, KT10 8LP. Meet near to farm shop Leaders: Pam	Moder- ate
Fri 13 Feb 10:30 - 11:15	Thames Path to Molesey Lock WC RA Meet: Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL Leader: Keith	Gentle, slow, flat
Fri 13 Feb 10:30 - 12:00	Bushy Park RA Diana Fountain Car Park, Chestnut Avenue, Bushy Park (access via Lion Gate KT8 9DD) Meet by kiosk Leaders: Andrew, David G	Moderate flat
Sat 14 Feb 10:30 - 12:00	Painshill Park WC RA Meet in the car park, Painshill Park, Cobham KT11 1AA Booking required Leaders: Painshill staff (see key for details)	Moderate
Mon 16 Feb 11:00 - 11:30/ 11:45	All-inclusive walk or wheel 1km WC Meet: outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG Leaders: David M, Patrick (disabled WC and Parking at Leisure centre)	Slow, gentle, mild slope
Tues 17 Feb 10:30 - 11:30	Molesey Circular Walk WC RA Meet: Council car park, Walton Road, East Molesey KT8 0DP Leaders: Val, Dave F	Slow, flat
Wed 18 Feb 10:30 - 11:15/ 30	Around Walton-on-Thames RA Meet: Walton Community Centre, Manor Road, Walton-on-Thames KT12 2PB (Walkers can use the centre car park or use Manor Road car park £) Leaders: David M	Gentle, small slope (steps on some routes)

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Wed 18 Feb 10:15 - 11:30	Princess Alice Hospice Bereavement Walk and Talk – Painshill Meet: car park KT11 1AA (10:15 for 10:30 start). Numbers are limited. Booking required: walkandtalk@pah.org.uk	Slow, flat
Thur 19 Feb 10:30 - 12:30	Xcel to Walton Marina (with café stop) WC RE Meet outside entrance to Xcel Leisure Centre, Waterside Drive, Walton KT12 2JG Leaders: Karen, Christine	Slow, slope
Thur 19 Feb 14:00 - 15:15	Mary Frances Trust: wellbeing walk Meet: Wilde brunch café by Walton bridge car park. MFT Membership required , please register at info@maryfrancestrust.org.uk Tel 01372375400 Leaders: Mary Frances staff	Flat
Thur 19 Feb 14:00 - 15:15	Nordic Walk: WC RA Graburn Way to Bushy Park and back Meet at river end of Graburn Way, Molesey KT8 9AL Leaders: Pam	Moderate
Fri 20 Feb 10:30 - 11:15	Thames Path to Molesey Lock WC RA Meet: Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL. Leader: Keith	Gentle, slow, flat
Fri 20 Feb 10:30 - 12:00	Arbrook and Claygate Commons Junction of Claremont Road and Gordon Road, Claygate, KT10 0PL (free street parking) Leaders: David G	Moderate slopes
Fri 20 Feb 10:45 - 12:00	Princess Alice Hospice Bereavement Walk and Talk - Bushy Park Meet: Pheasantry café car park TW11 0EQ (meet 10:45 for 11:00 start) Booking required: walkandtalk@pah.org.uk	Slow, flat
Sun 22 Feb	Whiteley Village Woods RA	Slow, slopes

OFFICIAL

11:00-12:00	Sanctuary car park, Whiteley Village, Hersham KT12 4ED Park in first half of carpark or on road. Leaders: Karen, Liz	
Mon 23 Feb 10:30 - 12:00	'Lucky Dip' Country walk WC RA Claygate Centre for the Community car park, Elm Road, Claygate KT10 0EH Leader: Andrew	Moderate slopes
Mon 23 Feb 11:00 - 11:30/ 11:45	All-inclusive walk or wheel 1km WC Meet: outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG Leaders: David M, Alona (disabled WC and Parking at Leisure centre)	Slow, gentle, mild slope
Mon 23 Feb 10:30 - 12:30	Woodland Gardens RE Diana Fountain Car Park, Chestnut Avenue, Bushy Park (access via Lion Gate KT8 9DD) Meet near kiosk Leaders: Karen, Christine	Slow, flat
Tues 24 Feb 10:30 - 11:30	Molesey Circular Walk WC RA Meet: Council car park, Walton Road, East Molesey KT8 0DP Leaders: Dave F, Val	Slow, flat
Wed 25 Feb 10:30 - 11:15 / 30	Around Walton-on-Thames RA Meet: Walton Community Centre, Manor Road, Walton-on-Thames KT12 2PB (Walkers can use the centre car park or use Manor Road car park £) Leader: Carolyn	Gentle, small slope (steps on some routes)
Thur 26 Feb 10:30 - 12:30	Yews, views and PoWs WC RA Newlands Corner car park (far end), off A25, GU4 8SE Leaders: Andrew, David G	Moderate hill, slopes
Thur 26 Feb	Princess Alice Hospice Bereavement Walk and Talk – Claremont Gardens	Slow, flat

