

# Wellbeing Walks, Nordic walks and Cycle rides

**1 July to 30 Sept 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/wellbeing walks](http://elmbridge.gov.uk/wellbeing-walks), [elmbridge.gov.uk/cycle rides](http://elmbridge.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](http://elmbridge.gov.uk/wellbeingwalks).

## What should I bring on a walk?

- Wear appropriate footwear and clothing for the weather.
- In warmer months, bring sun protection (hat, glasses and suncream). Also, it's important to stay hydrated so bring a bottle of water. Please note: **if temperatures exceed 30 degrees, we do cancel walks.**
- 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@elmsbridge.gov.uk](mailto:health@elmsbridge.gov.uk) or telephone 01372 474574**

## Walk programme key:

WC	Toilets at meeting point
RA	Optional refreshments after the walk
RE	Refreshments stop enroute usually 30 minutes (included in timings)
£	There is a cost for parking or ferry ride
Dogs on lead welcome	Well behaved dogs on short leads welcome (Please only bring dogs if specified next to the walk details)

Booking required	To book a free space on our Painshill Park and Claremont walks please email: <b>health@elmbridge.gov.uk</b> Please note: request emails must be received by 12pm the day before the walk, or by 12pm Friday for weekend and Monday walks.
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## New Walkers

Please come and try 1 or 2 of our walks to see if you like them.

- If you decide to continue attending, please register for **free** with the Elmbridge Wellbeing Walks scheme (see below).
- Walker registration enables us to:
  - know who is using our scheme and provide programme updates to them (email opt-out is available)
  - create more detailed (anonymised) and accurate statistics to help shape the scheme and justify its future funding.

Register with Elmbridge Wellbeing Walks via:  
**[ramblers.org.uk/wellbeing-walks-sign-up](https://ramblers.org.uk/wellbeing-walks-sign-up)**

Please note: Wellbeing Walks operate separately to traditional Ramblers walks. You do not have to join the Ramblers or pay any fees. All Wellbeing Walks are free to attend.

## Help with registration

- Please select 'Ramblers Wellbeing Walks Elmbridge' as your preferred group during the signing up process.
- You will need your own, individual email address to register. If you do not have one, or are not online, please call us 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	<b>'Lucky Dip' Country walk</b> WC RA Meet at Claygate Centre for the Community car park, Elm Road, Claygate KT10 0EH	Moderate slopes
Weekly, every Tuesday 10:30 - 11:30	<b>Molesey Circular Walk</b> WC RA Meet in council car park, Walton Road, East Molesey KT8 0DP	Slow, flat
Wednesday weekly from 10:30 - 11:15/30	<b>Around Walton-on-Thames</b> WC RA Meet at Walton Community Centre, Manor Road, Walton-on-Thames KT12 2PB (Walkers can use the centre car park or Manor Road car park £)	Gentle, small slope (steps on some routes)
First Thursday of the month 10:30 - 12:00	<b>'Woods and Commons'</b> Meet in Sandy Lane car park, Sandy Lane, Oxshott (one nearest A244)	Moderate slopes

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Weekly, every Friday 10:30 -11:15	<b>Thames Path to Molesey Lock WC RA</b> Meet at the Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL	Gentle, slow, flat
Weekly, every Monday 11:30 – 12:00 (except bank holidays)	<b>All-inclusive walk or wheel 1km WC RA</b> Meet outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG	Slow, gentle, mild slope (3 benches)
Weekly, every Thursday 13:00 - 14:00	<b>Mary Frances Trust: wellbeing walk</b> Meet outside Wilde Brunch café by Walton bridge carpark. <b>MFT Membership required</b> , please register at 01372 375400, text 07929 024722, email <a href="mailto:info@maryfrancestrust.org.uk">info@maryfrancestrust.org.uk</a> or visit <a href="http://www.maryfrancestrust.org.uk">www.maryfrancestrust.org.uk</a>	Flat

## July

Date / Time	Route	Pace, Gradient
Wed 1 July 10:30 - 11:30	<b>Around Walton-on-Thames</b> RA <b>Meet:</b> Walton Community Centre, Manor Road, Walton-on-Thames KT12 2PB (Walkers can use the centre car park or use Manor Road car park £) <b>Leaders:</b> Carolyn	Gentle small slope (steps on some routes)
Thur 2 July 10:30 - 12:00	<b>'Woods and Commons'</b> <b>Meet:</b> Sandy Lane car park, Sandy Lane, Oxshott (one nearest A244) <b>Leader:</b> Andrew	Moderate slopes
Thur 2 July	<b>Princess Alice Hospice Bereavement Walk and Talk - Bushy Park</b>	Slow, flat

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10:45 - 12:00	<b>Meet:</b> Pheasantry café, TW11 0EQ. Please contact us to book your space and find out about the meeting point. <b>Booking required:</b> <a href="mailto:walkandtalk@pah.org.uk">walkandtalk@pah.org.uk</a>	
Thur 2 July 13:00 - 14:00	<b>Mary Frances Trust: wellbeing walk</b> <b>Meet:</b> Wilde brunch café by Walton bridge car park. <b>MFT Membership required</b> , please register at <a href="mailto:info@maryfrancestrust.org.uk">info@maryfrancestrust.org.uk</a> Tel 01372375400 <b>Leaders:</b> Mary Frances staff	Flat
Thur 2 July	<b>No Nordic Walk</b>	
Fri 3 July 10:30 - 11:15	<b>Thames Path to Molesey Lock</b> WC RA <b>Meet:</b> Miss Polly Café, at Molesey Cricket Club, Graburn Way KT8 9AL <b>Leader:</b> Keith	Gentle slow, flat
Mon 6 July 11:30 - 12:00	<b>All-inclusive walk or wheel 1km</b> WC RA <b>Meet:</b> outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG <b>Leaders:</b> Rachel, Alona (disabled WC and Parking at Leisure centre).	Gentle slow, flat
Mon 6 July 10:15 - 11:30	<b>Princess Alice Hospice Bereavement Walk and Talk – Denbies</b> (London Rd. Rh5 6AA) WC RA <b>Meet:</b> Please contact us to book your space and find out about the meeting point. <b>Booking required:</b> <a href="mailto:walkandtalk@pah.org.uk">walkandtalk@pah.org.uk</a>	Slow, flat
Mon 6 July 11:00 - 11:45	<b>Claremont NT Gardens</b> WC RA <b>Meet:</b> in the car park near WC's, Claremont Gardens, Portsmouth Road, Esher, KT10 9JG <b>Leaders:</b> Karen, Liz <b>Booking required</b> (see key for details)	Slow, flat

