Spelthorne Walking for Health and
Spelthorne Cycling for Health

Programme of events: January and February 2020

01784 446433
leisure@spelthorne.gov.uk
www.spelthorne.gov.uk/walkingforhealth
www.spelthorne.gov.uk/cyclingforhealth
To receive the Walking and Cycling for Health programme via email or post or for more information, please email leisure@spelthorne.gov.uk or call 01784 446433.

Walking for Health

The Spelthorne Walking for Health Scheme aims to improve health and fitness of local people, in particular those who are not physically active and want to become more active (some of our walks are designed for total beginners). They are between one and three miles long and take place three times a week. All walks are led by Volunteer Walk Leaders. There is a front leader and back leader so that you can walk at your best pace between the leaders. Most of all, our walks are free, fun and friendly!

Why walk?

Walking is a great way to meet new people and explore the area you live in and it’s free! A variety of benefits can also be gained from walking including:

- Help reduce stress and help you sleep better
- Make you feel good and give you more energy
- Help to manage your weight
- Reduce blood pressure
- Keeps your joints, muscle and bones strong

The Spelthorne Walking for Health scheme is part of Walking for Health a national initiative led by the Ramblers, with support from Macmillan Cancer Support.
Walk grades

Grade 1 walks – suitable for those who prefer a shorter walk, are looking to be more active, or are returning from injury or illness. Routes are on flat ground or gentle slopes with mainly firm surfaces and no steps or stiles. The average walk pace is 2mph.

Grade 2 walks – suitable for people who are looking to increase their activity levels. Routes may include some moderate slopes, steps, uneven surfaces and possibly stiles. The average walk pace is 2-3mph.

Grade 3 walks – for people looking for more challenging walks and increasing their level of physical activity. Routes are may include steeper slopes, steps, uneven surfaces and stiles. The average walk pace is 3mph and duration of the walk is over 60minutes.

Progression walks – for people who have undertaken Walking for Health grade 3 walks and are now looking to take their next steps. Routes are likely to include slopes, steps, stiles and uneven surfaces. The average walk pace is 3mph and length of walk of over 3miles.

Satellite Navigation Coordinates

Satellite Navigation coordinates for each of our walk meeting points can be found online at www.spelthorne.gov.uk/coordinates

Everyone Active Café Discount

Everyone Active, Spelthorne Leisure Centre Café kindly offer 10% discount on food and beverage purchases if you are a Walking for Health member. In order to claim this free 10% discount, please ask a member of the reception team for an Everyone Active card.

Key

- Grade 1 walks
- Grade 2 walks
- Grade 3 walks
- Progression walks
- Toilets available
- Car parking available
- Refreshments available near by
- Option of a 15 - 30 minute route
Points to remember:

- Beginners are advised to try the short walks first.
- Remember to wear comfortable shoes with good grip.
- Wear loose fitting clothing so you can move freely.
- Long trousers are recommended in case of nettles/thistles.
- Bring waterproof clothing in case of rain!
- Our walks are designed for adults only and are therefore not suitable for children.
- No dogs please!
- Please bring any medication you may need e.g. inhalers.
- Ensure you update us if there are any changes to your health that we need to be aware of.

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 Information

Please note that the walk starts promptly at the time advertised so please arrive in plenty of time (10-15mins early) to allow time to register. If you are a new walker, please ensure that you arrive at least 15 minutes before the scheduled start time.

To ensure walkers get the most out of health walks, you are encouraged to walk briskly. You’ll know when you’re walking briskly when you:

- Breathe a little faster
- Feel a little warmer
- Feel your heart beating a little faster

You should still be comfortable and be able to talk without feeling puffed.