OFFICIAL

10:15 - 11:30	Meet: at the entrance KT10 9JG (meet 10:15 for 10:30 start). Numbers are limited. Booking required: walkandtalk@pah.org.uk	
Thur 26 Feb 13:00 - 14:00	Mary Frances Trust: wellbeing walk Meet: Wilde brunch café by Walton bridge car park. MFT Membership required , register at info@maryfrancestrust.org.uk Tel 1372375400 Leaders: Mary Frances staff	Flat
Thur 26 Feb 14:00 - 15:15	Nordic Walk: Broadwater lake WC RA Cowey Sale car park, Walton Lane, Walton-on-Thames, KT12 1QW. Meet furthest end of car park from Walton Bridge Leaders: Pam	Moderate
Fri 27 Feb 10:30 - 11:15	Thames Path to Molesey Lock WC RA Meet: Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL Leader: Keith	Gentle, slow, flat
	March	
Mon 2 March 10:30 - 12:00	Ashted Common RA Meet in The Star pub car park, Kingston Rd, Leatherhead KT22 0DP Leaders: Andrew	Moderate slopes
Mon 2 March 11:00 - 11:45	Whiteley Village Woods RA Sanctuary car park, Whiteley Village, Hersham KT12 4ED Park in first half of carpark or on road. Leaders: Karen, Chris P	Slow, slopes
Mon 2 March 11:00 - 11:30/ 11:45	All-inclusive walk or wheel 1km WC Meet: outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG Leaders: Patrick, Rachel (disabled WC and Parking at Leisure centre)	Slow, gentle, mild slope

OFFICIAL

Tues 3 March 10:30 - 11:30	Molesey Circular Walk WC RA Meet: Council car park, Walton Road, East Molesey KT8 0DP Leaders: Val, Dave F	Slow, flat
Wed 4 March 10:30 - 11:30	Around Walton-on-Thames RA Meet: Walton Community Centre, Manor Road, Walton on Thames KT12 2PB (Walkers can use the centre car park or use Manor Road car park £) Leader: David M	Gentle, small slope (steps on some routes)
Thur 5 March 10:30 - 12:00	'Woods and Commons' Meet: Sandy Lane car park, Sandy Lane, Oxshott (one nearest A244) Leader: Andrew	Moderate slopes
Thur 5 March 10:45 - 12:00	Princess Alice Hospice Bereavement Walk and Talk - Bushy Park Meet: Pheasantry café car park TW11 0EQ (meet 10:45 for 11:00 start) Booking required: walkandtalk@pah.org.uk	Slow, flat
Thur 5 March 13:00 - 14:00	Mary Frances Trust: wellbeing walk Meet: Wilde brunch café by Walton bridge car park. MFT Membership required , register at info@maryfrancestrust.org.uk Tel 01372375400 Leaders: Mary Frances staff	Flat
Thur 5 March 4:00 - 15:15	Nordic Walk: Round Whiteley Village RA Grass verge parking by cricket pitch, corner of North Avenue and Coombe Lane, Whiteley Village, KT12 4EL Leader: Pam	Moderate
Fri 6 March 10:30 - 11:15	Thames Path to Molesey Lock WC RA Meet: Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL Leader: Keith	Gentle, slow, flat
Mon 9 March	All-inclusive walk or wheel 1km WC	Slow, gentle,

