

## Spelthorne Walking for Health Scheme

### Walks from 14 February to 22 March 2012

There are at least two walks each week of differing lengths to suit all standards of walker. Beginners are advised to try the short walks before progressing to the longer ones.

The main aim of the scheme is to benefit health. Maximum health benefit will be achieved if you walk at a moderate intensity pace. This should make you breathe a little faster and feel warmer. The intensity should feel comfortable and you should be able to talk! There will always be a walk leader at the back, in order that you can walk at your own pace.

Please remember to wear comfortable shoes that provide good grip and support. This is particularly important in damp conditions. Wear loose fitting clothing, as this will allow you to move freely. Long trousers are recommended in case of nettles/thistles. Bring waterproof clothing in case of rain!

The walks have been designed for adults only and are therefore not suitable for children. For health and safety reasons, we discourage walkers from bringing dogs. **If there is a café or pub nearby, leaders and walkers often stop for a drink and a chat after the walk. Everyone welcome!!**

Important - Please bring any medication you may need with you e.g. inhalers. Please also ensure that you let us know if there any changes to your health that we need to be aware of.



Date/time:	<b>Tuesday 14 February 10.30am – Short and Slow!</b>
Route:	Church Lammas Short <b>(1.1 miles)</b>
Meeting:	Meet in the Lammas Park Car Park, Wraysbury Road, Staines <b>You will need change for the car park</b>
Leaders:	Peter and Robb

Date/time:	<b>Wednesday 15 February 1.30pm</b>
Route:	Orchard Meadow, School Walk, Upper Halliford, Grange Farm <b>(3.2 miles)</b>
Meeting:	Meet near to the public car park off The Avenue in Sunbury (beside the parade of shops and opposite Saxonbury Avenue). <b>You will need change for the car park.</b>
Leaders:	Joan, David and Pamela

Date/time:	<b>Thursday 16 February 1.30pm</b>
Route:	Church Lammas and Staines Moor <b>(2.3 miles)</b>
Meeting:	Meet in the Lammas Park Car Park, Wraysbury Road, Staines <b>You will need change for the car park</b>
Leaders:	Charles, Ron and Carol

Date/time:	<b>Tuesday 21 February 10.30am - short and slow!</b>
Route:	Bedfont Lakes <b>(1.8 miles)</b>
Meeting:	Meet at the Clockhouse Lane entrance (opposite Princes Club). <b>**Please note that there is no footpath on Clockhouse Lane from Ashford to Bedfont lakes.</b>
Leaders:	Robb and Ron

Date/time:	<b>Wednesday 22 February 10.30am</b>
Route:	Runnymede Riverside from Lammas Park <b>(2.7 miles)</b>
Meeting:	Meet in the Lammas Car Park, Wraysbury Road, Staines <b>You will need change for the car park</b>
Leaders:	Margrit, Mike and Pamela

Date/time:	<b>Friday 24 February 1.30pm</b>
Route:	Cowey Sale and Desborough Island <b>(2.5 miles)</b>
Meeting:	Meet in Cowey Sale Car Park. (Cross over Walton Bridge towards Walton and turn right. The car park is on the left beside the river).
Leaders:	Ron, Joan and Carol

Date/time:	<b>Monday 27 February 10.30am</b>
Route:	Hurst Park to Hampton Court and back (extended) <b>(2.7 miles)</b>
Meeting:	Meet in Hurst Park. Turn right at the roundabout in front of Hampton Court Palace and cross the bridge. Turn right immediately after the bridge into A3050 (Hurst Road). Drive about half a mile down the road then turn right into Sadlers Ride. Keep straight on into the car park. (Do not be tempted to turn left into Buckingham Avenue.). <b>Note –You may wish to travel via Walton Bridge depending on which area you live in.</b>
Leaders:	Peter, Charles and Margrit

Date/time:	<b>Tuesday 28 February 10.30am</b>
Route:	Harmondsworth Moor <b>(2.5 miles)</b>
Meeting:	Follow Stanwell Moor Road passed Vermuelen's Garden Centre. At the 1 <sup>st</sup> roundabout go straight ahead. At the 2 <sup>nd</sup> roundabout go straight ahead again. You will then come to some traffic lights (junction with A4 Bath Road) Go straight across at the traffic lights. At the next roundabout take the first exit (Tarmac Way). Follow this narrow road passed the first car park on the left, follow the road around to the right, then over a bridge into Accommodation Lane. You will find the second car park on the left a little further up the road. <b>Please take care as you turn into the car park, as the road is very very narrow, due to width restriction.</b>
Leaders:	Robert, Pamela and Robb