Please refer to the walk grades on page 3 to ensure that you select suitable walks for your ability.
<table>
<thead>
<tr>
<th>Date/time:</th>
<th>Thursday 2 January, 10:30am</th>
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<tbody>
<tr>
<td>Route:</td>
<td>2e. Shepperton Riverside (3 miles)</td>
</tr>
<tr>
<td>Time/Grade:</td>
<td>65 minutes / Progression walk</td>
</tr>
<tr>
<td>Meet and finish point</td>
<td>Manor Park Car Park, Church Road, Shepperton TW17 9JR. You will need change for the car park. Bus route 555 + 557 alight at the Shepperton War Memorial. Coffee shop en route at the lock.</td>
</tr>
<tr>
<td>Leaders:</td>
<td>Tony, Roger, Chris O, Charles S</td>
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<tr>
<th>Date/time:</th>
<th>Monday 6 January, 10:30am</th>
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<tbody>
<tr>
<td>Route:</td>
<td>1a. Fordbridge Park Short (1.8 miles)</td>
</tr>
<tr>
<td>Time/Grade:</td>
<td>50 minutes (option of a 15-30 minute route) / Grade 1 walk</td>
</tr>
<tr>
<td>Meet and finish point</td>
<td>Fordbridge Park Car Park, Kingston Road, Ashford TW15 3SJ. Bus route 117 alight at Woodthorpe Road under the bridge or 290 alight at Kingston Road/Ashford Road.</td>
</tr>
<tr>
<td>Leaders:</td>
<td>Christine, Howard, Martyn, Chris O</td>
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<th>Date/time:</th>
<th>Wednesday 8 January, 10:30am</th>
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<tbody>
<tr>
<td>Route:</td>
<td>12b. Orchard Meadow, Walled Garden, Rope Walk, Salvation Army, TP26, Sunbury Park (2.3 miles)</td>
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<tr>
<td>Time/Grade:</td>
<td>55 minutes / Grade 2 walk</td>
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<tr>
<td>Meet and finish point</td>
<td>By the public car park off The Avenue, Sunbury (beside the parade of shops) TW16 5HT. You will need change for the car park. Bus route 216 alight at the Avenue.</td>
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<tr>
<td>Leaders:</td>
<td>Mike, Tony, Margrit, Lynne</td>
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<td>Date/time:</td>
<td>Thursday 9 January, 10:30am</td>
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<tr>
<td>Route:</td>
<td>19e. Cowey Sale and Broad Water (2.6 miles)</td>
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<tr>
<td>Time/Grade:</td>
<td>50 minutes / Progression walk</td>
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<tr>
<td>Meet and finish point:</td>
<td>Cowey Sale Car Park, Walton Lane, KT12 1AR (nearest postcode) By café at the top of Walton Lane. Bus route 400, 458 or 555 alight at Marshalls roundabout plus 15 minute walk.</td>
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<td>Leaders:</td>
<td>Geoff, June, Carol, John</td>
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<th>Date/time:</th>
<th>Sunday 12 January, 10:30am</th>
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<tr>
<td>Route:</td>
<td>8. Notcutts and Penton Hook Short (1.9 miles)</td>
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<tr>
<td>Time/Grade:</td>
<td>55 minutes / Grade 2 walk</td>
</tr>
<tr>
<td>Meet and finish point:</td>
<td>Notcutts Garden Centre Car Park, Staines Road, Laleham TW18 2SF. Bus route 458 alight outside Notcutts. Please park away from the main entrance to allow garden centre customers to park.</td>
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<tr>
<td>Leaders:</td>
<td>June, Roger, Lynne</td>
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<th>Date/time:</th>
<th>Tuesday 14 January, 10:30am</th>
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<tr>
<td>Route:</td>
<td>9b. Staines Health Centre Loop (1.7 miles)</td>
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<tr>
<td>Time/Grade:</td>
<td>50 minutes (option of a 15-30 minute route) / Grade 1 walk</td>
</tr>
<tr>
<td>Meet and finish point:</td>
<td>Outside Staines Health Centre, TW18 1XD. No parking charges apply at the Leisure Centre. Bus route 117 or 290 alight at Knowle Green plus a 2 minute walk.</td>
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<tr>
<td>Leaders:</td>
<td>Margrit, Joan, Pamela, Howard</td>
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<tr>
<td>Route:</td>
