

Healthy Walks Nordic Walks Cycle Rides

1 April to 30 June 2018



Susan Scorer, founder walk leader from September 2003 who showed so many of us parts of the countryside we didn't know existed, sadly passed away 26 February 2018.

In case of adverse weather conditions, visit elmbridge.gov.uk/healthywalks

“Everywhere is walking distance if you have the time” – Steven Wright



Elmbridge
Borough Council
... bridging the communities ...



Healthy Walks and Cycle Rides

We love our walks and rides and we hope you will too. We've been organising them since 2003 and they are great for meeting new friends and discovering new places in your local area.

With Walking for Health, you can take part in a free short walk to help you get and stay active at a pace that works for you.

Very slow walks: up to 45 minutes

Walking for 15 minutes to half an hour may be longer than you've walked for a while but we'll be there to help you. Walk at a pace that's right for you and take time to soak up the beauty of Elmbridge. Doesn't that sound achievable?

If you are not sure you will be able to keep up please start with our Monday or Friday regular very slow walks, ask the leader if they think you would keep up on a slow walk.

Walks and rides leave promptly at the published time, please don't hold the group up, it's not fun for you or the other walkers. We pride ourselves on our punctuality, we know that you lead busy lives with appointments to keep. Please arrive a minimum of 5 minutes beforehand.

All our walks are free and **most** are between 30 and 90 minutes long and less than three miles in length.


Volunteers: If you enjoy going on slow walks, 30-90 minutes long, and want to help improve other peoples lives, you sound like you would make a perfect volunteer leader. We'll give you all the training and support you need to help you be top notch.


If you are a new walker or cyclist, please arrive at least 15 minutes before the start to allow time to complete the outdoor health questionnaire (OHQ). Why not complete your OHQ at home and bring it along? You can find it at: Walkingforhealth.org.uk

Questions? email health@elmbridge.gov.uk or telephone 01372 474574. We are here to help.

Walks/rides are classified by pace, gradient and length of time they take. Make sure you fully enjoy the walk by choosing carefully. We often stop for coffee afterwards, to gather strength for the journey home!

If you prefer longer, faster walks, or walks out of the Borough, you may enjoy walking with Ramblers, Go50 or Surrey Walks Club.

Short	If you are not a confident walker or are returning to walking. Normally between 15 and 30 minutes, always on easy terrain, at a pace to suit you.
Slow	For those capable of walking continuously (2mph)
Moderate	For regular walkers who are reasonably fit and can maintain a steady pace (2.25-2.5 mph) for the duration of the walk.
Brisk	For those able to walk 3mph for the walk duration.
Nordic	Bring poles or walk without poles. Warm up pre-walk and cool down post-walk included. All welcome.
	Cycle Rides, at a pace to suit all riders.

8	Figure of 8 walk: returns to start point part way round. Must register at start of walk		Dogs on leads welcome (one dog per walker)
RA	Optional refreshments after walk that give you time to socialise	£	Cost for parking or ferry ride
RE	Refreshments en-route usually 30 minutes, included in timings		Nordic walk: poles useful but not essential
WC	Toilets at meeting point		

Regular weekly / monthly walks

These walks take place every week from the same Location at the same start time. Routes may vary.

Date/time: **Every Mon** (excluding Bank Holidays)
11.30-12.00 Very slow, flat WC
Route: 30 minutes very slow walk to the river
Meeting: Outside by the benches, Xcel Leisure Complex,
Waterside Drive, Walton KT12 2JG
Leaders: Fiona

Date/time: **Every Tues** 10.30-11.30 Slow, flat WC RA
Route: Molesey Circular Walk
Meeting: Royal British Legion Club, St Mary's Road, East Molesey,
KT8 0ST. Use entrance next to No 4.
Leaders: David F, Valerie, Andrew

Date/time: **Every Fri** 10.30-11.15 Very Slow, flat
Route: 45 minutes very slow. Plenty of seats en-route if needed.
The Clubhouse cafe, East Molesey, Cricket Club,
Graburn Way, KT8 9AL
Leaders: Varied