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<p>Tues 7 July 10:30 - 11:30</p>	<p><b>Molesey Circular Walk</b> WC RA  <b>Meet:</b> Council car park, Walton Road, East Molesey, KT8 0DP  <b>Leaders:</b> Dave F, Val</p>	<p>Slow, flat</p>
<p>Wed 8 July 10:30 - 11:30</p>	<p><b>Around Walton-on-Thames</b> RA  <b>Meet:</b> Walton Community Centre, Manor Road, Walton-on-Thames KT12 2PB (Walkers can use the centre car park or Manor Road car park £)  <b>Leaders:</b> Carolyn</p>	<p>Gentle small slope (steps on some routes)</p>
<p>Wed 8 July 10:15 - 11:30</p>	<p><b>Princess Alice Hospice Bereavement Walk and Talk - Richmond Park</b> (Pembroke lodge carpark, TW10 5HX)  <b>Meet:</b> Please contact us to book your space and find out about the meeting point.  <b>Booking:</b> <a href="mailto:walkandtalk@pah.org.uk">walkandtalk@pah.org.uk</a></p>	<p>Slow, flat</p>
<p>Thur 9 July 10:15 - 11:30</p>	<p><b>Princess Alice Hospice Bereavement Walk and Talk - Horton Country Park</b> (Horton Lane, KT19 8PL) WC RA  <b>Meet:</b> Please contact us to book your space and find out about the meeting point.  <b>Booking required:</b> <a href="mailto:walkandtalk@pah.org.uk">walkandtalk@pah.org.uk</a></p>	<p>Slow, flat</p>
<p>Thur 9 July 10:30 - 12:00</p>	<p><b>Broadwater and Desborough Island</b> WC RA          Cowey Sale car park, Walton Lane, Walton-on-Thames, KT12 1QW. <b>Meet:</b> furthest end of car park from Walton Bridge.  <b>Leader:</b> David G</p>	<p>Moderate slopes, steps</p>
<p>Thur 9 July 13:00 - 14:00</p>	<p><b>Mary Frances Trust: wellbeing walk</b>  <b>Meet:</b> Wilde brunch café by Walton bridge car park  <b>MFT Membership required</b>, please register at <a href="mailto:info@maryfrancestrust.org.uk">info@maryfrancestrust.org.uk</a> Tel 01372375400  <b>Leaders:</b> Mary Frances staff</p>	<p>Flat</p>

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Thur 9 July 14:00 - 15:15	<b>Nordic Walk:</b> <b>Bushy Park and the Woodland Gardens</b> Diana Fountain Car Park, Chestnut Avenue, Bushy Park (access via Lion Gate KT8 9DD) <b>Leaders:</b> Pam	Moderate
Thur 9 July 14:30 - 15:15	<b>Heron and Leg O'Mutton ponds</b> RA Diana Fountain Car Park, Chestnut Avenue, Bushy Park (access via Lion Gate KT8 9DD) <b>Meet:</b> by kiosk <b>Leaders:</b> Karen	Slow, flat
Fri 10 July 10:30 - 11:15	<b>Thames Path to Molesey Lock</b> WC RA <b>Meet:</b> Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL <b>Leader:</b> Keith	Gentle, slow, flat
Sat 11 July 10:30 - 12:00	<b>Painshill Park</b> WC RA <b>Meet:</b> in the car park, Painshill Park, Cobham KT11 1AA <b>Leaders:</b> Rosie & Liz <b>Booking required</b> (see key for details)	Moder- ate slopes
Mon 13 July 11:30 - 12:00	<b>All-inclusive walk or wheel 1km</b> WC <b>Meet:</b> outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG <b>Leaders:</b> Alona, Rachel (disabled WC and Parking at Leisure centre).	Slow, gentle, mild slope
Tues 14 July 10:30 - 11:30	<b>Molesey Circular Walk</b> WC RA <b>Meet:</b> Council car park, Walton Road, East Molesey KT8 0DP <b>Leaders:</b> Val, Dave F	Slow, flat
Tues 14 July 11:00 - 12:00	<b>Painshill Park</b> WC RA <b>Meet:</b> in the car park, Painshill Park, Cobham KT11 1AA <b>Booking required (see key for details)</b> <b>Leaders:</b> Karen, Christine	Slow, slopes

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Wed 15 July 10:30 - 11:15/ 11:30	<b>Around Walton-on-Thames</b> RA <b>Meet:</b> Walton Community Centre, Manor Road, Walton on Thames KT12 2PB (Walkers can use the centre car park or use Manor Road car park £) <b>Leaders:</b> David M	Gentle, small slope (steps on some routes)
Wed 15 July 10:15 - 11:30	<b>Princess Alice Hospice Bereavement Walk and Talk – Painshill</b> (KT11 1AA) Please contact us to book your space and find out about the meeting point. <b>Booking required:</b> <a href="mailto:walkandtalk@pah.org.uk">walkandtalk@pah.org.uk</a>	Slow, flat
Wed 15 July 10:30 - 12:10	<b>Bushy Park for Coffee</b> RA Diana Fountain Car Park ( <b>meet:</b> by kiosk), Chestnut Avenue, Bushy Park (access via Lion Gate KT8 9DD) <b>Leaders:</b> Keith	Moderate flat
Thur 16 July 10:30 - 12:00	<b>Horton Country Park and Epsom Common</b> <b>Meet:</b> Horton Country Park car park, Horton Lane, KT19 8PL <b>Leaders:</b> Andrew, David G WC RA	Moderate slopes
Thur 16 July 10:30 - 12:00	<b>Historical: A pavement stroll in East Molesey</b> <b>Meet:</b> Vine Hall, Vine Road, East Molesey KT8 9LF <b>Leaders:</b> Anthony, Janet B	Slow, flat, multiple stops
Thur 16 July 13:00 - 14:00	<b>Mary Frances Trust: wellbeing walk</b> <b>Meet:</b> Wilde brunch café by Walton bridge car park. <b>MFT Membership required</b> , please register at <a href="mailto:info@maryfrancestrust.org.uk">info@maryfrancestrust.org.uk</a> Tel 01372375400 <b>Leaders:</b> Mary Frances staff	Flat
Thu 16 July 14:00 - 15:30	<b>Nordic Walk: Around Painshill Park</b> WC RA <b>Meet:</b> in the car park, Painshill Park, Cobham KT11 1AA <b>Booking required</b> <b>Leader:</b> Pam (see key for details)	Moderate

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Thu 16 July 14:00 - 16:00	<b>Woodland Gardens</b> RE Diana Fountain Car Park, Chestnut Avenue, Bushy Park (access via Lion Gate KT8 9DD) <b>Meet:</b> near kiosk <b>Leaders:</b> Karen, Christine	Slow, flat
Fri 17 July 10:30 - 11:15	<b>Thames Path to Molesey Lock</b> WC RA <b>Meet:</b> Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL <b>Leader:</b> Keith	Gentle, slow, flat
Fri 17 July 10:45 - 12:00	<b>Princess Alice Hospice Bereavement Walk and Talk - Bushy Park</b> (Pheasantry Car park, TW11 0EQ) <b>Meet</b> Please contact us to book your space and find out about the meeting point. <b>Booking required:</b> <a href="mailto:walkandtalk@pah.org.uk">walkandtalk@pah.org.uk</a>	Slow, flat
Mon 20 July 10:30 - 12:00	<b>Shere Village</b> <b>Park/meet:</b> Albury Heath cricket pitch car park, Sandy Lane, off New Road, Albury, GU5 9DA <b>Leader:</b> David G	Moderate slopes
Mon 20 July 11:00 - 11:45	<b>Claremont NT Gardens</b> WC RA <b>Meet:</b> in the car park near WC's, Claremont Gardens, Portsmouth Road, Esher, KT10 9JG <b>Leaders:</b> Karen, Liz <b>Booking required</b> (see key for details)	Slow, flat
Mon 20 July 11:30 - 12:00	<b>All-inclusive walk or wheel 1km</b> WC <b>Meet:</b> outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG <b>Leaders:</b> David, Patrick (disabled WC and Parking at Leisure centre).	
Tues 21 July 10:30 - 11:30	<b>Molesey Circular Walk</b> WC RA <b>Meet:</b> Council car park, Walton Road, East Molesey, KT8 0DP <b>Leaders:</b> Dave F, Val	Slow flat