<td>3. London Irish and Grange Farm (2 miles)</td>
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<tr>
<td>Time/Grade:</td>
<td>45 minutes / Grade 2 walk</td>
</tr>
<tr>
<td>Meet and finish point</td>
<td>London Irish, Hazelwood Drive, Sunbury-on-Thames, TW16 6QU. Bus route 235, 555 or 216 alight at Croysdale Avenue plus a short walk.</td>
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<td>Leaders:</td>
<td>Roger, Martyn, Robert, Tony</td>
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<th>Date/time:</th>
<th>Thursday 16 January, 10:30am</th>
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<tr>
<td>Route:</td>
<td>13b. Charlton Circular and Nutty wood (3 miles)</td>
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<tr>
<td>Time/Grade:</td>
<td>80 minutes / Progression walk</td>
</tr>
<tr>
<td>Meet and finish point</td>
<td>Squires Garden Centre car park, Halliford Road, Upper Halliford TW17 8SG. Bus route 555 alight at Tadmor Close plus 3 minute walk or bus route 557 alight at Halliford Green plus 5 minute walk.</td>
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<tr>
<td>Leaders:</td>
<td>Geoff, June, Charles S, Tony</td>
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<th>Tuesday 21 January, 10:30am</th>
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<tr>
<td>Route:</td>
<td>2d. Shepperton River Ash Estate (3.3 miles)</td>
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<tr>
<td>Time/Grade:</td>
<td>75 minutes / Progression walk</td>
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<tr>
<td>Meet and finish point</td>
<td>Manor Park Car Park, Church Road, Shepperton TW17 9JR. You will need change for the car park. Bus route 555 + 557 alight at the Shepperton War Memorial.</td>
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<tr>
<td>Leaders:</td>
<td>Christine, Martyn, Tony, Paul</td>
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<tr>
<td>Date/time:</td>
<td>Wednesday 22 January, 10:30am</td>
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<tr>
<td>Route:</td>
<td>10a. Stanwell Village Short (1.6 miles)</td>
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<tr>
<td>Time/Grade:</td>
<td>45 minutes (option of a 15-30 minute route) / Grade 1 walk</td>
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<tr>
<td>Meet and finish point</td>
<td>Car park behind St. David’s parish centre. Take St. Mary’s Crescent, turn into Hadfield Road. Entrance to car park on first corner TW19 7EE. Bus route 203 alight outside Sir John Gibson plus a 5 minute walk.</td>
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<tr>
<td>Leaders:</td>
<td>Howard, Geoff, Margrit, Paul</td>
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<th>Date/time:</th>
<th>Thursday 23 January, 10:30am</th>
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<tr>
<td>Route:</td>
<td>18b. Chertsey and the River Bourne (2.3 miles)</td>
</tr>
<tr>
<td>Time/Grade:</td>
<td>60 minutes / Grade 2 walk</td>
</tr>
<tr>
<td>Meet and finish point</td>
<td>Far end of Staines Lane, Chertsey KT16 8PS near turning circle. Bus route 446 towards Woking alight at Colonies Lane (on Windsor Street) plus 7 minute walk.</td>
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<tr>
<td>Leaders:</td>
<td>Pamela, Carol, Lynne</td>
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<th>Date/time:</th>
<th>Saturday 25 January, 10:30am</th>
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<tbody>
<tr>
<td>Route:</td>
<td>5c. Runnymede Riverside from Lammas Park (2.7 miles)</td>
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<tr>
<td>Time/Grade:</td>
<td>70 minutes / Grade 2 walk</td>
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<tr>
<td>Meet and finish point</td>
<td>Lammas Park Car Park, Wraysbury Road, Staines TW18 4XZ. You will need change for the car park. Bus route 305 alight outside Lammas Recreation Ground or a 10 minute walk from Staines town centre.</td>
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<tr>
<td>Leaders:</td>
<td>Roger, Chris O, Robert</td>
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<tr>
<td>Date/time:</td>
<td>Tuesday 28 January, 10:30am</td>
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<tr>
<td>Route:</td>
<td>11a. Stanwell Moor and Hithermoor Stream (1.9 miles)</td>
</tr>
<tr>