Date/time:	<b>Thursday 1 March 10.30am - short and slow!</b>
Route:	Notcutts and Penton Hook <b>(2 miles)</b>
Meeting:	Meet in Notcutts Garden Centre Car Park, Staines Road, Laleham <b>Please park away from the main entrance to allow garden centre customers to park.</b>
Leaders:	Robb and Joan

Date/time:	<b>Tuesday 6 March 10.30am</b>
Route:	Charlton Circular <b>(approx 3 miles)</b>
Meeting:	Meet outside Squires Garden Centre, Halliford Road, Upper Halliford, Shepperton. <b>Please park away from the main entrance to allow garden centre customers to park.</b>
Leaders:	Mike, Robert and Charles

Date/time:	<b>Wednesday 7 March 10.30am</b>
Route:	Bushy Park Diana Fountain and Home Park <b>(3 - 3.5 miles)</b>
Meeting:	Meet at the Diana Fountain Car Park. Enter Bushy Park from the A308 (opposite Hampton Court Maze) and turn right at the fountain.
Leaders:	Pamela, Joan and Margrit

Date/time:	<b>Thursday 8 March 1.30pm - short and slow!</b>
Route:	Stanwell Moor and Hithermoor Stream <b>(1.5 miles)</b>
Meeting:	Meet outside the Anchor Public House, Horton Road, Stanwell Moor.
Leaders:	Carol and Peter

Date/time:	<b>Tuesday 13 March 10.30am</b>
Route:	Shepperton River Ash Estate <b>(3.3 miles)</b>
Meeting:	Meet in Manor Park Car Park, Church Road, Shepperton <b>You will need change for the car park</b>
Leaders:	Robert, Ron and Charles

Date/time:	<b>Wednesday 14 March 10.30am – short and slow!</b>
Route:	Littleton Recreation Ground and River Ash <b>(2.2 miles)</b>
Meeting:	Meet in Littleton Recreation ground on Laleham Road, Shepperton
Leaders:	Margrit and Robb

Date/time:	<b>Friday 16 March 1.30pm</b>
Route:	Shepperton Towpath and Dumsey Meadow <b>(3.3 miles)</b>
Meeting:	Meet in the car park on the Towpath beside Thames Court Public House. Access via Ferry Lane, Shepperton.
Leaders:	David, Robert and Peter

Date/time:	<b>Tuesday 20 March 10.30am – short and slow!</b>
Route:	Fordbridge Park <b>(1.7 miles)</b>
Meeting:	Meet in Fordbridge Park Car Park, Kingston Road, Staines (the entrance is off Kingston Road and the exit is on Celia Crescent)
Leaders:	Carol and Robb

Date/time:	<b>Wednesday 21 March 10.30am – new walk!</b>
Route:	Chertsey Abbey <b>(3 miles)</b>
Meeting:	Meet at the far end of Staines Lane, Chertsey near to the turning circle. Staines Lane is off the B375, postcode KT16 8PT. There will be a coffee stop at the golf club half way through the walk. No denim if at all possible!
Leaders:	Mike, Joan and Margrit

Date/time:	<b>Thursday 22 March 1.30pm</b>
Route:	Shepperton Black Ditch and Funky Footprints via cemetery <b>(2.5 to 3 miles)</b>
Meeting:	Meet in Manor Park Car Park, Church Road, Shepperton <b>You will need change for the car park</b>
Leaders:	Robert, Ron and Peter

This walk programme is also available to view or download on  
[www.spelthorne.gov.uk/walkingforhealth](http://www.spelthorne.gov.uk/walkingforhealth)

Help us to save paper – If you would prefer to receive your programme by email or would like to be removed from our mailing list, please let us know.

For information on local listings in the borough see our leisure directory  
[www.spelthorne.gov.uk/leisure-directory](http://www.spelthorne.gov.uk/leisure-directory)

The latest leisure and council news and information can also be found in the Council's weekly electronic newsletter. To receive your electronic news letter e-mail [news@spelthorne.gov.uk](mailto:news@spelthorne.gov.uk)