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Wed 22 July 10:30 - 11:15/ 11:30	<b>Around Walton-on-Thames</b> RA <b>Meet:</b> Walton Community Centre, Manor Road, Walton KT12 2PB (Walkers can use the centre car park or use Manor Road car park £) <b>Leader:</b> David M	Gentle, small slope (steps on some routes)
Wed 22 July 14:00 - 14:45	<b>Whiteley Village Woods</b> RA <b>Meet:</b> Sanctuary car park, Whiteley Village, Hersham KT12 4ED Park in first half of car park or on road. <b>Leaders:</b> Karen, Chris P	Slow, slopes
Thur 23 July 13:00 - 14:00	<b>Mary Frances Trust: wellbeing walk</b> <b>Meet:</b> Wilde brunch café by Walton bridge car park <b>MFT Membership required</b> , please register at <a href="mailto:info@maryfrancestrust.org.uk">info@maryfrancestrust.org.uk</a> Tel 01372375400 <b>Leaders:</b> Mary Frances staff	Flat
Thur 23 July 14:00 - 15:15	<b>Nordic Walk: West End Woods</b> WC RA Garsons Farm car park, West End, Esher, KT10 8LP. Meet near to farm shop <b>Leaders:</b> Pam	Moderate
Fri 24 July 10:30 - 11:15	<b>Thames Path to Molesey Lock</b> WC RA <b>Meet:</b> Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL <b>Leader:</b> Keith	Gentle, slow, flat
Sat 25 July 10:30 - 12:00	<b>Mickleham Downs</b> RA (WC in café/pub) Car park: 51 degrees north cafe, A24 Dorking RH5 6EH (or bus 465 from Surbiton/Kingston) <b>Meet:</b> at parking bays by café. (10:30) <b>Leader:</b> Ramesh	Moderate hill, stiles, Steps, slopes
Sun 26 July 11:00 - 12:00	<b>Whiteley Village</b> <b>Meet:</b> Sanctuary car park, Whiteley Village, Hersham	Slow, slopes

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	<p>KT12 4ED  <b>Leaders:</b> Karen, Liz M</p>	
<p>Mon 27            July            10:30 -            12:00</p>	<p><b>'Lucky Dip' Country walk</b> WC RA  <b>Meet:</b> Claygate Centre for the Community car park, Elm Road, Claygate KT10 0EH  <b>Leader:</b> Andrew</p>	<p>Moderate slopes</p>
<p>Mon 27            July            11:30 -            12:00</p>	<p><b>All-inclusive walk or wheel 1km</b> WC  <b>Meet:</b> outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG  <b>Leaders:</b> Alona, Monica            (disabled WC and Parking at Leisure centre)</p>	<p>Slow, gentle, mild slope</p>
<p>Tues 28            July            10:30 -            11:30</p>	<p><b>Molesey Circular Walk</b> WC RA  <b>Meet:</b> Council car park, Walton Road, East Molesey KT8 0DP  <b>Leaders:</b> Andrew, Dave F</p>	<p>Slow, flat</p>
<p>Tues 28            July            10:15 -            11:30</p>	<p><b>Princess Alice Hospice Bereavement Walk and Talk – Richmond Park</b> (Pembroke Lodge carpark TW10 5HX)  <b>Meet:</b> Please contact us to book your space and find out about the meeting point.  <b>Booking required:</b> <a href="mailto:walkandtalk@pah.org.uk">walkandtalk@pah.org.uk</a></p>	<p>Slow, flat</p>
<p>Wed 29            July            10:30 -            11:30</p>	<p><b>Around Walton-on-Thames</b> RA  <b>Meet:</b> Walton Community Centre, Manor Road, Walton on Thames KT12 2PB            (walkers can use the centre car park or use Manor Road car park £)  <b>Leaders:</b> Carolyn</p>	<p>Gentle, small slope (steps on some routes)</p>
<p>Thur 30            July            10:30 -            12:30</p>	<p><b>Xcel to Walton Marina</b> (with café stop) WC RE  <b>Meet:</b> outside entrance to Xcel Leisure Centre, Waterside Drive, Walton KT12 2JG  <b>Leaders:</b> Karen, Chrisine</p>	<p>slow slope</p>
<p>Thur 30            July</p>	<p><b>Mary Frances Trust: wellbeing walk</b>  <b>Meet:</b> Wilde brunch café by Walton bridge car park. <b>MFT Membership required</b>, please</p>	<p>Flat</p>

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13:00 - 14:00	register at <a href="mailto:info@maryfrancestrust.org.uk">info@maryfrancestrust.org.uk</a> Tel 01372375400. <b>Leaders:</b> Mary Frances staff	
Thur 30 July 14:00 - 15:15	<b>Nordic Walk: Round Whiteley Village</b> RA <b>Meet:</b> North Avenue and Coombe Lane, Whiteley Village, KT12 4EL <b>Leaders:</b> Pam	Moderate
Fri 31 July 10:30 - 11:15	<b>Thames Path to Molesey Lock</b> WC RA <b>Meet:</b> Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL <b>Leader:</b> Keith	Gentle, slow, flat
Fri 31 July 10:30 – 12:00	<b>West End and Esher Commons</b> WC RA <b>Meet:</b> Garsons Farm Car park, West End, Esher, KT10 8LP. Meet close to farm shop entrance <b>Leader:</b> Andrew, David G	Moderate Slopes steps
<h2>August</h2>		
Sat 1 Aug 15:00 - 16:30	<b>Historical: Weybridge Town guided walk</b> <b>Meet:</b> in car park behind Weybridge Public Library. Car Park, Churchfield Rd, Weybridge KT13 8DB (£) <b>Leader:</b> Roderick Archer	Slow, multiple stops
Mon 3 Aug 11:30 - 12:00	<b>All-inclusive walk or wheel 1km</b> WC <b>Meet:</b> outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG <b>Leaders:</b> David M, Rachel (disabled WC and Parking at Leisure centre).	Slow, Flat
Mon 3 Aug 10:15 - 11:30	<b>Princess Alice Hospice Bereavement Walk and Talk - Denbies</b> (London Road RH5 6AA) WC RA <b>Meet</b> Please contact us to book your space and find out about the meeting point. <b>Booking required:</b> <a href="mailto:walkandtalk@pah.org.uk">walkandtalk@pah.org.uk</a>	Slow, flat

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Tues 4 Aug 10:30 - 11:30	<b>Molesey Circular Walk</b> WC RA <b>Meet:</b> Council car park, Walton Road, East Molesey, KT8 0DP <b>Leaders:</b> Val, Dave F	Slow, flat
Wed 5 Aug 10:30 - 11:15/ 11:30	<b>Around Walton-on-Thames</b> RA <b>Meet:</b> Walton Community Centre, Manor Road, Walton-on-Thames KT12 2PB (Walkers can use the centre car park or use Manor Road car park £) <b>Leaders:</b> David M	Gentle, small slope (steps on some routes)
Wed 5 Aug 14:00- 14:45	<b>Whiteley Village Woods</b> RA <b>Meet:</b> Sanctuary car park, Whiteley Village, Hersham KT12 4ED Park in first half of carpark or on road. <b>Leaders:</b> Karen, Christine	Slow, slopes
Thur 6 Aug 10:30 - 12:00	<b>‘Woods and Commons’</b> <b>Meet:</b> Sandy Lane car park, Sandy Lane, Oxshott (one nearest A244) <b>Leader:</b> Andrew	Moderate slopes
Thur 6 Aug 10:30 - 12:00	<b>Historical: The Methodist Revival in 19<sup>th</sup> Century Molesey</b> <b>Meet:</b> East Molesey Methodist Church, Manor Road, East Molesey KT8 9JU <b>Leaders:</b> Anthony, Janet B	Slow, flat, multiple stops
Thur 6 Aug 10:45 - 12:00	<b>Princess Alice Hospice Bereavement Walk and Talk - Bushy Park</b> (Pheasantry car park, TW11 0EQ) <b>Meet:</b> Please contact us to book your space and find out about the meeting point. <b>Booking required:</b> <a href="mailto:walkandtalk@pah.org.uk">walkandtalk@pah.org.uk</a>	Slow, flat
Thu 6 Aug 13:00 - 14:00	<b>Mary Frances Trust: wellbeing walk</b> <b>Meet:</b> Wilde brunch café by Walton bridge car park. <b>MFT Membership required</b> , please register at	Flat

