



Walks from 29 June to 6 August 2010

Dear Walker

I enclose the new Walking for Health Scheme programme. We look forward to seeing you soon. 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.

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 note

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.

If you have any queries regarding the walks, or you would like to become a leader, please contact Leisure Services on 01784 446433 or Leisure@spelthorne.gov.uk

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

Tuesday 29 June 10.30am

Shepperton Towpath and Dumsey Meadow **(3.3 miles)**

Meet in the car park on the Towpath beside Thames Court Public House. Access via Ferry Lane, Shepperton.

(Walk leaders Peter, Molly, Joan)

Wednesday 30 June 10.30am – short and slow

Church Lammas Short **(1.1 miles)**

Meet in the Lammas Park Car Park, Wraysbury Road, Staines

You will need £1.50 for the car park
(Walk leaders Margrit and Robb)

Friday 2 July 10.30am

Chertsey Meads (1.6 miles)

Meet in the car park on Mead Lane Chertsey. Drive over Chertsey Bridge towards Chertsey. Turn left at the traffic lights into Weir Road and then 2nd left into Mead Lane. The car park is at the bottom of Mead Lane on the left just past the height restriction barrier.

(Walk leaders Mike, Peter, Margrit)

Monday 5 July 10.30am – short and slow

Bedfont Lakes (1.8 miles)

Meet at the Clockhouse Lane entrance (opposite Princes Club). ****Please note that there is no footpath on Clockhouse Lane from Ashford to Bedfont lakes.**

(Walk leaders Robb and Margrit)

Tuesday 6 July 10.30am

Shepperton Black Ditch and Funky footprints (2.8 miles)

Meet in Manor Park Car Park, Church Road, Shepperton

You will need £1 for the car park

(Walk leaders Robert, Andy, Molly)

Thursday 8 July 6.30pm – evening walk!

Church Lammas and Staines Moor (2.3 miles)

Meet outside what used to be the Swan Pub (200 metres after passing under road bridge), Moor Lane, Staines

(Walk leaders Joan, Robb, Peter)

Saturday 10 July 1.30pm

Orchard Meadow, Sunbury Park, School Walk, Halliford Road, Walled Garden (2.9 miles)

Meet near to the public car park off The Avenue in Sunbury (beside the parade of shops and opposite Saxonbury Avenue). **You will need £1.50 for the car park.**

(Walk leaders Robert and Molly)

Tuesday 13 July – Two walks and a picnic lunch!

10.30am – first walk

Cowey Sale to Xcel Leisure Centre and back (2.5 miles)

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).

(Walk leaders Molly, Mike, Peter)

Picnic lunch at approx 12 noon at Cowley Sale followed by...

1.30pm – second walk

Cowey Sale and Desborough Island (2.5 miles)

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).

(Walk leaders Robb, Molly, Ron)

Wednesday 14 July 1.30pm – short and slow

Stanwell Moor and Hithermoor Stream (1.5 miles)

Meet outside the Anchor Public House, Horton Road, Stanwell Moor
(Walk leaders Robb and Joan)

Friday 16 July 10.30am

Runnymede Riverside from Lammas Park **(2.7 miles)**
Meet in the Lammas Car Park, Wraysbury Road, Staines
You will need £1.50 for the car park
(Walk leaders Lesley, Veronica, Joan)

Monday 19 July 10.30am

Fordbridge Park via Bronzefield and Shortwood Common **(3.1 miles)**
Meet in Fordbridge Park Car Park, Kingston Road, Staines (the entrance is off
Kingston Road and the exit is on Celia Crescent)
(Walk leaders Andy, Carol, Robb)

Tuesday 20 July 10.30am – short and slow

Littleton Recreation Ground and River Ash **(under 2 miles)**
Meet in Littleton Recreation ground on Laleham Road, Shepperton
(Walk leaders Robb and Carol)

Friday 23 July 10.30am

Notcutts and Penton Hook **(1.7 miles)**
Meet in Notcutts Garden Centre Car Park, Staines Road, Laleham
Please park away from the main entrance to allow other customers to park
(Walk leaders Lesley, Veronica, David)

Tuesday 27 July 10.30am

Bushy Park Diana Fountain and Home Park **(3-3.5 miles)**
Meet at the Diana Fountain Car Park. Enter Bushy Park from the A308 (opposite
Hampton Court Maze) and turn right at the fountain.
(Walk leaders David, Carol, Joan)

Wednesday 28 July 10.30am – short and slow

Sunbury Park, Green Street, Thames Street, Walled Garden **(1.5 miles)**
Meet near to the public car park off The Avenue in Sunbury (beside the parade of
shops and opposite Saxonbury Avenue). **You will need £1.50 for the car park.**

Friday 30 July 1.30pm

Charlton Circular **(approx 3 miles)**
Meet outside Thompsons Garden Centre, Nutty Lane, Shepperton.
**Please park away from the main entrance to allow garden centre customers to
park.**
(Walk leaders Robert, Mike and Carol)

Tuesday 3 August 6.30pm – evening walk!

Bedfont Lakes **(1.8 miles)**
Meet at the Clockhouse Lane entrance (opposite Princes Club). ****Please note that
there is no footpath on Clockhouse Lane from Ashford to Bedfont lakes.**
Please call for further details.
(Walk leaders David, Andy, Robb)

Thursday 5 August 10.30am

Harmondsworth Moor (2.5 miles)

Follow Stanwell Moor Road passed Vermuelen's Garden Centre. At the 1st roundabout go straight ahead. At the 2nd 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 very narrow, due to width restriction.**

(Walk leaders Joan, Robb, Carol)

Friday 6 August 10.30am

Laleham Park via Moorhayes Drive and Abbey Drive (1.6 miles)

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 £1 for the car park

(Walk leaders Robb and Molly)

The following walks are guided history walks as part of the National Discovering Places event. **They are not part of the walking for health scheme.**

The walks will take approximately 1- 1 ½ hours and are suitable for adults and children who are able to walk for the stated time duration. All children should be accompanied by an adult.

Discover Roman – 20th Century Staines with local historian Nick Pollard.

Meet in the Spelthorne museum (within Staines Library) at 11.30am

Discover Staines Moor and Church Lammas with local historian Joan Gardam.

Meet in the Lammas Park Car Park, Wraysbury Road, Staines at 2pm.

Summer Concerts in the Walled Garden

Sunday 4 July	Katie Harper (in a change to the original programme)
Sunday 18 July	BA Brass Band
Sunday 25 July	Staines Lammas Brass
Sunday 8 August	Magna Carta Chorus
Sunday 15 August	'Band With No Name'
Saturday 4 September	BA Brass Band

All the concerts are between 3-5pm
and are FREE OF CHARGE

The Walled Garden, Thames Street, Sunbury on Thames TW16 6AB
As limited seating is available you are welcome to bring your own.