OFFICIAL

11:00 - 11:30/ 11:45	Meet: outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG Leaders: David M, Alona (disabled WC and Parking at Leisure centre)	mild slope
Tues 10 March 10:30 - 11:30	Molesey Circular Walk WC RA Meet: Council car park, Walton Road, East Molesey KT8 0DP Leaders: Dave F, Val	Slow, flat
Tues 10 March 11:00- 11:45	Heron and Leg O'Mutton ponds RA Diana Fountain Car Park, Chestnut Avenue, Bushy Park (access via Lion Gate KT8 9DD) Meet by kiosk Leaders: Karen, Christine	Slow, flat
Wed 11 March 10:15 - 11:30	Princess Alice Hospice Bereavement Walk and Talk – Richmond Park Meet: Pembroke Lodge car park near information office TW10 5HX (meet 10:15 for 10:30 start) Booking required: walkandtalk@pah.org.uk	Slow, flat
Wed 11 March 10:30 - 11:15 / 30	Around Walton-on-Thames RA Meet: Walton Community Centre, Manor Road, Walton-on-Thames KT12 2PB (Walkers can use the centre car park or use Manor Road car park £) Leaders: Carolyn	Gentle, small slope (steps on some routes)
Thur 12 March 10:30 - 12:00	Milton Heath Circular – Pipbrook Milton Heath car park, Westcott Road (A25), Dorking, RH4 3JU. (signed Bury Hill Fisheries) Leaders: David G	Moderate slopes
Thur 12 March 10:15 - 11:00	Princess Alice Hospice Bereavement Walk and Talk - Horton Country Park WC RA Meet: Horton Country Park car park, Horton Lane, KT19 8PL (meet 10:15 for 10:30 start) Booking required: walkandtalk@pah.org.uk	Slow, flat

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Thur 12 March 13:00 - 14:00	Mary Frances Trust: wellbeing walk Meet: Wilde brunch café by Walton bridge car park. MFT Membership required , please register at info@maryfrancestrust.org.uk Tel 01372375400 Leaders: Mary Frances staff	Flat
Thur 12 March 14:00 - 15:15	Nordic Walk: West End Woods WC RA Garsons Farm car park, West End, Esher, KT10 8LP. Meet near to farm shop Leaders: Pam	Moderate
Fri 13 March 10:30 - 11:15	Thames Path to Molesey Lock WC RA Meet: Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL Leader: Keith	Gentle, slow, flat
Sat 14 March 10:30 - 12:00	Painshill Park WC RA Meet in the car park, Painshill Park, Cobham KT11 1AA Booking required Leaders: Painshill staff (see key for details)	Moderate
Mon 16 March 11:00 - 11:45	Claremont NT Gardens WC RA Meet in the car park near WC's, Claremont Gardens, Portsmouth Road, Esher, KT10 9JG Leaders: Karen, Liz Booking required (see key for details)	Slow, flat
Mon 16 March 11:00 - 11:30/ 11:45	All-inclusive walk or wheel 1km WC Meet: outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG Leaders: David, Patrick (disabled WC and Parking at Leisure centre)	Slow, gentle, mild slope
Tues 17 Dec 10:30 - 11:30	Molesey Circular Walk WC, RA Meet: Council car park, Walton Road, East Molesey KT8 0DP Leaders: Val. Dave F	Slow, flat