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	<a href="mailto:info@maryfrancestrust.org.uk">info@maryfrancestrust.org.uk</a> Tel 01372375400 <b>Leaders:</b> Mary Frances staff	
Thu 6 Aug 14:00 - 15:15	<b>Nordic Walk: Broadwater lake</b> WC RA Cowey Sale car park, Walton Lane, Walton-on-Thames, KT12 1QW. <b>Meet:</b> furthest end of car park from Walton Bridge <b>Leaders:</b> Pam	Moderate
Fri 7 Aug 10:30 - 11:15	<b>Thames Path to Molesey Lock</b> WC RA <b>Meet:</b> Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL <b>Leader:</b> Keith	Gentle, slow, flat
Fri 7 Aug 10:30 - 12:00	<b>Newark Lock and Pyrford Church</b> WC The Green (off High Street), Ripley, GU23 6AR <b>Meet:</b> second car park near children's play area. <b>Leaders:</b> David G, Andrew	Moderate short hill stiles.
Sat 8 Aug 10:30 - 12:00	<b>Painshill Park</b> WC RA <b>Meet:</b> in the car park, Painshill Park, Cobham KT11 1AA <b>Booking required</b> (see key for details) <b>Leaders:</b> Rosie & Liz	Slow, slopes
Sat 8 Aug 15:00 - 16:30	<b>Historical: Weybridge Town guided walk</b> <b>Meet:</b> in car park behind Weybridge Public Library. Car Park, Churchfield Rd, Weybridge KT13 8DB (£) <b>Leader:</b> Roderick Archer	Slow flat multiple stops
Sun 9 Aug 10:30 - 11:45	<b>Fairmile Common</b> <b>Meet:</b> at Lakewood car park, Portsmouth Road, Cobham, KT11 1BG <b>Leaders:</b> Karen, Chris P	Slow, slopes
Mon 10 Aug 11:30 - 12:00	<b>All-inclusive walk or wheel 1km</b> WC <b>Meet:</b> outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG <b>Leaders:</b> Rachel, David M	Slow, gentle, mild slope

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	(disabled WC and Parking at Leisure centre)	
Tue 11 Aug 10:30 - 11:30	<b>Molesey Circular Walk</b> WC RA <b>Meet:</b> Council car park, Walton Road, East Molesey KT8 0DP <b>Leaders:</b> Dave F, Val	Slow, flat
Wed 12 Aug 10:15 - 11:30	<b>Princess Alice Hospice Bereavement Walk and Talk – Richmond Park (TW10 5HX)</b> <b>Meet:</b> Please contact us to book your space and find out about the meeting point. <b>Booking required:</b> <a href="mailto:walkandtalk@pah.org.uk">walkandtalk@pah.org.uk</a>	Slow, flat
Wed 12 Aug 10:30 - 11:15/ 30	<b>Around Walton-on-Thames</b> RA <b>Meet:</b> Walton Community Centre, Manor Road, Walton-on-Thames KT12 2PB (Walkers can use the centre car park or use Manor Road car park £) <b>Leaders:</b> Carolyn	Gentle, small slope (steps on some routes)
Wed 12 Aug 10:30 - 12:10	<b>Bushy Park for Coffee</b> RA <b>Meet:</b> Diana Fountain Car Park (meet by kiosk), Chestnut Avenue, Bushy Park (access via Lion Gate KT8 9DD) <b>Leaders:</b> Keith	Moderate flat
Thur 13 Aug 10:15 - 11:30	<b>Princess Alice Hospice Bereavement Walk and Talk - Horton Country Park</b> WC RA (Horton Lane, KT19 8PL) <b>Meet:</b> Please contact us to book your space and find out about the meeting point. <b>Booking required:</b> <a href="mailto:walkandtalk@pah.org.uk">walkandtalk@pah.org.uk</a>	Slow, flat
Thur 13 Aug 13:00 - 14:00	<b>Mary Frances Trust: wellbeing walk</b> <b>Meet:</b> Wilde brunch café by Walton bridge car park. <b>MFT Membership required</b> , please register at <a href="mailto:info@maryfrancestrust.org.uk">info@maryfrancestrust.org.uk</a> 01372375400 <b>Leaders:</b> Mary Frances staff	Flat

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Thur 13 Aug 14:00 - 15:15	<b>Nordic Walk:</b> <b>'To the Walled Garden and back'</b> Squires Garden Centre Halliford, Halliford Road, Upper Halliford, TW17 8SG <b>Leaders:</b> Pam	WC RA	Moderate
Fri 14 Aug 10:45 - 12:00	<b>Princess Alice Hospice Bereavement Walk and Talk - Bushy Park (TW11 0EQ)</b> <b>Meet:</b> Please contact us to book your space and find out about the meeting point. <b>Booking required:</b> <a href="mailto:walkandtalk@pah.org.uk">walkandtalk@pah.org.uk</a>		Slow, flat
Fri 14 Aug 10:30 - 11:15	<b>Thames Path to Molesey Lock</b> <b>Meet:</b> Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL Leader: Keith	WC RA	Gentle, slow, flat
Sun 16 Aug 11:00- 12:00	<b>Whiteley Village</b> <b>Meet:</b> Sanctuary car park, Whiteley Village, Hersham KT12 4ED <b>Leaders:</b> Karen, Chris P		Slow, slopes
Mon 17 Aug 11:30 - 12:00	<b>All-inclusive walk or wheel 1km</b> <b>Meet:</b> outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG <b>Leaders:</b> David M, Rachel (disabled WC and Parking at Leisure centre)	WC	Slow, gentle, mild slope
Mon 17 Aug 10:30 - 12:00	<b>Yews, views and PoWs</b> <b>Meet:</b> Newlands Corner car park (far end), off A25, GU4 8SE <b>Leaders:</b> Andrew, David G	WC RA	Moderate Hill, slopes
Tues 18 Aug 10:30 - 11:30	<b>Molesey Circular Walk</b> <b>Meet:</b> Council car park, Walton Road, East Molesey KT8 0DP <b>Leaders:</b> Val, Dave F	WC RA	Slow, flat

