Wellbeing Walks, Nordic Walks and Cycle Rides

October to December 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. Check the website elmbridge.gov.uk/wellbeingwalks or elmbridge.gov.uk/cyclerides or scan this QR code one day before your walk to stay updated.

Elmbridge Borough Council

Contents

About the walks 3
Walker's responsibility 3
What should I bring on a walk? 4
Questions? 4
Walk programme key: 4
New Walkers 5
Help with registration 5
Regular weekly and monthly walks 6
October 7
November 19
December 30
Elmbridge Cycle Rides 42
Rider's responsibility 42
What should I bring on a group ride? 43
Questions? 43

About the 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 walk
RE: Refreshments shop enroute usually 30 minutes (included in timings)
£: There is a cost for parking or ferry ride
Dogs on leads welcome: Well behaved dogs on short leads welcome. (Please only bring walks if specified next to the walk details)
Booking required: To book a free space on our Painshill Park and Claremont walks, email health@elmbridge.gov.uk
Requests 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, 10:30am to 12pm	**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, 10:30am to 11:30am	**Molesey Circular Walk** WC RA Meet in council car park, Walton Road, East Molesey KT8 0DP	Slow, flat
Wednesday weekly from 10:30am to 11:15/30am	**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 Manor Road car park £.	Gentle, small slope (steps on some routes)
First Thursday of the month, 10:30 to 12pm	'Woods and Commons' Meet in Sandy Lane car park, Sandy Lane, Oxshott (one nearest	Moderate slopes

Time	Route	Pace/ gradient
	A244)	
Weekly, every Friday, 10:30am to 11:15am	**Thames Path to Molesey Lock** WC RA **Meet:** at the Miss Polly Café, at Molesey Cricket Club, Graburn Way, KT8 9AL	Gentle, slow, flat
Weekly, every Monday, 11am to 11:30am (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 1pm to 2pm	**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

October

Date/Time	Route	Pace/ gradient
Thur 1 Oct	**'Woods and Commons'**	Moderate slopes

Date/Time	Route	Pace/ gradient
10:30 - 12:00	**Meet:** Sandy Lane car park, Sandy Lane, Oxshott (one nearest A244) **Leader:** Andrew	
Thur 1 Oct 10:45 - 12:00	**Princess Alice Hospice Bereavement Walk and Talk** - Bushy Park **Meet:** Pheasantry café, TW11 0EQ. Please contact us to book your space and find out about the meeting point. **Booking required:** walkandtalk@pah.org.uk	Slow, flat
Thur 1 Oct 11:00 - 11:45	**Whiteley Village Woods** RA **Meet:** Sanctuary car park, Whiteley Village, Hersham KT12 4ED. Park in first half of car park or on road. **Leaders:** Karen, Liz P	Slow, slopes
Thur 1 Oct 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 1 Oct 14:00 - 15:15	**Nordic Walk: RA Bushy Park and the Woodland Gardens** **Meet:** Diana Fountain Car Park, Chestnut Avenue, Bushy Park (access via Lion	Moderate

Date/Time	Route	Pace/ gradient
	Gate KT8 9DD) **Leaders:** Pam	
Fri 2 Oct 10:30 - 11:15	**Thames Path to Molesey Lock** WC RA **Meet:** Riverside Pantry (Formerly: Miss Polly Café), at Molesey Cricket Club, Graburn Way KT8 9AL **Leader:** Keith	Gentle slow, flat
Mon 5 Oct 10:15 - 11:30	**Princess Alice Hospice Bereavement Walk and Talk - Denbies** (London Road, RH5 6AA) WC RA **Meet:** please contact us to book your space and find out about the meeting point. **Booking required:** walkandtalk@pah.org.uk	Slow, flat
Mon 5 Oct 10:30 -12:00	**Bushy Park** RA Diana Fountain Car Park, Chestnut Avenue, Bushy Park (access via Lion Gate KT8 9DD) **Meet**: by kiosk **Leaders:** Andrew, David G	Moderate flat
Mon 5 Oct 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

Date/Time	Route	Pace/ gradient
Mon 5 Oct 11:30 -12:00	**All-inclusive walk or wheel 1km** WC RA **Meet**: outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG **Leaders:** Patrick, Albert (disabled WC and Parking at Leisure centre).	Gentle slow, flat
Tues 6 Oct 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 7 Oct 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 Manor Road car park £. **Leaders:** Carolyn, Albert	Gentle small slope (steps on some routes)
Thur 8 Oct 10:15 - 11:30	**Princess Alice Hospice Bereavement Walk and Talk - Horton Country Park** (Horton Lane, KT19 8PL) WC RA **Meet:** please contact us to book your space and find out about the meeting point. **Booking required:** walkandtalk@pah.org.uk	Slow, flat
Thur 8 Oct 13:00 -	**Mary Frances Trust: wellbeing walk** **Meet:** Wilde brunch café by Walton bridge car park	Flat