Date/time: **1st Wed of the month** 10.30-12.00 Slow, slopes
Route: Various routes in and around Claygate WC RA
Meeting: Claygate Centre for the Community, Elm Road,
Leaders: Jean, Andrew. Claygate, KT10 0EH

Postcodes Beware of postcodes, they are the best that we can find, but don't always take you to the precise starting point. Car parks rarely have their own postcode. Please allow plenty of time to find the start point. We suggest you look up your route and destination on a map prior to setting out and take a map with you.

Poor weather In case of adverse weather conditions, visit elmbridge.gov.uk/healthywalks to see if an event is cancelled. If in doubt call 01372 474574 or email health@elmbridge.gov.uk

Regular walk Mon 2 April
NO REGULAR WALK TODAY BANK HOLIDAY

Regular walk Tues 3 April Slow See Regular weekly walks information box page 4 Leaders: Valerie, David F.

Date/time: Tues 3 April 11.00-12.00 Slow, slopes
Route: Around Middle Pond
Meeting: Lakewood car park, Portsmouth Road, Cobham,
Leaders: Karen KT11 1BG

Date/time: Tues 3 April 10.30-11.30 Moderate, flat WC RA
Route: Broadwater Lake
Meeting: East end of Cowey Sale car park, Walton Bridge,
Leaders: Louis, Gillian KT12 1QW



Date/time: Wed 4 April 10.30-12.00 Slow, hill WC RA
Route: Telegraph Hill and Hinchley Wood
Meeting: Claygate Community Centre, Elm Road, Claygate,
Leaders: Jean, Andrew KT10 0EH

Susan's Memorial Walk


Date/time: Thurs 5 April 10.30-12.30 slow then moderate (figure 8)
Route: **Slow walk:** Heron Pond to Pheasantry Café 45 mins walk.
30 minutes coffee then those not wishing to do moderate walk will return to Arethusa car park with a walk leader.
Moderate walk: to the Woodland Gardens 45 mins.
Meeting: Diana car park, Bushy Park, near kiosk KT8 9DD
Leaders: Walk leaders

Date/time: Thurs 5 April 14.00-15.15 Steps & hills WC RA **NORDIC**
Route: West End Woods and the Ledges
Meeting: Garsons Farm, West End, Esher, KT10 8LP.
Meet at entrance to garden centre.
Leaders: Pam, David M.

Regular walk Fri 6 April See Regular walks information box on page 4.
Leader: Karen

Date/time: Fri 6 April 10.30-12.00 Moderate, slopes
Route: Arbrook and Claygate Commons
Meeting: Arbrook Lane car park, Claygate KT10 9EJ
Leaders: David G., Richard

Date/time:	Fri 6 April 10.30-13.30 14 miles, 1 hill	WC RE
Route:	Sunbury Walled Garden	
Meeting:	Sadlers Ride car park, Molesey, KT8 1ST	
Leaders:	Pam	
Date/time:	Sun 8 April 10.30-12.30 Slow, Flat	RE
Route:	To Hampton Court for coffee	
Meeting:	Sadlers Ride car park, Molesey, KT8 1ST	
Leaders:	Karen	
Regular walk	Mon 9 April Short slow walk. See Regular weekly walks information box on page 4.	Leader: Fiona
Date/time:	Mon 9 April 10.30-11.30 Moderate, slopes	
Route:	Whiteley Village woods	
Meeting:	Grass verge parking by cricket pitch/nets, corner of North Avenue and Coombe Lane, Whiteley Village, KT12 4EL	
Leaders:	Karen, David M.	
Date/time:	Mon 9 April 11.00-13.00 Brisk, slopes	WC RA
Route:	Ashted Common	
Meeting:	The Star Pub, Kingston Road, Leatherhead KT22 0DP	
Leaders:	Richard	
Date/time:	Mon 9 April 10.30-13.30 12 miles, flat	RE
Route:	Along the Basingstoke Canal	
Meeting:	Service Road, New Haw Lock, Byfleet Road,	
Leaders:	Pam	New Haw, KT15 3JQ
Regular walk	Tues 10 April Slow See Regular weekly walks information box page 4	Leaders: David F., Valerie
Date/time:	Tues 10 April 10.30-12.15 Moderate, slopes, stiles	
Route:	Chobham Common	
Meeting:	Fishpool car park, Gracious Pond Road, Chobham	
Leaders:	David G.	GU24 8EX
Date/time:	Wed 11 April 10.30-12.30 Moderate, hilly	WC, RA, Stiles
Route:	Ranmore Common and Westhumble	
Meeting:	Denbies Vineyard car park, London Road, Dorking	
Leaders:	Andrew, David G.	RH5 6AA
Date/time:	Wed 11 April 11.00-12.00 Mod Flat	WC RA
Route:	Xcel to Walton Bridge	
Meeting:	Xcel Leisure Complex, Waterside Drive, Walton,	
Leaders:	Karen	KT12 2JG

