



16 February to 25 March 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 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.

Tuesday 16 February 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 Joan, Carol and Ron)

Thursday 18 February 10.30am (short and slow)

Fordbridge Park (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 Robb and Ron)

Friday 19 February 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 Robert, David and Molly)

Tuesday 23 February 1.30pm

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 Andy, Mike and Margrit)

Wednesday 24 February 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 Robb and Charles)

Friday 26 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 Veronica, Lesley and Margrit)

Tuesday 2 March 10.30am

Hurst Park to Hampton Court and back (extended) (2.7 miles)

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.**

(Walk leaders Mike, Ron and Molly)

Thursday 4 March 1.30pm

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 Joan, Carol and Robb)

Friday 5 March 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 Charles and Robb)

Monday 8 March 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, David and Margrit)

Thursday 11 March 10.30am

Church Lammas and Staines Moor (2.3 miles)

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

You will need £1.50 for the car park

(Walk leaders Joan, Charles and Margrit)

Friday 12 March 10.30am (short and slow)

Littleton Recreation Ground and River Ash (2.2 miles)

Meet in Littleton Recreation ground on Laleham Road, Shepperton

(Walk leaders Robb and Carol)

Monday 15 March 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 16 March 10.30am

Shepperton Black Ditch and Funky Footprints via cemetery (2.5 to 3 miles)

Meet in Manor Park Car Park, Church Road, Shepperton

You will need £1 for the car park

(Walk leaders Robert, Ron and Molly)

Thursday 18 March 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 Carol, Veronica and Joan)

Saturday 20 March 10.30am (*note change of meeting point)

Orchard Meadow, School Walk, Upper Halliford, Grange Farm **(3.2 miles)**

*Meet in the public car park off Green Street (near the Admiral Hawke pub). **You will need £1.50 for the car park.**

(Walk leaders Molly, Veronica and Peter)

Monday 22 March 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 Robb and Veronica)

Tuesday 23 March 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 Mike, Ron and David)

Thursday 25 March 1.30pm

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 Andy, Margrit and Charles)

Our 2010 Leisure Directory has listings for a huge variety of leisure activities in the borough. You can pick up a free copy at your local library or go to our website and view our online version at <http://www.spelthorne.gov.uk/leisure/leisure-directory.htm>

Up to date leisure information can also be found in the Council's weekly electronic newsletter. To receive your electronic news letter e-mail news@spelthorne.gov.uk