

Spelthorne Walking for Health Scheme

Walks from 4 January to 10 February 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:	Wednesday 4 January 10.30am
Route:	Church Lammas and Staines Moor (2.3 miles) Meet in the Lammas Park Car Park, Wraysbury Road, Staines.
Meeting:	You will need change for the car park
Leaders:	Joan, Pamela and David

Date/time:	Thursday 5 January 10.30am – short and slow!
Route:	Notcutts and Penton Hook (2 miles)
Meeting:	Meet in Notcutts Garden Centre Car Park, Staines Road, Laleham Please park away from the main entrance to allow garden centre customers to park.
Leaders:	Robb, Veronica and Charles

Date/time:	Friday 6 January 10.30am
Route:	Bushy Park Pheasantry Car Park Start plus Water Garden (3.2 miles)
Meeting:	Enter Bushy Park from the A308 (opposite Hampton Court Maze). Take the 2nd left after the Diana Fountain and then fork left to the Pheasantry Car Park.
Leaders:	Robert, Peter and Robb

Date/time:	Tuesday 10 January 10.30am - short and slow!
Route:	Bedfont Lakes (1.8 miles)
Meeting:	Meet at the Clockhouse Lane entrance (opposite Princes Club). **Please note that there is no footpath on Clockhouse Lane from Ashford to Bedfont lakes.
Leaders:	Molly, Pamela and Robb

Date/time:	Wednesday 11 January 10.30am
Route:	Charlton Circular (approx 3 miles)
Meeting:	Meet outside Thompsons Garden Centre, Nutty Lane, Shepperton. Please park away from the main entrance to allow garden centre customers to park.
Leaders:	Robert, Margrit and Charles

Date/time:	Thursday 12 January 10.30am
Route:	Shepperton Black Ditch and Funky Footprints via cemetery (2.5 to 3 miles)
Meeting:	Meet in Manor Park Car Park, Church Road, Shepperton You will need change for the car park
Leaders:	Joan, Robb and Robert

Date/time:	Monday 16 January 10.30am
Route:	Hurst Park to Sunbury Lock and back (4.5-5 miles) This walk includes a drink stop so allow extra time.
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.). Note –You may wish to travel via Walton Bridge depending on which area you live in.
Leaders:	Peter, Margrit and Robert

Date/time:	Wednesday 18 January 10.30am – short and slow!
Route:	Laleham Park via Moorhayes Drive and Abbey Drive (1.6 miles)
Meeting:	Meet in the Laleham Park Riverside car park on Thames Side, Laleham (beside the campsite). Road access from Ferry Lane in Laleham Village, or Chertsey Bridge Road. You will need change for the car park
Leaders:	Veronica, Molly and Margrit

Date/time:	Thursday 19 January 1.30pm
Route:	Fordbridge Park via Bronzefield and Shortwood Common (3.1 miles)
Meeting:	Meet in Fordbridge Park Car Park, Kingston Road, Staines (the entrance is off Kingston Road and the exit is on Celia Crescent)
Leaders:	Joan, Pamela and Peter

Date/time:	Monday 23 January 10.30am
Route:	Harmondsworth Moor (2.5 miles)
Meeting:	Follow Stanwell Moor Road passed Vermuelen's Garden Centre. At the 1 st roundabout go straight ahead. At the 2 nd 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. Please take care as you turn into the car park, as the road is very narrow, due to width restriction.
Leaders:	Robb, Charles and Peter

Date/time:	Tuesday 24 January 10.30am
Route:	Bushy Park Diana Fountain and Home Park (3 - 3.5 miles)
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 Carol

Date/time:	Wednesday 25 January 10.30am – short and slow!
Route:	Sunbury Park, Green Street, Thames Street, Walled Garden (1.5 miles)
Meeting:	Meet near to the public car park off The Avenue in Sunbury (beside the parade of shops and opposite Saxonbury Avenue). You will need change for the car park.
Leaders:	Robb, David and Molly

Date/time:	Monday 30 January 10.30am – short and slow!
Route:	Stanwell Moor and Hithermoor Stream (1.5 miles)
Meeting:	Meet outside the Anchor Public House, Horton Road, Stanwell Moor.
Leaders:	Robb and Charles

Date/time:	Wednesday 1 February 10.30am
Route:	Cowey Sale and Desborough Island (2.5 miles)
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:	Pamela, Peter and Margrit

Date/time:	Friday 3 February 1.30pm
Route:	Staines Riverside and Penton Hook (Wheatsheaf and Pigeon) (2.5 miles)
Meeting:	Meet outside the Wheatsheaf and Pigeon Public House, at the junction of the Wheatsheaf Lane and Penton Road, Staines.
Leaders:	Carol, Veronica and Joan

Date/time:	Tuesday 7 February 10.30am – short and slow
Route:	Littleton Recreation Ground and River Ash (2.2 miles)
Meeting:	Meet in Littleton Recreation ground on Laleham Road, Shepperton
Leaders:	Pamela, Robb and Charles

Date/time:	Thursday 9 February 10.30am
Route:	Runnymede Riverside from Lammas Park (2.7 miles)
Meeting:	Meet in the Lammas Car Park, Wraysbury Road, Staines You will need change for the car park
Leaders:	Peter, David and Margrit

Date/time:	Friday 10 February 1.30pm
Route:	Laleham Riverside and Penton Hook (3.7 miles)
Meeting:	Meet in the Laleham Park Riverside car park on Thames Side Laleham (beside the campsite). Road access from Ferry Lane in Laleham Village, or Chertsey Bridge Road. You will need change for the car park
Leaders:	Carol, Robert and Joan

This walk programme is also available to view or download on 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

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