<td>Time/Grade:</td>
<td>50 minutes / Grade 2 walk</td>
</tr>
<tr>
<td>Meet and finish point</td>
<td>Outside the Anchor Public House, Horton Road, Stanwell Moor TW19 6AQ. Bus route 446 alight outside the Anchor Public House or bus route 71 alight outside Vermeulens plus a 10 minute walk.</td>
</tr>
<tr>
<td>Leaders:</td>
<td>Joan, Pamela, Tony, Margrit</td>
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<tr>
<th>Date/time:</th>
<th>Thursday 30 January, 10:30am</th>
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<tbody>
<tr>
<td>Route:</td>
<td>12a. Sunbury Park, Green Street, Thames Street, Walled Garden (1.1 miles)</td>
</tr>
<tr>
<td>Time/Grade:</td>
<td>30 minutes (option of a 15 minute route) / Grade 1 walk</td>
</tr>
<tr>
<td>Meet and finish point</td>
<td>By the public car park off The Avenue, Sunbury (beside the parade of shops) TW16 5HT. You will need change for the car park. Bus route 216 alight at the Avenue.</td>
</tr>
<tr>
<td>Leaders:</td>
<td>Howard, Roger, Mike</td>
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<tr>
<th>Date/time:</th>
<th>Friday 31 January, 10:30am</th>
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<tbody>
<tr>
<td>Route:</td>
<td>9a. Staines Riverside and Penton Hook (Wheatsheaf and Pigeon) (2.5 miles)</td>
</tr>
<tr>
<td>Time/Grade:</td>
<td>45 minutes / Grade 2 walk</td>
</tr>
<tr>
<td>Meet and finish point</td>
<td>Outside the Wheatsheaf and Pigeon Public House, junction of Wheatsheaf Lane and Penton Road, Staines TW18 2LL. Bus route 458 alight at Wheatsheaf Lane.</td>
</tr>
<tr>
<td>Leaders:</td>
<td>Robert, John, June</td>
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<tr>
<td>Date/time:</td>
<td>Saturday 1 February, 10:30am</td>
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<tr>
<td>Route:</td>
<td>10b. Stanwell Village and The Reservoir (3 miles).</td>
</tr>
<tr>
<td>Time/Grade:</td>
<td>70 minutes / Grade 3 walk</td>
</tr>
<tr>
<td>Meet and finish point</td>
<td>Car park behind St. David's parish centre. Take St. Mary's Crescent, turn into Hadfield Road. Entrance to car park on first corner. TW19 7EE. Bus route 203, alight outside Sir John Gibson plus a 5 minute walk.</td>
</tr>
<tr>
<td>Leaders:</td>
<td>Paul, Roger, Robert, Chris O</td>
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<tr>
<th>Date/time:</th>
<th>Monday 3 February, 10:30am</th>
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<tbody>
<tr>
<td>Route:</td>
<td>1a. Fordbridge Park Short (1.8 miles)</td>
</tr>
<tr>
<td>Time/Grade:</td>
<td>50 minutes (option of a 15-30 minute route) / Grade 1 walk</td>
</tr>
<tr>
<td>Meet and finish point</td>
<td>Fordbridge Park Car Park, Kingston Road, Ashford TW15 3SJ. Bus route 117 alight at Woodthorpe Road under the bridge or 290 alight at Kingston Road/Ashford Road.</td>
</tr>
<tr>
<td>Leaders:</td>
<td>Christine, Howard, Lynne, David</td>
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<tr>
<th>Date/time:</th>
<th>Wednesday 5 February, 10:30am</th>
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<tbody>
<tr>
<td>Route:</td>
<td>14c. Bushy Park Diana Fountain and Home Park (3.4 miles)</td>
</tr>
<tr>
<td>Time/Grade:</td>
<td>70 minutes / Progression walk</td>
</tr>
<tr>
<td>Meet and finish point</td>
<td>Diana Fountain Car Park. Enter Bushy Park from A308 turn right at the fountain, TW11 0EQ. Bus route 111, 216 or 513 alight at Hampton Court Gardens plus 10 minute walk.</td>
</tr>
<tr>
<td>Leaders:</td>
<td>Geoff, Chris O, Martyn, John</td>
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<td>Icons:</td>
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<td>Date/time:</td>
<td>Thursday 6 February, 10:30am</td>
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<tr>
<td>Route:</td>
<td>16. Bedfont Lakes (1.8 miles)</td>
</tr>
<tr>
<td>Time/Grade:</td>
<td>45 minutes / Grade 1 walk</td>
</tr>
<tr>
<td>Meet and finish point</td>
<td>Clockhouse Lane entrance TW14 8QA. If travelling from Ashford, the concealed entrance is on the right hand side. No footpath on Clockhouse Lane from Ashford to Bedfont Lakes. Bus route 116 alight at Clockhouse roundabout plus 10 minute walk or H26 alight at Clockhouse roundabout plus 15 minute walk.</td>
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<tr>
<td>Leaders:</td>
<td>Roger, Carol, Charles S</td>