Date/time:	Thurs 12 April 11.15-14.00	Slow, flat	WC RE
Route:	Towpath to Staines (optional Indian Buffet Lunch £8.95)		
Meeting:	Notcutts Garden Centre car park, Staines Road,		
Leaders:	David F.	Laleham, TW18 2SF	
Date/time:	Thurs 12 April 14.30-15.15	Slow, flat	
Route:	Heron and Leg O Mutton Ponds,		
Meeting:	Diana Fountain car park, Bushy Park, KT8 9DD.		
Leaders:	Karen	Near kiosk.	
Date/time:	Thurs 12 April 14.00-15.15	Steps	WC RA NORDIC
Route:	Around Desborough Island		
Meeting:	Cowey Sale car park, Walton Bridge, KT12 1QW		
Leaders:	Pam, David M.		
Regular walk	Fri 13 April See Regular walks information box on page 4. Leader: Christine		
Date/time:	Fri 13 April 10.30-13.00	13 miles, flat	WC RE
Route:	Ham House		
Meeting:	Sadlers Ride car park, Molesey, KT8 1ST		
Leaders:	Pam		
			
Date/time:	Sun 15 April 11.00-12.30	Slow, slopes	RA
Route:	Whiteley Village woods		
Meeting:	Sanctuary car park, Whiteley Village, Burwood Road		
Leaders:	Karen	KT12 4ED	
Regular walk	Mon 16 April Short slow walk. See Regular weekly walks information box on page 4. Leader: Fiona		
Date/time:	Mon 16 April 10.30-12.30	Flat 10 miles	Pace to suit RE
Route:	Molesey and Teddington		
Meeting:	Sadlers Ride car park, Molesey KT8 1ST		
Leaders:	Roy, Janet		
			
Regular walk	Tues 17 April Slow See Regular weekly walks information box page 4. Leaders: Andrew, David F.		
Date/time:	Tues 17 April 11.00-12.00	Moderate, slopes, steps, stile	
Route:	Molesey Heath		
Meeting:	Approach Road, (near heath gates) West Molesey, KT8 2LL. Please park on garages side of road.		
Leaders:	Karen		

Date/time: Wed 18 April 10.30-13.30 14 miles, flat WC RE
Route: Crane Park
Meeting: Sadlers Ride car park, Molesey, KT8 1ST
Leaders: Pam



Date/time: Thurs 19 April 10.30-13.30 Slow, flat, steps RE £
Route: Ferry, Bushy Park, Hampton Court and towpath
Meeting: Sadlers Ride car park, Molesey, KT8 1ST
Leaders: Karen, Sue

Date/time: Thurs 19 April 10.30-12.00 Moderate, slopes
Route: Sheepleas and Green Dene
Meeting: Sheepleas car park, behind St Mary's Church, Epsom Road, West Horsley, KT24 6AN
Leaders: David G., Andrew

Date/time: Thurs 19 April 14.00-15.15 WC RA **NORDIC**
Route: Around Bushy Park
Meeting: Pheasantry Café car Park, Bushy Park, TW11 0EQ
Leaders: Pam, David M.

