
Wellbeing Walks, Nordic walks and Cycle rides

1 April to 31 June 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** elbridge.gov.uk/wellbeing-walks, elbridge.gov.uk/cycle-rides 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](#) before you set off at 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

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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

April

Date / Time	Route	Pace, Gradient
Wed 1 April 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: David	Gentle small slope (steps on some routes)
Thur 2 April 10:30-12:00	'Woods and Commons' Meet: Sandy Lane car park, Sandy Lane, Oxshott (one nearest A244) Leader: Andrew	Moderate slopes
Thur 2 April 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

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Thur 2 April 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	Slow, slopes
Thur 2 April 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 2 April 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 3 April 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 6 April	Bank Holiday No All-inclusive walk or wheel 1km	
Mon 6 April 10:15 - 11:30	Princess Alice Hospice Bereavement Walk and Talk - Denbies WC RA Meet: London road, Dorking RH5 6AA (to the left-hand side of the main entrance, at the far end of the car park). (meet 10:15 for 10:30 start) Booking required: walkandtalk@pah.org.uk	Slow, flat
Tues 7 April 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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<p>Wed 8 April 10:30 - 11:30</p>	<p>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</p>	<p>Gentle small slope (steps on some routes)</p>
<p>Wed 8 April 10:15 - 11:30</p>	<p>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</p>	<p>Slow, flat</p>
<p>Thur 9 April 10:15 - 11:30</p>	<p>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</p>	<p>Slow, flat</p>
<p>Thur 9 April 10:30 - 12:00</p>	<p>Historical: Molesey Heath Outside West Molesey Adult Learning Centre (Henrietta Parker), 32 Ray Rd, Molesey, West Molesey KT8 2LG Leaders: Anthony, Janet B</p>	<p>Moderate slopes</p>
<p>Thur 9 April 10:30 - 12:00</p>	<p>A walk from Lakewood Lakewood car park, Portsmouth Road, Cobham, KT11 1BG Leaders: David G, Andrew</p>	<p>Moderate slopes</p>
<p>Thur 9 April 13:00 - 14:00</p>	<p>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</p>	<p>Flat</p>

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Thur 9 April 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 10 April 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 11 April 10:30 - 12:00	Painshill Park WC RA Meet in the car park, Painshill Park, Cobham KT11 1AA Leaders: Painshill Volunteers Booking required (see key for details)	Moder- ate slopes
Sun 12 April 11:00 - 12:00	Whiteley Village Woods RA Sanctuary car park, Whiteley Village, Hersham KT12 4ED Leaders: Karen, Liz	Slow slopes
Mon 13 April 10:30 - 12:00	Around Westhumble WC RA Denbies Vineyard car park, London Road, Dorking, RH5 6AA Leaders: Andrew, David G	Moderate Hill, Slopes
Mon 13 April 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 13 April 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, slopes

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<p>Tues 14 April 10:30 - 11:30</p>	<p>Molesey Circular Walk WC RA Meet: Council car park, Walton Road, East Molesey KT8 0DP Leaders: Dave F, Val</p>	<p>Slow, flat</p>
<p>Wed 15 April 10:30 - 11:15/ 11:30</p>	<p>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</p>	<p>Gentle, small slope (steps on some routes)</p>
<p>Wed 15 April 10:15 - 11:30</p>	<p>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</p>	<p>Slow, flat</p>
<p>Thur 16 April 11:00 - 12:00</p>	<p>Painshill Park WC RA Meet in the car park, Painshill Park, Cobham KT11 1AA Leaders: Karen, Christine Booking required (see key for details)</p>	<p>Slow, flat</p>
<p>Thur 16 April 13:00 - 14:00</p>	<p>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</p>	<p>Flat</p>
<p>Thu 16 April 14:00 - 15:15</p>	<p>Nordic Walk: West End Woods WC RA Garsons Farm car park, West End, Esher, KT10 8LP. Meet near to farm shop Leaders: Pam</p>	<p>Moderate</p>
<p>Fri 17 April 10:30 - 11:15</p>	<p>Thames Path to Molesey Lock WC RA Meet: Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL Leader: Keith</p>	<p>Gentle, slow, flat</p>