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Wed 18 March 10:15 - 11:30	Princess Alice Hospice Bereavement Walk and Talk – Painshill Meet: car park KT11 1AA (meet 10:15 for 10:30 start). Numbers are limited. Booking required: walkandtalk@pah.org.uk	Slow, flat
Wed 18 March 10:30 - 11:15/ 11:30	Around Walton-on-Thames RA Meet: Walton Community Centre, Manor Road, Walton-on-Thames KT12 2PB (Walkers can use the centre car park or use Manor Road car park £) Leaders: David M	Gentle, small slope (steps on some routes)
Thur 19 March 10:30 - 12:00	Historical: East Molesey Old Village Walton Road car park, East Molesey, KT8 0ST - Parking (£) Leaders: Anthony, Janet B WC RA	Slow, flat Multiple stops
Thur 19 March 10:15 - 11:30	Princess Alice Hospice Bereavement Walk and Talk – Claremont Gardens Meet: at the entrance KT10 9JG (meet 10:15 for 10:30 start). Numbers are limited. Booking required: walkandtalk@pah.org.uk	Slow, flat
Thur 19 March 13:00 - 14:00	Mary Frances Trust: wellbeing walk Meet: Wilde brunch café by Walton bridge car park. MFT Membership required , please register at info@maryfrancestrust.org.uk 01372375400 Leaders: Mary Frances staff	Flat
Thur 19 March 14:00 - 15:30	Nordic Walk: Around Painshill Park WC RA Meet in the car park, Painshill Park, Cobham KT11 1AA Booking required Leader: Pam (see key for details)	Moderate, hill
Fri 20 March 10:30 - 11:15	Thames Path to Molesey Lock WC RA Meet: Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL Leader: Keith	Gentle, slow, flat

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Fri 20 March 10:30 - 12:00	Bookham Commons Hundred Pound Bridge car park, far end of Bookham Road, Downside, KT11 3JT Leaders: Andrew, David G	Moderate slopes
Fri 20 March 10:45 - 12:00	Princess Alice Hospice Bereavement Walk and Talk - Bushy Park Meet: Pheasantry café car park TW11 0EQ (meet 10:45 for 11:00 start) Booking required: walkandtalk@pah.org.uk	Slow, flat
Sun 22 March 11:00 - 12:00	Whiteley Village Woods RA Sanctuary car park, Whiteley Village, Hersham KT12 4ED Park in first half of carpark or on road. Leaders: Karen, Liz	Slow, slopes
Mon 23 March 11:00 - 11:30/ 11:45	All-inclusive walk or wheel 1km WC Meet: outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG Leaders: Alona, Patrick (disabled WC and Parking at Leisure centre)	Slow, gentle, mild slope
Tues 24 March 10:30 - 11:30	Molesey Circular Walk WC, RA Meet: Council car park, Walton Road, East Molesey KT8 0DP. Leaders: Andrew, Val	Slow, flat
Tues 24 March 10:30 - 12:00	Black Pond and Longy Down Meet in Sandy Lane carpark, Sand Lane, Oxshott (one nearest A244) Leader: David G	Moderate slopes
Wed 25 March 10:30 - 11:15/ 11:30	Around Walton-on-Thames RA Meet: Walton Community Centre, Manor Road, Walton-on-Thames KT12 2PB (Walkers can use the centre car park or use Manor Road car park £) Leader: Carolyn	Slow, slopes

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Thur 26 March 10:30- 12:30	Xcel to Walton Marina (with café stop) WC RE Meet outside entrance to Xcel Leisure Centre, Waterside Drive, Walton KT12 2JG Leaders: Karen, Chris P	Slow, slope
Thur 26 March	Nordic Walk cancelled	
Thur 27 March 10:30- 11:15	Thames Path to Molesey Lock WC RA Meet: Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL Leader: Keith	Gentle, slow, flat
Mon 30 March 10:30 - 12:00	'Lucky Dip' Country walk WC RA Meet: Claygate Centre for the Community car park, Elm Road, Claygate KT10 0EH Leader: Andrew	Moder- ate slopes
Mon 30 March 11:00 - 11:30/ 11:45	All-inclusive walk or wheel 1km WC Meet: outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG Leaders: David M, Alona (disabled WC and Parking at Leisure centre)	Slow, gentle, mild slope
Tues 31 March 10:30 - 11:30	Molesey Circular Walk WC, RA Meet: Council car park, Walton Road, East Molesey KT8 0DP Leaders: Dave F, Val	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.

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- 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
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

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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
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

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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
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

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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
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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

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Registered Charity No.1206398

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



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thepatientcancergroup@gmail.com

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ON THE 2ND TUESDAY OF EVERY MONTH AT 1.30PM**

www.thepatientcancersupportgroup.co.uk

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Man Shed



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

**No previous
experience
necessary!**

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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.


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