Date/time: Fri 20 April 10.30-12.15 Moderate, slopes stile
Route: Oxshott Heath and Fairmile
Meeting: Sandy Lane car park (close to A244), Oxshott
Leaders: Andrew, David G.

Regular walk Fri 20 April See Regular walks information box on page 4.
Leader: Mary

Date/time: Sun 22 April 11.00-12.00 **Moderate**, slopes, steps WC RA
Route: Under and over The Ledges
Meeting: Garsons Farm, West End, Esher, KT10 8LP. Meet at
Leaders: Karen, Chris P. covered entrance to garden centre.

Regular walk Mon 23 April Short slow walk. See Regular weekly walks information box on page 4. Leader: Fiona


Date/time: Mon 23 April 10.30-12.30 3 hills, 8 miles, pace to suit RE
Route: Cobham and Oxshott
Meeting: Car park by Downside Bridge, Cobham
Leaders: Roy, Janet KT11 3LP



Regular walk Tues 24 April Slow See Regular weekly walks information box page 4 Leaders: David F., Valerie

Date/time: Tues 24 April 10.30-12.00 Slow, slopes
Route: Isabella Plantation
Meeting: Broomfield car park, Richmond Park
Leaders: Karen, Sue


Date/time: Wed 25 April 10.30-12.00 **Slow**, slopes, steps WC RA
Route: Under and over The Ledges
Meeting: Garsons Farm, West End, Esher, KT10 8LP. Meet at
Leaders: Karen, Chris P. covered entrance to garden centre.

Date/time: Thurs 26 April 11.00-12.00 Moderate, WC RA 
Route: Towpath to Sunbury Lock
Meeting: Riverhouse Barn car park, Manor Road, Walton, KT12 2PF
Leaders: Louis, Gillian

Date/time: Thurs 26 April 14.00-15.15 Hill WC RA **NORDIC**
Route: Painshill Park
Meeting: Painshill Park car park, Cobham, KT11 1AA
Leaders: Pam, David M.


Regular walk Fri 27 April See Regular walks information box on page 4.
Leader: Christine

Date/time: Fri 27 April 10.30-12.30 Moderate, short hill
Route: Molesey Heath and return
Meeting: Coronation Recreation Ground car park, Molesey Road,
Leaders: David G. Hersham, KT12 4QY

Date/time: Fri 27 April 10.30-13.30 16 miles, flat WC RE
Route: Richmond Bridge 
Meeting: Sadlers Ride car park, Molesey, KT8 1ST
Leaders: Pam

Regular walk Mon 30 April Short slow walk. See Regular weekly walks
information box on page 4. Leader: Fiona

Date/time: Mon 30 April 11.00-12.00 **Moderate**, slopes, steps WC RA
Route: Under and over The Ledges
Meeting: Garsons Farm, West End, Esher, KT10 8LP. Meet at
Leaders: Karen covered entrance to garden centre.

Date/time: Mon 30 April 10.30-12.30 Flat 12 miles Pace to suit RE
Route: Molesey and Hampton 
Meeting: Sadlers Ride car park, Molesey KT8 1ST
Leaders: Roy, Janet

Date/time: Sun 13 May 11.00-12.15 Slow, slopes RA
Route: Whiteley Village woods
Meeting: Sanctuary car park, Whiteley Village, Burwood Road
Leaders: Karen KT12 4ED

Regular walk Mon 14 May Short slow walk. See Regular weekly walks information box on page 4. Leader: David M.