OFFICIAL

Fri 17 April 10:30 - 12:00	Sheepleas and Green Dene Green Dene car park, Green Dene, East Horsley, KT24 5TA Leader: David G, Andrew	Moderate slopes
Fri 17 April 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 20 April 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).	Gentle, small slope. Some steps
Tues 21 April 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 21 April 2:00 to 2:45	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
Wed 22 April 10:30 - 11:15/ 11:30	Around Walton-on-Thames RA Meet: Walton Community Centre, Manor Road, Walton 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 23 April 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

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Thur 23 April 10:30 - 12:00	Horton Country Park WC RA Horton Country Park car park, Horton Lane, KT19 8PL Leaders: Andrew, David G	Moderate flat
Thur 23 April 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
Thur 23 April 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 23 April 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 24 April 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 25 April 10:30 - 12:00	Mickleham Downs RA (WC in café/pub) Car park: 51 degrees north cafe, A24 Dorking RH5 6EH (or bus 465 from Surbiton/Kingston) Meet at parking bays by café. (10:30) Leader: Ramesh	Moderate hill, stiles, Steps, slopes
Mon 27 April 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

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<p>Mon 27 April 11:00 - 11:45</p>	<p>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)</p>	<p>Slow, flat</p>
<p>Mon 27 April 11:00 - 11:30/ 11:45</p>	<p>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)</p>	<p>Slow, gentle, mild slope</p>
<p>Tues 28 April 10:30 - 11:30</p>	<p>Molesey Circular Walk WC RA Meet: Council car park, Walton Road, East Molesey KT8 0DP Leaders: Dave F, Val</p>	<p>Slow, flat</p>
<p>Tues 28 April 10:15 - 11:30</p>	<p>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</p>	<p>Slow, flat</p>
<p>Wed 29 April 10:30 - 11:30</p>	<p>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</p>	<p>Gentle, small slope (steps on some routes)</p>
<p>Thur 30 April 11:00 - 12:30</p>	<p>Wild Garlic Walk WC RA Garsons Farm, West End, Esher, KT10 8LP Meet near Farm shop. Leaders: Karen, Chris P</p>	<p>slow slopes lots of steps</p>
<p>Thur 30 April 13:00 - 14:00</p>	<p>Mary Frances Trust: wellbeing walk Meet: Wilde brunch café by Walton bridge car park. MFT Membership required, please</p>	<p>Flat</p>

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	register at info@maryfrancestrust.org.uk Tel 01372375400. Leaders: Mary Frances staff	
Thur 30 April 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
<h2>May</h2>		
Fri 1 May 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 4 May	Bank Holiday No All-inclusive walk or wheel 1km	
Mon 4 May 10:15 - 11:30	Princess Alice Hospice Bereavement Walk and Talk - Denbies WC RA Meet: London road, Dorking RH5 6AA (to the left-hand side of the main entrance, at the far end of the car park). (meet 10:15 for 10:30 start) Booking required: walkandtalk@pah.org.uk	Slow, flat
Tues 5 May 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
Tues 5 May 11:00 - 12:30	Isabella Plantation Colour Broomfield car park, Richmond Park Leaders: Karen, Christine	Slow, slopes
Wed 6 May 10:30 -	Around Walton-on-Thames RA Meet: Walton Community Centre, Manor Road, Walton-on-Thames KT12 2PB	Gentle, small slope (steps on

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11:15/ 11:30	(Walkers can use the centre car park or use Manor Road car park £) Leaders: Carolyn	some routes)
Thur 7 May 10:30 - 12:00	‘Woods and Commons’ Sandy Lane car park, Sandy Lane, Oxshott (one nearest A244) Leader: Andrew	Moderate slopes
Thur 7 May 10:30 - 12:00	Historical: Hurst Meadows “figure of 8” Hurst Meadows Car Park, Graburn Way, East Molesey KT8 9BF Leaders: Anthony, Janet B	Slow, flat
Thur 7 May 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 7 May 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
Thu 7 May 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 7 May 14:00 - 15:15	Nordic Walk: WC RA ‘To the Walled Garden and back’ Squires Garden Centre Halliford, Halliford Road, Upper Halliford, TW17 8SG Leaders: Pam	Moderate