Date/Time	Route	Pace/ gradient
14:00	MFT Membership required, please register at info@maryfrancestrust.org.uk Tel 01372375400 **Leaders:** Mary Frances staff	
Thur 8 Oct	**Nordic Walk: no walk.**	
Fri 9 Oct 10:30 - 11:15	**Thames Path to Molesey Lock** WC RA **Meet:** Riverside Pantry (Formerly: Miss Polly Café), at Molesey Cricket Club, Graburn Way, KT8 9AL. **Leader:** Keith	Gentle, slow, flat
Sat 10 Oct 10:30 - 12:00	**Painshill Park** WC RA **Meet:** in the car park, Painshill Park, Cobham KT11 1AA **Leaders:** Rosie & Laure **Booking required** (see key for details)	Slow, slopes
Sat 10 Oct 11:00 - 12:00	**Free entry to Hampton Court Gardens** **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, Christine RA	Slow flat
Mon 12 Oct 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

Date/Time	Route	Pace/ gradient
Mon 12 Oct 11:30 - 12:00	**All-inclusive walk or wheel 1km** WC **Meet:** outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG **Leaders:** David, Rachel (disabled WC and Parking at Leisure centre).	Slow, gentle, mild slope
Tues 13 Oct 10:30 - 11:30	**Molesey Circular Walk** WC RA **Meet:** Council car park, Walton Road, East Molesey KT8 0DP **Leaders: Dave F, Val**	Slow, flat
Wed 14 Oct 10:15 - 11:30	**Princess Alice Hospice Bereavement Walk and Talk - Richmond Park** (Pembroke lodge car park, TW10 5HX) **Meet:** please contact us to book your space and find out about the meeting point. **Booking:** walkandtalk@pah.org.uk	Slow, flat
Wed 14 Oct 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, Albert	Gentle, small slope (steps on some routes)
Wed 14 Oct 10:30 -	**Broadwater and Desborough Island** WC RA **Meet:** Cowey Sale car park, Walton Lane,	Moderate slopes, steps

Date/Time	Route	Pace/ gradient
12:00	Walton- on-Thames, KT12 1QW. Meet furthest end of car park from Walton Bridge. **Leader:** David G	
Thur 15 Oct 11:00 - 12:15	**Painshill Park** WC RA **Meet:** car park, Painshill Park, Cobham KT11 1AA Booking required (see key for details) **Leaders:** Karen, Christine	Slow, slopes
Thur 15 Oct 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 15 Oct 14:00 - 15:15	**Nordic Walk: To the Walled Garden and back** WC RA **Meet:** Squires Garden Centre Halliford, Halliford Road, Upper Halliford, TW17 8SG. **Leaders:** Pam	Moderate
Fri 16 Oct 10:30 - 11:15	**Thames Path to Molesey Lock** WC RA **Meet:** Riverside Pantry (Formerly: Miss Polly Café), at Molesey Cricket Club, Graburn Way, KT8 9AL **Leader:** Keith	Gentle, slow, flat
Fri 16 Oct 10:45 -	**Princess Alice Hospice Bereavement Walk and Talk - Bushy Park**	Slow, flat

Date/Time	Route	Pace/ gradient
12:00	(Pheasantry Car park, TW11 0EQ) **Meet:** please contact us to book your space and find out about the meeting point. **Booking required:** walkandtalk@pah.org.uk	
Mon 19 Oct 11:00 - 11:45	**Claremont NT Gardens** WC RA **Meet:** car park near WC's, Claremont Gardens, Portsmouth Road, Esher, KT10 9JG **Leaders:** Karen, Chris P. Booking required (see key for details)	Slow, flat
Mon 19 Oct 11:30 - 12:00	**All-inclusive walk or wheel 1km** WC **Meet:** outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG. **Leaders: Albert, Patrick** (disabled WC and Parking at Leisure centre).	Slow, gentle, mild slope
Tues 20 Oct 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 20 Oct 10:30 - 12:00	**Fungi Walk – Garson's** **Meet:** Garsons Farm car park, West End, Esher, KT10 8LP. Meet outside farm shop **Leaders:** Dave Page, Karen, Christine	Slow, lots of stops, slopes, steps
Wed 21	**Princess Alice Hospice Bereavement**	Slow, flat

Date/Time	Route	Pace/ gradient
Oct 10:15 - 11:30	**Walk and Talk – Painshill** (KT11 1AA) Please contact us to book your space and find out about the meeting point. Booking required: walkandtalk@pah.org.uk	
Wed 21 Oct 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, Albert	Gentle, small slope (steps on some routes)
Thur 22 Oct 10:15 - 11:30	**Princess Alice Hospice Bereavement Walk and Talk – Claremont Gardens** (KT10 9JG) **Meet:** Please contact us to book your space and find out about the meeting point. Booking required: walkandtalk@pah.org.uk	Slow, flat
Thur 22 Oct 10:30 - 12:00	**Prince's Coverts** RA **Meet:** The Star pub car park, Kingston Road, Leatherhead, KT22 0DP **Leader:** Andrew	Moderate slopes
Thur 22 Oct 10:30 - 12:00	**Historical:** The Old Village, East Molesey **Meet:** Walton Road car park, East Molesey, KT8 0ST **Leaders:** Anthony, Janet B	Slow, flat Multiple stops
Thur 22	**Bushy Park Woodland Gardens** WC RA	Slow, flat

