



Walks from 8 August to 17 September 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.

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 - 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.

We are always looking for new walk leaders especially to lead weekend walks. If you are interested in becoming a walk leader or have any queries regarding the walks please contact Leisure Services on 01784 446433 or Leisure@spelthorne.gov.uk.

Help us 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.

Tuesday 10 August 10.30am	Shepperton Towpath and Dumsey Meadow (3.3 miles)
Walk leaders: Carol, Molly and Ron	Meet in the car park on the Towpath beside Thames Court Public House. Access via Ferry Lane, Shepperton.
Wednesday 11 August 10.30am	Church Lammas Short (1.1 miles) Short and Slow
Walk leaders: Margrit and Robb	Meet in the Lammas Park Car Park, Wraysbury Road, Staines. You will need £1.50 for the car park.
Thursday 12 August 6.30pm	Bedfont Lakes (1.8 miles) Evening walk!
Walk leaders: Joan, Margrit and Robb	Meet at the Clockhouse Lane entrance (opposite Princes Club). Please note that there is no footpath on Clockhouse Lane from Ashford to Bedfont lakes.
Tuesday 17 August 10.30am	Notcutts and Penton Hook (1.7 miles)
Walk leaders: Mike, Molly and Carol	Meet in Notcutts Garden Centre Car Park, Staines Road, Laleham Please park away from the main entrance to allow garden centre customers to park.
Wednesday 18 August 1.30pm	Hurst Park to Hampton Court and back (2.7 miles)
Walk leaders: David, Robert and Robb	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.
Thursday 19 August 10.30am	Stanwell Moor and Hithermoor Stream (1.5 miles) Short and slow!
Walk leaders: Carol and Robb	Meet outside the Anchor Public House, Horton Road, Stanwell Moor.
Monday 23 August 10.30am	Shepperton River Ash Estate (3.3 miles)
Walk leaders: Robert, David and Molly	Meet in Manor Park Car Park, Church Road, Shepperton. You will need £1 for the car park.

Wednesday 25 August 10.30am	Sunbury Park, Green Street, Thames Street, Walled Garden (1.5 miles) Short and Slow!
Walk leaders: Ron and Robb	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.
Thursday 26 August 6.30pm	Laleham Riverside and Penton Hook (3.7 miles) Evening walk!
Walk leaders: Joan, David and Robb	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.
Tuesday 31 August 10.30am	Staines Riverside and Penton Hook (Wheatsheaf and Pigeon) Short and slow!
Walk leaders: Joan, David and Robb	Meet outside the Wheatsheaf and Pigeon Public House, at the junction of the Wheatsheaf Lane and Penton Road, Staines.
Wednesday 1 September 10.30am	Fordbridge Park via Bronzefield and Shortwood Common (3.1 miles)
Walk leaders: Mike, Joan and Margrit	Meet in Fordbridge Park Car Park, Kingston Road, Staines (the entrance is off Kingston Road and the exit is on Celia Crescent).
Friday 3 September 10.30am	Runnymede Riverside from Lammas Park (2.7 miles)
Walk leaders: Molly, Veronica and Robert	Meet in the Lammas Car Park, Wraysbury Road, Staines. You will need £1.50 for the car park.
Monday 6 September 10.30am	Harmondsworth Moor (2 .5miles)
Walk leaders: Carol, Margrit and Robb	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 very narrow, due to width restriction.

Thursday 9 September 10.30am	Cowey Sale to Weybridge Lock (3 – 3.5 miles)
Walk leaders: Margrit, Joan and Robb	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).
Friday 10 September 10.30am	Fordbridge Park (1.7 miles) Short and slow!
Walk leaders: Margrit and Robb	Meet in Fordbridge Park Car Park, Kingston Road, Staines (the entrance is off Kingston Road and the exit is on Celia Crescent).
Saturday 11 September 10.30am	Bedfont Lakes (1.8 miles)
Walk leaders: Molly and Joan	Meet at the Clockhouse Lane entrance (opposite Princes Club). Please note that there is no footpath on Clockhouse Lane from Ashford to Bedfont lakes.
Tuesday 14 September 10.30am	Bushy Park Diana Fountain and Home Park (3-3.5 miles)
Walk leaders: Molly, Margrit and Ron	Meet at the Diana Fountain Car Park. Enter Bushy Park from the A308 (opposite Hampton Court Maze) and turn right at the fountain.
Thursday 16 September 10.30am	Bedfont Lakes (1.8 miles)
Walk leaders: Ron and Robb	Meet at the Clockhouse Lane entrance (opposite Princes Club). Please note that there is no footpath on Clockhouse Lane from Ashford to Bedfont Lakes.
Friday 17 September 10.30am	Notcutts and Penton Hook (1.7 miles)
Walk leaders: Molly, Margrit and Veronica	Meet in Notcutts Garden Centre Car Park, Staines Road, Laleham. Please park away from the main entrance to allow garden centre customers to park.

For information on events taking place this summer go to www.spelthorne.gov.uk/events or see our leisure directory www.spelthorne.gov.uk/leisure-directory for local listings and information.

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