Date/time: Mon 14 May 10.30-12.30 2 hills, 10 miles, pace to suit
Route: Esher Common to Stoke D'Abernon RE
Meeting: Horseshoe Clump car park, Portsmouth Road,
Leaders: Roy, Janet Esher, KT10 9JQ



Date/time: Mon 14 May 11.00-12.00 **Moderate**, slopes, steps WC RA
Route: Under and over The Ledges
Meeting: Garsons Farm, West End, Esher, KT10 8LP. Meet at
Leaders: Karen, Chris P. covered entrance to garden centre.

Date/time: Mon 14 May 10.30-12.15 Moderate, hilly
Route: Polesden Lacey Estate
Meeting: Far end Woodlands Road, Effingham, KT23 4HJ
Leaders: David G.

Regular walk Tues 15 May Slow. See Regular weekly walks information box on page 4. Leaders: Valerie, David F.

Date/time: Wed 16 May 10.30-11.45 Slow, slopes, steps, stile
Route: Molesey Heath
Meeting: Approach Road, (near heath gates) West Molesey,
KT8 2LL. Please park on garages side of road.
Leaders: Karen

Date/time: Thurs 17 May 14.00-15.15 WC RA **NORDIC**
Route: Around Bushy Park
Meeting: Pheasantry Café car Park, Bushy Park, TW11 0EQ
Leaders: Pam

Date/time: Thurs 17 May 10.30-11.45 Moderate, WC RA
Route: Brooklands Community Park circular
Meeting: Mercedes Benz World front door, Brooklands Drive,
Leaders: Louis, Gillian Weybridge, KT13 0SL



Regular walk Fri 18 May See Regular walks information box on page 4.
Leader: Christine

Date/time: Fri 18 May 15.00-16.00 Moderate, flat WC RA
Route: Xcel to Walton Bridge
Meeting: Xcel Leisure Complex, Waterside Drive, Walton,
Leaders: Karen KT12 2JG

Date/time: Fri 18 May 10.30-13.30 16 miles, flat RE
Route: To Staines and back
Meeting: Xcel Leisure Complex, Waterside Drive, Walton
Leaders: Pam KT12 2JG



Date/time: Sun 20 May 10.30-12.00 Moderate, slopes.
Route: Esher Commons
Meeting: Lakewood car park, Portsmouth Road, Cobham
Leaders: Karen KT11 1BG

Regular walk Mon 21 May Short slow walk. See Regular weekly walks information box on page 4. Leader: Fiona

Date/time: Mon 21 May 10.30-12.30 Slow, Flat RE
Route: To Hampton Court for coffee
Meeting: Sadlers Ride car park, Molesey, KT8 1ST
Leaders: Karen, David M.

Date/time: Mon 21 May 10.30-13.30 12 miles, flat RE
Route: Along the Basingstoke Canal
Meeting: Service Road, New Haw Lock, Byfleet Road,
Leaders: Pam New Haw, KT15 3JQ



Regular walk Tues 22 May Slow. See Regular weekly walks information box on page 4. Leader: David F., Valerie

Date/time: Wed 23 May 11.00-12.00 Slow, slopes
Route: Around middle pond
Meeting: Lakewood car park, Portsmouth Road, Cobham
Leaders: Karen KT11 1BG

Date/time: Thurs 24 May 11.00-12.00 Moderate, slopes
Route: Whiteley Village woods
Meeting: Grass verge parking by cricket pitch/nets, corner of North Avenue and Coombe Lane, Whiteley Village, KT12 4EL
Leaders: Karen

Date/time: Thurs 24 May 10.30-12.15 Moderate, hilly
Route: Walton on the Hill from Epsom Downs
Meeting: Top car park, off Tattenham Corner Road,
Leaders: David G., David M. Epsom Downs, KT18 5PP

Date/time: Thurs 24 May 14.00-15.15 RA **NORDIC**
Route: Whiteley Village
Meeting: Grass verge parking by cricket pitch. Corner of North
Avenue and Coombe Lane, Whiteley Village, KT12 4EL
Leaders: Pam, David M.