Date/Time	Route	Pace/ gradient
Oct 10:30 - 12:30	**Meet:** Diana Fountain Car Park, Chestnut Avenue, Bushy Park (access via Lion Gate KT8 9DD). Meet by kiosk. **Leaders:** Karen, Christine	
Thur 22 Oct 13:00 - 14:00	**Mary Frances Trust: wellbeing walk** **Meet:** Wilde brunch café by Walton bridge car park. MFT Membership required, please register at info@maryfrancestrust.org.uk Tel 01372375400 **Leaders:** Mary Frances staff	Flat
Thur 22 Oct 14:00 - 15:15	**Nordic Walk: West End Woods** WC RA **Meet:** Garsons Farm car park, West End, Esher, KT10 8LP. Meet near to farm shop **Leaders:** Pam	Moderate
Fri 23 Oct 10:30 - 11:15	**Thames Path to Molesey Lock** WC RA **Meet:** Riverside Pantry (Formerly: Miss Polly Café), at Molesey Cricket Club, Graburn Way, KT8 9AL **Leader:** Keith	Gentle, slow, flat
Sat 24 Oct 10:15 - 11:45	**Mickleham Downs RA** (WC in café/pub) **Meet:** 51 degrees north cafe car park, 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

Date/Time	Route	Pace/ gradient
Sun 25 Oct 11:00 - 12:15	**Whiteley Village Woods** **Meet:** Sanctuary car park, Whiteley Village, Hersham KT12 4ED **Leaders:** Karen, Laure	Slow, slopes
Mon 26 Oct 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 26 Oct 11:30 - 12:00	**All-inclusive walk or wheel 1km** WC **Meet:** outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG **Leaders:** David, Albert Disabled WC and Parking at Leisure centre.	Slow, gentle, mild slope
Tues 27 Oct 10:30 - 11:30	**Molesey Circular Walk** WC RA **Meet:** Council car park, Walton Road, East Molesey KT8 0D. **Leaders:** Val, Dave F	Slow, flat
Tues 27 Oct 10:15 - 11:30	**Princess Alice Hospice Bereavement Walk and Talk – Richmond Park** (Pembroke Lodge carpark TW10 5HX) **Meet:** please contact us to book your space and find out about the meeting point. Booking required: walkandtalk@pah.org.uk	Slow, flat
Wed 28	**Around Walton-on-Thames** RA	Gentle,

Date/Time	Route	Pace/ gradient
Oct 10:30 - 11:30	**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, Albert	small slope (steps on some routes)
Thur 29 Oct 10:30 - 12:00	**Milton Heath Circular – Pipbrook** **Meet:** Milton Heath car park, Westcott Road (A25), Dorking, RH4 3JU. (signed Bury Hill Fisheries). **Leaders:** David G	Moderate slopes
Thur 29 Oct 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 29 Oct	**Nordic Walk: no walk.**	
Fri 30 Oct 10:30 - 11:15	**Thames Path to Molesey Lock** WC RA **Meet:** Riverside Pantry (Formerly: Miss Polly Café), at Molesey Cricket Club, Graburn Way, KT8 9AL. **Leader:** Keith	Gentle, slow, flat
Fri 30 Oct 10:30 - 12:00	**Headley Heath** RA **Meet:** The Cock Inn, Church Lane, Headley KT18 6LE **Leader:** Andrew	Moderate Hills, slopes

November

Time	Route	Pace/ gradient
Mon 2 Nov 11:30 - 12:00	**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).	Slow, flat
Mon 2 Nov 10:15 - 11:30	**Princess Alice Hospice Bereavement Walk and Talk - Denbies** (London Road RH5 6AA) WC RA **Meet:** please contact us to book your space and find out about the meeting point. **Booking required:** walkandtalk@pah.org.uk	Slow, flat
Mon 2 Nov 11:00 - 11:45	**Claremont NT Gardens** WC RA **Meet:** car park near WC's, Claremont Gardens, Portsmouth Road, Esher, KT10 9JG **Leaders:** Karen, Liz **Booking required** (see key for details)	Slow, flat
Tues 3 Nov	**Molesey Circular Walk** WC RA	Slow, flat

Time	Route	Pace/ gradient
10:30 - 11:30	**Meet:** Council car park, Walton Road, East Molesey, KT8 0DP **Leaders**: Dave F, Val	
Wed 4 Nov 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:** Carolyn, Albert	Gentle, small slope (steps on some routes)
Wed 4 Nov 10:30 -12:00	**Fungi Walk** **Meet**: Lakewood car park, Portsmouth Road, Cobham, KT11 1BG **Leaders:** Dave, Karen, Chris P	Slow, slopes, steps, lots of stops
Thur 5 Nov 10:30 - 12:00	**'Woods and Commons'** **Meet:** Sandy Lane car park, Sandy Lane, Oxshott (one nearest A244) **Leader:** Andrew	Moder-ate slopes
Thur 5 Nov 10:45 - 12:00	**Princess Alice Hospice Bereavement Walk and Talk - Bushy Park** (Pheasantry car park, TW11 0EQ) **Meet:** please contact us to book your space and find out about the meeting point. **Booking required:**	Slow, flat