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<th>Date/time:</th>
<th>Sunday 9 February, 10:30am</th>
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<tbody>
<tr>
<td>Route:</td>
<td>13a. Upper Halliford and Squires Garden Centre (2.5 miles)</td>
</tr>
<tr>
<td>Time/Grade:</td>
<td>45 minutes / Grade 2 walk</td>
</tr>
<tr>
<td>Meet and finish point</td>
<td>Squires Garden Centre car park, Halliford Road, Upper Halliford TW17 8SG. Bus route 555 alight at Tadmor Close plus a 3 minute walk or bus route 557 alight at Halliford Green plus 5 minute walk.</td>
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<tr>
<td>Leaders:</td>
<td>June, Roger, Lynne</td>
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<tr>
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<th>Tuesday 11 February, 10:30am</th>
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<tr>
<td>Route:</td>
<td>9b. Staines Health Centre Loop (1.7 miles)</td>
</tr>
<tr>
<td>Time/Grade:</td>
<td>50 minutes (option of a 15-30 minute route) / Grade 1 walk</td>
</tr>
<tr>
<td>Meet and finish point</td>
<td>Outside Staines Health Centre, TW18 1XD. No parking charges apply at the Leisure Centre. Bus route 117 or 290 alight at Knowle Green plus a 2 minute walk.</td>
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<tr>
<td>Leaders:</td>
<td>Howard, Margrit, Martyn, David</td>
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<td>Date/time:</td>
<td>Thursday 13 February, 10:30am</td>
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<tr>
<td>Route:</td>
<td>6b. Staines Moor from Swan Pub (2.3 miles)</td>
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<tr>
<td>Time/Grade:</td>
<td>65 minutes / Grade 2 walk</td>
</tr>
<tr>
<td>Meet and finish point</td>
<td>Outside what used to be the Swan Pub, (200 metres after passing under road bridge), Moor Lane, Staines, TW19 6EB. Bus route 305 alight outside the Lammas Recreation Ground and walk to the bridge or a 10 minute walk from Staines town centre.</td>
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<td>Leaders:</td>
<td>Joan, Geoff, Pamela</td>
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<th>Date/time:</th>
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<tr>
<td>Route:</td>
<td>4. Littleton Recreation Ground and River Ash (2.2 miles)</td>
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<tr>
<td>Time/Grade:</td>
<td>50 minutes / Grade 2 walk</td>
</tr>
<tr>
<td>Meet and finish point</td>
<td>Littleton Recreation ground on Laleham Road, Shepperton TW17 0JS. Bus route 458 alight outside Littleton Recreation Ground.</td>
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<tr>
<td>Leaders:</td>
<td>Carol, Chris O, Lynne</td>
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<th>Date/time:</th>
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<tr>
<td>Route:</td>
<td>26. Homewood Park (2.1 miles)</td>
</tr>
<tr>
<td>Time/Grade:</td>
<td>50 minutes / Grade 3 walk</td>
</tr>
<tr>
<td>Meet and finish point</td>
<td>Meet in the public car park on Stonehill Road, Chertsey, KT16 0AG</td>
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<tr>
<td>Leaders:</td>
<td>Paul, Roger, Robert</td>
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<tr>
<td>Icons:</td>
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<tr>
<td>Date/time:</td>
<td>Tuesday 18 February, 10:30am</td>
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<tr>
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</tr>
<tr>
<td>Route:</td>
<td>20. The Weybridge Lock Circular (2.5 miles)</td>
</tr>
<tr>
<td>Time/Grade:</td>
<td>50 minutes / Grade 2 walk</td>
</tr>
<tr>
<td>Meet and finish point</td>
<td>Car park by Elmbridge Canoe Club, Walton Lane, KT13 8LT (halfway between Weybridge Health Club and The Minnow Pub). Bus route 51 alight at Ship Hotel in Weybridge High Street plus a 15 minute walk.</td>
</tr>
<tr>
<td>Leaders:</td>
<td>Geoff, Roger, Martyn, Christine</td>
</tr>
<tr>
<td>Icons:</td>
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<table>
<thead>
<tr>
<th>Date/time:</th>
<th>Wednesday 19 February, 10:30am</th>
</tr>
</thead>
<tbody>
<tr>
<td>Route:</td>
<td>10a. Stanwell Village Short (1.6 miles)</td>
</tr>
<tr>
<td>Time/Grade:</td>
<td>45 minutes (option of a 15-30 minute route) / Grade 1 walk</td>