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<p>Fri 8 May 10:30 - 11:15</p>	<p>Thames Path to Molesey Lock WC RA Meet: Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL Leader: Keith</p>	<p>Gentle, slow, flat</p>
<p>Sat 9 May 11:00 - 12:30</p>	<p>Free entry to Hampton Court Gardens RA Meet:...Red Telephone Box, near Palace gates. No parking but several buses stop nearby and Hampton Court Station is on other side of the bridge Leaders: Karen</p>	<p>Slow flat</p>
<p>Mon 11 May 11:00 - 11:30/ 11:45</p>	<p>All-inclusive walk or wheel 1km WC Meet: outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG Leaders: Rachel, Patrick (disabled WC and Parking at Leisure centre)</p>	<p>Slow, gentle, mild slope</p>
<p>Mon 11 May 14:00- 14:45</p>	<p>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)</p>	<p>Slow, slopes</p>
<p>Tues 12 May 10:30 - 11:30</p>	<p>Molesey Circular Walk WC RA Meet: Council car park, Walton Road, East Molesey KT8 0DP Leaders: Val, Dave F</p>	<p>Slow, flat</p>
<p>Wed 13 May 10:15 - 11:30</p>	<p>Princess Alice Hospice Bereavement Walk and Talk – Richmond Park Meet: Visit to Isabella -check meet location with PAH (meet 10:15 for 10:30 start) Booking required: walkandtalk@pah.org.uk</p>	<p>Slow, flat</p>
<p>Wed 13 May 10:30 -</p>	<p>Around Walton-on-Thames RA Meet: Walton Community Centre, Manor Road, Walton-on-Thames KT12 2PB</p>	<p>Gentle, small slope (steps on</p>

OFFICIAL

11:15/ 30	(Walkers can use the centre car park or use Manor Road car park £) Leaders: David M	some routes)
Wed 13 May 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	Moderate slopes, steps
Thur 14 May 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 14 May 11:00 - 12:30	Isabella Plantation Colour Broomfield car park, Richmond Park Leaders: Karen	Slow, slopes
Thur 14 May 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 14 May 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

OFFICIAL

<p>Fri 15 May 10:45 - 12:00</p>	<p>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</p>	<p>Slow, flat</p>
<p>Fri 15 May 10:30 - 11:15</p>	<p>Thames Path to Molesey Lock WC RA Meet: Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL Leader: Keith</p>	<p>Gentle, slow, flat</p>
<p>Sat 16 May 10:30 - 12:00</p>	<p>Painshill Park WC RA Meet in the car park, Painshill Park, Cobham KT11 1AA Leaders: Painshill volunteers Booking required (see key for details)</p>	<p>Moderate</p>
<p>Mon 18 May 11:00 - 11:30/ 11:45</p>	<p>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)</p>	<p>Slow, gentle, mild slope</p>
<p>Mon 18 May 10:30- 12:00</p>	<p>Polesden Lacey Estate Park/Meet at far end of Woodlands Road, Effingham, KT23 4HJ Leader: David G</p>	<p>Moderate Hilly</p>
<p>Mon 18 May 11:00 - 12:30</p>	<p>Isabella Plantation Colour Broomfield car park, Richmond Park Leaders: Karen, Christine</p>	<p>Slow, slopes</p>
<p>Tues 19 May 10:30 - 11:30</p>	<p>Molesey Circular Walk WC RA Meet: Council car park, Walton Road, East Molesey KT8 0DP Leaders: Dave F, Val</p>	<p>Slow, flat</p>

OFFICIAL

Wed 20 May 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 20 May 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 21 May 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
Thur 21 May 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 21 May 14:00 - 15:15	Nordic Walk: RA Bushy Park and the Woodland Gardens Diana Fountain Car Park, Chestnut Avenue, Bushy Park (access via Lion Gate KT8 9DD) Leaders: Pam	Moderate
Fri 22 May 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 25 May 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