Time	Route	Pace/ gradient
	walkandtalk@pah.org.uk	
Thu 5 Nov 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	Slow, flat
Thu 5 Nov 14:00 - 15:15	**Nordic Walk: Round Whiteley Village** RA **Meet:** grass verge parking by cricket pitch, corner of North Avenue and Coombe Lane, Whiteley Village, KT12 4EL **Leaders:** Pam	Moderate
Fri 6 Nov 10:30 - 11:15	**Thames Path to Molesey Lock** WC RA **Meet:** Riverside Pantry (Formerly: Miss Polly Café), at Molesey Cricket Club, Graburn Way, KT8 9AL **Leader:** Keith	Gentle, slow, flat
Mon 9 Nov 11:00 -11:45	**Heron and Leg O'Mutton ponds** RA Diana Fountain Car Park, Chestnut Avenue,	Slow, flat

Time	Route	Pace/ gradient
	Bushy Park (access via Lion Gate KT8 9DD) **Meet:** by kiosk. **Leaders:** Karen	
Mon 9 Nov 11:30 -12:00	**All-inclusive walk or wheel 1km** **Meet:** outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG **Leaders:** David M, Albert (disabled WC and Parking at Leisure centre)	Slow, gentle, mild slope
Tue 10 Nov 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
Tue 10 Nov 10:30 - 12:00	**A walk from Lakewood** **Meet:** Lakewood car park, Portsmouth Road, Cobham, KT11 1BG **Leaders:** David G	Moderate, slopes
Wed 11 Nov 10:15 -11:30	**Princess Alice Hospice Bereavement Walk and Talk – Richmond Park** (TW10 5HX) **Meet**: please contact us to book your space and find out about the meeting point. **Booking required:** walkandtalk@pah.org.uk	Slow, flat

Time	Route	Pace/ gradient
Wed 11 Nov 10:30 -11:15/ 30	**Around Walton-on-Thames** RA **Meet**: Walton Community Centre, Manor Road, Walton-on-Thames KT12 2PB Walkers can use the centre car park or use Manor Road car park £ **Leaders:** David M, Albert	Gentle, small slope (steps on some routes)
Thur 12 Nov 10:15 -11:30	**Princess Alice Hospice Bereavement Walk and Talk - Horton Country Park** WC RA (Horton Lane, KT19 8PL) **Meet:** please contact us to book your space and find out about the meeting point. **Booking required:** walkandtalk@pah.org.uk	Slow, flat
Thur 12 Nov 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 12 Nov 14:00 - 15:15	**Nordic Walk:** WC RA **Graburn Way to Bushy Park and back**	Moderate

Time	Route	Pace/ gradient
	Meet: river end of Graburn Way, Molesey KT8 9AL **Leaders:** Pam	
Fri 13 Nov 10:30 - 11:15	**Thames Path to Molesey Lock** WC RA **Meet:** Riverside Pantry (Formerly: Miss Polly Café), at Molesey Cricket Club, Graburn Way, KT8 9AL **Leader:** Keith	Gentle, slow, flat
Fri 13 Nov 10:30 - 12:00	**Horton Country Park** WC RA **Meet:** Horton Country Park car park, Horton Lane, KT19 8PL **Leaders:** Andrew, David G	Moderate flat
Sat 14 Nov 10:30 -12:00	**Painshill Park** WC RA **Meet**: in the car park, Painshill Park, Cobham KT11 1AA **Booking required** (see key for details) **Leaders:** Olinka, Rosie	Slow, slopes
Mon 16 Nov 10:30 - 12:15	**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, slopes
Mon 16 Nov 11:30 - 12:00	**All-inclusive walk or wheel 1km**	Slow, gentle, mild

Time	Route	Pace/ gradient
	Meet: outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG **Leaders:** Rachel, Albert (disabled WC and Parking at Leisure centre)	slope
Tues 17 Nov 10:30 - 11:30	**Molesey Circular Walk** WC RA **Meet**: Council car park, Walton Road, East Molesey KT8 0DP **Leaders**: Dave F, Val	Slow, flat
Wed 18 Nov 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, Albert	Gentle, small slope (steps on some routes)
Wed 18 Nov 10:15 -11:30	**Princess Alice Hospice Bereavement Walk and Talk – Painshill** (KT11 1AA) **Meet**: please contact us to book your space and find out about the meeting point. **Booking required:** walkandtalk@pah.org.uk	Slow, flat
Thur 19 Nov 10:30 -12:00	**Around Westhumble** WC RA **Meet:** Denbies Vineyard car park, London Road, Dorking, RH5 6AA	Moderate Hill Slopes