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Wed 19 Aug 10:30 - 11:15/ 30	<b>Around Walton-on-Thames</b> RA <b>Meet:</b> Walton Community Centre, Manor Road, Walton-on-Thames KT12 2PB (Walkers can use the centre car park or use Manor Road car park £) <b>Leaders:</b> David M	Gentle, small slope (steps on some routes)
Wed 19 Aug 10:15 - 11:30	<b>Princess Alice Hospice Bereavement Walk and Talk – Painshill (KT11 1AA)</b> <b>Meet:</b> Please contact us to book your space and find out about the meeting point. <b>Booking required:</b> <a href="mailto:walkandtalk@pah.org.uk">walkandtalk@pah.org.uk</a>	Slow, flat
Wed 19 Aug 10:30 - 12:00	<b>Arbrook and Claygate Commons</b> <b>Meet:</b> Junction of Claremont Road and Gordon Road, Claygate, KT10 0PL (free street parking) <b>Leader:</b> David G, Andrew	Moderate Slopes
Thur 20 Aug 14:00 - 15:15	<b>Mary Frances Trust: wellbeing walk</b> <b>Meet:</b> Wilde brunch café by Walton bridge car park. <b>MFT Membership required</b> , please register at <a href="mailto:info@maryfrancestrust.org.uk">info@maryfrancestrust.org.uk</a> Tel 01372375400 <b>Leaders:</b> Mary Frances staff	Flat
Thur 20 Aug 14:00 - 15:15	<b>Nordic Walk:</b> WC RA <b>Graburn Way to Bushy Park and back</b> <b>Meet:</b> at river end of Graburn Way, Molesey KT8 9AL <b>Leaders:</b> Pam	Moderate
Fri 21 Aug 10:30 - 11:15	<b>Thames Path to Molesey Lock</b> WC RA <b>Meet:</b> Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL. <b>Leader:</b> Keith	Gentle, slow, flat
Fri 21 Aug 10:30 - 12:00	<b>Ashted Common</b> RA <b>Meet:</b> in The Star pub car park, Kingston Rd, Leatherhead KT22 0DP <b>Leaders:</b> Andrew	Moderate slopes

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<p>Fri 21 Aug 10:45 - 12:00</p>	<p><b>Princess Alice Hospice Bereavement Walk and Talk - Bushy Park (TW11 0EQ)</b>  <b>Meet:</b> Please contact us to book your space and find out about the meeting point.  <b>Booking required:</b> <a href="mailto:walkandtalk@pah.org.uk">walkandtalk@pah.org.uk</a></p>	<p>Slow, flat</p>
<p>Sun 23 Aug 10:30 - 11:45</p>	<p><b>Fairmile Common</b>  <b>Meet:</b> at Lakewood car park, Portsmouth Road, Cobham, KT11 1BG  <b>Leaders:</b> Karen, Chris P</p>	<p>Slow, slopes</p>
<p>Mon 24 Aug 11:30 - 12:00</p>	<p><b>All-inclusive walk or wheel 1km</b> WC  <b>Meet:</b> outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG  <b>Leaders:</b> Rachel, Monica          (disabled WC and Parking at Leisure centre)</p>	<p>Slow, gentle, mild slope</p>
<p>Mon 24 Aug 10:30 - 12:30</p>	<p><b>Xcel to Walton Marina</b> (with café stop) WC RE  <b>Meet:</b> outside entrance to Xcel Leisure Centre, Waterside Drive, Walton KT12 2JG  <b>Leaders:</b> Karen, Christine</p>	<p>Slow, slope</p>
<p>Tues 25 Aug 10:30 - 11:30</p>	<p><b>Molesey Circular Walk</b> WC RA  <b>Meet:</b> Council car park, Walton Road, East Molesey KT8 0DP  <b>Leaders:</b> Dave F, Val</p>	<p>Slow, flat</p>
<p>Tues 25 Aug 10:15 – 11:30</p>	<p><b>Princess Alice Hospice Bereavement Walk and Talk – Richmond Park (TW10 5HX)</b>  <b>Meet:</b> Please contact us to book your space and find out about the meeting point.  <b>Booking required:</b> <a href="mailto:walkandtalk@pah.org.uk">walkandtalk@pah.org.uk</a></p>	<p>Slow, Flat</p>
<p>Wed 26 Aug 10:30 - 11:15 / 30</p>	<p><b>Around Walton-on-Thames</b> RA  <b>Meet:</b> Walton Community Centre, Manor Road, Walton-on-Thames KT12 2PB          (Walkers can use the centre car park or use Manor Road car park £)  <b>Leader:</b> Carolyn</p>	<p>Gentle, small slope (steps on some routes)</p>

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Thur 27 Aug 10:30 - 12:00	<b>Bookham Commons</b> <b>Meet:</b> Hundred Pound Bridge car park, far end of Bookham Road, Downside, KT11 3JT <b>Leaders:</b> Andrew, David G	Moderate slopes
Thur 27 Aug 13:00 - 14:00	<b>Mary Frances Trust: wellbeing walk</b> <b>Meet:</b> Wilde brunch café by Walton bridge car park. <b>MFT Membership required</b> , register at <a href="mailto:info@maryfrancestrust.org.uk">info@maryfrancestrust.org.uk</a> Tel 1372375400 <b>Leaders:</b> Mary Frances staff	Flat
Thur 27 Aug 14:00 - 15:15	<b>Nordic Walk: West End Woods</b> WC RA <b>Meet:</b> Garsons Farm car park, West End, Esher, KT10 8LP. Meet near to farm shop <b>Leaders:</b> Pam	Moderate
Fri 28 Aug 10:30 - 11:15	<b>Thames Path to Molesey Lock</b> WC RA <b>Meet:</b> Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL <b>Leader:</b> Keith	Gentle, slow, flat
Sat 29 Aug 10:30 - 12:00	<b>Mickleham Downs</b> RA (WC in café/pub) Car park of 51 Degrees North Cafe, A24 Dorking RH5 6EH (or bus 465 from Surbiton/Kingston) <b>Meet:</b> at parking bays by café. (10:30) <b>Leader:</b> Ramesh	Moderate hill, stiles, Steps, slopes
Mon 31 Aug	<b>No All-inclusive walk or wheel 1km- Bank Holiday</b>	
Mon 31 Aug 10:30 - 12:00	<b>'Lucky Dip' Country walk</b> WC RA <b>Meet:</b> Claygate Centre for the Community car park, Elm Road, Claygate KT10 0EH <b>Leader:</b> Andrew	Moderate Slopes
<b>Sept</b>		
Tues 1 Sept	<b>Molesey Circular Walk</b> WC RA <b>Meet:</b> Council car park, Walton Road, East Molesey KT8 0DP	Slow, flat

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10:30 - 11:30	<b>Leaders:</b> Andrew, Val	
Wed 2 Sept 10:30 - 11:30	<b>Around Walton-on-Thames</b> RA <b>Meet:</b> Walton Community Centre, Manor Road, Walton on Thames KT12 2PB (Walkers can use the centre car park or use Manor Road car park £) <b>Leader:</b> David M	Gentle, small slope (steps on some routes)
Thur 3 Sept 10:30 - 12:00	<b>‘Woods and Commons’</b> <b>Meet:</b> Sandy Lane car park, Sandy Lane, Oxshott (one nearest A244) <b>Leader:</b> Andrew	Moderate slopes
Thur 3 Sept 10:30 - 12:00	<b>Historical: The campaign for Women’s Suffrage in Molesey</b> <b>Meet:</b> Walton road car park, 104 Walton Road, East Molesey, KT8 0ST <b>Leaders:</b> Anthony, Janet B	Slow, flat Multiple stops
Thur 3 Sept 10:45 - 12:00	<b>Princess Alice Hospice Bereavement Walk and Talk - Bushy Park</b> (TW11 0EQ) <b>Meet</b> Please contact us to book your space and find out about the meeting point. <b>Booking required:</b> <a href="mailto:walkandtalk@pah.org.uk">walkandtalk@pah.org.uk</a>	Slow, flat
Thur 3 Sept 13:00 - 14:00	<b>Mary Frances Trust: wellbeing walk</b> <b>Meet:</b> Wilde brunch café by Walton bridge car park. <b>MFT Membership required</b> , register at <a href="mailto:info@maryfrancestrust.org.uk">info@maryfrancestrust.org.uk</a> Tel 01372375400 <b>Leaders:</b> Mary Frances staff	Flat
Thur 3 Sept 14:00 - 15:15	<b>Nordic Walk: Round Whiteley Village</b> RA <b>Meet:</b> Grass verge parking by cricket pitch, corner of North Avenue and Coombe Lane, Whiteley Village, KT12 4EL <b>Leaders:</b> Pam	Moderate