</tr>
<tr>
<td>Meet and finish point</td>
<td>Car park behind St. David's parish centre. Take St. Mary's Crescent, turn into Hadfield Road. Entrance to car park on first corner TW19 7EE. Bus route 203 alight outside Sir John Gibson plus a 5 minute walk.</td>
</tr>
<tr>
<td>Leaders:</td>
<td>Pamela, Charles S, Lynne, Joan</td>
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<td>Icons:</td>
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</tbody>
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<table>
<thead>
<tr>
<th>Date/time:</th>
<th>Thursday 20 February, 10:30am</th>
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</thead>
<tbody>
<tr>
<td>Route:</td>
<td>18a. Chertsey Abbey (2.8 miles)</td>
</tr>
<tr>
<td>Time/Grade:</td>
<td>60 minutes / Grade 3 walk</td>
</tr>
<tr>
<td>Meet and finish point</td>
<td>Far end of Staines Lane, Chertsey, KT16 8PS near turning circle. Bus route 446 towards Woking alight at Colonels Lane (on Windsor Street) plus 7 minute walk.</td>
</tr>
<tr>
<td>Leaders:</td>
<td>Pamela, Lynne, David, Roger</td>
</tr>
<tr>
<td>Icons:</td>
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<tr>
<td>Date/time:</td>
<td>Saturday 22 February, 10:30am</td>
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</tr>
<tr>
<td>Route:</td>
<td>21c. Hurst Park to Sunbury Lock Weir Pub and back (5 miles)</td>
</tr>
<tr>
<td>Time/Grade:</td>
<td>90 minutes / Progression walk</td>
</tr>
<tr>
<td>Meet and finish point:</td>
<td>Hurst Park, KT8 1SU. From Hurst Road turn into Sadlers Ride. Keep straight on into the car park. Drink stop allow extra time. Bus route 564 alight at Tesco, Walton plus 10 minute walk.</td>
</tr>
<tr>
<td>Leaders:</td>
<td>Robert, Chris O, Roger, John</td>
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<td>Icons:</td>
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<tr>
<td>Date/time:</td>
<td>Tuesday 25 February, 2pm <em>afternoon walk</em></td>
</tr>
<tr>
<td>Route:</td>
<td>9a. Staines Riverside and Penton Hook (Wheatsheaf and Pigeon) (2.5 miles)</td>
</tr>
<tr>
<td>Time/Grade:</td>
<td>45 minutes / Grade 2 walk</td>
</tr>
<tr>
<td>Meet and finish point:</td>
<td>Outside the Wheatsheaf and Pigeon Public House, junction of Wheatsheaf Lane and Penton Road, Staines TW18 2LL. Bus route 458 alight at Wheatsheaf Lane.</td>
</tr>
<tr>
<td>Leaders:</td>
<td>Tony, Roger, Martyn</td>
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<td>Icons:</td>
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<tr>
<td>Date/time:</td>
<td>Wednesday 26 February, 10:30am</td>
</tr>
<tr>
<td>Route:</td>
<td>1b. Fordbridge Park via Bronzefield and Shortwood Common (3.1 miles)</td>
</tr>
<tr>
<td>Time/Grade:</td>
<td>70 minutes / Progression walk</td>
</tr>
<tr>
<td>Meet and finish point:</td>
<td>Fordbridge Park Car Park, Kingston Road, Ashford TW15 3SJ. Bus route 117 alight at Woodthorpe Road under the</td>
</tr>
<tr>
<td>Leaders:</td>
<td>Charles S, Christine, Pamela, Chris O</td>
</tr>
</tbody>
</table>
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<table>
<thead>
<tr>
<th>Date/time:</th>
<th>Thursday 27 February, 10:30am</th>
</tr>
</thead>
<tbody>
<tr>
<td>Route:</td>
<td>12a. Sunbury Park, Green Street, Thames Street, Walled Garden (1.1 miles)</td>
</tr>
<tr>
<td>Time/Grade:</td>
<td>30 minutes (option of a 15 minute route) / Grade 1 walk</td>
</tr>
<tr>
<td>Meet and finish point</td>
<td>By the public car park off The Avenue, Sunbury (beside the parade of shops) TW16 5HT. You will need change for the car park. Bus route 216 alight at the Avenue.</td>
</tr>
<tr>
<td>Leaders:</td>
<td>Howard, Joan, Carol, Mike</td>
</tr>
<tr>
<td>Icons:</td>
<td><img src="image" alt="icons" /></td>
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<table>
<thead>
<tr>
<th>Date/time:</th>
<th>Saturday 29 February, 10:30am</th>
</tr>
</thead>
<tbody>
<tr>
<td>Route:</td>
<td>24. Wraysbury (3 miles)</td>
</tr>
<tr>
<td>Time/Grade:</td>
<td>80 minutes / Grade 3 walk</td>
</tr>
<tr>
<td>Meet and finish point</td>
<td>Public car park on The Green TW19 5NA, located opposite the Village Hall. Ground can be very muddy, wear sensible footwear.</td>
</tr>
<tr>
<td>Leaders:</td>
<td>Geoff, Robert, Roger</td>
</tr>
<tr>
<td>Icons:</td>
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</table>
Cycling for Health