Time	Route	Pace/ gradient
	Leaders: Andrew, David G	
Thur 19 Nov 13:00-14:00	**Mary Frances Trust: wellbeing walk** **Meet:** Wilde brunch café by Walton bridge car park. **MFT Membership required**, please register at info@maryfrancestrust.org.uk Tel 01372375400	Flat
Thur 19 Nov 14:00 - 15:15	**Nordic Walk: Broadwater lake** WC RA **Meet:** Cowey Sale car park, Walton Lane, Walton-on-Thames, KT12 1QW. Meet furthest end of car park from Walton Bridge **Leaders:** Pam	Moderate
Fri 20 Nov 10:30 - 11:15	**Thames Path to Molesey Lock** WC RA **Meet**: Riverside Pantry (Formerly: Miss Polly Café), at Molesey Cricket Club, Graburn Way, KT8 9AL. **Leader:** Keith	Gentle, slow, flat
Fri 20 Nov 10:30 - 12:00	**Historical: Molesey Cemetery** RA **Meet:** St. Peter's Church, Walton Rd, Molesey, West Molesey KT8 2HF	Slow, flat, Multiple stops

Time	Route	Pace/ gradient
	Leaders: Anthony, Janet B	
Fri 20 Nov 10:45 - 12:00	**Princess Alice Hospice Bereavement Walk and Talk - Bushy Park** (TW11 0EQ) **Meet:** please contact us to book your space and find out about the meeting point. **Booking required:** walkandtalk@pah.org.uk	Slow, flat
Mon 23 Nov 11:30 -12:00	**All-inclusive walk or wheel 1km** **Meet**: outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG **Leaders:** Patrick, David M (disabled WC and Parking at Leisure centre)	Slow, gentle, mild slope
Tues 24 Nov 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 24 Nov 10:15 - 11:30	**Princess Alice Hospice Bereavement Walk and Talk – Richmond Park** (TW10 5HX) **Meet:** please contact us to book your space and find out about the meeting point. **Booking required:** walkandtalk@pah.org.uk	Slow, flat

Time	Route	Pace/ gradient
Tues 24 Nov 10:30 - 12:30	**Bushy Park Woodland Gardens** WC RA Diana Fountain Car Park, Chestnut Avenue, Bushy Park (access via Lion Gate KT8 9DD) **Meet**: by kiosk **Leaders:** Karen, Christine	Slow, flat
Wed 25 Nov 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 25 Nov 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, Andrew	Moderate short hill stiles
Thur 26 Nov 10:15 -11:30	**Princess Alice Hospice Bereavement Walk and Talk – Claremont Gardens** (KT10 9JG) **Meet:** Please contact us to book your space and find out about the meeting point. **Booking required:** walkandtalk@pah.org.uk	Slow, flat

Time	Route	Pace/ gradient
Thur 26 Nov 13:00 - 14:00	**Mary Frances Trust: wellbeing walk** **Meet:** Wilde brunch café by Walton bridge car park. **MFT Membership required**, register at info@maryfrancestrust.org.uk Tel 1372375400 **Leaders:** Mary Frances staff	Flat
Thur 26 Nov 14:00 - 15:30	**Nordic Walk: Around Painshill Park** WC RA **Meet** in car park, Painshill Park, Cobham KT11 1AA **Booking required** **Leader:** Pam (see key for details)	Moderate hill
Fri 27 Nov 10:30 - 11:15	**Thames Path to Molesey Lock** WC RA **Meet:** Riverside Pantry (Formerly: Miss Polly Café), at Molesey Cricket Club, Graburn Way, KT8 9AL **Leader:** Keith	Gentle, slow, flat
Sat 28 Nov 10:15 - 11:45	**Mickleham Downs** RA (WC in café/pub) Car park of 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

Time	Route	Pace/ gradient
Mon 30 Nov 11:30 -12:00	**All-inclusive walk or wheel 1km** **Meet**: outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG **Leaders:** David M, Rachel (disabled WC and parking at Leisure centre)	Slow, gentle, mild slope
Mon 30 Nov 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

December

Time	Route	Pace/ gradient
Tues 1 Dec 10:30 - 11:30	**Molesey Circular Walk** WC RA **Meet:** Council car park, Walton Road, East Molesey KT8 0DP **Leaders:** Andrew, Val	
Tues 1 Dec 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

Time	Route	Pace/ gradient
Wed 2 Dec 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 3 Dec 10:30 - 12:00	**'Woods and Commons'** **Meet:** Sandy Lane car park, Sandy Lane, Oxshott (one nearest A244) **Leader**: Andrew	Moder-ate slopes
Thur 3 Dec 10:45 - 12:00	**Princess Alice Hospice Bereavement Walk and Talk - Bushy Park** (TW11 0EQ) **Meet:** Please contact us to book your space and find out about the meeting point. **Booking required:** walkandtalk@pah.org.uk	
Thur 3 Dec 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	Slow, flat
Thur 3 Dec	No Nordic walk	

Time	Route	Pace/ gradient
Fri 4 Dec 10:30 - 11:15	**Thames Path to Molesey Lock** WC RA **Meet:** Riverside Pantry (Formerly: Miss Polly Café), at Molesey Cricket Club, Graburn Way, KT8 9AL **Leader:** Keith	Gentle, slow, flat
Mon 7 Dec 10:15 -11:30	**Princess Alice Hospice Bereavement Walk and Talk - Denbies** (London Road RH5 6AA) WC RA **Meet:** please contact us to book your space and find out about the meeting point. **Booking required:** walkandtalk@pah.org.uk	Slow, flat
Mon 7 Dec 10:30 -12:00	**Claygate and Arbrook Commons** **Meet:** junction of Claremont and Gordon Roads, Claygate, KT10 0P (free street parking). **Leader:** David G, Andrew	Moderate slopes
Mon 7 Dec 11:30 -12:00	**All-inclusive walk or wheel 1km** **Meet**: outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG **Leaders:** Patrick, Rachel (disabled WC and Parking at Leisure centre)	Slow, gentle, mild slope

