



4 January to 13 February 2010

Dear Walker

I enclose the 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.

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 everyone can walk at their 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 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 have an email address and would prefer to receive your walk programme this way then please let us know.

Monday 4 January 10.30am

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 Carol, David, Joan)

Wednesday 6 January 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.**

(Walk leaders Ron and Robb)

Thursday 7 January 10.30am – New walk!!

Bushy Park Upper Lodge Road start plus Water Garden (3.2 miles)

Meet in the car park on **Upper Lodge Road**. Enter Bushy Park from the A308 (opposite Hampton Court Maze). **Pass** the Diana Fountain and drive down Chestnut Avenue towards the Teddington Gate. Upper Lodge Road is the second turning on the left after the roundabout.

(Walk leaders Robb, Charles, Peter)

Tuesday 12 January 10.30am

Laleham Riverside and Penton Hook (3.7 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 Veronica, Lesley, Mike)

Thursday 14 January 10.30am

Littleton Recreation Ground and River Ash (2.2 miles)

Meet in Littleton Recreation ground on Laleham Road, Shepperton

(Walk leaders Peter, Robert, Ron)

Friday 15 January 10.30am (short and slow)

Fordbridge Park Short (1.7 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 Margrit and Robb)

Tuesday 19 January 10.30am (short and slow)

Stanwell Moor and Hithermoor Stream (1.5 miles)

Meet outside the Anchor Public House, Horton Road, Stanwell Moor

(Walk leaders Robert and Robb)

Wednesday 20 January 10.30am

Shepperton River Ash Estate (3.3 miles)

Meet in Manor Park Car Park, Church Road, Shepperton

You will need £1 for the car park

(Walk leaders Ron, Mike, Robb)

Thursday 21 January 1.30pm

Cowey Sale to Weybridge Lock

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 Charles, Joan, Peter)

Tuesday 26 January 1.30pm

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, Veronica, Lesley)

Wednesday 27 January 10.30am

Upper Halliford and Squires Garden Centre **(1.5 miles)**

Meet in the Squires Garden Centre car park, Halliford Road, Upper Halliford. Please park in the car park to the left of the main entrance to allow the garden centre customers to park near to the garden centre.

(Walk leaders Robb, Margrit, Mike)

Tuesday 2 February 1.30pm

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 Joan, Robert, Charles)

Wednesday 3 February 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 Ron and Robb)

Friday 5 February 1.30pm

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 David, Molly, Carol)

Monday 8 February 10.30am

Harmondsworth Moor **(2 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 Robb, Peter, Margrit)

Tuesday 9 February 10.30am

Staines Riverside and Penton Hook (Wheatsheaf and Pigeon) **(2.5 miles)**

Meet outside the Wheatsheaf and Pigeon Public House, at the junction of the Wheatsheaf Lane and Penton Road, Staines.

(Walk leaders Molly, Veronica, Lesley)

Saturday 13 February 10.30am

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 Peter, Molly, Charles)

**The walk leaders and the Leisure Services Team wish you all a very happy Christmas and a happy and healthy new year!
We look forward to seeing you again in 2010.**



For information on our Leisure events go to our website
www.spelthorne.gov.uk or to receive Spelthorne's electronic news letter e-mail
news@spelthorne.gov.uk