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Thur 3 Sept 14:30 - 15:15	<b>Heron and Leg O'Mutton ponds</b> RA Diana Fountain Car Park, Chestnut Avenue, Bushy Park (access via Lion Gate KT8 9DD) <b>Meet:</b> by kiosk <b>Leaders:</b> Karen	Slow, flat
Fri 4 Sept 10:30 - 11:15	<b>Thames Path to Molesey Lock</b> WC RA <b>Meet:</b> Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL <b>Leader:</b> Keith	Gentle, slow, flat
Mon 7 Sept 10:15 - 11:30	<b>Princess Alice Hospice Bereavement Walk and Talk - Denbies</b> (London Road RH5 6AA) WC RA <b>Meet:</b> Please contact us to book your space and find out about the meeting point. <b>Booking required:</b> <a href="mailto:walkandtalk@pah.org.uk">walkandtalk@pah.org.uk</a>	Slow, flat
Mon 7 Sept 10:30 - 12:00	<b>A walk from Lakewood</b> <b>Meet:</b> Lakewood car park, Portsmouth Road, Cobham, KT11 1BG <b>Leaders:</b> David G	Moderate slopes
Mon 7 Sept 10:30 - 12:30	<b>Woodland Gardens</b> RE Diana Fountain Car Park, Chestnut Avenue, Bushy Park (access via Lion Gate KT8 9DD) <b>Meet:</b> near kiosk <b>Leaders:</b> Karen, Christine	Slow, flat
Mon 7 Sept 11:30 - 12:00	<b>All-inclusive walk or wheel 1km</b> WC <b>Meet:</b> outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG <b>Leaders:</b> Patrick, Rachel (disabled WC and Parking at Leisure centre)	Slow, gentle, mild slope
Tues 8 Sept 10:30 - 11:30	<b>Molesey Circular Walk</b> WC RA <b>Meet:</b> Council car park, Walton Road, East Molesey KT8 0DP <b>Leaders:</b> Val, Dave F	Slow, flat

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Wed 9 Sept 10:15 - 11:30	<b>Princess Alice Hospice Bereavement Walk and Talk – Richmond Park (TW10 5HX)</b> <b>Meet:</b> Please contact us to book your space and find out about the meeting point. <b>Booking required:</b> <a href="mailto:walkandtalk@pah.org.uk">walkandtalk@pah.org.uk</a>	Slow, flat
Wed 9 Sept 10:30 - 11:15 / 30	<b>Around Walton-on-Thames</b> RA <b>Meet:</b> Walton Community Centre, Manor Road, Walton-on-Thames KT12 2PB (Walkers can use the centre car park or use Manor Road car park £) <b>Leaders:</b> Carolyn	Gentle, small slope (steps on some routes)
Wed 9 Sept 14:00 - 14:45	<b>Whiteley Village Woods</b> RA <b>Meet:</b> Sanctuary car park, Whiteley Village, Hersham KT12 4ED Park in first half of carpark or on road. <b>Leaders:</b> Karen, Liz	Slow, slopes
Thur 10 Sept 10:15 - 11:00	<b>Princess Alice Hospice Bereavement Walk and Talk - Horton Country Park (KT19 8PL)</b> WC RA <b>Meet</b> Please contact us to book your space and find out about the meeting point. <b>Booking required:</b> <a href="mailto:walkandtalk@pah.org.uk">walkandtalk@pah.org.uk</a>	Slow, flat
Thur 10 Sept 13:00 - 14:00	<b>Mary Frances Trust: wellbeing walk</b> <b>Meet:</b> Wilde brunch café by Walton bridge car park. <b>MFT Membership required</b> , please register at <a href="mailto:info@maryfrancestrust.org.uk">info@maryfrancestrust.org.uk</a> Tel 01372375400 <b>Leaders:</b> Mary Frances staff	Flat
Thur 10 Sept 14:00 - 15:30	<b>Nordic Walk: Broadwater lake</b> WC RA <b>Meet:</b> Cowey Sale car park, Walton Lane, Walton-on-Thames, KT12 1QW. Meet furthest end of car park from Walton Bridge <b>Leaders:</b> Pam	Moderate

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Fri 11 Sept 10:30 - 11:15	<b>Thames Path to Molesey Lock</b> WC RA <b>Meet:</b> Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL <b>Leader:</b> Keith	Gentle, slow, flat
Sat 12 Sept 10:30 - 12:00	<b>Painshill Park</b> WC RA <b>Meet:</b> in the car park, Painshill Park, Cobham KT11 1AA <b>Leaders:</b> Liz & Rosie <b>Booking required</b> (see key for details)	Moderate
Sat 12 Sept 11:00 - 12:30	<b>Free entry to Hampton Court Gardens</b> 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 <b>Leaders:</b> Karen	Slow flat
Mon 14 Sept 11:30 - 12:00	<b>All-inclusive walk or wheel 1km</b> WC RA <b>Meet:</b> outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG <b>Leaders:</b> Rachel, Patrick (disabled WC and Parking at Leisure centre)	Slow, gentle, mild slope
Tues 15 Sept 10:30 - 11:30	<b>Molesey Circular Walk</b> WC, RA <b>Meet:</b> Council car park, Walton Road, East Molesey KT8 0DP <b>Leaders:</b> Dave F, Val	Slow, flat
Wed 16 Sept 10:15 - 11:30	<b>Princess Alice Hospice Bereavement Walk and Talk – Painshill (KT11 1AA)</b> <b>Meet:</b> Please contact us to book your space and find out about the meeting point. <b>Booking required:</b> <a href="mailto:walkandtalk@pah.org.uk">walkandtalk@pah.org.uk</a>	Slow, flat
Wed 16 Sept 10:30 - 11:15/ 11:30	<b>Around Walton-on-Thames</b> RA <b>Meet:</b> Walton Community Centre, Manor Road, Walton-on-Thames KT12 2PB (Walkers can use the centre car park or use Manor Road car park £)	Gentle, small slope (steps on

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	<b>Leaders:</b> Carolyn	some routes)
Wed 16 Sept 10:30- 12:10	<b>Bushy Park for Coffee</b> RA <b>Meet:</b> Diana Fountain Car Park (meet by kiosk), Chestnut Avenue, Bushy Park (access via Lion Gate KT8 9DD) <b>Leaders:</b> Keith	Moderate flat
Thur 17 Sept 13:00 - 14:00	<b>Mary Frances Trust: wellbeing walk</b> <b>Meet:</b> Wilde brunch café by Walton bridge car park. <b>MFT Membership required</b> , please register at <a href="mailto:info@maryfrancestrust.org.uk">info@maryfrancestrust.org.uk</a> 01372375400 <b>Leaders:</b> Mary Frances staff	Flat
Thur 17 Sept 14:00 - 15:30	<b>Nordic Walk: Around Painshill Park</b> WC RA Meet in the car park, Painshill Park, Cobham KT11 1AA <b>Booking required</b> <b>Leader:</b> Pam (see key for details)	Moderate hill
Fri 18 Sept 10:30 - 11:15	<b>Thames Path to Molesey Lock</b> WC RA <b>Meet:</b> Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL <b>Leader:</b> Keith	Gentle, slow, flat
Fri 18 Sept 10:45 - 12:00	<b>Princess Alice Hospice Bereavement Walk and Talk - Bushy Park</b> (TW11 0EQ) <b>Meet:</b> Please contact us to book your space and find out about the meeting point. <b>Booking required:</b> <a href="mailto:walkandtalk@pah.org.uk">walkandtalk@pah.org.uk</a>	Slow, flat
Sun 20 Sept 11:00 - 12:00	<b>Whiteley Village</b> <b>Meet:</b> Sanctuary car park, Whiteley Village, Hersham	Slow, slopes