Regular walk Fri 25 May See Regular walks information box on page 4.
Leader: TBC

Date/time: Fri 25 May 11.00-13.00 Brisk, slopes WC RA
Route: Well House Walk
Meeting: Well House, Mugsewell, Chipstead Lane,
Leaders: Richard Kingswood, CR5 3SQ

Date/time: Sat 26 May 18.30-20.00 Slow RA
Route: Laleham to Penton Hook Island
Meeting: Broadway car park, Laleham TQ18 1RZ
Leaders: Chris P.

Regular walk Mon 28 May No regular walk today BANK HOLIDAY

Regular walk Tues 29 May Slow. See Regular weekly walks
information box on page 4. Leader: Andrew, David F.

Date/time: Tues 29 May 14.00-16.00 Slow, Flat RE
Route: To Hampton Court for coffee
Meeting: Sadlers Ride car park, Molesey, KT8 1ST
Leaders: Karen, Sue

Date/time: Tues 29 May 10.30-13.30 2 hills 20 miles Pace to suit
Route: Molesey and Richmond Park (picnic lunch) RE
Meeting: Sadlers Ride car park, Molesey, KT8 1ST
Leaders: Roy, Janet



Date/time: Wed 30 May 10.30-11.30 Moderate, slopes, steps, stile
Route: Molesey Heath
Meeting: Approach Road, (near heath gates) West Molesey,
KT8 2LL. Please park on garages side of road.
Leaders: Karen

Date/time: Wed 30 May 10.30-12.15 Moderate, hilly Stiles
Route: Albury Park and Shere
Meeting: Silent Pool car park, Shere Road (A25), Albury,
Leaders: David G., Andrew, David M. GU5 9BW

Date/time: Thurs 31 May 14.30-15.30 Mod Flat WC RA
Route: Xcel to Walton Bridge
Meeting: Xcel Leisure Complex, Waterside Drive, Walton,
Leaders: Karen KT12 2JG

Regular walk Fri 1 June See Regular walks information box on page 4.
Leader: Karen

Date/time: Fri 1 June 11.00-13.00 Brisk, flat RA
Route: Hogsmill River
Meeting: Ewell Court, Lakehurst Road, Well, Surrey KT19 0EB
Leaders: Richard

Date/time: Sun 3 June 10.30-12.00 Moderate, slopes.
Route: Esher Commons
Meeting: Lakewood car park, Portsmouth Road, Cobham
Leaders: Karen KT11 1BG

Regular walk Mon 4 June Short slow walk. See Regular weekly walks
information box on page 4. Leader: Fiona

Date/time: Mon 4 June 10.30-12.15 Moderate, flat, steps
Route: Cars, Planes, Trains and Boats
Meeting: Brooklands Community Park car park, off Sopwith Drive,
Leaders: David G., Andrew Weybridge, KT13 0YU

Regular walk Tues 5 June Slow See Regular weekly walks
information box page 4 Leaders: Valerie, David F.

Date/time: Tues 5 June 11.00-12.15 Moderate, WC RA
Route: Painshill to tower
Meeting: Painshill car park, Cobham, KT11 1AA
Leaders: Louis, Gillian



Date/time: Tues 5 June 10.30-11.30 Slow, flat WC, RA
Route: Woodland Gardens and Bushy Park
Meeting: Pheasantry Café car park, Bushy Park, TW11 0EQ
Leaders: Christine

Date/time: Wed 6 June 10.30-12.00 Slow, slopes WC, RA
Route: Arbrook Common and Swan Green
Meeting: Claygate Community Centre, Elm Road, Claygate,
Leaders: Andrew, Fiona KT10 0EH

Date/time: Thurs 7 June 10.30-12.00 **Slow**, slopes, steps WC RA
Route: Under and over The Ledges
Meeting: Garsons Farm, West End, Esher, KT10 8LP. Meet at
Leaders: Karen, Chris P. covered entrance to garden centre.



Date/time: Thurs 7 June 14.00-15.15 Hill WC RA **NORDIC**
Route: Painshill Park
Meeting: Painshill Park car park, Cobham, KT11 1AA
Leaders: Pam, David M.