Free rides in and around Spelthorne led by trained volunteers. The scheme is encouraging adults to improve their health and well-being through cycling. The rides are around 7-12 miles and take place during the week.

Why cycle?

Cycling is a great way to meet new people and explore the area you live in and it's free! A variety of benefits can also be gained from cycling including:

- Give you a healthier heart and immune system
- Reduce stress, mental health and anxiety
- Help to manage your weight
- Help you sleep better
- Improve your fitness
- It helps to save the planet

To join the rides, you need:

- Your own bike – this needs to be in good condition & well maintained
- Comfortable clothes & footwear
- A helmet is strongly recommended
- A spare tube of the size to fit your bike
- A puncture repair outfit, including tyre levers and a pump is also recommended

Please note, the rides are designed for adults only and are therefore not suitable for children. In case of cancellation, you will be contacted, where possible, 24 hours’ prior to the ride.

Prior booking is required. To book a space, please complete our online booking form: www.spelthorne.gov.uk/cyclingforhealth

Alternatively, please contact Leisure Services: 01784 446433.
# Cycling for Health programme of rides

## Key

- ![P](image) Car parking available
- ![Coffee](image) Refreshments available
- ![Toilets](image) Toilets available

## Date/time: **Tuesday 7 January, 10:30am**

<table>
<thead>
<tr>
<th>Route:</th>
<th>7. Shepperton - Weybridge - Chertsey Loop (10 miles)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meeting point:</td>
<td>Squires Garden Centre, Upper Halliford, Shepperton TW17 8SG</td>
</tr>
<tr>
<td>Terrain</td>
<td>Cycle paths, roads and towpath</td>
</tr>
<tr>
<td>Leaders:</td>
<td>Glynis, Dave, Ken I</td>
</tr>
<tr>
<td>Icons:</td>
<td><img src="image" alt="P" /> <img src="image" alt="Toilets" /> <img src="image" alt="Coffee" /></td>
</tr>
</tbody>
</table>

## Date/time: **Thursday 16 January, 10:30am *Shorter ride***

<table>
<thead>
<tr>
<th>Route:</th>
<th>Lucan Pavilion –Staines Bridge (5 miles) shorter ride</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meeting point:</td>
<td>The Lucan Pavilion, off The Broadway, Laleham, TW18 1RZ</td>
</tr>
<tr>
<td>Terrain</td>
<td>Cycle paths, roads and towpath</td>
</tr>
<tr>
<td>Leaders:</td>
<td>Ken I, Glynis, Dave</td>
</tr>
<tr>
<td>Icons:</td>
<td><img src="image" alt="P" /> <img src="image" alt="Toilets" /> <img src="image" alt="Coffee" /></td>
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</tbody>
</table>
### Wednesday 22 January, 10:30am

**Route:** 8. Stanwell Moor - Wraysbury - Staines (10 miles)

**Meeting point:** The Anchor Pub, Horton Road, Stanwell Moor, TW19 6AQ

**Terrain:** Roads and bridleway

**Leaders:** Rog, Margrit, Ken I

**Icons:**

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### Monday 3 February, 10:30am

**Route:** 2. Sunbury - Hampton - Hanworth (9 miles)

**Meeting point:** Adrian Hall Garden Centre, Snakey Lane, Feltham, TW13 7ND

**Terrain:** Cycle paths and roads

**Leaders:** Ken S, Martyn, Rog

**Icons:**

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### Friday 21 February, 10:30am

**Route:** 1. Ashford - Stanwell - Staines loop (11.5 miles)

**Meeting point:** New meeting point: Fordbridge Park Car Park, Kingston Road, Ashford TW15 3SJ.

**Terrain:** Roads, bridleway and towpath

**Leaders:** Charles, Ken S, Martyn

**Icons:**

We look forward to seeing you on one of our rides!