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	<p>KT12 4ED  <b>Leaders:</b> Karen, Laure</p>	
<p>Mon 21  Sept  10:30 -  12:00</p>	<p><b>Wisley Interchange nature reserve</b> WC RA  <b>Meet:</b> Boldermere car park (Ockham Bites),  Old Lane, Cobham (approx postcode KT11  1ND).  What3words:///launch.incomes.tulip, very close  to A3, off southbound slip road from M25 J10,  immediately left after turn towards Effingham.  <b>Leaders:</b> Andrew, David G</p>	<p>Moderate  slopes</p>
<p>Mon 21  Sept  11:00-  11:45</p>	<p><b>Claremont NT Gardens</b> WC RA  <b>Meet:</b> in the car park near WC's, Claremont  Gardens, Portsmouth Road, Esher, KT10 9JG  <b>Leaders:</b> Karen, Chris P  <b>Booking required</b> (see key for details)</p>	<p>Slow, flat</p>
<p>Mon 21  Sept  11:30-  12:00</p>	<p><b>All-inclusive walk or wheel 1km</b> WC RA  <b>Meet:</b> outside Xcel Leisure Complex,  Waterside Drive, Walton KT12 2JG  <b>Leaders:</b> David, Rachel  (disabled WC and Parking at Leisure centre)</p>	<p>Slow,  gentle,  mild  slope</p>
<p>Tues 22  Sept  10:30 -  11:30</p>	<p><b>Molesey Circular Walk</b> WC, RA  <b>Meet:</b> Council car park, Walton Road, East  Molesey KT8 0DP.  <b>Leaders:</b> Val, Dave F</p>	<p>Slow, flat</p>
<p>Tues 22  Sept  10:15 -  11:30</p>	<p><b>Princess Alice Hospice Bereavement Walk  and Talk – Richmond Park</b> (TW10 5HX)  <b>Meet:</b> Please contact us to book your space  and find out about the meeting point.  <b>Booking required:</b> <a href="mailto:walkandtalk@pah.org.uk">walkandtalk@pah.org.uk</a></p>	<p>Slow, flat</p>
<p>Wed 23  Sept  10:30 -  11:15/  11:30</p>	<p><b>Around Walton-on-Thames</b> RA  <b>Meet:</b> Walton Community Centre, Manor  Road, Walton-on-Thames KT12 2PB  (Walkers can use the centre car park or use  Manor Road car park £)  <b>Leader:</b> David M</p>	<p>Gentle,  small  slope  (steps on  some  routes)</p>

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Thur 24 Sept 10:15 - 11:30	<b>Princess Alice Hospice Bereavement Walk and Talk – Claremont Gardens (KT10 9JG)</b> <b>Meet:</b> Please contact us to book your space and find out about the meeting point. <b>Booking required:</b> <a href="mailto:walkandtalk@pah.org.uk">walkandtalk@pah.org.uk</a>	Slow, flat
Thur 24 Sept 10:30 - 12:00	<b>Polesden Lacey Estate</b> <b>Meet:</b> Park/Meet at far end of Woodlands Road, Effingham, KT23 4HJ <b>Leader:</b> David G, Andrew	Moderate hilly
Thur 24 Sept 11:00 - 12:00	<b>Painshill Park</b> WC RA <b>Meet:</b> in the car park, Painshill Park, Cobham KT11 1AA <b>Booking required</b> (see key for details) <b>Leaders:</b> Karen, Christine	Slow, slopes
Thur 24 Sept 13:00 - 14:00	<b>Mary Frances Trust: wellbeing walk</b> <b>Meet:</b> Wilde brunch café by Walton bridge car park. <b>MFT Membership required</b> , please register at <a href="mailto:info@maryfrancestrust.org.uk">info@maryfrancestrust.org.uk</a> 01372375400 <b>Leaders:</b> Mary Frances staff	Flat
Thur 24 Sept 14:00 - 15:15	<b>Nordic Walk:</b> RA <b>Bushy Park and the Woodland Gardens</b> <b>Meet:</b> Diana Fountain Car Park, Chestnut Avenue, Bushy Park (access via Lion Gate KT8 9DD). <b>Leaders:</b> Pam	Moderate
Fri 25 Sept 10:30 - 11:15	<b>Thames Path to Molesey Lock</b> WC RA <b>Meet:</b> Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL <b>Leader:</b> Keith	Gentle, slow, flat
Sat 26 Sept 10:30 - 12:00	<b>Mickleham Downs</b> 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) <b>Leader:</b> Ramesh	Moderate hill, stiles, Steps, slopes

Mon 28 Sept 10:30 - 12:00	<b>'Lucky Dip' Country walk</b> WC RA <b>Meet:</b> Claygate Centre for the Community car park, Elm Road, Claygate KT10 0EH <b>Leader:</b> Andrew	Moderate slopes
Mon 28 Sept 11:30 - 12:00	<b>All-inclusive walk or wheel 1km</b> WC RA <b>Meet:</b> outside Xcel Leisure Complex, Waterside Drive, Walton KT12 2JG <b>Leaders:</b> Patrick, Rachel (disabled WC and Parking at Leisure centre)	Slow, gentle, mild slope
Tues 29 Sept 10:30 - 11:30	<b>Molesey Circular Walk</b> WC, RA <b>Meet:</b> Council car park, Walton Road, East Molesey KT8 0DP <b>Leaders:</b> Dave F, Val	Slow, flat
Wed 30 Sept 10:30 - 11:15/ 11:30	<b>Around Walton-on-Thames</b> RA <b>Meet:</b> Walton Community Centre, Manor Road, Walton-on-Thames KT12 2PB (Walkers can use the centre car park or use Manor Road car park £) <b>Leader:</b> David M	Gentle, small slope (steps on some routes)

## Elmbridge Cycle Rides

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

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

wait for you at the next junction or safe place to stop.

### **Rider's responsibility**

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

### **What should I bring on a group ride?**

- Any appropriate bike in good working order. If in doubt, have it checked over by a local bike shop or qualified mechanic.
- Dress for the weather and bring a spare layer.
- All rides have café stops so bring money / card.

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- Bring water and stay hydrated by drinking regularly. Please note: **if temperatures exceed 30 degrees we do cancel rides for your safety.**
- It is advisable to carry a spare inner tube, pump and tyre levers in case of a puncture.
- At the start of the ride, you will be asked to complete a register with your emergency contact details.

### Questions?

Contact the Sport and Health team via email [health@elmbridge.gov.uk](mailto:health@elmbridge.gov.uk) or call 01372 474574. We are here to help.