Regular Fri 8 June See Regular walks information box on page 4.
walk Leader: Christine

Date/time: Fri 8 June 10.30-13.00 16 miles, 1 hill WC RE
Route: To Pembroke Lodge, Richmond Park
Meeting: Sadlers Ride car park, Molesey, KT8 1ST
Leaders: Pam




Date/time: Fri 8 June 14.00-15.00 Moderate, slopes, steps, stile
Route: Molesey Heath
Meeting: Approach Road, (near heath gates) West Molesey,
KT8 2LL. Please park on garages side of road.
Leaders: Karen

- Regular walk Mon 11 June Short slow walk. See Regular weekly walks information box on page 4. Leader: Fiona
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- Date/time: Mon 11 June 10.30-13.00 Moderate, flat WC RE
Route: Chertsey Bridge to Thames Court Hotel
Meeting: Bridge Hotel car park, Chertsey, KT16 8JZ
Leaders: Karen
-
- Date/time: Mon 11 June 10.30-12.45 Moderate, hilly WC RA
Route: Mickleham and Box Hill Steps stiles
Meeting: Ryka's Café car park, Burford Bridge, Westhumble
Leaders: Andrew, David G. RH5 6BX
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- Date/time: Mon 11 June 10.30-12.30 pace to suit Flat 8 miles
Route: Walton to New Haw some rough off-road 
Meeting: Cowey Sale car park, Walton Bridge, KT12 1QW
Leaders: Roy, Janet
-
- Regular walk Tues 12 June Slow. See Regular weekly walks information box on page 4. Leader: David F., Valerie
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- Date/time: Tues 12 June 10.30-12.15 Moderate, short hill, steps WC
Route: Pyrford Stiles
Meeting: Lane opposite Wyllie and Mar, Ripley, GU23 6AR
(2nd car park by children's play area)
Leaders: David G.
-
- Date/time: Tues 12 June 14.00-15.30 Short, slow, flat 6 miles WC RE
Route: To Xcel Leisure Centre for tea
Meeting: Sadlers Ride car park, Molesey, KT8 1ST 
Leaders: Pam
-
- Date/time: Wed 13 June 11.00-11.45 Slow, flat
Route: Heron and Leg O Mutton Ponds,
Meeting: Diana Fountain car park, Bushy Park, KT8 9DD
Leaders: Karen Near kiosk.
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- Date/time: Wed 13 June 11.00-13.00 Slow, flat RE
Route: Crane River and Shot Tower and Nature Reserve
Meeting: By Arthur's Café, Twickenham Green (bus 281 from
Kingston or R68 from Teddington Hospital and then 281)
Leaders: Chris P., Christine

Date/time: Thurs 14 June 11.00-12.00 Moderate, WC RA 
Route: Thames Meadow, towpath and over the bridge
Meeting: Riverhouse Barn car park, Manor Road, Walton
Leaders: Louis, Gillian KT12 2PF

Date/time: Thurs 14 June 14.00-15.15 Steps & hills WC RA **NORDIC**
Route: West End Woods and the Ledges
Meeting: Garsons Farm, West End, Esher, KT10 8LP.
Meet at entrance to garden centre.
Leaders: Pam

Regular walk Fri 15 June See Regular walks information box on page 4.
Leader: David M.

Date/time: Fri 15 June 10.30-13.00 13 miles, flat WC RE 
Route: Ham House
Meeting: Sadlers Ride car park, Molesey, KT8 1ST
Leaders: Pam

Date/time: Sun 17 June 11.00-12.00 Moderate, slopes RA
Route: Whiteley Village woods
Meeting: Sanctuary car park, Whiteley Village, Burwood Road
Leaders: Karen KT12 4ED

Regular walk Mon 18 June Short slow walk. See Regular weekly walks information box on page 4. Leader: Fiona

Date/time: Mon 18 June 11.00-13.00 Brisk, hilly WC RA
Route: Norbury Park
Meeting: Bocketts Farm, Young Street, Fetcham KT22 9BS.
Leaders: Richard Far end of car park.