Time	Route	Pace/ gradient
Tues 8 Dec 10:30 - 11:30	**Molesey Circular Walk** WC RA **Meet:** Council car park, Walton Road, East Molesey KT8 0DP. **Leaders:** Dave F, Val	Slow, flat
Wed 9 Dec 10:15 -11:30	**Princess Alice Hospice Bereavement Walk and Talk – Richmond Park** (TW10 5HX) **Meet**: Please contact us to book your space and find out about the meeting point. **Booking required:** walkandtalk@pah.org.uk	Slow, flat
Wed 9 Dec 10:30 - 11:15 / 30	**Around Walton-on-Thames** RA **Meet:** Walton Community Centre, Manor Road, Walton-on-Thames KT12 2PB Walkers can use the centre car park or use Manor Road car park £. **Leaders:** David M	Gentle, small slope (steps on some routes)
Thur 10 Dec 10:15 -11:30	**Princess Alice Hospice Bereavement Walk and Talk - Horton Country Park** (KT19 8PL) WC RA **Meet:** please contact us to book your space and find out about the meeting point. **Booking required:** walkandtalk@pah.org.uk	Slow, flat

Time	Route	Pace/ gradient
Thur 10 Dec 10:30 -11:30	**West End Common** WC RA **Meet:** Garsons Farm car park, West End, Esher, KT10 8LP. Meet outside farm shop. **Leader:** Karen, Christine	Slow, slopes, Lots of stops
Thur 10 Dec 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 10 Dec 14:00 - 15:30	**Nordic Walk: Round Whiteley Village** RA **Meet:** Grass verge parking by cricket pitch, corner of North Avenue and Coombe Lane, Whiteley Village, KT12 4EL **Leaders:** Pam	Moderate
Fri 11 Dec 10:30 - 11:15	**Thames Path to Molesey Lock** WC RA **Meet:** Riverside Pantry (Formerly: Miss Polly Café), at Molesey Cricket Club, Graburn Way, KT8 9AL **Leader:** Keith	Gentle, slow, flat

Time	Route	Pace/ gradient
Fri 11 Dec 10:30 - 12:00	**Wisley Interchange nature reserve (incl. Chatley Heath/Wisley Common)** **Meet:** 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. **Leaders:** Andrew, David G	Moderate, slopes
Sat 12 Dec 10:30 - 12:00	**Painshill Park** WC RA **Meet**: car park, Painshill Park, Cobham KT11 1AA **Leaders:** Liz & Olinka **Booking required** (see key for details)	Slow, slopes
Sun 13 Dec 11:00 - 12:15	**Whiteley Village** **Meet:** Sanctuary car park, Whiteley Village, Hersham KT12 4ED **Leaders:** Karen, Liz M	Slow, slopes
Mon 14 Dec 11:00 - 11:45	**Claremont NT Gardens** WC RA **Meet:** car park near WC's, Claremont Gardens, Portsmouth Road, Esher, KT10 9JG	Slow, flat

Time	Route	Pace/ gradient
	Leaders: Karen, Christine **Booking required (see key for details**	
Mon 14 Dec 11:30 -12:00	**All-inclusive walk or wheel 1km** WC RA **Meet:** outside Xcel Leisure Complex, Waterside Drive, Walton-on-Thames KT12 2JG **Leaders:** Patrick, David M (disabled WC and Parking at Leisure centre)	Slow, gentle, mild slope
Tues 15 Dec 10:30 - 11:30	**Molesey Circular Walk** WC RA **Meet:** Council car park, Walton Road, East Molesey KT8 0DP **Leaders:** Val, Dave F	Slow, flat
Wed 16 Dec 10:15 - 11:30	**Princess Alice Hospice Bereavement Walk and Talk – Painshill** (KT11 1AA) **Meet:** please contact us to book your space and find out about the meeting point. **Booking required:** walkandtalk@pah.org.uk	Slow, flat
Wed 16 Dec 10:30 - 11:15/ 11:30	**Around Walton-on-Thames** RA **Meet:** Walton Community Centre, Manor Road, Walton-on-Thames KT12 2PB	Gentle, small slope (steps on

Time	Route	Pace/ gradient
	Walkers can use the centre car park or use Manor Road car park £. **Leaders:** Carolyn, Albert	some routes)
Thur 17 Dec 10:30 -12:00	**Bushy Park** RA Diana Fountain Car Park, Chestnut Avenue, Bushy Park (access via Lion Gate KT8 9DD) **Meet:** by kiosk **Leaders:** Andrew, David G	Moderate, flat
Thur 17 Dec 11:00-11:45	**Whiteley Village Woods** RA **Meet**: Sanctuary car park, Whiteley Village, Hersham KT12 4ED Park in first half of carpark or on road. **Leaders:** Karen, Chris P	Slow, slopes
Thur 17 Dec 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 17 Dec 14:00 -15:15	**Nordic Walk: West End Woods** WC RA **Meet:** Garsons Farm car park,	Moderate