OFFICIAL

Mon 25 May	Bank Holiday No All-inclusive walk or wheel 1km	
Tues 26 May 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 26 May 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 27 May 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: David M	Gentle, small slope (steps on some routes)
Wed 27 May 10:30 - 12:10	Bushy Park for Coffee RA Diana Fountain Car Park (meet by kiosk), Chestnut Avenue, Bushy Park (access via Lion Gate KT8 9DD) Leaders: Keith	Moderate flat
Wed 27 May 14:00- 14:45	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
Thur 28 May 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

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Thur 28 May 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 28 May 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	Moderate
Fri 29 May 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 29 May 10:30 - 12:00	Prince's Coverts RA The Star pub car park, Kingston Road, Leatherhead, KT22 0DP Leader: Andrew	Moderate slopes
Sat 30 May 10:30 – 12:00	Mickleham Downs RA (WC in café/pub) Car park: 51 degrees north cafe, A24 Dorking RH5 6EH (or bus 465 from Surbiton/Kingston) Meet at parking bays by café. (10:30) Leader: Ramesh	Moderate hill, stiles, Steps, slopes
<h2>June</h2>		
Mon 1 June 10:15- 11:30	Princess Alice Hospice Bereavement Walk and Talk - Denbies WC RA Meet: London road, Dorking RH5 6AA (to the left-hand side of the main entrance, at the far end of the car park). (meet 10:15 for 10:30 start) Booking required: walkandtalk@pah.org.uk	Slow, Flat

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Mon 1 June 10:30- 12:30	Woodland Gardens RE Diana Fountain Car Park, Chestnut Avenue, Bushy Park (access via Lion Gate KT8 9DD) Meet near kiosk Leader: Karen	Slow, flat
Mon 1 June 11:00 - 11:30/ 11:45	All-inclusive walk or wheel 1km WC Meet: outside Xcel Leisure Complex, Waterside Drive, Walton KT12 2JG Leaders: Alona, David M (disabled WC and Parking at Leisure centre)	Slow, gentle, mild slope
Tues 2 June 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 2 June 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 3 June 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: Carolyn	Gentle, small slope (steps on some routes)
Thur 4 June 10:30 - 12:00	'Woods and Commons' Meet: Sandy Lane car park, Sandy Lane, Oxshott (one nearest A244) Leader: Andrew	Moder- ate slopes
Thur 4 June 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

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Thur 4 June 11:00 - 12:30	Black Pond Horseshoe Clump car park, Portsmouth Road, Esher, KT10 9JQ Leader: Karen, Chris P	Slow, slopes
Thur 4 June 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 4 June 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 5 June 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 8 June 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
Mon 8 June 11:00 - 12:30	Wildflowers at Hampton Court Diana Fountain Car Park, Chestnut Avenue (access via Lion Gate KT8 9DD) Leaders: Karen Christine	Slow, flat
Tues 9 June 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 10 June 10:15 - 11:30	Princess Alice Hospice Bereavement Walk and Talk – Richmond Park Meet: Pembroke Lodge car park near	Slow, flat

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	information office TW10 5HX (meet 10:15 for 10:30 start) Booking required: walkandtalk@pah.org.uk	
Wed 10 June 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 10 June 10:30 - 12:00	Wey Navigation and Weybridge Meet: car park by Elmbridge Canoe Club, Walton Lane, Weybridge, KT13 8LU Leaders: David G, Andrew	Moderate flat
Thur 11 June 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
Thur 11 June 10:30- 12:00	Historical: Hurst Park Open Space Sadlers Ride Car Park, West Molesey, KT8 9AZ Leaders: Anthony, Janet B	Slow, flat
Thur 11 June 11:00- 12:00	Middle Pond Meet at Lakewood car park, Portsmouth Road, Cobham, KT11 1BG Leaders: Karen, Chris P	Slow, slopes
Thur 11 June 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