Regular walk Tues 19 June Slow. See Regular weekly walks information box on page 4. Leader: Andrew, David F.

Date/time: Wed 20 June 10.30-12.30 Slow, Flat RE
Route: To Hampton Court for coffee
Meeting: Sadlers Ride car park, Molesey, KT8 1ST
Leaders: Karen, Sue

Regular walk	Fri 22 June See Regular walks information box on page 4. Leader: Christine	
Date/time:	Fri 22 June 10.30-12.45 Moderate, flat, stiles	
Route:	Chertsey Meads	
Meeting:	Car park by Elmbridge Canoe Club, Walton Lane, Weybridge, KT13 8LT	
Leaders:	David G.	
Date/time:	Sat 23 June 19.00-20.30 Slow, flat RA	
Route:	Laleham to Penton Hook Island	
Meeting:	Broadway car park, Laleham TQ18 1RZ	
Leaders:	Chris P.	
Date/time:	Sun 24 June 11.00-12.30 Slow, slopes WC RA	
Route:	Around Black Pond	
Meeting:	Garsons Farm, West End, Esher, KT10 8LP. Meet at	
Leaders:	Karen covered entrance to garden centre.	
Regular walk	Mon 25 June Short slow walk. See Regular weekly walks information box on page 4. Leader: Fiona	
Date/time:	Mon 25 June 10.30-13.30 Slow, flat, steps RE £	
Route:	Ferry, Bushy Park, Hampton Court and towpath	
Meeting:	Sadlers Ride car park, Molesey, KT8 1ST	
Leaders:	Karen, Sue	
Date/time:	Mon 25 June 10.30-12.30 11 hill 12 miles, flat RE	
Route:	Molesey to Weybridge	
Meeting:	Sadlers Ride car park, Molesey, KT8 1ST	
Leaders:	Roy, Janet	
Regular walk	Tues 26 June Slow. See Regular weekly walks information box on page 4. Leader: Valerie, David F.	
Date/time:	Tues 26 June 10.30-11.45 Moderate, WC RA	
Route:	Weybridge North Circular	
Meeting:	Weybridge Canoe Club car park, Walton Lane	
Leaders:	Louis, Gillian Weybridge, KT13 8LT	

Date/time: Tues 26 June 14.00-15.30 Short, slow, flat 8 miles WC RE
Route: To Riverhouse Barn for tea
Meeting: Sadlers Ride car park, Molesey, KT8 1ST
Leaders: Pam

Date/time: Wed 27 June 10.30-11.30 Slow, slopes
Route: Whiteley Village woods
Meeting: Grass verge parking by cricket pitch/nets, corner of North Avenue and Coombe Lane, Whiteley Village, KT12 4EL
Leaders: Karen

Date/time: Thurs 28 June 10.30-12.30 Moderate, slopes, steps
Route: Towpath Walk
Meeting: Sanway Road, Byfleet, KT14 7SF
Leaders: David G., Andrew

Date/time: Thurs 28 June 14.00-15.15 WC RA **NORDIC**
Route: Round Bushy Park
Meeting: Pheasantry Café car Park, Bushy Park, TW11 0EQ
Leaders: Pam

Regular walk Fri 29 June See Regular walks information box on page 4.
Leader: Chris DJ

Date/time: Fri 29 June 10.30-12.15 Moderate, hilly, stiles, theme
Route: The Lion, the Witch and the Wardrobe
Meeting: Holly Lane car park, Chipstead CR5 3NR
(at foot of hill on right from Banstead on B2219)
Leaders: Andrew

Date/time: Sat 30 June 10.30-11.15 Slow, hill WC, RA
Route: One Tree Hill & Hill Park Rose Nursery
Meeting: Squires Garden Centre, Woodstock Lane North, Long Ditton, KT6 5HN
Leaders: Karen
