

Wellbeing Walks, Nordic walks and Cycle rides

1 April to 31 June 2026



Cycle ride cancellations:

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

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- 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
Tues 7 April 10:30 - 12:00	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: Pam, Colin	Gentle speed, flat 15 miles

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<p>Mon 13 April 10:30 - 12:30</p>	<p>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, Pam</p>	<p>Gentle speed, Flat 10 miles</p>
<p>Mon 20 April 10:30 - 13:00</p>	<p>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: Colin, Richard</p>	<p>Gentle speed, flat, Tunnels 15 miles</p>
<p>Mon 27 April 10:30 - 13:00</p>	<p>Wey Navigation and Basingstoke Canal Linear: New Haw Lock - West Byfleet - along the Wey Navigation and Basingstoke Canal – Woking – same route back. Meet: Service Road, New Haw Lock, Byfleet Road, New Haw, KT15 3JQ Leaders: Pam, Colin</p>	<p>Gentle speed, flat 15 miles</p>
<p>Tues 5 May 10:30 - 12:30</p>	<p>Molesey to Kingston and Richmond Circular: Towpath to Hampton Court Bridge – Kingston bridge – Kingston - Richmond Bridge. Returning on north of river. Meet: Sadlers Ride car park, East Molesey KT8 1TW. Leaders: Richard, Pam</p>	<p>Gentle speed, flat but with 1 hill 16 miles</p>
<p>Mon 11 May 10:30 - 13:00</p>	<p>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: Colin, Richard</p>	<p>Gentle speed, flat 16 miles</p>

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<p>Mon 18 May 10:30 – 12:30</p>	<p>‘4 Commons’ Circular: Through Cow, Littleworth, Arbrook and Esher Commons Meet: Sadlers Ride car park, East Molesey KT8 1TW. Leaders: Pam, Colin</p>	<p>Gentle Speed Steep hills and loose gravel paths 14 miles</p>
<p>Tues 26 May 10:30 - 13:00</p>	<p>Walton to Staines Linear: Towpath to Walton Bridge-along road and river to Staines – and back. Meet: Xcel Leisure Centre, Waterside Drive, Walton, KT12 2JG. Meet outside entrance Leaders: Richard, Pam</p>	<p>Gentle speed, Flat 16 miles</p>
<p>Mon 1 June 10:30 - 13:00</p>	<p>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</p>	<p>Gentle speed, flat 15 miles</p>
<p>Mon 8 June 10:30 - 13:00</p>	<p>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: Richard, Colin</p>	<p>Gentle Speed Flat 10 miles</p>
<p>Mon 15 June 10:30 - 12:30</p>	<p>‘4 Commons’ Circular: Through Cow, Littleworth, Arbrook and Esher Commons Meet: Sadlers Ride car park, East Molesey KT8 1TW. Leaders: Colin, Richard</p>	<p>Gentle Speed Steep hills and loose gravel paths 14 miles</p>

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<p>Mon 22 June 10:30 - 13:00</p>	<p>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, Colin</p>	<p>Gentle speed, flat, Tunnels 15 miles</p>
<p>Mon 29 June 10:30 - 12:45</p>	<p>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: Richard, Pam</p>	<p>Gentle speed, mainly flat, 1 hill 16 miles</p>

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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 07815556320***

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

ELMBRIDGE
Women's Hub *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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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

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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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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- ✉ info@thecounsellingpartnership.org
- ☎ 07494 893 443
- 📱 @CounsellingPartnership
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Royston Pike Lecture Series

April to June 2026



Wednesday 8 April - Liberté: the life of WWII heroine Noor Inayat Khan by Shrabani Basu. The story of Noor Inayat Khan, the first female radio operator sent into occupied France, whose courage earned her the George Cross and Croix de Guerre. Historian Shrabani Basu charts her life and wartime service using interviews and secret service records.

Wednesday 13 May - Leith Hill Place: an inspirational home from home by Catherine McCusker. Explore the creative legacy of Leith Hill Place, from its links to composer Vaughan Williams, the Wedgwoods and Darwin to its more recent revitalisation. The National Trust's Catherine McCusker describes how, amid stunning natural surroundings, the site is becoming a sanctuary for contemplation and artistic expression in the heart of Surrey.

Wednesday 17 June - Queer heritage trailblazers: stories of ordinary LGBTQ+ people doing extraordinary things by Sue Shave

A look at 200 years of LGBTQ+ history through influential trailblazers from Surrey and across the UK, from racing driver and fighter pilot Roberta Cowell to diarist Ann Lister and campaigner Mark Ashton. Queer heritage consultant Sue Shave's work includes projects with Queer Britain and Brooklands Stories Uncovered.



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