Time	Route	Pace/ gradient
	West End, Esher, KT10 8LP. Meet near to farm shop **Leaders:** Pam	
Fri 18 Dec 10:30 - 11:15	**Thames Path to Molesey Lock** WC RA **Meet:** Riverside Pantry (Formerly: Miss Polly Café), at Molesey Cricket Club, Graburn Way, KT8 9AL **Leader:** Keith	Gentle, slow, flat
Fri 18 Dec 10:30 - 12:00	**Historical: Sport on the Hurst** **Meet**: at river end of Graburn Way, East Molesey KT8 9AL **Leaders:** Anthony, Janet B	Slow, flat Multiple stops
Fri 18 Dec 10:30 - 12:00	**Shere Village** **Park/meet**: Albury Heath cricket pitch car park, Sandy Lane, off New Road, Albury, GU5 9DA **Leader:** David G, Andrew	Moderate, slopes
Fri 18 Dec 10:45 - 12:00	**Princess Alice Hospice Bereavement Walk and Talk - Bushy Park** (TW11 0EQ) **Meet:** please contact us to book your space and find out about the meeting point. **Booking required:** walkandtalk@pah.org.uk	Slow, flat
Mon 21 Dec 11:30 -12:00	**All-inclusive walk or wheel 1km** WC RA	Slow, gentle,

Time	Route	Pace/ gradient
	Meet: outside Xcel Leisure Complex, Waterside Drive, Walton KT12 2JG **Leaders:** Rachel, Albert (disabled WC and Parking at Leisure centre)	mild slope
Tues 22 Dec 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 22 Dec 10:15 -11:30	**Princess Alice Hospice Bereavement Walk and Talk – Richmond Park** (TW10 5HX) **Meet:** please contact us to book your space and find out about the meeting point. **Booking required:** walkandtalk@pah.org.uk	Slow, flat
Wed 23 Dec 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, Albert	Gentle, small slope (steps on some routes)
Thur 24 Dec 10:15 -11:30	**Princess Alice Hospice Bereavement Walk and Talk – Claremont Gardens** (KT10 9JG)	Slow, flat

Time	Route	Pace/ gradient
	Meet: please contact us to book your space and find out about the meeting point. **Booking required:** walkandtalk@pah.org.uk	
Thur 24 Dec	No Nordic walk	
Fri 25 Dec	No Thames Path walk	
Fri 25 Dec 11:00 -11:45	**Christmas Day 'Merry Meander'** **Arrive 15 minutes early for festive nibbles!** Meet at Lakewood car park, Portsmouth Road, Cobham, KT11 1BG **Leaders:** Karen, Liz P, Chris P	Slow, slopes
Sat 26 Dec 11:00* -13:00	**Boxing Day Walk:** RE **To Hampton Court for a hot drink with ice!** **Meet:** Sadlers Ride Car Park, Molesey, KT8 1ST **Leaders:** Karen, Liz *Arrive 15 mins early for festive nibbles!*	
Sat 26 Dec 10:30 -12:00	**Mickleham Downs** RA (WC in café/pub)	Moderate hill, stiles, Steps,

Time	Route	Pace/ gradient
	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	slopes
Mon 28 Dec 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
Tues 29 Dec 10:30 -11:30	**Molesey Circular Walk** WC RA **Meet:** Council car park, Walton Road, East Molesey KT8 0DP **Leaders:** Val, Dave F	Slow, flat
Wed 30 Dec 10:30 - 11:15/ 11:30	**Around Walton-on-Thames** RA **Meet:** Walton Community Centre, Manor Road, Walton-on-Thames KT12 2PB Walkers can use the centre car park or use Manor Road car park £ **Leader:** Carolyn, Albert	Gentle, small slope (steps on some routes)
Thur 31 Dec 14:00-15:30	**Nordic Walk: Around Painshill Park** WC RA **Meet:** car park, Painshill Park, Cobham KT11 1AA **Booking required** **Leader:** Pam (See key for details)	

Elmbridge Cycle Rides

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

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

Rider's responsibility

- If you are new to our cycle rides, please arrive 10 minutes early and let the leader know. You will be asked to fill out a new cyclist registration form.
- Keep in mind our leaders are volunteers. Be respectful, listen carefully to any instructions they give and let them lead.
- If you wish to leave the ride, let the ride leader know first.
- Your leader will direct the group during the ride; however, **you cycle at your own risk and are responsible for your own safety.**

- Abide by the Highway and Countryside Codes – never ride more than two abreast except when passing. Shout ‘Passing!’ if you do so.
- Show courtesy to other cycle path, towpath and road users and be a good ambassador for cycling.
- Be alert to what other riders around you are doing and do not get too close to them. Ideally, leave a gap of 2 bike lengths.
- Shout ‘Slowing!’ or ‘Stopping!’ if necessary – smooth, gentle manoeuvres work best.

What should I bring on a group ride?

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

Questions?