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Thur 11 June 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 12 June 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 12 June 10:30 - 12:00	Wisley via Byfleet Manor and Wey Navigation Sanway Road (opposite church), Byfleet, KT14 7SF Leaders: Andrew, David G	Moderate flat
Sat 13 June 10:30 - 12:00	Painshill Park WC RA Meet in the car park, Painshill Park, Cobham KT11 1AA Leaders: Painshill volunteers Booking required (see key for details)	Moderate
Mon 15 June 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 16 June 10:30 - 11:30	Molesey Circular Walk WC, RA Meet: Council car park, Walton Road, East Molesey KT8 0DP Leaders: Andrew, Val	Slow, flat
Wed 17 June 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

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Wed 17 June 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 17 June 10:30- 12:10	Bushy Park for Coffee RA Diana Fountain Car Park (meet by kiosk), Chestnut Avenue, Bushy Park (access via Lion Gate KT8 9DD) Leaders: Keith	Moderate flat
Wed 17 June 14:00- 14:45	Whiteley Village Woods RA Sanctuary car park, Whiteley Village, Hersham KT12 4ED Park in first half of car park or on road. Leaders: Karen, Chris P	Slow, slopes
Thur 18 June 10:30- 12:00	Newark Lock and Pyrford Church WC The Green (off High Street), Ripley, GU23 6AR Meet second car park near children's play area Leaders: David G	Moderate short hill stiles.
Thur 18 June 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 18 June 14:00 - 15:15	Nordic Walk: Desborough Island & towpath Cowey Sale car park, Walton Lane, Walton-on-Thames, KT12 1QW. Meet furthest end of car park from Walton Bridge Leaders: Pam WC RA	Moderate steps

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Fri 19 June 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 19 June 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 22 June 11:00 - 11:30/ 11:45	All-inclusive walk or wheel 1km WC Meet: outside Xcel Leisure Complex, Waterside Drive, Walton KT12 2JG Leaders: Alona, Patrick (disabled WC and Parking at Leisure centre)	Slow, gentle, mild slope
Mon 22 June 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
Tues 23 June 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 23 June 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 24 June 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: David M	Slow, slopes

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<p>Thur 25 June 10:15- 11:30</p>	<p>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</p>	<p>Slow, flat</p>
<p>Thur 25 June 10:30 - 12:00</p>	<p>Bushy Park RA Diana Fountain Car Park, Chestnut Avenue, Bushy Park (access via Lion Gate KT8 9DD) Meet by kiosk Leaders: Andrew, David G</p>	<p>Moderate flat</p>
<p>Thur 25 June 10:30 - 12:30</p>	<p>Woodland Gardens RE Diana Fountain Car Park, Chestnut Avenue, Bushy Park (access via Lion Gate KT8 9DD) Meet near kiosk Leaders: Karen, Christine</p>	<p>Slow, flat</p>
<p>Thur 25 June 13:00- 14:00</p>	<p>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</p>	<p>Flat</p>
<p>Thur 25 June 14:00 - 15:15</p>	<p>Nordic Walk: WC RA ‘To the Walled Garden and back’ Squires Garden Centre Halliford, Halliford Road, Upper Halliford, TW17 8SG Leaders: Pam</p>	<p>Moderate</p>
<p>Fri 26 June 10:30- 11:15</p>	<p>Thames Path to Molesey Lock WC RA Meet: Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL Leader: Keith</p>	<p>Gentle, slow, flat</p>

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Sat 27 June 10:30 - 12:00	Mickleham Downs RA (WC in café/pub) Car park: 51 degrees north cafe, A24 Dorking RH5 6EH (or bus 465 from Surbiton/Kingston) Meet at parking bays by café. (10:30) Leader: Ramesh	Moderate hill, stiles, Steps, slopes
Mon 29 June 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	Moderate slopes
Mon 29 June 11:00 - 11:30/ 11:45	All-inclusive walk or wheel 1km WC Meet: outside Xcel Leisure Complex, Waterside Drive, Walton KT12 2JG Leaders: Rachel, Alona (disabled WC and Parking at Leisure centre)	Slow, gentle, mild slope
Mon 29 June 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, flat
Tues 30 June 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

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>



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



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



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elmbridge.gov.uk/wellbeingwalks

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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.



Elmbridge
Borough Council

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