<b>Date / Time</b>	<b>Route</b>	<b>Pace, Gradient</b>
Mon 6 July 10:30 - 13:00	<b>Molesey to Crane Park via Bushy Park.</b> <b>Linear route:</b> Towpath to Hampton Court Bridge - across Bushy park - through Fulwell - Crane Park. Same route back. <b>Meet:</b> Sadlers Ride car park, East Molesey KT8 1TW. <b>Leaders:</b> Richard, Jack	Gentle speed, flat, Tunnels  15 miles
Mon 13 July 10:30 - 13:00	<b>Walton to Staines</b> <b>Linear:</b> Towpath to Walton Bridge - along road and river to Staines – and back. <b>Meet:</b> Xcel Leisure Centre, Waterside Drive, Walton, KT12 2JG. Meet outside entrance <b>Leaders:</b> Colin, Pam	Gentle speed, Flat  16 miles

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<p>Mon 20 July 10:30 - 13:00</p>	<p><b>Molesey to Kingston and Richmond</b>  <b>Circular:</b> Towpath to Hampton Court Bridge – Kingston bridge - Kingston - Richmond Bridge. Returning on north of river.  <b>Meet:</b> Sadlers Ride car park, East Molesey KT8 1TW.  <b>Leaders:</b> Richard, Colin</p>	<p>Gentle speed, flat but with 1 hill  16 miles</p>
<p>Mon 27 July 10:30 - 13:00</p>	<p><b>Molesey to Lower Sunbury via Bushy Park</b>  <b>Circular:</b> Towpath to Hampton Court Bridge - Bushy Park - Lower Sunbury - Walton Bridge - towpath to Molesey  <b>Meet:</b> Sadlers Ride car park, East Molesey KT8 1TW.  <b>Leaders:</b> Pam, Richard</p>	<p>Gentle speed, flat  16 miles</p>
<p>Mon 3 Aug 10:30 - 13:00</p>	<p><b>Thames Ditton to Littleworth Common</b>  <b>Circular:</b> Thames Ditton – Molesey – Hersham – Lower green – Littleworth Common – Claygate – Thames Ditton  <b>Meet:</b> Mercer Close, Thames Ditton KT7 0BS  <b>Leaders:</b> Colin, Pam</p>	<p>Gentle Speed Flat  10 miles</p>
<p>Mon 10 Aug 10:30 - 13:00</p>	<p><b>Wey Navigation and Basingstoke Canal</b>  <b>Linear:</b> New Haw Lock - West Byfleet - along the Wey Navigation and Basingstoke Canal – Woking – same route back.  <b>Meet:</b> Service Road, New Haw Lock, Byfleet Road, New Haw, KT15 3JQ  <b>Leaders:</b> Richard, Colin</p>	<p>Gentle speed, flat  15 miles</p>
<p>Mon 17 Aug 10:30 - 13:00</p>	<p><b>Molesey to Kingston and Richmond</b>  <b>Circular:</b> Towpath to Hampton Court Bridge – Kingston bridge – Kingston - Richmond Bridge. Returning on north of river.  <b>Meet:</b> Sadlers Ride car park, East Molesey KT8 1TW.  <b>Leaders:</b> Pam, Richard</p>	<p>Gentle speed, flat but with 1 hill  16 miles</p>

OFFICIAL

<p>Mon 24 Aug 10:30 - 12:30</p>	<p><b>‘4 Commons’</b> <b>Circular:</b> Through Cow, Littleworth, Arbrook and Esher Commons <b>Meet:</b> Sadlers Ride car park, East Molesey KT8 1TW. <b>Leaders:</b> Colin, Pam</p>	<p>Gentle Speed Steep hills and loose gravel paths 14 miles</p>
<p>Mon 31 Aug</p>	<p><b>Bank Holiday - Cycle ride on Tuesday</b></p>	
<p><b>Tue 1 Sept</b> 10:30 - 13:00</p>	<p><b>Molesey to Crane Park via Bushy Park.</b> <b>Linear route:</b> Towpath to Hampton Court Bridge - across Bushy park - through Fulwell - Crane Park. Same route back. <b>Meet:</b> Sadlers Ride car park, East Molesey KT8 1TW. <b>Leaders:</b> Richard, Colin</p>	<p>Gentle speed, flat, Tunnels  15 miles</p>
<p>Mon 7 Sept 10:30 - 13:00</p>	<p><b>Walton to Staines</b> <b>Linear:</b> Towpath to Walton Bridge - along road and river to Staines – and back. <b>Meet:</b> Xcel Leisure Centre, Waterside Drive, Walton, KT12 2JG. Meet outside entrance <b>Leaders:</b> Pam, Richard</p>	<p>Gentle speed, Flat  16 miles</p>
<p>Mon 14 Sept 10:30 - 12:30</p>	<p><b>Thames Ditton to Bushy and Home Parks</b> <b>Circular:</b> Along Hampton Court Way to Hampton Court Bridge and through Bushy and Home Parks <b>Meet:</b> Mercer Close, Thames Ditton KT7 0BS <b>Leaders:</b></p>	<p>Gentle speed, Flat  10 miles</p>
<p>Mon 21 Sept 10:30 - 13:00</p>	<p><b>Wey Navigation and Basingstoke Canal</b> <b>Linear:</b> New Haw Lock - West Byfleet - along the Wey Navigation and Basingstoke Canal – Woking – same route back. <b>Meet:</b> Service Road, New Haw Lock, Byfleet Road, New Haw, KT15 3JQ</p>	<p>Gentle speed, flat  15 miles</p>

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	<b>Leaders:</b> Richard, Colin	
Mon 28 Sept 10:30 - 13:00	<p><b>Molesey to Kingston and Richmond</b></p> <p><b>Circular:</b> Towpath to Hampton Court Bridge – Kingston bridge – Kingston - Richmond Bridge. Returning on north of river.</p> <p><b>Meet:</b> Sadlers Ride car park, East Molesey KT8 1TW.</p> <p><b>Leaders:</b> Pam, Richard</p>	<p>Gentle speed, flat but with 1 hill</p> <p>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](http://voh.org.uk/elmbridge-womens-hub)



**Volunteer walk leaders wanted**



Join us. Info at:  
[elmbridge.gov.uk/wellbeingwalks](http://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](mailto:thepatientcancergroup@gmail.com)

Follow us:



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

[www.thepatientcancersupportgroup.co.uk](http://www.thepatientcancersupportgroup.co.uk)

OFFICIAL

# Man Shed



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

**No previous  
experience  
necessary!**

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

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

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

  
Princess Alice  
Hospice

*For Compassion. For Living*

pah.org.uk        Join us at #pahospice

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 Registered with  
FUNDRAISING  
REGULATOR



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

- 🌐 [www.thecounsellingpartnership.org](http://www.thecounsellingpartnership.org)
- ✉ [info@thecounsellingpartnership.org](mailto:info@thecounsellingpartnership.org)
- ☎ 07494 893 443
- 📱 @CounsellingPartnership
- 📺 @TheCounsellingPartnership



# Gentle Walk or Wheel

Spread the word about our friendly and accessible weekly walk to friends, neighbours and family members.

**Do you know someone with restricted or reduced mobility who would enjoy a sociable walk tailored to their needs?**

Why not join them for our all-inclusive 1km Walk and Wheel, a gentle, welcoming activity designed to support both physical health and mental wellbeing.

**📍 Meet at Xcel Leisure Complex, Waterside Drive, Walton KT12 2JG**  
**🕒 Every Monday at 11am**

This could be just the boost they need and a lovely way to spend time together.



**Elmbridge**  
Borough Council



Scan for info

**Join us soon**

## What to expect:

- Warm welcome
- Friendly support
- Flat route
- Rest stops
- First-aid trained volunteers