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

Time	Route	Pace/ gradient
Mon 5 Oct 10:30 -12:30	**Molesey to Desborough Island** **Linear:** Thames towpath to and from	Gentle speed, flat

Time	Route	Pace/ gradient
	Desborough Island. **Meet:** Sadlers Ride car park, East Molesey KT8 1TW **Leaders:** Pam, Colin	12 miles
Mon 12 Oct 10:30 -13:00	**Molesey to Kingston and Richmond** **Circular:** Towpath to Hampton Court Bridge - Kingston bridge - Kingston - Richmond Bridge. Returning on north of river. **Meet:** Sadlers Ride car park, East Molesey KT8 1TW **Leaders**: Richard, Pam	Gentle speed, flat but with 1 hill 16 miles
Mon 19 Oct 10:30 - 13:00	**Wey Navigation and Basingstoke Canal** **Linear:** New Haw Lock - West Byfleet - along the Wey Navigation and Basingstoke Canal - Woking - same route back. **Meet:** Service Road, New Haw Lock, Byfleet Road, New Haw, KT15 3JQ **Leaders:** Colin, Richard	Gentle speed, flat 15 miles
Mon 26 Oct 10:30 - 13:00	**Walton to Staines** **Linear:** Towpath to Walton Bridge - along road and river to Staines - and back. **Meet:** Xcel Leisure Centre,	Gentle speed, flat 16 miles

Time	Route	Pace/ gradient
	Waterside Drive, Walton, KT12 2JG. Meet outside entrance **Leaders:** Pam, Colin	
Mon 2 Nov 10:30 -13:00	**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	Gentle speed, Flat 10 miles
Mon 9 Nov 10:30 - 13:00	**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:** Colin, Richard	Gentle speed, mainly flat, 1 hill 16 miles
Mon 16 Nov 10:30 - 13:00	**Molesey to Lower Sunbury via Bushy Park** **Circular:** Towpath to Hampton Court Bridge - Bushy Park - Lower Sunbury - Walton Bridge - towpath to Molesey **Meet:** Sadlers Ride car park, East	Gentle speed, flat 16 miles

Time	Route	Pace/ gradient
	Molesey KT8 1TW. **Leaders:** Pam Colin	
Mon 23 Nov 10:30 -12:30	**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:** Richard, Pam	Gentle speed, flat, Tunnels 15 miles
Mon 30 Nov 10:30 - 13:00	**Wey Navigation and Basingstoke Canal** **Linear:** New Haw Lock - West Byfleet - along the Wey Navigation and Basingstoke Canal – Woking - same route back. **Meet:** Service Road, New Haw Lock, Byfleet Road, New Haw, KT15 3JQ **Leaders:** Colin, Richard	Gentle speed, flat 15 miles
Mon 7 Dec 10:30 -13:00	**Molesey to Kingston and Richmond** **Circular:** Towpath to Hampton Court Bridge - Kingston bridge - Kingston - Richmond Bridge.	Gentle speed, flat but with 1 hill

Time	Route	Pace/ gradient
	Returning on north of river. **Meet:** Sadlers Ride car park, East Molesey KT8 1TW. **Leaders**: Colin, Pam	16 miles
Mon 14 Dec 10:30 -13:00	**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.	Gentle Speed Flat 10 miles
Mon 21 Dec 10:30 -13:00	**Molesey to Lower Sunbury via Bushy Park** **Circular:** Towpath to Hampton Court Bridge - Bushy Park - Lower Sunbury - Walton Bridge - towpath to Molesey **Meet:** Sadlers Ride car park, East Molesey KT8 1TW. **Leaders:** Pam, Richard	Gentle speed, flat 16 miles
Mon 28 Dec	No cycle ride- Bank Holiday.	
Tues 29 Dec 10:30 -13:00	**Molesey to Crane Park via Bushy Park.** **Linear route:** Towpath to	Gentle speed, flat,

Time	Route	Pace/ gradient
	Hampton Court Bridge - across Bushy park - through Fulwell - Crane Park. Same route back. **Meet:** Sadlers Ride car park, East Molesey KT8 1TW.	Tunnels 15 miles

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

Confidential group support every Thursday from 10am to 12.30pm
Please call or text Blair for further information 07815556320
blair.parrott@surreycc.gov.uk
St John's Church Hall
I The Furrow's
KT12 3JQ

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ELMBRIDGE Women's Hub

Sisterhood Sanctuary

You are invited to a wellbeing pampering session for women only where you can:

- be pampered
- try a creative activity
- share lunch with other ladies
- build friendships
- enjoy time to relax

FREE

12:30pm-2:30pm

Wednesdays (Term Time Only)

St John's Church, Walton, KT12 3JQ

voh.org.uk/elmbridge-womens-hub

Volunteer walk leaders wanted

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

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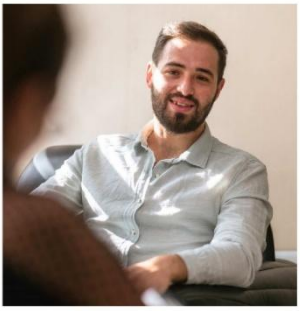

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- Short & long-term support
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